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Thread: [How to experience pain on purpose](#)

TestAccount101 - March 11, 2019, 11:19 pm

Anyone ever been in situation where you want to get hurt physically, just to feel more alive?

I am emotionally dead, and want to get some physical pain, but at the same time don't want to do anything what would leave scars and such, pretty much trying to get pain without real damage, because my goal is not to hurt myself, but just experience pain. What do you guys suggest?

test - March 11, 2019, 11:22 pm

Take up MMA fighting or boxing.

TestAccount101 - March 11, 2019, 11:28 pm

(Mar 11, 2019 11:22 PM)test Wrote: [\[CITE\]](#) Take up MMA fighting or boxing.

Wasn't thinking in this direction, but actually a good advice, thanks!

G3ph4z - March 12, 2019, 3:49 am

I don't think there is any good way to experience the pain, but you can try the BDSM, or something. Or just hit your balls / face with a hammer.

Tragedie - March 12, 2019, 6:25 am

Well, there's the simple things like waxing lol

G3ph4z - March 12, 2019, 6:32 am

(Mar 12, 2019 06:25 AM)Tragedie Wrote: [\[CITE\]](#) Well, there's the simple things like waxing lol

I would just ask my friend to hit me with a soccer ball, instead of waxing.

Malwhere? - March 12, 2019, 6:43 am

Yeah all the time, I used to self-harm but I don't like being covered in scars so its best to just use non-perm methods like ice cubes or cold showers. Good luck with sorting your life out!

Jester Race - March 12, 2019, 10:07 am

Put your balls in a mousetrap or better, bear trap

Axe - March 12, 2019, 10:30 am

I think you should see a therapist

Effexion - March 12, 2019, 10:41 am

I bet you're a barrel of laughs at parties, man.

SIM-2908357 - March 12, 2019, 10:42 am

Sounds like you should hit the gym