

Allow me to guide you through the wonderful world of edging: a masturbatory hobby for people with way too much time (and cum) on their hands.

Doc by Breakfast

Section 0: What is Gooning?

Gooning (top Urban Dictionary definition by FunnyJerker)

"Gooning" may be most simply defined as that state usually achieved after a prolonged edging session, when a man becomes completely hypnotized by the feeling radiating his penis. Since a gooning state can only be achieved after edging, the man's dick will have become mightily aroused at this point and every caress the male genitals are subjected to will trigger potent elation. As the man keeps edging and thus keeps experiencing intense pleasure, he enters a state of trance where his mind intimately merges with his cock : the gooning state, where he and his dick become one. To be even more accurate, when the gooning state is achieved, the man's body becomes for all intents and purposes an appendage to his erection. When this state is achieved, the male becomes freed of all social codes of conduct, and his arousal, alone, dictates his reactions. As a result, a gooned out man will become very expressive and demonstrative : he may become very vocal, while his body and face might take on undignified expressions and poses, all in response to the intensely exquisite caresses his penis is exposed to. Hence the term "goon", since at this point the man effectively looks like a silly, foolish, or eccentric person.

Gooning is not a narcissistic manifestation. Narcissism is extreme selfishness, with a grandiose view of one's own talents. Rather, gooning is closer to a meditation experience, where the mind and the body align, focused on a single thought (or feeling, in this case).

Section 1: General Edgery from r/EdgeTalk

Why is this the anti-nofap by MichaelBoltOns

By now it should be obvious that if you came here looking to abstain from Masturbation, you've come to the wrong place.

While [/r/NoFap](#) and the practice of Abstaining from Masturbation is a great way to Detox a "Pornbrain" [that mindset you get from watching way too much porn]... that's really where the health benefits stop.

The Good Folks at [/r/NoFap](#) would like everyone to believe that masturbation causes Erectile Dysfunction, and Premature Ejaculation... but what they won't tell you is that the reason this is the case for many adult males... is that many men are "Doing it Wrong".

Sex uses Muscles...just like any other physical activity. Many guys... especially ones that are married... or living with a partner will hop on the computer when no one is looking... and "fap one out" as quickly as possible. This is where conditioning comes in. If all you ever do is 2-3 minute

faps... when it comes time to perform on a real woman... your brain is going to be used to getting it over with as quickly as possible.

The best way to overcome this is not pills... or [/r/nofap](#)... The best way is overcome ED, and PE... is to do kegles regularly, and to edge when you fap. If you don't have an hour to devote to faping... don't fap... wait until you do have an hour. If after 2 or 3 minutes you're at the point where you can't keep from busting a nut... slow down... or stop for like 60 seconds... then start up again... and keep doing that until you've clocked an hours worth of stopping and going.

Eventually, over the course of weeks and months, you will get to a point where, rather than 5 minutes of faping before you reach a busting point... you'll last 10... and then 15... Eventually... with enough Kegles... and enough Edging... you will reach a point where you can go for an hour or two without breaking.... and if you do get close to breaking... your kegle related muscles will be so strong that you will be able to slow down a little... and flex to hold the fluid in... until the feeling is less intense... and you can speed up again. It's all muscle exercise + brain conditioning. The more you exercise, the longer you will be able to stay hard... and the longer you will be able to keep from busting.

Abstinence from Masturbation [[/r/nofap](#)] can only provide a placebo effect. The only way to strengthen the pelvic muscles is to exercise them... a.k.a. fap/edge for long periods of time.

This is the fundamental philosophical difference between a member of [/r/EdgingTalk](#), and a member of [/r/NoFap](#).

We Celebrate Fapping/Edging/Tantric Masturbation and all the health benefits that come with it.

emceegyver

I will disagree on this one.

Edging is more about willpower than time maintenance. Going from flaccid to rock solid in three minutes and ready to explode in the next 2 minutes is fine, just don't explode.

Right when you feel like you REALLY want to, stop. Deep breath. Stop touching yourself. Start thinking about that other thing you should have been doing, like laundry.

Come back and fap for 10 minutes until you can't take it and stop. Start again later.

MichaelBoltOns

Yes, for a seasoned Edger, this is all-right. My advice is for people that are Masturbating Completely Wrong through... and it's negatively impacting their sex life.

If a person only ever spends 3 to 5 minutes fapping... and they orgasm at the end of that 3 to 5 minutes... their body is going to get used to that routine... and when they want to fap... or have sex for a longer timeframe... they may find they don't have the stamina to do so.

This is why edging is more effective than [/r/nofap](#) for treating sexual Dysfunctions like PE, and ED.

moresexandsex

I actually came here looking for a place that supported jerking off every waking moment when it isn't inappropriate. vacuuming, studying, whatever whenever. lol

tbh edging is the closest thing i've had to a spiritual experience. by splitgenes

(and i grew up conservative christian fundamentalist.)

i've just finished a book about buddhism, and i think you can learn a lot of the same truths by edging.

the first noble truth is that life is suffering, and the second is that suffering is caused by desire. not achieving desire, or having a near miss, only strengthens that desire. it feeds your desire. it consumes you. we always want what we can't have*(and you can't always get what you want)*

orgasm is fundamentally dissatisfying because *everything* is fundamentally dissatisfying. and the truth about happiness and life and the universe is that nothing will ever be satisfying. because at the singularity (or "*big bang*" if you prefer an *on-the-nose sex allusion*), there was no nothing, and there was no everything. everything was all one thing, and time and classical physics and grammatical tenses doesn't even fucking work. you and i and every girl whose boobs i've ever wanted to touch were all one fucking point in the spacetime continuum. we were whole. and now you and i will never *feel* whole because we *aren't*. we were one. we were everything. now we get to experience being separate.

but if you ask me, that's pretty fucking cool.

w/e i'm drunk and spent two hours masturbating.

Wanted to share an enhancement with you guys by Binnacle_balls_jr

So I've done this many times in the past, and I'm currently taking a break from a (as of now) 4 hour edge session of day 6. My dick is smoking and I am enjoying the hell out of some porn and hard, lubed up jacking. Got the aneros plugged in and vibrating me like a paint shaker for my prostate. Anyways, I just wanted to share something with you guys that I have incorporated into this routine, as perhaps some of you may not have discovered this. While jacking, I will stand, spread my legs apart and lower my self over a coffee table, on which i have placed a bowl of ice. I rest my balls in it for 5 to 10 seconds while I beat and WOW it is exhilarating! I'm using just ice, no water by the way. I've found complete submersion in ice water to be too cold. Just a little contact with the ice feels amazing for some reason. Be nice and hard and into your session, i suggest. Try it and let me know what you think!

Addicted to reading this sub and edging my pussy by edging_addict (a real woman)

i read this subreddit often and edge my pussy thinking about all of your desperate cocks. just talking about edging makes me so needy so i thought i'd share my edging routine.

my favorite thing to do is to set aside multiple hours to edge.

ay back on my bed and just look at my pussy, spreading the lips and admiring how perfect it is. eventually, the blood starts rushing and i can see how my labia begin to slowly unfold on their own

and how my clit perks up and starts dully throbbing. at this point, there is already a bead of grool leaking from my tight hole.

it may be close to an hour before i even touch my clit. i just get lost in reading about other peoples' experiences and watching guys edge their swollen red cocks. when i finally do touch my clit, it's as light as i can. i dream of having someone press their lips around it and just hold them there still, feeling my throb.

i keep this up for hours. after a while, i can barely control the stupid noises coming out of my whore mouth. i'd do anything to have someone suck my clit. i never willingly let myself cum. sometimes i will edge until i fall asleep, or until i cum on accident.

LATemp123

I love fucking denial. I love pushing my sub to edge and drip and ache for me. Knowing she isn't going to cum no matter how much she begs. Not today, not tomorrow, never knowing when, and if an orgasm will cum. But she will know need and ache and grill, whither clit and hard nipples....

She'll know masturbating in the parking lot before going grocery shopping, playing in the office bathroom, humping the couch, never ending edging.

Zebedee_68

Fantastic post! Great to hear the female perspective - we need more of that in this sub. I can totally relate to the intense focus you describe and I love your description of how engorged and grooly you get, very hot! Looking forward to hearing more :)

Tips for Multi-Day Edging by chrisfister

I hear about people that edge for like a week or two at a time, but i've only ever made it two days before I end up cumming. I regularly edge for 5-6 hours at a time, but I always blow at the end. I was wondering if you guys had any strategies, like only jerking for an hour then forcing yourself to stop before you go over board.

butteredcavandish

Force yourself to stop. When you get really close to the edge, take your hand off your cock and just stop. Browse Wikipedia or something for a few minutes. It just takes a lot of self-control.

MichaelBoltOns

As a general rule, I usually only go for 2-3 hours, 1-2 times a day when I'm doing a multi-day edge.

I've gone for 5 hours before... and nutted at the end... and by that point the muscles have been strained for so long the finish is usually not as enjoyable as if I'd just let myself climax at 3 hours... or even just stopped at 3.

I can imagine that edging 5 hours hard for multiple days probably taxes the muscles to the point where it's no longer enjoyable after day two... unless you nofap for two more days. That's just my general experience.

I think my best multi-day started a Saturday afternoon... went for 3 hours... then I did like 2 hours that evening... did like 3 Sunday evening... and then did Like 2 hours every weeknight... and edged for like 20min before work.

That Friday was spent on an airplane... and when I finally got my Hotel room... I blew my load watching Pornhub over shitty Wifi on my tablet.
Huge Orgasm.

seanalias

that's interesting to hear, i've tried to go for 2.5+ hours in the past and had the same issue where my pelvic muscles just become exhausted, my erection becomes hard to maintain, and my interest starts to wane for those reasons. when i cum at that point, it's intense, but it's almost painful - like the orgasmic contractions are just too much, like trying to lift weights with an already exhausted muscle. i've done it a few times, trying to push farther, and i always hit that wall.

i've considered not cumming, but i worry that i'll stay super horny the next day and not get anything done lol.

i've tried to pick up kegels with the idea of just training myself for endurance, but i have a hard time sticking with them, and i don't even know if they'd make a difference.

MichaelBoltOns

f you can go 2.5+ hours you really don't need to worry about endurance any more.
Unless... [and this is kind of my problem] Unless you can only go 2.5+ hours in your usual position... with everything exactly how you like it.

I've found that I can go for many hours on my own, in my chair, with my hand, and when I reach the edge... I can just slow down... without having to stop.

Problem is... if lay down... or stand up... or get in a position that I'd be more likely to be in when I'm with a girl... or... even if I use a masturbation sleeve rather than my hand...

I can't endure that nearly as long without cumming.

I've thought about intentionally switching to 100% masturbation sleeve, in order to build endurance for varied styles of sex/foreplay... but I'm also in a dry-spell female wise... so I just keep putting that idea on the back-burner for another day.

Ijason71

3 hours a day for me have edged for 23 hours..had a few breaks.. im totally addicted to edging my penis.. check out bateworld

Funnyawesome Accidental Cum by WishedDolphin

This is just a personal experience I wanted to share, hope that's OK.

I'm pretty new to edging. I'm a 50 year old married male, my wife is the dominant in the sex life, always has been. She heard about edging and after reading about it decided I would be edging. After the first week she loved what it did to my sex drive. The fact that I would be hard immediately, and all she had to do was say we were going to fuck, or I was going to eat her pussy and I was hard immediately.

The first time she let me cum after several days of edging, both doing it myself or her edging me, the amount of cum was much more than normal and she was hooked. (She has a bit of a cum fetish too)

The second week of doing edging, I hadn't cum in 5 days. It was Friday night and I was not going to cum until Saturday afternoon. She was edging me, sitting, naked, next to me on the bed and stroking me. She had gotten me close several times and stopped and I was starting to leak pre-cum heavily. She loves the taste of my pre-cum, and as there was a large amount on the head of the cock, she just leaned down and placed the head of the cock in her mouth to get the pre-cum. I was not expecting this AT ALL. As a result, I immediately started to cum upon feeling her mouth envelope the head. She realized what was happening and kept the head in her mouth and attempted to swallow all the cum but, there was so much she wasn't able to swallow it all. She loved swallowing and it is very rare for her to miss a drop but it literally spewed out the corners of her mouth and it felt as though I would never stop cumming. It was without doubt the biggest orgasm, both in volume of cum and length of time the orgasm lasted, I've ever had.

Initially I was worried I was in trouble as I knew I was not supposed to cum but she wasn't upset. In fact it turned her one very, very much and had me go down on her for a long time after that.

We've only been in this edging life for a few weeks total but I am kind of amazed at the emotions, and real changes it has brought about in both of us. She LOVES controlling my orgasm and I have to say, staying partially aroused all the time, ALL THE TIME, has made me much more attentive of her pleasure and we both feel like it has brought us even closer together. And we have always been the couple (married 29 years now) who people have commented that we seem like newly weds still. It's been amazing and seems to be getting better and better.

[don't take for granted we live in the best time for masturbating in human history](#) by polruinseverything

I've been jacking off all day. I have multiple tabs open to various types of porn and women. Some professional some amateur. That's what really makes this era special. Instagram and the internet in general have allowed women everywhere to upload videos of them shaking their ass just because they feel like it. Of course guys are going to jack off to it and they know it but it's all culturally acceptable. Every woman has the ability to upload fap material and almost all of do. I remember the dark ages of watching shitty B movies hoping to see tits. Now it's everywhere. Take a moment and acknowledge what we all have : an edging golden age.

Moresexandsex

Your post is so hot...like, edging and reading that....fuck. :) I think about that same stuff when I feel amazing.

canadianguy360

I totally get this. I love edging to porn and models and have zero interest in actual sex. I'm not embarrassed to say it. The internet has made this possible. I sit back and relax edging my cock to all these sexy busty women. It is perfect.

[\[M\] Kegel Edging](#) by ShownVegena

Right as I'm about to cum I do kegel and hold it down, it's like you ejaculate but nothing comes out and you're still hard. Has anyone else tried this? Is this bad for your health?

okashii_person

It's called a retrograde ejaculation and supposedly it's not good if done regularly.

The ejaculate instead of coming out, goes up into the urethra into the urinary bladder. You're still cumming, you just can't see that it's gone up into your bladder.

ShownVegena

Okay so I just looked it up and it says it can cause infertility but that's because no semen is coming out right? Because if I don't kegel then it's a regular ejaculation. Can doing this repeatedly cause me to always have dry orgasms without choice? Are there other effects of doing this?

Edit: also I only do it because I can stay hard afterwards, if it's regular ejaculation except into the bladder, how come I don't go flaccid?

okashii_person

Over time, yes it may cause you to have dry Orgasms without choice. As for any other effects... I haven't read it in a while so I don't remember.

Though one thing to remember is that semen is there, it just goes somewhere else instead of coming out. But semen is meant to come out so... Tread carefully on this path.

betlamed

I do nonejaculatory orgasm all the time, but I never go into retrograde ejaculation. To me, it's all breathing, kegels, keeping arousal to a minimum, and lotsa mindful focus. I derive it from tantra, a bit of taoism, and lots and lots of self-experimentation.

[Here's my blog](#), if you care for more.

Edge Dream-Session by HelpMelmHorny

In a few weeks, the wife will be out of town for business. I will be home alone for those three days and am starting to plan my edging dream-session. Right now, I am almost done building a monster of a PC for the 1st addition to my new Masturbatorium. I have my cock-rings and tub of coconut oil ready to go and all of the porn I can shake my dick at. What else do I need. I was thinking I need a great chair...any suggestions? Let's chat about how I can make it better. I want this to be a porn-vacation.

Bob4carl14

In absence of a killer chair, how tall is the desk? I've had a low enough desk and a decently supportive desk chair set up for a while, and I keep two thin pillows on hand so if I wanna recline, I can put my legs on the desk. A bit of a job to get up, but comfortable af when you're settled.

I'd be interested to see any other suggestions. Have been thinking about doing something with my setup.

fit_times

when im gooning that much I tend to like options - sitting for a long time makes me miss out on my dick - i like to stand, press it out - look at myself...you know, that sort of stuff. so a couple different chairs are good - be ready to move your laptop or tablet to different venues in the house.

My Report on my Intro Into Edging by Alt64

I'm a young, hot, 18 year old male.

I just finished jerking off for 7 hours today. 4 hours earlier, 2 hour rest, and 2 hours until now. No cumming. I have jerked my cock so hard today, I can't believe it.

As I neared the end, my cock started to reach PONR without me realizing, meaning I had to keep taking my hands off. Soon, pre-cum started to drip out of the tip. So hot, I never had that happen before. I tried to hold it in because I thought it was cum.

Then I had to go hands off at the end, and my cock muscles spasmed (ok maybe I helped spasmed them), and a stream of pre-cum flowed out of my fucking cock down to the base. It was so hot, I always wanted pre-cum.

I haven't done this before. I started jerking off from 20-30 minutes to 2 hour blocks in October. It was the first time I truly gooned out. Like my brain felt so one track, just thinking about porn, porn, porn. Bimbo porn, big tits and big asses. All there for me to jerk my young cock off too.

Then, I ended up gooning for 4 hours on Thanksgiving without cumming. It was crazy. I've edged and denied repeatedly since then, my biggest load was me blowing 5 long hot sticky ropes of cum. I've used rubberbands as makeshift cockrings, I can't leave them on for long, but it's hot to have my cock veins bulge as my dick gets so much pleasure.

The fact that I'm doing this is hot. I'm basically turning myself on. I'm not gay, but I have seen cock pics, and they turn me on thinking about how turned on those guys must be. The fact that no one knows that I'm doing this is hot too (besides you guys, but you don't know who I am). I'm jerking off in my room all day while my parents walk around and I'm so turned on I don't care anymore. I go to school and walk the halls, and while nothing has changed on the outside, I know how I'm secretly becoming a sex pervert, and I sort of love it.

I don't know why I'm writing this. Maybe this is just another symptom of my perversion growing.

Do any of you care? Any of your own stories or reports to share? Do some of you people find my story hot even? I want to hear about it.

Rukun

I consider myself predominantly straight, but I definitely started getting hard as I read this. Thanks for sharing. Edge bros unite!

Alt65

Thanks. This is quite the thrill. No homo.

[deleted]

Superhot man, i love gooning out for hours to hot porn. That made me so hard to read. Love when your right at the edge and your cock wants to cum without you even touching it. Feels so good. Im on day 15 of edging right now on family vacation. Gonna blow my load on the 19th. You should check out icanhazchat jobuds chat room, sign up for a free account. Its so much fun when lots of people on there perving out and sharing porn and stroking their cocks.

admiral93

Well there are two different kind of things that can happen here, depending on your timing. One is retrograde ejaculation, the other is a "true" dry orgasm. You can read about the difference here: https://www.reddit.com/r/multiorgasmic/comments/81f7kk/squeeze_method_done_right/

It has also linked a longer description of the dry orgasm / multiple orgasm method. Is that what you are doing? Because normally with a retrograde ejaculation you would lose your erection, and it definitely wouldn't feel good.

When you realize you have been unintentionally edging for years by DarkValiance

So I'm one of those perverts that plays those NSFW lewd games and I would play them for hours on days. So obviously to enjoy them to the fullest you gotta beat your meat at the same time and I would keep beating it until I actually beat the game then I would reward myself. And this was before I knew about edging and all that shaz. Behold my surprise when I run into this subreddit and edging. So I suppose this could be seen as advice if you struggle edging for an extended period of time to plain ol porn cause you get bored or what not. Try out all those porno games. And that is the legit ones not the shitty ones that are more porn then games. A good example would be Sengoku Rance.

Urge of Pee Feeling' by penisart

Yesterday after long term of edging (I have not finished it with cum). I have to feel urge of pee. My prostate is healthy but I have such situation if my bladder was full and I can not clear out it. So normally full bladder gives me pain and this "full bladder feeling" was very plesurable. I feel - I feel - I can not pee till end but each such pee urge feeling was very nice and give hot tension. My penis in this time was already not erect. This has me given much additional nice pleasure. Have you like situation with edging. Finally at end (after a half hour time of this feeling) my kegels was unvoluntary quiver and a lot of precum and urine mixture was flowed out. I thinks this was such after-edging unintentional "small climaxing"?

Edging trip to a past life by Malhard

So i had 4 days of abstinence from sunday to early thursday, and started my edging session that thursday. As i have written on this subreddit before, i was using a new technique where i become super relaxed for 1 hour before opening any porn. The whole run i was using very little stroking force, and mostly just held my dick in my hand and applied a little pressure as the porn massaged my brain.

This run was different from any other run i have ever had. At some point in the run when i was laying back with my feet up and all the comforts you could think of. I had put on some good porn, and as i was laying there in all the comfort it was as if it brought me to this fantasy world in my mind. It was as if i had lived another life before this one, and in that life everything was perfect, lustfull, happy, and full of good memories, and comforting women. It was the essence of feeling good, but not an out of body kinda experience, more like your mind drifting and forgetting all about what has happened or will happen, and just drifting into a past that i know have never excisted. It didnt last very long, only 10 seconds or so, but it felt really good.

Anyways i ended having an orgasm that started out ruined and then i gave in and pulled down on my dick so that i more or less had a full blown orgasm with cum shooting above my shoulders - atleast thats where i had to clean when i was done.

I did a full reset (3 full orgasms) and im planning on a new session. Same strategy with more knowledge this time. Im currently more than a day into my abstinence period and plan on edging in 3 days.

Addicted to gooning my pussy by bigfatbustyslut (a real woman)

Don't see many posts from women here so I'd like to talk for minute.

I am 100% addicted to playing with my pussy. Heres essentially my perfect day.

Wake up early, naked or just in my undies and before I leave bed i start teasing my nipples. I usually play with them for about 20 minutes (before I even remove my panties) to work up my arousal. Next, I look for someone to chat with. The hottest part of this kink to me is discussing how hopelessly addicted I am (more on that later). After maybe 45-60 minutes of nipple tweaking and chatting, i remove my panties, stare down at my cunt in awe of the pleasure she is going to bring me, then I get to work. I'll part my lips slowly and taste my first drop of grool for the day.

I start slow, typically expose my clit and begin stroking her gently. By this point, I'm so infatuated with the concept of gooning my cunt that even the lightest touch brings me close to the edge. Repeated ad infinitum until I'm ready to get fucking stupid.

I'll clamp my nipples, put a plug in my asshole (and maybe a toy in my cunt) and continue playing with my clit for as long as I can. This usually last hours as I browse porn and chat with other addicts.

By the end of it, my bed sheets are soaked, my clit is engorged and 100% dictating how I'm spending my day, my nipples are rock hard and throbbing like crazy, and I'm about as depraved as can be. In this goon state I will do stupid shit like skip social obligations (birthday parties, nights out drinking, work..... family gatherings.. I don't care).

When I get deep into my pussy I start grunting like an idiot and making all sorts of stupid faces. It's hard to explain and when I think about it with clarity it's repulsive lol. It's just that when I'm in the midst of a session.. literally NOTHING else matter. I don't give a shit how gross, retarded, sweaty,

etc I look. I don't care if my friends text me that they need something from me. The only thought in my head is how to make this bliss last forever.

I'm sorry this is such a long, rambling post but I just fucking love my cunt. I fucking love being able to play with her for 12 straight hours while my clit swells and throbs and my asshole pulses. It's amazing how disgusting I become when I'm denying myself. I know addiction isn't supposed to be a turn on, but for fucks sake this is all so hot to me.

Anyone else feel like edging is really pussy / cock worship?

SECTION 2: r/NoFap on Edging

I was edging and then...by define_alt

So I was edging like a fucking maniac. idk why. i chatted with some girl and she made me horny. she was horny too. M-ing felt so fucking good after not doing it for 76 days. i was like GOD I want to O too. so i M'd faster and harder while she sent me sexy chat and pics. I was near to O and I stopped. But I stopped too fucking late and I couldnt hold it and I BLASTED the fattest load I've ever seen all over my bed. yelling in my head NOOOOOO FUCKK MY FUCKING 76 DAY STREAK I got so scared and mad that I woke up and realized it was just a dream and so happy and proud continued my day.

Edging: a rant by General_derez

I define Edging as "fapping without ejaculation". It comes in a wide range of forms. From a subtle humping of the mattress with your fresh morning wood, to a sneaky hand down the sweat pants to take the edge off of studying for exams, to clicking on your Facebook (i.e.. CrackBook) just to see if a hot girl in your "Friends" list might have posted a picture that shows off her figure in a subtle yet tasteful way just so you can "accidentally" run into it and slip in a few strokes with your thumb and forefingers through the tightening material in the crotch of your jeans. Whether you last a minute or you last an hour, stimulating your dick without ejaculating is still stimulating your dick. Your brain will mindfuck itself into all sorts of rationalizations that edging "doesn't count" somehow or another. "Oh just this one time", "it doesn't really count", "it won't hurt anything", "you deserve a break", "you accidentally ran into this nudity, it's not your fault, ", "if you do it in the shower without porn it's alright", "if you do it in bed without porn it's alright"... it's all lies. All lies made up by your addict's brain to resist uncomfortable change.

Edging is classic addict's behaviour, and you know it's holding you back. It's never an accident, you always know what you're doing, but you're going behind your own back to sabotage yourself regardless. It's not really quite as bad as ejaculation, but it's still pretty damn bad and quite often you will lose control and progress to ejaculation anyway. Then it's inarguably a full blown relapse, and you'll feel like shit for SURE. Insidiously, it keeps you running in place instead of healing the addicted neural pathways that need to heal.

I've heard many Fapstronauts classify "Edging = Relapse", and I agree this is a good rule of thumb. It doesn't matter if all you did was just flex your boner against your zipper three or four times, you knew what you were doing, and it's a relapse. You'll never break through the 2 week and 30 day thresholds and on to really long streaks acting like that. You'll never unlock the real super powers acting like that. The greatest superpower is your will power! You need to understand and experience that "99% is a bitch, 100% is a breeze", there is never ever the option for a single stroke anywhere anyhow. This seems like extreme measures, but this is what it takes to uninstall the extremely pathological neural pathways installed in us by years and years of masturbating to porn.

My recent streaks have been plagued by edging. I made this rant to remind myself of what I have already learned about Edging, and I hope some of you guys find something helpful about it.

I would like to propose an amendment to the NoFap constitution: Edging is considered Fapping. By gentleman_jones

Folks, please! You're only destroying yourself further if you think that edging is a substitute for fapping. If you're going to do NoFap, you really should NOT stimulate yourself at all. We've seen too many stories of people saying "NEVER EDGE!" and how many counter resets have happened because their guns accidentally discharged when edging.

Let's make it official and outlaw edging during NoFap. Put in on the guidelines page, whatever we have to do to stop people from doing it. The consequence of edging should be a counter reset; treat it like fapping. Let's put an end to edging! I really do believe this is for the greater good.

EDIT: If you support this, please upvote! I'm not fishing for fame, just support! Treat this like a petition and let's push this bill to become law. I will continue to push for this amendment however long it takes to take effect.

EDGING CLEARLY DEFINED!!! [Click Here](#)

(Breakfast's Note 🍳: If you want to see edging defined in just over 1,000 words, click here. It's too long to read but extremely funny)

[deleted]

This discussion comes up sometimes, and in the end people always have to be reminded of the same thing.

The badges are here for yourselves, not for us to rate each other. This place is not a country with laws and a constitution, it's a group for people to support and encourage each other in this challenge. For some people, touching themselves even for a second would constitute a total failure and a reset. For others, slipping for a while and then gathering the strength to stop and go do something else is a victory! For them, having their badge reset regardless would be counterproductive, since it'd mean there's less to lose if you fap, since your badge is gone anyway.

That's not what the badge is for. It's there for you. It's there to help you through this challenge, to keep track of your progress, to give you something to be proud of when you succeed and something concrete to lose if you fail. It's there to make this journey easier.

For example, I myself notice that it's beneficial for myself to be more lenient with my badge in the early days and to be strict later on. The early days are hardest for me, and if I fail for a few seconds and gather my strength, that's *good*, that constitutes progress. Later on, when the urge to fap reduces a lot, it's easier to be strict with myself and never let me get even *near* a state of mind where I might cock it up. Especially after ~100 days, strictness works for me, but early on, it doesn't.

I'm not trying to say that edging is a good thing, I know that it can ruin streaks. However, the simple truth is that the badge is there for people to help themselves, not for others to decide what's best for them. And that's the way it should be.

How to stop fantasizing/edging 100% by sk8ergio

How: Self Talk

Lately what I've been doing to stop fantasizing or edging, is I talk to myself in my thoughts on why I'm doing Nofap. It goes something like this.

As soon as I start fantasizing/edging, I say to myself In My head

Brain: Gio why are you doing this?

Me: doing what?

Brain: Nofap.... why are you doing Nofap?

Me: because I need the benefits that Nofap gives me, to overcome my stupid Social Anxiety.

Brain: How badly do you want it?

Me: More than anything else in this world right now.

Brain: liar.....

Me: No I'm really not lying.

Brain: then why are you doing what your doing right now?

Me:

Brain: fight it Gio, if you really want to fix yourself.....fight it. Your future & life depends on it.

By this point I have already reassured myself and remember why I started this journey or NoFap.

This works for me everytime, you never realize how powerful Self Talk really is until you try this.

Also at the end of talking to yourself, you should add a reference to some motivational speech you liked that literally gave you Goosebumps. Mine is from a anime called "Attack on Titan" where a boy named Eren says this in one scene "If you lose you die, if you win, you live. If you don't fight you can't win. Tatakai, (means fight in Japanese) Tatakai! Tatakai!!" Anyways this scene and speech gives me goosebumps. So add something that gives you Goosebumps.

Hope this helps many of you guys. Please try it for one day too.

EDIT: Wow, never thought it would get this much attention. Thank you everyone who take my post to heart and actually try it out.

Also I think it's very important I mention this but, I relapsed 2 days ago (had 6day streak) The reason was actually because I wanted to prove that this self talk actually works when your in "that" deep moment. I didn't want to give advice that I know doesn't work. It does work but, not when your already deep into watching porn. Maybe for some it will but, for it didn't for me. Anyways that's the reason I stopped doing YouTube on NoFap for now. Only until next Thursday when I hit my 7 day streak, then I will continue YouTube. If you want to check it out look up the channel "Gio Maximo". Anyways thanks again guys, and no I sure as hell ain't giving up & you must not either.

DynamiteDeluxe

brain: Dynamite, why are you doing this ?

me: because I want to share my energy !

brain: liar !

me: Ok, I already have love, patience, health, serenity & wealth. Thank you. I'm going to share this without greed, anger & pride/envy - what are you saying now, biatch ?

Bullpitty

Brain: Bullpitty, why are you doing this?

Bullpitty: So i can finally bust a nut in a woman without using my hand.

brain: ...liar! ...wait no... That actually makss sense!

Bullpitty: shut up brain

ThatBoyAgain

Love this post; excellent work OP! A personal different approach I do to divert thoughts is to turn your attention to the present moment.

1. Stop what you are doing completely,
2. Take a big smile because you are fucking awesome!
3. Take a deep breath in through your nose - feel how the air feels a little cooler,
4. Breathe out through your mouth and notice it's slightly warmer,
5. Repeat for 10 times, counting each out breath

While doing this just concentrate of anything and everything right there in front of you. Why does this work? Because thoughts & emotions cease to exist in the absolute present moment!

Hope this helps, it has helped me so so much for me; this technique is from doing Headspace meditation as well as reading The Power Of Now :D

If you just"edged", you just relapsed.README! By RammerBee

First of whoever came up with the idea of "edging" the perfect definition of a anti-fapstronaut. Edging is 100% percent relapsing, 100% PMO, 100% fake rationalising. By edging i mean: looking at pics of any kind that you cant see on everyday street. nudes, topless yada yada. STOP IT. Relapsing doesnt happen in 1min, its gradual 1 day, 2 days 3..until you cant anymore, and orgasm. So if you wanna succeed , stop rubbing it, fantasising, sneak peaking(especially that), stop doing things that lead to arousal. And again, if you see yourself: Strokin, Sneak Peakin than start counting days from 0 I dont care if you are day 10,100,1000 you just relapsed. Don't open that private tab on web browser, if you did...DAY 0 FOR YOU. Had a sneak peak...day 0 for you. You think youre getting away with this, youre not. You're not cheating anyone except your own self. If your addiction has a brain inside your head, edging is its master plan, its TROJAN Horse to burn you to the ground. It knows your Achilles weakness that being you rationalising (oh ill just edge, i wont relapse if i edge) no studid..You Do.

sry for begin harsh. Im writing this to.myself too.

SECTION 3: The (not-so) Secret Diary of an Edger (Edging Diaries by clawingatmyself)

Days 1+ 2

(I've seen some other people do logs like this before, and I thought they were awesome, so here goes)

So, to treat myself for finally finishing all my exams, I decided to start edging for as long as physically possible, going to try and break 4 weeks, if I can do that then idk how much longer I'll go

Day One

Edged for about 5 hours straight, came to the edge about 15 times, not entirely sure tho as i lost count after 10. I even managed to 'ride the edge' for the first time without cumming, did it twice in 15 minute sessions.

Day Two

Woke up fully erect, that's a first.

Almost anything sets me off, but that's pretty normal for edging.

Balls actually feel 'full', might have to milk my prostate and try not to cum in a few days, anybody got any advice on that?

I plan on edging at least 3 times today, back off a bit, try not to get blue balls too early on.

[EDIT 1] Okay so its getting towards 6pm and blue balls have just started to yet in, can feel my right side starting to hurt, feels like someone's twisting them...That happened fast.

Also I've ended up edging around 8 times today (half of them just through riding a 15 minute session, staying right on edge, and *very nearly* pushing myself over 4 times)

[EDIT 2] And now I've somehow managed to chafe and hurt my foreskin, probably cus i don't use lube (don't usually have too long to edge, and somebody could walk in at any time so i have to stay discrete), so that's something I'll have to deal with for the next few days

Day 4

So, after remembering I had it, I've started to use a customised [wheel](#) to basically tell me how to edge, its super fun. Also got a slideshow on [Gooninator](#) , basically to let myself have to put least mental effort into stuff other than my penis.

Talking about that, compared to yesterday I am now on a hair trigger. listened to a JOI and completely broke immersion cus I couldn't jerk off for more than 5-10 seconds without cumming.

Also, been precumming so much that whenever I go to masturbate I'm drenched in pre, still considering buying some pygeum to shrink my prostate a lil and get me precumming as much as possible, pretty excited for that.

Took some L-Arginine to make me even harder, and it really worked. I was at my hardest erections today, looked like I was wearing a cock-ring a lot of the time.

Also trying not to cum has lead me to find a new way of masturbating: Grab your penis and balls in the usual 'ok' grip, don't need to get all the way around, can use 2 hands, and basically jerk off with the 1 inch of movement you have.

Works best if you have low-hangers cus then you can actually just jerk off your entire package at once, and its pretty hard to cum.

Also my appetite has been super low today, got away with 1 meal and a slice of toast (plus a snack just when i woke up), and that's after barely eating yesterday. Huh.

It's currently 3 am and I am so tired, just got finished with a hypnosis JOI file, didn't think it would work but turns out if you have the right kinks, are into audio porn, and stay *completely* open-minded, it can get pretty intense.

Any advice from more 'seasoned' edgers into how I should continue? What to expect, cool tips, whatever really.

Day 5

Doing this everyday may become repetitive and boring, might start doing it less, might not, who knows

Day 5

Today I managed to edge for about 4 hours, in short chunks. My appetite was super low again, which ain't exactly a bad thing when ur trying to lose weight :D

Wore a cock-ring made out of a hair bobble for a bit today, noticed how fat my cock was and how heavy my balls have been and decided to try it out. Tbh, after just a few seconds of edging I was nearly going over.

Actually, that's been happening all day. I can edge for a solid minute if I go super slow and really try my hardest, but all-in-all I've been a mess. Managed to nearly cum about 5 times today (all in under a few mins) just by rocking my thumb over my frenulum/foreskin whilst my cock was still in my pants, just the small 1-2mm motions were nearly driving me over the edge.

Luckily, it seems that I have pretty good stamina (**so far, lets not jinx it**), and have been able to with-hold from orgasm.

This is the most aroused, and for the longest time, that I have ever been. All day I have been pawing at myself, jerking off whenever i could (even twice when I really shouldn't have been (somebody was in the same room as me... whoops). Tomorrow I'm going shopping for some stuff, might wear another hair-band as a cock-ring and see what happens.

Super exited to spend another load of days edging, don't want to cum any time soon! **Fingers Crossed!**

EDIT 1: Well, fuck.

Gave myself a ruined orgasm. Going to chock it up to having less than 4 hours sleep and going over the edge. Luckily I had enough willpower to stop myself from actually orgasming.

Honestly I'm not surprised, but since I barely came (not even half what I usually would, it was like 1 spurt), and the fact I didn't orgasm, I'm going to say this run is continuing.

Also, ruined orgasms, hmm..... Might do this more often. Might not. (Gonna try to not to on this run tho)

Day 8

Since last edge-log, had 2 intentionally ruined orgasms. By that I mean I went over the edge once, came a tiny bit and didn't orgasm; then I went over the edge again, completely emptied my balls, shot 8 times (I counted because I'm sad lol), almost managed to hit my chin and coated my chest and arm in cum. Very proud both of how much I came after being pretty dehydrated and not taking any supplements like Lecithin that I usually do, and the fact that I didn't actually orgasm.

Now, after a few days I've made a [post on fap deciders](#) , so if anyone wants to help me edge, give me instructions or whatever then please do.

Now I am currently doing an anal-only day, so am going to play with my prostate as much as possible, along with my nipples, and just generally avoid my cock.

On the 2 days before this, I have been edging a bit less, only about 2 hours a day, and not had the willpower to actually ride the edge, especially as that is what caused my ruined orgasms so far, and I don't know if I could ruin any more before I actually orgasm properly; I want my final cum to be the best feeling one yet.

But yeah any questions or words of encouragement are enjoyed, and thanks to y'all who have messaged me saying these are hot/helpful, I didn't think they were but its nice to know.

(Now to go finger myself in the shower)

EDIT 1: Okay so my edging horniness just had me very riskily ride a plunger handle for a few mins in the shower. Originally bought this to use in a cosplay (yes, im lame), but it went unused and has been sat under my bed for a while. Now it's finally being used as when everybody thought it would be used for when I bought it (*seriously, both friends and parents eye it like i use it as a dildo, well not until today did I!*) (*also its super rigid so my horny ass is going to have to be more careful, or possibly just not use it again cus eep*)

(From here on out I just rant about ass-play because it was my first ever time and it felt, not great in hindsight, but pretty good)

But yeah, I tried a few different positions with it (the handle is like 3-4 feet long, its a big industrial-sized one), cus the usual and more comfortable positions that I wanted to try just didn't have enough space.

Eventually I decided to kneel down, with my knees at a 90* angle so i was raised up, lean forward and pushed the first inch or so inside of me, then grab the handle between my feet and rock my hips back and forth, riding it. Then i began to (not so slowly and i kinda regret it) bob up and down with my knees, letting a few inches slip in/out, and then within 5 mins I was fully riding it. No clue how many inches, but less than like 4-5, but it still felt amazing and if you can't already tell I found my first experience with an ass-toy to be amazing, especially since I can't touch my dick today, and really want more.

Turns out I **really** like ass-play, just wished I could live alone so I could enjoy it without having to sneak a 4 foot long plunger past my family and friends into the bathroom every time i wanted to use it :|

Don't think I'll use it much more, I prefer to focus on my dick, but heck in a pinch this would work great, and I wouldn't be objecting to having to use it :D

Also I have no clue how long a foot is, I'm just guessing the lenth

Day 13 (?)

Okay, in all honesty, its been up and down.

Had a half orgasm the night before my 'Day 8' log, as in I fully came (as in, all semen ejaculated) and it felt *good*, but **no where near the full orgasm**. This made me feel like I'd failed, but honestly as my horniness was almost immediately regained and I still found it very hard not to just orgasm immediately, I've decided not to count it (as all effects of edging are still here and it wasn't a full orgasm in any sense (apart from cumming)).

So, right now 13 days in and never felt so great!

My appetite is really low, I feel super aroused constantly and have gained confidence enough to even free-ball around town, something i've always wanted to do (felt great!)

Still following orders from people on [this post](#) , so the edging has been of varying degrees, but lets just focus on today for simplicity.

Been edging for about 3 hours now, after only 2-3 mins I'm ready to cum and usually I end up having to clench all my muscles to stop from cumming.

I've gone from being a 'grower' to a 'shower', probably as I'm almost never fully soft anymore and remain at least semi now. My balls feel very full and sensitive, nearly twice their size, awesome.

I've still got about 2 weeks left, so a lot.

Had a few failed orgasms, none as big as the one that nearly ruined the edge, most of them less than 1 shot (a few drops at most).

I don't know what else to say, these updates are hard to write as its always just "Day x, still edging, feel good.". But yeah, any questions or stuff then please, ask away!

[Finale] Day 16

Today I orgasmed!!

Shot 8 times, all reaching up my arm and just shy of my chin. If I had planned this out, actually drank a healthy amount of water today, and had taken supplements it would have been much, much more, but heck, I felt like cumming so I did!

Gonna spend a day or two, then probably restart as oh-my-god that was so intense!

I find the actual orgasms with edging not that much more powerful feeling, just due to everything being centred on the feeling on spraying cum, but the feeling afterwards is just bliss (still in it now after a few mins).

This was amazing!