

# **Masturbation Addiction**

**Maximize Your Sexual  
Energy**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize transforming your sexual energy into income, creativity, or anything else you'd like to create.

## **Tips for Success**

Keep a daily journal and record any objective evidence that your energies are being transformed. Reward yourself with something you enjoy for specific milestones.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

## **Affirmations**

I release the urge for porn

I masturbate naturally

I release unhealthy sexual urges

I let go unhealthy sexual urges

I only masturbate naturally

I only masturbate to enhance my spirit

I only masturbate to enhance my charisma

I only masturbate to enhance my confidence

I only masturbate to enhance my social skills

I only masturbate to enhance my game

I release unhealthy sexual thoughts

I release unhealthy sexual urges

I release unhealthy sexual habits

I release unhealthy sexual actions

I release unhealthy sexual behaviors

I let go unhealthy sexual thoughts

I let go unhealthy sexual urges

I let go unhealthy sexual habits

I let go unhealthy sexual actions

I let go unhealthy sexual behaviors

I let go unhealthy sexual thoughts

I embrace healthy sexual thoughts

I embrace healthy sexual behavior

I embrace healthy sexual activity

I embrace healthy sexual urges

I embrace healthy sexual habits

I embrace healthy sexual actions

I am sexually healthy

I am sexually strong

I am sexually magnetic

I have healthy sexual outlets

I have healthy sexual options

I leverage my sexual energy

I control my sexual energy

I embrace my sexual energy

I use my sexual energy

You release the urge for porn

You masturbate naturally

You release unhealthy sexual urges

You let go unhealthy sexual urges

You only masturbate naturally

You only masturbate to enhance your spirit

You only masturbate to enhance your charisma

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You release unhealthy sexual behaviors

You let go unhealthy sexual thoughts

You let go unhealthy sexual urges

You let go unhealthy sexual habits

You let go unhealthy sexual actions

You let go unhealthy sexual behaviors

You let go unhealthy sexual thoughts

You embrace healthy sexual thoughts

You embrace healthy sexual behavior

You embrace healthy sexual activity

You embrace healthy sexual urges

You embrace healthy sexual habits

You embrace healthy sexual actions

You are sexually healthy

You are sexually strong

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You have healthy sexual outlets

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You leverage your sexual energy

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You use your sexual energy