

## When Self-Pleasuring is Really "Procrasturbation"

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Self-pleasuring is one of many men's favorite things to do. Sometimes, of course, it can lead to procrasturbation, in which self-stimulating helps a person avoid doing more important things.

Engaging in a little self-pleasuring is a favorite pastime of many a man. Some guys self-stimulate more than others, which is perfectly fine. Every guy has his own specific sensual needs and preferred outlets, and as long as it doesn't negatively impact male organ care, that's fine. But there are times when self-pleasuring becomes procrasturbation "self-gratifying as a way of putting off doing something else. When exactly does self-pleasuring become procrasturbation? And more importantly, is it necessarily a bad thing?

### Definition

As is often the case when dealing with self-pleasuring-related issues, coming up with hard and fast rules and definitions can be difficult when it comes to procrasturbation. As a matter of fact, some people use a definition of procrasturbation that doesn't include self-pleasuring at all; instead, they define it as getting a feeling of great euphoria simply from putting off doing a difficult or daunting task.

But more people probably consider procrasturbation to mean engaging in the act of self-pleasuring as a way to put off starting on or completing a difficult task or facing a challenging problem. For example, a college student perhaps has an important paper that needs to get done, but rather than focus on that, he surfs through his favorite adult literature sites for an hour and focuses on rubbing his manhood.

Procrasturbation can be a "one off" situation, such as that just described, or it can be something more chronic "and may occur in somewhat subtle ways. For example, perhaps a man is aware that something about his relationship with his girlfriend is causing some anxiety. Every time these feelings of anxiousness arise, rather than explore them, he decides to self-stimulate, after which the feelings of anxiety have gone away "for a while at least. In such cases, he is using self-pleasuring to avoid dealing with feelings he identifies as unpleasant "and he may not even be aware that he is doing so.

### Good or bad

So is procrasturbation then a bad thing? It really depends upon the individual person and the individual situation.

Consider again the case of the college student who self-gratifies rather than start on an important paper. If after self-fondling he decides it's time to go out and get a few beers with his pals, rather than start on the paper, then his procrasturbation seems to be part of a pattern "to avoid work that needs to get done.

But it could be that after self-gratifying, he feels much less tension and anxiety. He may be able to

think more clearly and be in a better frame of mind to collect his thought and begin work, in which case his procrastination would have been beneficial.

It's a little harder to make the case that the second example of procrastination is beneficial, as the man clearly seems to be using self-pleasuring to avoid facing a problem. But it is possible that this person is simply not at a place in his life when he can comfortably confront relationship issues. In general, however, using self-pleasuring as an excuse to avoid problems which can and should be addressed is not the best approach.

One other issue with chronic procrastination: if a guy isn't careful, enthusiastic self-pleasuring may lead to a raw, overworked member. In such cases, a man benefits from regularly using a top drawer [male organ health creme](#) (health professionals recommend Man 1 Man Oil, which is clinically proven mild and safe for skin). A rubbed raw manhood needs to be re-hydrated, so the proper creme will have both a high end emollient (such as shea butter) and a natural moisturizer (like vitamin E). The skin will also benefit from a creme with a potent antioxidant, such as alpha lipoic acid. Antioxidants fight excess free radicals which, if left alone, can cause oxidative stress that further weakens male organ skin.

Visit <http://www.menshealthfirst.com> for additional information on most common manhood health issues, tips on improving male organ sensitivity and what to do to maintain a healthy member. John Dugan is a professional writer who specializes in men's health issues and is an ongoing contributing writer to numerous websites.

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