



I find it disappointing that masturbation is promoted as a healthy and desirable sexual conduct. Pediatricians, educators and child psychologists know that at some point in the maturation of the person and personality, can be a behavior that is present sporadically. But I dare say without blushing that the practice of masturbation as a habit is not beneficial to the sufferer.

I say that because suffering is suffering what I convey people who come to my office for this reason. They are not rare, much less people, maybe they are not sick, but they sure have a problem they want to solve: masturbation. It's not necessary that the doctor tells you, it is they who consider it a form of slavery, a loss of freedom and ask for help.

Most want to solve this because it is chained because he realizes that he holds in himself, because it hinders the relationship with his wife and/or others, because it creates inner turmoil and unrest trailing autonomy and decision making.

Some think, hey, this doctor where he came from, what baloney says, that does not happen to anyone. Unfortunately attend to people with this problem every week. Fortunately there are still people who are not ashamed to ask for help in finding their happiness. They are great people, to remove his hat, admirable, ordinary people with ordinary problems as can be masturbation.

When I talk about problems, I don't mean the nonsense that you can read out there, that if masturbation causes blindness, epilepsy, paralysis or acne. That's inventions, but are not theoretical constructs the bad times passing those who cannot exercise their freedom because they have to masturbate or by accumulation of excessive emotional tension, impulsiveness, by compulsiveness, to compensate frustrations, problems of hyper sexuality, difficulties in interpersonal relationships, narcissistic traits or avoidant personality, because they have received the wrong sex education, because they developed a simplistic behavioral based learning satisfaction or pleasure overall immaturity of person. So we see that what is interesting is not so much the problems caused by such

conduct, but why that person needs masturbation to balance their life or why they cannot develop a harmonious sexuality with their vital project. Others use alcohol, drugs, food...

It's necessary a preventive work to reduce the incidence of these problems is necessary and also being seen when they are already present, rather than promote them or consider them in the abstract without regard to each person fully in accordance with their needs and interests.

We can consider that we have already passed the sexual turkey, the crisis of '68, the sexual revolution and the uncovering. It's time to mature, to pursue excellence and become leaders ourselves sex without taboos anchor ourselves in social, moral or religious conventions or believe us immature teenager who is entitled to everything because he is the king of mambo.

We live in a hypersexualized society in which is normal probably by ignorance, behaviors that are not or are an expression of psychological or psychiatric problems. Some weeks the Sunday authentic treaties psychopathology. Example: Wilma Gonzalez (former Miss Playboy TV, actress Survivors) explains "I need to make love every day.... This could be very good, but the explanation does not convince me at all... if not, I'm not comfortable. I need to feel desired "A nice explanation of a pathological personality trait. It's not by choice, to enjoy, to spend a pleasant moment, but by necessity, not of love but of value herself by how others want it.

I totally agree with a netizen commenting "There is nothing worse than walking in fear and be repressed" Sure enough, does not favor the person be afraid of sexuality. Nor benefits-not restrain him by resignation, for whatever reason, and the meaning of denial. Nor without sublimate in two ways. Also by what we consider a greater good (pleasure, enjoyment, debauchery... first in that sort without living for the greater good (moral, religious, health...) and secondly in the sense of living without sort), in both cases it degrades, it is invalidated and devalues sexuality.

Healthy sexuality or sublimated or repressed, is integrated into the life of each project, according to your personal criteria. To integrate need to have the necessary skills, which in my opinion are: personal knowledge, order, pro-activity, vigor, a sense of belonging to a group, industriousness, confidence in one's action, determination, initiative, namely rest, friendship, rational reasoning and rich and abundant affection.

Often the problems in the experience of sexuality are accompanied by other circumstances that we can serve as indicative of skills to acquire interests us stay on the path of integration.

Summarize these circumstances in the following table:

Circumstances surrounding POWERS

- Bewilderment. Surprise. Personal knowledge.
- Disorder. Lack of schedule. Order.
- Sloth. Do not do. Pro-activity. Diligence.
- Fussiness. Weakness. Strength.
- Narcissism. Individualism.
- Sense of belonging to a group.
- Fear of environment. Confidence in the action itself.
- Indulging the environment. Indecision.
- Determination. Security.
- Boredom. Waste of time. Initiative.
- Exhaustion. Dejection. Knowing rest.
- Emotional reasoning. Rational reasoning.
- Sentimentality. Rich and abundant affection.
- Sloth. Waste of time. Industriousness.
- Colleagues. Friends who prey. Stout friends.

Anyway, all these comments come in order to explain why he disagreed with the idea of promoting masturbation among youth in the community.

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