



An article on

# MASTURBATION

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Compulsive masturbation refers to the behaviors of individuals who masturbate for reasons beyond sexual desire. They often masturbate for the purpose of changing their mood and escaping from emotional pain. It will often be used as means of emotional soothing and can often accompany other addictions such as cocaine abuse as a means of helping the person to get back to a state of equilibrium. For example, if an individual gets high on cocaine, masturbation is often a method they will implement to assist them in coming down.

Compulsive masturbation can have significant health risks. For example, researchers suggest that approximately 70% of those individuals who masturbate compulsively do so to the point of genital injury. It is

common for those who struggle with an addiction to compulsive masturbation to use objects to assist them in the process. Often pornography or voyeurism is associated with the behavior.

As the addiction grows the circumstances' surrounding the behavior get more risky. For example, an individual may masturbate while he is driving or possibly sitting behind his desk at work. Addicts often report they masturbated while they were in public without people around them knowing. This is common in environments such as movie theaters, shopping malls, and public parks, etc.