Beatless in Seattle: Masturbation stops when relationship begins

Hello Alice,

I have been seeing a girl now for almost eight months, and we have been sexually active for a good while. At a point in our sexual relationship, I came to a conclusion (no pun intended); I was going to stop masturbating. It just seemed silly, what with a girlfriend that was so much more satisfying than self-gratification. This has been going on for about two months, and I haven't felt "the need" for almost as long. I feel very satisfied with my sex life with my girlfriend, and I don't have that post-orgasmic sort-of shame that came with most masturbation for me. It's not much of a question after all that, I guess. I'd just like your thoughts, and maybe just pose it as a possibility for all the guys out there reading this page while they're waiting for the smut to load. And also, thanks for providing your page as a resource.

Sincerely, Beatless In Seattle

Answer

Dear Beatless In Seattle,

It's great that you are in a relationship in which you're sexually satisfied! Your thoughts (thanks for sharing) touch on a couple of issues. Masturbation is not mandatory? you may choose not to "beat off" while with your current girlfriend or with future partners, but doing so is not "silly" or dirty. Masturbating and being in a loving relationship are not mutually exclusive, and many people in relationships use masturbation, alone or with a partner, as a healthy release of sexual energy? just as they did when they were single.

Solo sex is not a shameful betrayal of one's partner and is not reserved for one gender. Rather, masturbation is one of the many kinds of sexual activities that people enjoy. Like intercourse, masturbation is healthy, enjoyable, and normal. Of course, if masturbation replaces sex between partners without mutual consent, or if its popularity with one partner leaves the other sexually dissatisfied, partners may need to talk about what would constitute a sexually satisfying relationship.

Guilt before, during, and/or after masturbation is not uncommon among "beaters" of all ages, and may stem from moral, religious, and/or social doctrines that disapprove of it. Breathing a huge sigh of relief when you have a new partner because it replaces a need for self-pleasuring may be problematic. After all, the frequency of sex with a partner may vary widely in cases of illness, stress, or even travel that separates partners. When a partner is not in the
mood, or when your mate is "away," it doesn't mean that your dominant hand shouldn't play. As such, you may want to consider asking yourself some questions that may help you better understand why you came (pun intended) to the conclusion that you did about self-gratification:

- What were you taught about masturbation? Who taught you about it?
- When did you first discover masturbation?
- How did you feel before, during, and after masturbating, i.e., guilt, excitement?
- If applicable, how does your community (social, religious, etc.) regard masturbation?

Finally, you may want to consider discussing this issue with your girlfriend. Does she share the same beliefs about masturbation? What does she think about masturbation in a relationship? How would you (and your girlfriend) feel about including mutual masturbation during sex? Having this discussion is up to you, but you may find that discussing desires and new ways of giving pleasure may positively affect your sex life with your girlfriend.

Perhaps it would be helpful to learn more about masturbation and other ways of achieving sexual pleasure. You may want to check out the responses in the Go Ask Alice! Masturbation section of the archives (yes, an entire section devoted to self-pleasure!).

Remember, partner sex may rock your world, but this doesn't mean that beating off needs to take a beating?

Alice!
Category:
Sexual & Reproductive Health
Masturbation

Related questions

Sexy role-plays
Masturbation healthy?
Difference between clitoral and vaginal orgasm
I'm not very hand-y (or, how to give a good hand job)
Masturbating stats: Are there gender differences and why?
Masturbation ? too much of a good thing?

Published date:
Jun 26, 1998
Last reviewed on:
Mar 06, 2015
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/answered-questions/beatless-seattle-masturbation-stops-when-relationship-begins#comment-0

Links