

**October 13, 2012, Someone from India said:**

3,6,11,14,15,17,18,19,20,21 I've those problem... Now I've got the root... Perfect thanks to you..

**October 14, 2012, Someone from United Arab Emirates said:**

One more negative side effect : masturbation makes one less intelligent in long run

**March 27, 2013 Someone from Asia said:**

i will never masturbate here after.....promise

**May 3, 2013, Someone from Europe said:**

Makes you feel dirty

**May 16, 2013 Someone from the USA said:**

Wow God thanks for today i just masturbated and heard a testimony and then saw this article,never will i masturbate



*Yes, Thank God for your inspiring comment*

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**May 24, 2013 Someone from India said:**

dear team, I am masturbating from 13 yrs of age and now I am 32 yrs, I experience ED and also sperm count is not good like before . is masturbation good or bad for health>?

**May 26, 2013 Someone from the USA said:**

How to stop the Premature ejaculation?

**June 3, 2013 Someone said:** I just can't help it. I gotta stop

**June 3, 2013 Someone from the Philippines said:** Nice... I've learned a lot

**June 5, 2013 Someone said:** thanks for Information us.....

**June 13 Someone from the USA said:**i experience most of these effects and think i have to give a stop to it..... i always lose efficiency whenever i go to the gym after masturbating.... i turn to suffer with the normal weight i lift with ease.....i think i have to stop it....

**June 15 Someone from Africa said:** It causes pain to my penis and a bent penis.

**June 17, 2013 Someone from the Philippines said:** i've masturbate since a years ago, and now this is my problem. i can't stop doing it even im a college student... i felt tiredness everyday and even my grades have become lower... i can't focus... but knew that the only solution is "you must discipline yourself" so that is the effective way to stop in masturbating...

**July 12, 2013 Someone from Canada said:** Ive had everyone of these except seman leakage I HATE MASTURBATION

**July 17, 2013 Someone from India said:** Guys when i masturbated my skin got dull and oily.... MY skin glow is decreased after masturbation...

**July 19, 2013 Someone said:** I just want to share this to all. I think the only way to stop this is to ask help to God. Consistent praying.



*Some people have had success with prayer to stop masturbating. Check out the testimonials:*

[Stop Masturbation with Prayer](#)

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**July 18 Someone said:** I am 14 years old. I have been masturbating since 13, a couple times everyday, in the last couple months I found out how bad it really is. IT IS RUINING MY LIFE! I feel depressed and used to cry afterwards. **I lost some interest in girls and gained some interest in guys! This never happened before and I blame it on masturbation because it never happened before.** I always feel tired. Recently I have started to get this weird thing were when I move quickly my eyes completely black out! Never happened before but now it happens every day. My lower back feels sore sometimes. I have basically felt all the effects listed. One thing I have to say is GET HELP YOU CANT DO THIS ON YOUR OWN!



*Masturbation can rewire the brain and increase homosexual desires. This is why part of the homosexual agenda is to promote masturbation because it makes more homosexuals. Masturbation is not a safe or healthy activity. Many people today are living a life of silent suffering 'in the closet' because their habit of masturbation has damaged their brain and now they have homosexual desires. About %20 (or one person out of five) admits [on the survey on this website](#) that they have homosexual desires. This is why it is so important to learn how to increase willpower, self-control, and health to stop masturbation and promote recovery.*

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**July 20, 2013 Someone said:** Thanks soo much. I´ve stopped dis shameful habit.

**July 24 Someone from Pakistan said:** it destroys hormones which results muscular pain along wid joints pain .

**July 29 Someone from Malaysia said:** Thank U so so much 4 ur article. It has save a life, may god bless u.

**August 12 Someone said:** Am very very grateful for this great team of information,i believe by impacting the knowledge and lectures that i have heard here it will change the life of my soulmate,that's to say in the life of the love of my heart.tnx

**August 22 Someone from Asia said:** thanks lol i am not going to do that again

**August 23 Someone said:** i am not able to control masturbation when ever i sits on my PC and do blogging after that i feel tu watch porn and you know it comes out and i feel tired and sleepy..but I want to know how to control it.

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**August 23 Someone from the USA said:** Increased sex urge

**August 24 Someone from Africa said:** from ghana-i will not masturbate again

**September 3 Someone from the USA said:** Masturbation is a shameful habit,since i started it,i can't have a relationship with a girl,i feel so isolated,anytime i did it i cant speak fluently,i experience pain and eyes problem as well,i see myself as a sinner,in fact it is unexplainable .God deliver me please,,,,,

**September 4 Someone from Europe said:** I will never do that again.I have been doing this for the pass 5 years and today am stopping it.I will not do that again.God help me and i will never do that again.Happy to have found this page.

**September 7 Someone said:** ya...i think masturbation just destroyed our relationship

**September 7 Someone from the USA said:** Thank you so so much. You have would have saved lifes and relationships and even me without knowing. May God help you in every area of your life. In Jesus Name. Amen.

**September 11 Someone from the USA said:** though knowing these side effects,it is still very tough for someone to quit this habit till he finds a girlfried as an alternative, the Bible says it is better to get married in [1 Corinthians 7:9](#).

**September 13 Someone from Africa said:** this article really helps

**September 14 Someone from India said:** Thanks for the help,it helped me do away from masturbation.

**September 14 Someone from the USA said:** I did it three times a week, It changed my body, made me tired and destroyed my motivation to do anything, I feel flimsy and hollow, all I do is watch porn now. How can i stop it??? I HATE U MASTURBATION!

**September 15 Someone from the USA said:** Is bad spelling a negative effect of masturbation? It appears so by the comments on this site.

**September 19 Someone from Africa said:** i dn't feel for any woman anymore because of masturbating Oh my God.

**September 20 Someone from India said:** plz help me...i do masturbate everyday.....how cn i stop this stupid thing....nw i m quite weak...i become lazy when i masturbate...it has mad my life hell....help me guys

**September 21 Someone said:** real insight, its definitely a bad habit to indulge in...thanks for the real truth It just makes u feel of less value.

**September 22 Someone said:** It makes someone to feel low esteem among colleagues within

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him/herself. It's d worst enemy dat intimidates someone.

**September 23 Someone from the USA said:** Causes eye floaters. I don't know how to prove this but it causes those bothersome floaters in my vision. There are many others that think the same.

**September 29 Someone said:** Time consuming

**September 30:** Hi! I'm (name removed); 19years old from Nigeria. I started masturbating about six month ago; though, not always, maybe 2-3 in a week. However, I feel that I'm no longer a Man; I feel my manhood is dead. My manhood was naturally small; but now, it's just like that of a new born baby. The last time I had sex with a girl I released in less than a minute. However, I have stopped the act. My prayer is for God to have mercy on me and restore my manhood. I hope and pray that God will have mercy on me if I keep telling people of the negative effects of masturbating. Please, put me in your prayers. Once again, I'm (name removed)

**October 2:** Somebody from Tanzania!!! I have been masturbating 8 year now, and I have started to witness the effects of it!!! In now days I have been erecting so weakly just few seconds when am sexing with ma girlfriend the penis fall,,. Actually am not happy with this though I have left doing this but am regretting to myself as to why I did this before!!!!

**October 4:** I have had a tiny pimple on my penis (same colour as my skin) from masturbating right from when I started at 11 years old.I am just afraid such a thing could lead to aids.I made it my resolve to stop a few weeks ago.And stop I did!I'm glad I don't do it now,I feel so much better.But I still feel guilty and wonder if I ever did make myself a carrier of an STD. :(

**October 6 Someone from the Philippines said:** thanks a million for enlightening us., now ,,i will never ever masturbating anymore...it's a big promise to myself..

**October 8:** I feel lonely after I masturbate. I cant focus and always feel guilty. I begin to ponder when a lady speaks to me. I feel like dying. God help me.

**October 9 from UK:** The many side effects of wanking and fapping, who knew? It is disturbing how many people do not want to hear about the side effects because they want so desperately for this habit to be healthy even though it is not. Another side effect of wanking is constriction of people's willingness to know truth.

**October 10 Someone from Asia said:** I personally have all the side effects as mentioned above by the owner of this websites.masturbation has adverse & ill effects on our nervous system, our digestive system, our sexual organs and other also.

**October 12 Someone from the USA said:** Thanks for information us...the suggest of urs is very true and inspiring...i am swear i will never masturbation.. thanks.

**October 14 Someone from Nigeria said:** When ever i mastubats,my eyes will be painig me

**October 16 Someone from India said:** THANX ..... WILL TRY TO CONTROL

**October 19 from USA:** It cause stomach ache, penis pains.

**November 6 from USA:** Actually, i really dont know when i started masturbating, for because it was almost about 15 yrs now, and i have witness almost the side effect that has been mention above o! God help me just to be out of it. Thanks a lot .

**November 10 from Great Britain:** dear team wank-alot, the best I did in the past was 8weeks I hope to never wank again



*We hope you can quit it quick!*

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**November 12 from Asia:** masturbation makes me feel guilty, lonely, not worthy of anything.. it makes me feel bad, it tells me how weak i am.... i don't want to do this in my life, but i am addicted to it. i don't feel good doing it

**November 26 from USA:** thats it am stoppin dis i hate masturbation!!!

**November 26 from Asia:** It affects ur will power & confidence. And its withdrawal symptoms are the worst.

**December 4 from Brooklyn:** Its a terrible habbits worse than lies.

**December 20 from Kenya:** i am 16 this problem has been into me since 14 when i could not approach girls it killing me and ruining my life i want it to stop furthermore i feel i would lack a family in the future fearing to become impotent i need help because i feel addicted to it

**December 29 from ?:** i am an 18yr old boy from Nigeria, i started mastubating when i was 14, through the influence of friends who told me . now am so adicted to dis devilish thing and even when i pray nd try 2 force my self out of it, i still find my self doin it. i need criez deliverance pls pray 4meeee

**January 15 from USA:** Thank you so much for all of this information. It is so helpful and I just discovered it yesterday. People need to hear what is being said on this website.

**January 20 from India:** I am masturbating since 4-5 yrs, i am became very thin and skinny. when i goes to my skool my classmates says that YOU ARE MASTURBATER and making fun of me.



*To our knowledge there is no objective measurement to determine if someone masturbates.*

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**January 25 from Oman:** Thank you for the useful information masturbation is a bad addiction, it is as worse as drugs

**February 10 from China:** Its very bad bks its really afckting me psychologically

**March 26 from USA:** Masturbation is not good...It can cause Memory Loss Brain fogging and a lot of Tiredness

**March 31 from USA:** Thank u so much for advice i will never try this in my life again it has made me feel more worst than hell i no longer have interest for a female.



*According to an international survey the habit of masturbation increases homosexual desires and decreases heterosexual desires. This is a very common complaint and negative side effect.*

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**April 20 from USA:** That's IT! I'm done!

**April 21 from USA:** I have been doing It for over ten years now.I am tired of it I promise I will never do It again,God help me.

**April 29:** It make me dizzy and sleepy

**May 1:** Please i have been masturbating still.but today i will put a stop to it. i have to fast over this.

**May 4 from India:** i have all these problem, i masturbate daily and feel like my life has been ruined and change seems impossible

**May 5 from Cambodia:** friends it is not easy to stop masturbating unless god help you to remove the memory from you so that u will be free. as long as u keep watching porn the same masturbating memory will come to u to do it. so the only solution is to pray, or exercise a lot.

**May 13 from USA:** I stated masturbating about 18yers ago, most time i wil cry my eyes out in pity, but each time i wached porn i can't escap it. Am married with 4 kids but i stil do it. I just pray that GOD will change my life from today onward. Ur article, i like it thank U

**May 18 Someone said:** Thanks I promise to never go back to the bad act of destruction to my life

**May 20 Someone said:** All the side effects that has been faced by most of the masturbator who shared their view is true and i also have faced as i still masturbating for last ten years i have become very weak short less interested in living life. I want to escape from it. anyone can help me please..

**May 24 Someone from the USA said:** I have been masterbating for the last 4 yrs but I rilli find t difficult to stop.it makes m feel weak and depressed but after reading this article oh I thank u guys coz I prmse I will try by all means to stop t with God's grace.pray for me guys pleaaase because this thing is evil

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**June 3 from Asia:** feeling guilty fir my family and my girlfriend....bt thts it , i'm feeling like to jump from hill,feeling angry , i want to cry ...bt thts it its ruining my life and future GOD pls help me, ok now I WILL NOT MASTURBATE ,OTHERWISE I AM NOT A MAN..

**June 3 Someone said:** I have been masturbating since I was in the fifth grade. I'm in the 11th now. It really sucks. Thank God that you give us this information. I have been trying to stop, and one time, for about half a year, I did, but then I came back. It really sucks and I have noticed a loss in my creativity and intelligence. I have a question though. After you stop, does your brain continue to grow like normal? Do you rewire back?

**June 13 Someone said:** now i decides to stop it

**June 16 from North America:** The lord shall bless u for this information.. Thank you.



*Thanks, you can really bless others by taking the survey to increase knowledge about this addiction*

### [Worldwide Masturbation Survey](#)

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**July 5 from Asia:** Hair loss too

**July 29 from the USA:** I don't have the courage to approach decent girls n fear to have sex with a gir. I have done it for 17yrs.

**July 31 someone said:** Please stop doing this cheap habit.it affect your mental persona,weaken sexual life, lower sperm count and mood swings.Now its high time to say good bye.I stopped..R U going to???

**August 12 Someone said:** The same is happening to me..

**August 15 Someone from Asia said:** Masturbation is also called self abuse and this is very true. This habits directly effects the brain as you are practicing the most powerful force without a target but with a imagination and thus the other organs of your body always starve for its desire and this create a emotional and psychological loss to the human being. So, it is having a severe side effect on human health.

**August 18 Someone from Europe said:** its really a good news, masturbation is a destruction bulldozer. may God set us free.

**September 11 Someone from India said:** Thx a lot!....I started masturbation when I was 13 now I'm 14...I masturbate 3-4 a day....I'm nt gonna mastrubate from now....whenever I feel like masturbating I'll just do some quick exercise this really works!!!!

**Septebmer 12 from Africa:** I'm afraid!!!! Been masturbating for over 10Yrs!!!! Oh! How wretched I'm!? My uncle taught me this nastier, dirty, horrible habit in primary seven!!!! I'm really ashamed of ma self!!!! I've always made much effort to stop it in vain!!!! So far 90% of

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the listed effects I experience!!!!!! @\*\*\*\*\* -Kampala Ug.

**September 11 from Bangladesh:** Makes me weak i cant talk feeling shy in front of everybody.

**September 16 Someone said:** I just hate masturbation. It makes me feel unworthy, an unclean person, it makes me dirty, and it makes me loose my self esteem. I believe with what i have read on wikihow and here i have stoped it today. So Help me God. AMEN.

**September 22 Someone said:** Today was my last day of masturbation..... This article horrifies me.

**October 3 from India:** body getting weaker day by day

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