



7 WAYS TO DECREASE PHYSIOLOGICAL AROUSAL AND REDUCE THE URGE TO MASTURBATE



Arousal is influenced by your body, brain, emotions, and environment. These strategies help you lower unnecessary arousal and regain choice, clarity, and control.

1 REGULATE YOUR NERVOUS SYSTEM

Calm body. Calm mind. Less urgency.



Stress, anxiety, loneliness and emotional overwhelm increase sexual urgency. Calming your nervous system reduces the need for quick relief.

HELPFUL TOOLS

- Slow, diaphragmatic breathing
- Meditation / prayer / contemplation
- Grounding exercises
- Cold showers or cold exposure
- Yoga / stretching
- Adequate sleep
- Reduce caffeine & stimulants
- Process emotions (don't suppress)



2 REDUCE STIMULUS EXPOSURE

Out of sight. Out of mind. Less reactivity.



Constant sexual stimulation trains your brain to be hyper-reactive.

Reduce exposure and your baseline arousal will drop.

- Limit pornography and erotic media
- Limit social media and triggering content
- Interrupt fantasy loops and "what if" thinking
- Avoid prolonged browsing when lonely or stressed

3 EXERCISE REGULARLY

Move your body. Release tension.



Exercise helps regulate hormones, burn off stress, and lower restless energy.

BEST CHOICES

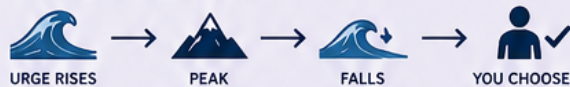
- Strength training
- Intense cardio
- Long walks / hiking
- Martial arts / sports
- Physically demanding hobbies

4 LEARN TO "SURF" URGES

Urges are waves, not commands.



Urges rise, peak, and fall. You don't have to act on them. Discomfort is temporary. Freedom is built by choosing your response.



BREATHE • NOTICE • ALLOW • DON'T ACT • IT WILL PASS

5 BUILD CONNECTION & INTIMACY

Meet the real needs behind the urge.



Much "sexual hunger" is actually:

- touch hunger
- validation hunger
- comfort hunger
- emotional loneliness
- relational longing

- Meaningful friendships
- Affection & healthy touch
- Vulnerability & honesty
- Emotional connection

Connection satisfies what pornography never can.

6 LIVE WITH PURPOSE & ENGAGEMENT

A full life leaves less room for compulsion.



Idle, isolated, aimless living increases compulsive behavior. A life of purpose channels your energy in healthy, meaningful directions.

- Mission & values
- Creativity & growth
- Meaningful work
- Service & contribution
- Challenge & discipline

Engage your body, mind, and spirit in something bigger than urge.

7 IMPORTANT DISTINCTION

Lowering arousal is NOT about:



Shaming sexuality



Fearing desire



Becoming emotionally shut down

THE HEALTHY GOAL IS: INTEGRATED SEXUALITY, NOT COMPULSIVE DISCHARGE

You can be fully sexual, alive, and emotionally connected—while also developing the ability to:

- ✓ Tolerate desire
- ✓ Choose intentionally
- ✓ Not be ruled by impulse



YOU ARE MORE THAN YOUR URGES.

With awareness, healthy habits, and intentional choices, you can experience freedom, self-mastery, and a deeper, more meaningful life.



DAILY REMINDERS

- ✓ I can feel the urge and not act on it.
- ✓ Discomfort is temporary. Regret lasts longer.
- ✓ My life is bigger than this moment.
- ✓ I choose freedom.

