



Masturbation Boycott

Why Self-Sex is Fully Off Limits for the Recovering Addict

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As a Counselling Team and within our Recovery Groups, DFR maintains the stance of **No Masturbation** period for all persons – male or female – in sexual addiction recovery.

RATIONALE for a Masturbation Boycott

1. Stop Accommodating the Addiction.

For the person in sexual addiction or pornography recovery, practicing masturbation is clearly not addiction breaking. It's accommodating the addiction. It's giving in to a need-driven, self-indulging habit that has been a stronghold of years. Ongoing self-stimulation sexually is allowing the dopamine hit to win out over and over again. You can't remain a sexual slave. The obsession needs to be crushed!

2. Break the Sexual Release Cycle.

The PMO (Porn – Masturbation – Orgasm) game needs to change. Masturbation or Self-sex is so strongly linked to the PMO cycle (Porn – Masturbation – Orgasm) and then the FMO cycle (Fantasy – Masturbation – Orgasm) that self-sex has to stop. The MO (Masturbation – Orgasm) part is still 2/3's of the cycle. It is part and parcel of the addiction. It has to end.

3. Admit Self-Indulgent Lust Drives You.

Lust is craving. Lust is pushing to get what you want. Lust is succumbing to your sexual urges without restraint. Lust uses other people. When you lust after someone sexually, you treat them like a piece of meat. That is not love. Matthew 5:27, 28 says, "You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."

4. You Won't Die Without Sex!

It's time to grow up! You can die without **air** within 3 Minutes. You can die without **water** within 72 hours. You can die with **food** within 10 Days. But you will never die restraining from sexual release. Really. Don't try to convince yourself that you are different or that your sex drive is stronger. The addict needs to learn that he/she will die without air, water and food but will NOT die without sexual release. They have to learn that their sexual drive is a need that can be controlled and focused in a God-honouring way. You need to learn to live without giving in to your urges.

5. Learn Others-centered Sexuality!

That's giving in to a very deeply rooted PLEASURE-PRINCIPLE – “I deserve this” or “I need this” or “I want this” or “It's not hurting anyone.” Romans says it is better to give than to receive. Good sex in Marriage is not SELFISH SEX. Learn to be a giver and don't remain a taker.

6. Understand Nocturnal Emission.

Nocturnal means during the nighttime hours. Emission refers to the releasing of semen built up in the human body. You see, God created the body to take care of itself.

7. Recovering from Erectile Dysfunction.

With habitual practice of masturbation, the body's normal sexual arousal process gets hijacked to only work with firm and direct self-stimulation. Sexual touch of one's spouse

8. Retraining the Mind.

New neurological pathways in your brain have to be formed. This is the creation of thought and action patterns called brain sequencing. It is the basis of habit-formation. What you train your mind to believe is that the PMO or the FMO cycle is the sexual norm. The great news is that the brain is the only organ in the body that has PLASTICITY – it can change. It can be rewired. Ongoing sex-stimulation doesn't allow for the brain to reset toward healthy God-honouring, spouse-centered sex.

9. Grow to Embrace Sexual Connection!

Take time to understand INTIMACY ANOREXIA. If the recovering sex addict is also an Intimacy Anorexic (IA), even after being clean and recovered as a sex addict for a long period, it is recommended that masturbation should still be avoided as it plays into the IA problem. Masturbation increases isolation, distance and lack of connection. It tends to maintain a selfish, self-centered approach to sexual release and not spouse-centered. Self-sex is not partner centered. It does not build closeness. Masturbation fills a need that is designed to draw one to their partner. Further, self-sex even if looking at sexual photos of one's spouse, still objectifies the other person, not endears us to their heart. Finally, self-sex is far easier than relational – other's-centered sexuality. Learn to love well. Don't make sex about you and YOUR needs. Mutual satisfaction is the target of great sex within marriage.

MASTURBATION IS NOT PROHIBITED IN SCRIPTURE!

Re-Establishing FREEDOM WITH RECOVERY GROWTH: When a person is fully “all clear” by the strictest of standards as set by DFR (No PMO, FMO or MO and beyond) for an extended period of time (500 plus days at least), and other's-centered sexuality is becoming the norm, each married couple after discussion and upon agreement, would be free then to set their own marital boundaries re: masturbation.

SCRITURAL GUIDANCE

Sexual Immorality

1 Cor. 6:12-20 NIV

¹² "I have the right to do anything," you say—but not everything is **beneficial**. "I have the right to do anything"—but I will **not be mastered** by anything. ¹³ You say, "Food for the stomach and the stomach for food, and God will destroy them both." **The body, however, is not meant for sexual immorality** but for the Lord, and the Lord for the body. ¹⁴ By his power God raised the Lord from the dead, and he will raise us also. ¹⁵ Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! ¹⁶ Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh."^[b] ¹⁷ But whoever is united with the Lord is one with him in spirit.^[c] ¹⁸ **Flee from sexual immorality.** All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. ¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore, **honor God with your bodies.**

Avoiding Sexual Sin

1 Cor. 6:12-20 NLT

¹² You say, "I am allowed to do anything"—but not everything is **good** for you. And even though "I am allowed to do anything," I must **not become a slave to anything**. ¹³ You say, "Food was made for the stomach, and the stomach for food." (This is true, though someday God will do away with both of them.) **But you can't say that our bodies were made for sexual immorality. They were made for the Lord**, and the Lord cares about our bodies. ¹⁴ And God will raise us from the dead by his power, just as he raised our Lord from the dead.

¹⁵ Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! ¹⁶ And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, "The two are united into one."^[a] ¹⁷ But the person who is joined to the Lord is one spirit with him.

¹⁸ **Run from sexual sin!** No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. ¹⁹ Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰ for God bought you with a high price. **So, you must honor God with your body.**

1 Cor. 10:23 NIV - "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. ²⁴ No one should seek their own good, but the good of others.

1 Cor. 10:23 NLT - You say, "I am allowed to do anything"^[d]—but not everything is good for you. You say, "I am allowed to do anything"—but not everything is beneficial. ²⁴ Don't be concerned for your own good but for the good of others.

EXPLANATION:

"I HAVE A RIGHT TO DO ANYTHING" – sounds like "Addict Talk" – like an Emotional Adolescent who tries to somehow justify what he hasn't be man enough to walk away from.

- 1. Masturbation is Not Beneficial for You – Not good for you!**
- 2. Masturbation is Not Constructive for You – Doesn't build you up.**
- 3. Masturbation is Not Freedom – you must not be MASTERED by anything.**

GALATIANS 5:1,13 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage. For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.

MATTHEW 5:27,28 – "You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

REVIEW

M is Self-Centered not Spouse-Centered

M moves toward Isolation not Connection

M is driven by Objectification rather than Relational Sex

M is NOT how good Spousal Intimacy works. You learn to pleasure the other person.

M is focused on My Needs at all costs and is far from putting the other person first.

M is ON-DEMAND Sexual release not reflective of "It is better to Give than receive."

M is fully Off Limits according to the World's #1 Recovery Guru – Dr. Doug Weiss.