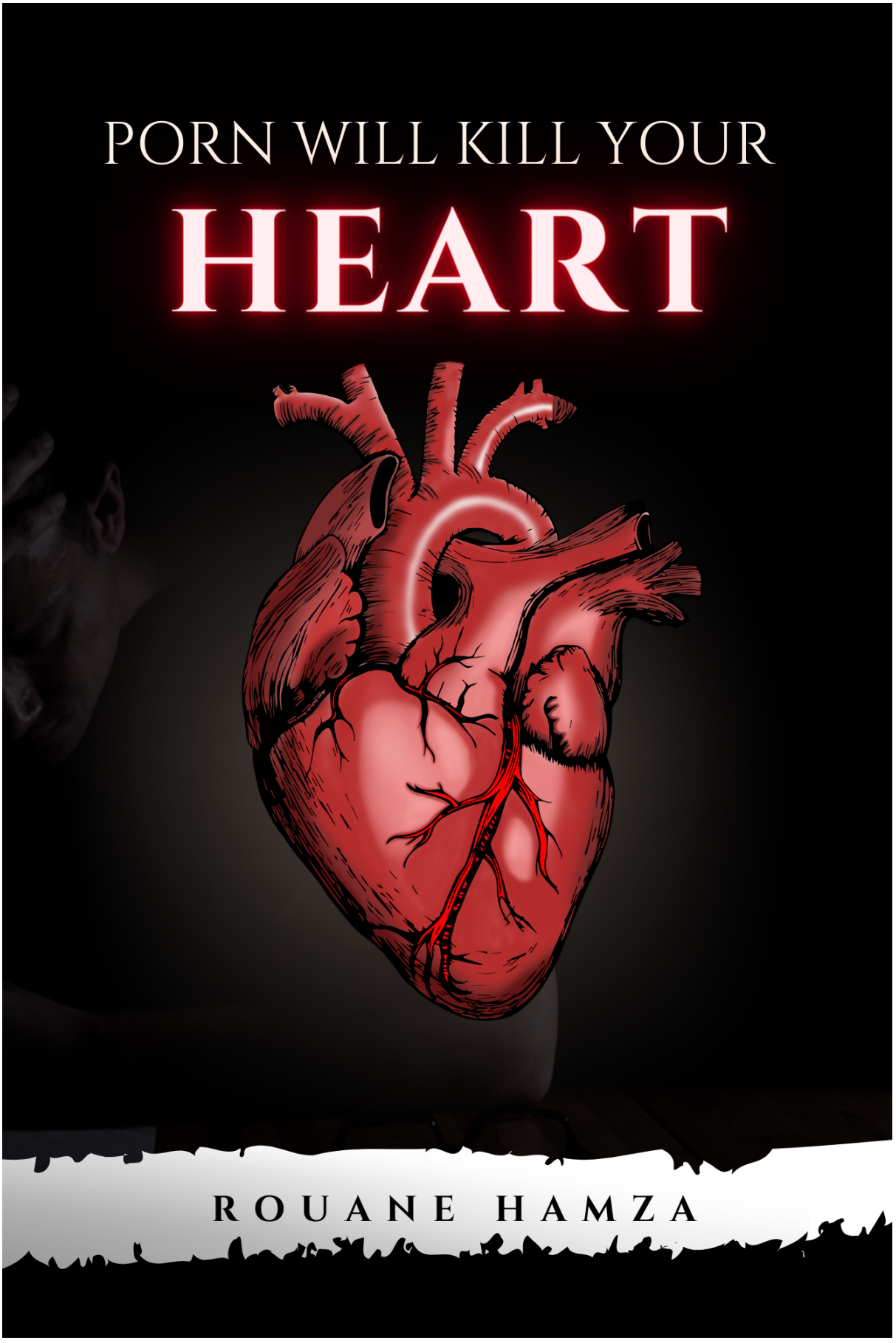
PORN WILL KILL YOUR HEART



ROUANE HAMZA

"**I count him braver who overcomes his desires than him who conquers his enemies, for the most brutal victory is over self.**" Aristotle

Before you delve any deeper into the contents of this book, I need you to say the following suggestion out loud to yourself, "**I do not want to watch porn ever again. My decision is irreversible, and I'm not going to be missing out on anything. Porn imprisoned me for longer than needed, and it's time to break loose of the prison of my own making"**.

You need to understand that unless you commit 100% to quit, you'll most likely fail like many others that have lied to themselves and failed. If you have but a shred of doubt in your ability to give up on porn, it would be more than enough to overshadow all the hard work and effort and lead you right back to the depths of addiction again.

Our brain can only make one choice at a time; it's impossible to do something while craving its opposite. You can't have a requirement to rest and awaken simultaneously. You need to be firm and decide here and now before moving onwards.

I do not promise you to get freedom once you've completed the book. But what I do guarantee is that it is more than enough to change your mind about masturbating to porn in general.

You might be wondering why thousands of porn viewers are experimenting with the Nofap challenge to give up porn masturbation for 90 or more days. You might be curious if all the legends about the supposed benefits are true or not, or is it just a myth of humanity's twisted imagination?

Maybe, you're reading this book because you find yourself watching x-rated material that concerns and confuses you. Perhaps it's gotten out of hand, despite the numerous deployed struggles to stop.

Possibly you can't appear to enjoy genuine lovemaking, or you're suffering from weird problems your medic can connect to no organic cause. Perhaps you're troubled that intimate connections don't do it for you anymore. That vivid imagery comes back to haunt you frequently. You've most likely escalated to porn types that are out of alignment with your moral values or even your sexual preference.

Perhaps your physician told you that you shouldn't stress over your obsessive consumption of pornography or your incapability to stop watching. There are plenty of authoritative voices out there who will try to persuade you that attraction to sexual imagery is fantastic for a youthful, fit person such as you are.

At present, mainstream culture finds it absurd to suppose that porn consumption can provoke intense cognitive and physiological health concerns. As high-profile criticisms of pornography usually come from spiritual and socially conservative communities, it’s effortless for scientific individuals to ignore the threat of porn without interest in the subject.

It is sound to identify that you have a problem since it took you long to connect many of your issues with your shady online rituals. Accepting sickness is half the cure. You might at one point have believed that you were struggling with an undiagnosed cognitive condition. Perhaps you thought you had clinical depression or social anxiety. Or maybe felt that your testosterone levels are low. You might even have been prescribed drugs from a doctor, but did that make you any better?

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Introduction

This book is inspired by Alan Carr's method to quit smoking and how it applies to pornography.

Alan Carr's method is based on the premise that willpower is not the course to cease smoking and that people who rely on it are set to fail, whether in the long or short term.

The author of this method preaches that instead of depriving oneself of an addictive substance, work must be done to get to the root cause that directed individuals to smoke in the first place. By attacking the source of the issue instead of chasing symptoms, it becomes much more straightforward to have a good time quitting, and **yes**, you've read that right. **You can have a good time quitting an addiction**.

Most profoundly hooked individuals usually are because of the anxiety of missing out. They all share a suspicion that life would not be significant without porn in it and that they would have to go through painful periods of withdrawal.

The method has proven so effective because it addresses the core motivator behind the problem and guides a person to comprehend the nature of their behavior. That way, they wouldn't have to confront any dread. In contrast, in the process of quitting, instead, people would be finally relieved to hear the truth that they weren't aware of.

You may be surprised to hear that porn addiction is only 1% physical and 99% mental. Our minds have been conditioned to experience anxiety in short bursts, not in prolonged periods. Because of the magnitude, people give porn, the 1% almost transforms into a lion that looks like it's on the verge of devouring them.

Porn addicts assume that they obtain total pleasure from porn consumption. Many think it helps them enjoy life, manage stress, calm down, be better socially, and even control their temperament with the opposite sex. For this reason, they have a legitimate fear that even if they do quit, they will be miserable, deprived, and more like zombies for the remainder of their lives.

Apart from fear, people also have mental and physical health concerns; they detest slavery. Although they try to manage them as best as possible, these fears remain like a fog obscuring their mind from operating normally.

What you'll get from reading this book

This book is no more than 70 pages long and would likely not take more than 3 hours to complete. Still, the blessings that you will reap will ultimately transform your entire viewpoint on porn dependence and, as a result, will enhance the quality of your life.

After finishing this book, you will desire the feeling of freedom instead of the porn fantasies that you have permitted to colonize your mind for so long.

Sensations of deprivation and missing out will eventually be terminated, and even in the case of extreme addiction, the so-called physical withdrawal will barely be noticeable. You will not miss out on anything!

The product of completing the entire book is that you will no longer see porn as a source of dopamine but rather a venom that you weren't supposed to abuse in the first place. You will pity yourself for all the years of pointless consumption, and you'll make a firm commitment never to go back ever again.

Why do I need to quit porn in the first place?

Many people might wonder why they should compel themselves to cease porn in the first class. Most would claim that there is a great deal of fun to give up and that it's not as harmful as argued, but we're just about to teach you the opposite.

If porn wasn't so immoral, how about watching it before your mom or wifey? Would it not be something they'll salute you on, or are you simply subconsciously acknowledging that it's wrong. Why do you conceal it like a filthy little secret that nobody should learn of?

To realize the enslaving effect of porn, try quitting for an extended period, from a Week to a month or more. Talking about addiction!

You will most likely experience the same dependency that drug addicts go through upon giving up. Be sure that you'll feel it in one way or another. Try saying no to your greedy desire to watch porn; whatever is your marital status, test your presumed limitations to identify who you indeed are.

To the avid porn fan out there, here is just a concise list of the hostile package that comes as an affliction along with porn consumption.

- Poorer body image
- Less fulfilling connections
- Increased relationship conflict
- Poorer romantic passion
- 2X the probability of later undergoing a breakup or divorce
- Emotions of loneliness
- Harmful Cycle of Stress Dependency
- Obsessive behavior and less self-control
- Lack of concentration and brain fog

Unless you're a fancier of the above package, the list goes on and on. You might at least discover porn's influence and how it could impact the quality of your life.

You can become a massive contributor by sharing this book with other people who urge to quit but can’t. This book is a free open sourcebook that you communicate with others; the ultimate purpose is to spread the message to as many individuals as achievable.

Warning

As a former porn addict myself. I can inform you from experience that you will be tempted not to read the book out of fear. The worry is that it could be already too late, and there is no chance of changing the situation.

“For what it’s worth: it’s never too late or, in my case, too early to be whoever you want to be. There’s no time limit. Stop whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. If you find that you’re not, I hope you have the courage to start all over again.” ― Francis Scott Fitzgerald.

Do not let your subconscious trick you into thinking that it’s dangerous to know about the damaging consequence of porn consumption. It’s only a delusion. Content and science should not be threatening; you should instead be inspired to discover new things.

“Making a big life change is scary. But you know what’s even scarier? Regret” ― Zig Ziglar

You might try to deprive yourself using the willpower approach, but you’ll ultimately bear a poor experience. Many people have tried and failed even after they deemed the issue was far behind them.

You could stop for a year by depriving yourself, but you're not shooting the nuisance from the roots. The big clue here is that you can stop from day one without missing anything if you really seek to quit.

If you go through this as if you're making a sacrifice. It simply won't function since you still are not done with porn yet, and your mind still craves it. You just can't push your mind to accept something you don't. The first thing to do is to correct yourself, and you'll eventually find the cure to be much easier than you have imagined.

Don’t you find it strange that after all the urges and hours on end of consumption? Still, at the very instant of orgasm, all the nasty sentiments of

shame and guilt surface, and you become even more pathetic. At that moment, you promise yourself never to watch porn again, only to manage your way back to profanity.

It's time to recover command of your life and to take matters into your own hands instead of permitting this thing to extract the taste from your life. Just because you're dealing with an addiction doesn't suggest it should be that way for a lifetime.

Take control of yourself and stop bargaining with your mind, it's only you there, and thoughts are of your creation, even if you find it hard to believe. But thoughts are thoughts, and you need to separate truth and reality from thought. Enough with the delusion already.

Take the necessary decision, and reap the benefits in the future. You'll get a chance to have a regular free life where you'll have a great family that supports you.

Instead of reducing your self-worth every time, a negative idea pops into your mind. Throw in an assertion that blesses you and makes you more outstanding, even if you may find it difficult at first. Start now, love and value yourself, boost your self-confidence instead of engaging in a self-sabotaging activity.

Do not skip any chapters. Read the book until the end.

Why is it hard to stop watching?

The common promise of “I will stop but just not today” should let the reader recognize how dangerous procrastination is and how necessary it is to take action.

People hooked on porn see no issue living that way since there is no firsthand apparent consequence of watching. Nobody has ever gotten cancer from porn, right? If we use the same reasoning, there are no evident cigarette effects at first. This is because consistent consumption is what does all the damage.

Many compulsive porn users need to comprehend that orgasm is not what they long for; it's the dopamine flood from hours of consumption and escalation to more intense material. Doesn't that sound horrendous enough already?

It is also a very convenient and easy-to-do thing, isn’t it? I mean, all you must do is lock the room door, do a quick internet search, and boom, a significant number of links filled with videos for all tastes, right? How cowardly! Isn’t it time to start acting like a worthy person? I bet it is, so take matters into your hand.

Porn has the same addictive effects as drugs. It just never occurred to you to consider the possibility. If you doubt this, try running an experiment without porn for an extended period, talking about addiction.

Natural dopamine is better enjoyed in a short time, and constant dopamine only wrecks the brain. To prove a point, imagine that you’re eating pizza; it’s tasty and enjoyable, right? It’s an obvious yes. But it only takes 10 minutes at the most to eat it, and besides, after the belly is complete, all interest in the pizza is lost.

If you think that you’re getting any enjoyment from it, then why is it that you have to keep bingeing for hours on end. Do you get the point? If it were healthy, why do viewers keep delaying ejaculation? This shows that people are not doing it because they crave orgasm. They are hooked due to the addictive nature of sexual content. But truth be told, it’s not the orgasm that you desire. It’s the novelty and diversity of scenes. This is why some users have a lot of tabs

opened in extreme cases. For people who have been there, it's like a dark never-ending loop, with the promise of a reward that doesn't exist.

The brainwashing media have made the following claims:

It's educational!" So when is your graduation? "It's sexual satisfaction!" So why do it alone instead of finding a partner and saving it for them? "It's a feeling of release!" Release from the stresses of real life? Porn won't remove the source of the stress; it gives you a short feeling of orgasm but adds to your misery and anxiety.

There is a common myth that hooked users will never recover from it. But science and evidence show the opposite. The human brain is capable of unthinkable things and is entirely reprogrammable.

Yes, you can condition your mind to hate porn and stay away from it by your own accord and consensus; in the same way, you fell prey to the porn predator In the first place.

Like any other addiction, to beat it, first get knowledge on the mechanism of how it works. After you get the knowledge, you'll be on the right path to quit porn for good.

The method breakdown

It may sound weird, but as you're reading this book, you're allowed to keep using porn. The goal is to enable you to see that as you read on and grasp the meanings, you'll start to lose interest in porn altogether.

For starters, you have nothing to lose and everything to gain out of this book, so there is no meaning in trying to postpone completing it. It should be read with a great deal of urgency and focus.

Quitting porn use isn't the big problem; it is relapsing even on day 1000. It is possible to relapse if you get sloppy and drop your guard because of arrogant overconfidence.

As previously disclosed, many users have no idea of the self-inflicted damage upon their brains, and this is what this book is for. People naturally have an urgent need to preserve their overall health and well-being. Once you learn the real motives behind your porn use, I doubt that you'll think twice about quitting.

Porn is enticing and preys upon a particular and delicate need, sex. Due to the dependency it creates in the brain, most people hardly ever question the argument. It is such an evil bliss. Even though most people are disgusted by it after they cum, they still wouldn't make what they consider a sacrifice even though they hate themselves and despise the grip it has upon them.

Here is a simple test that you can run to see if you get any satisfaction from it:

1. What is porn doing to me?

2. Am I enjoying it?

3. Do I need to go through life sabotaging my mind and body?

The obvious answer is that porn has no recorded benefits, so why keep it in your life? Doesn't that sound hypocritical? Isn't this what porn is turning you into in the first place? Are you a hypocrite or aspiring to be one? Unless you're willing to take a blow to the head, it's about time you convince yourself of the above.

It's only an illusion that you're playing on your brain. Do you think you'll ask people to play you a porn video on your deathbed?. Be very careful about the unconscious autosuggestions that go in your mind; it's often the negative self-talk of dependency that reinforces addiction in certain subjects.

Soon you'll realise that it is not such a big deal to quit. Yes, you will feel cravings from time to time. But You will be rewarded by getting your long lost powers back.

Withdrawal symptoms are common in most addicted subjects. But it's not a problem since they only arise for a short period in the form of unpleasant feelings , it’s a means to an end and is a great indicator of recovery.

Most people are so scared of the possible feelings of depravity that they might experience upon the attempt to quit but in reality, it’s not as scary as you might think. It's a part of human nature to amplify things and give them more than their average volume; these feelings generally disappear in seconds if you practice meditation and shift your mind back to a relaxed state—no need to panic.

The more these feelings bother you, get yourself to relax by whichever way calms you down faster, break the pattern, anchor the experience, and reprogram your mind to ditch those feelings and diminish their impact.

Is porn a trap, as they say?

Believe it or not but most people didn't end up on porn sites because they chose to in the first place. It is usually a random sequence of clicks, and boom, multiple tube sites are open.

This phenomenon is usually related to specific cues, like seeing a hot chick on Instagram or an ad on a website showing hot Russian brides. Then the last thing you know is you're already 1 hour in. All of this is because of that little sneak peek and sloppiness.

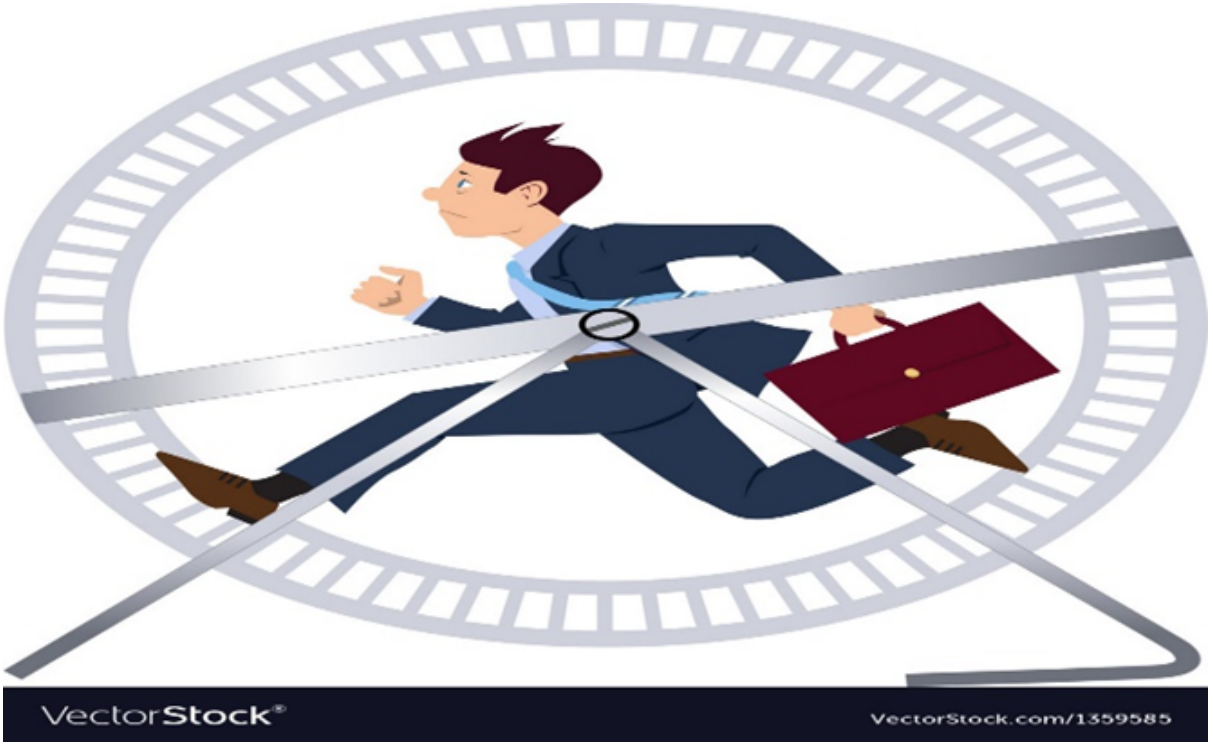
Porn is a different king of trap because most people watching it think that it doesn't grip them, and that they can walk away from it anytime. Have you ever heard the example "He who supps with the devil should have a long spoon"? The same goes with porn, so beware and keep as long a distance between you and porn content as you can.

You might want to think about using this strategy in the first place and trust me that you'll be surprised by how well it works. Those little victories every time you refuse to give in to your impulses do add up, and self-control is strengthened.

So no more "Oh, let me just have a look at some Instagram booty pictures" it is best not to trust yourself with that so much because you will certainly fall for it. Can't you see how much you view people as objects? People are not objects, it's not natural to view women as objects, and it's typically what chases them away most of the time.

Viewing women as objects of pleasure will only attract the same energy as yours; you'll eventually fall into perverted girls in the same way you are. Only to discover out that they have no plans or sympathy for you which will only add up to your loneliness, unless your aim is to be encircled by prostitutes and perverted individuals.

Most of you guys out there have probably made numerous attempts to quit and gain control over yourselves only to find out that you're like a rat stuck in a wheel. The reason is that you never sought to understand how porn affects your brain.



Nobody has ever died from not watching porn. But on the other hand, it has caused a lot of harm to many people, and evidence is abundant on the internet. Take serial killers like Ted Bundy and Jeffrey Dahmer as examples. All notorious and mentally disturbed serial killers share one thing in common and that is addiction to porn, which is the primary reason they viewed women or men as mere objects for their twisted self centred pleasure.

It is seemingly comfortable and under control now but beware of the "quiet before the storm" do not wait until you lose your wife or job to change your stance, and let it be known that you've been fairly warned to take action and make your life better.

Porn is certainly not the most effective way to deal with stress. It doesn't work as well as you might imagine. You just haven't given yourself a chance to experiment with healthier and more nourishing activities that have the potential to refine your life.

If you haven't been able to quit yet, you simply didn't resolve to do so 100%. Your desire seemed genuine at first, but it only lasted for so long because you weren't prepared to sacrifice your dirty little pleasurable hobby.

For those that failed every day that went by, cravings kept eating out their motivation until they gave up to the addiction and got dragged more profoundly than ever before with more intense cravings. If you can’t bring yourself to stop watching, you must know that you gave in to porn use again and that you were never sincerely motivated to quit in the first place.

There is enough content on the web that has the potential to scare even the most stupid person on earth away from porn. But being scared doesn't work, since if it did, you would have otherwise stopped a century ago.

Most porn viewers know that porn wasn't forced upon them. What started as a mere curiosity ended up as an annoying addiction. To be precise, most addicts end up there thanks to their own relentless and consistent efforts. In order to quit, you need to work as hard as you have to get hooked on porn in the first place. There is no other way.

Most of you recognize a number of pornstars by name, appearance, and probably even to the slightest detail. Doesn't it sound disturbing? It is. But you know what, congratulations, man. You have succeeded in memorising all these names and sites by heart while you find it hard to learn what you should do to improve your future.

Porn tricks your brain to mix it with sex:

A growing body of scientific research involves the reward system of the brain. A reward system is a group of neural structures which help us learn from our environment by reinforcing behavioral responses to certain stimuli. These structures include circuits of neural pathways that developed to activate over the long course of evolution when we seek out things that benefit us.

When we encounter beneficial stimuli, our reward system gives us pleasurable feelings by releasing chemicals manufactured within the brain called neurotransmitters. Because we naturally seek more of these good sensations, we seek out more of the same stimuli that caused it in the first place; each additional time we encounter these stimuli, we release more neurotransmitters, get more pleasure, and reinforce our drive to yet again seek more of that stimuli.

Addiction causes a disorder of the reward system. Since the reward system is all about learning, researchers have called addiction a kind of "pathological learning." We learn to crave to a degree above what is healthy, to the point where we learn detrimental behaviors rather than ones beneficial for our survival.

Our brain is simple unable to distinguish from pornography and real sex. "Porn viewing, though not a substance, produces those same brain responses," says Dr. Mike Anderson, a sex and relationship expert. "If the viewing is accompanied by masturbation and orgasm — as it often is — the chemical and hormonal response is all the more complex and powerful, and the desire to repeat the behavior far stronger."

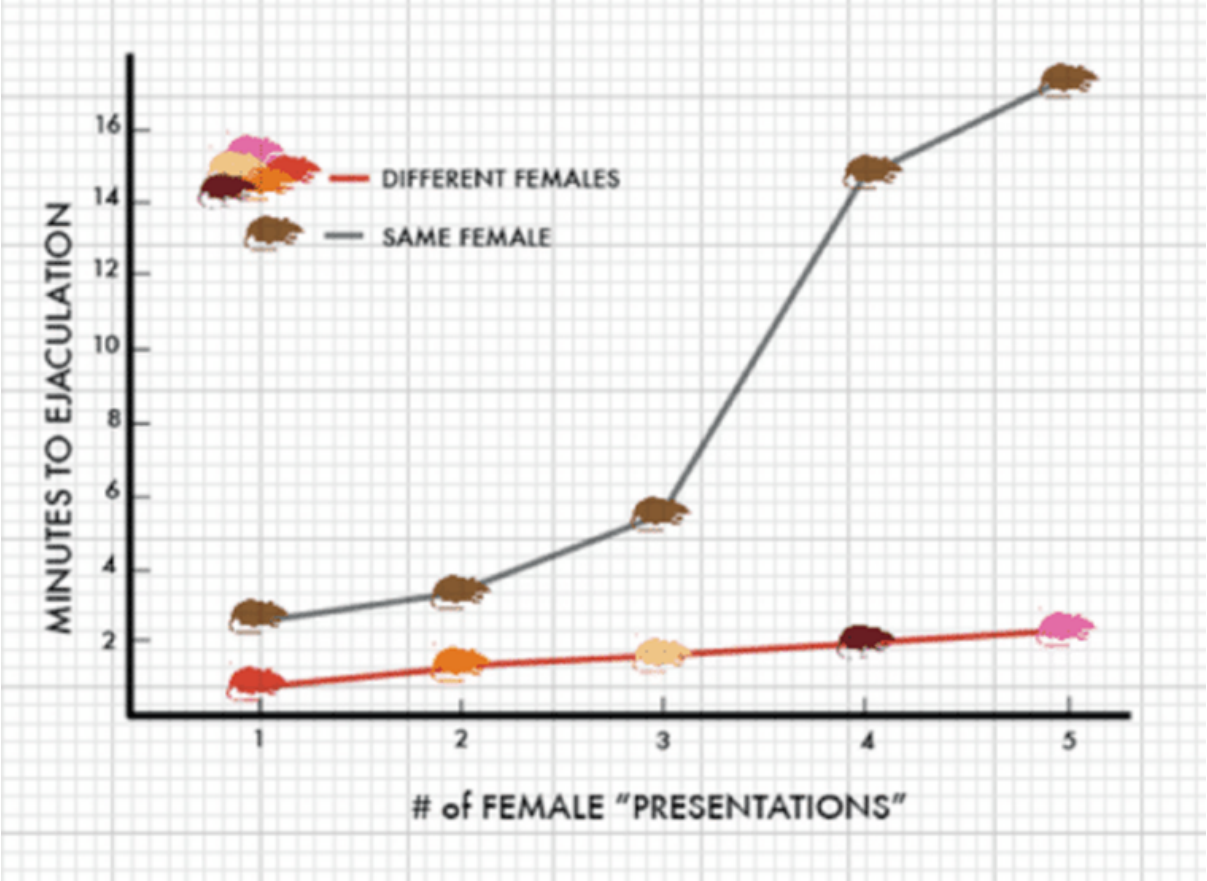
In part, the reward system includes our "upper brain" prefrontal cortex, which is responsible for making sophisticated decisions and distinctions. But the parts of the reward system involved in sensing pleasure and storing memory are in the "lower brain" limbic system.

Unfortunately, the lymbic system is not selective. It can't distinguish sexual intercourse from ejaculating to porn. To the lymbic system, if you have sensations of genital pleasure and climaxing to porn, it means that you are having sex and passing on your genes.

What makes porn so irresistible and tempting?

Hurdle 1: Pornography is More Novel than Primitive Sex

Have you ever heard of the Coolidge effect? It's a graphic example of how unrelentingly sexual novelty can drive behavior. The effect shows up in mammals ranging from rams to rats, and here's how it works: Drop a male rat into a cage.



With a receptive female rat. First, you see a frenzy of copulation. Then, progressively, the male tires of that particular female. Even if she wants more, he has had enough.

However, replace the original female with a fresh one, and the male immediately revives and gallantly struggles to fertilise her. You can repeat this process with new females until he is completely wiped out.

Reproduction, after all, is genes' top priority. Just ask the male antechinus, a mouse-like creature from Australia, which engages in a furious mating frenzy that destroys its immune system and drops dead.

Human mating is generally more complex. For one thing, we're among the peculiar three to five percent of mammal species with the capacity for long-term bonds. Yet sexual novelty can enthrall us too.

The Coolidge effect itself gets its name from US President Calvin Coolidge. He and his wife were once touring a farm. While the president was elsewhere, the farmer proudly showed Mrs. Coolidge a rooster that could copulate with hens all day long, day after day. Mrs. Coolidge suggested that the farmer tell Mr. Coolidge, which he did. The president thought for a moment and then inquired, 'With the same hen?' 'No, sir,' replied the farmer. 'Tell that to Mrs. Coolidge,' retorted the president.

Hurdle 2: Pornography is More arousing than Primitive Sex

Porn poses unique risks beyond supernormal stimulation. First, it's easy to access, available 24/7, free and private. Second, most users start watching porn by puberty. Their brains are at the peak of dopamine sensitivity, neuroplasticity, and vulnerability to addiction.

Humans are not resistant to the effects of unreal stimuli. Porn addicts binge on videos of naked actresses with surgically enhanced body parts beyond usual limitations. Fantasy has no limits. Sexy romance novels cater to our craving for the supernormal, plunging us into the intensity of narratives that stimulate our deepest sexual desires that would never occur in the real world.

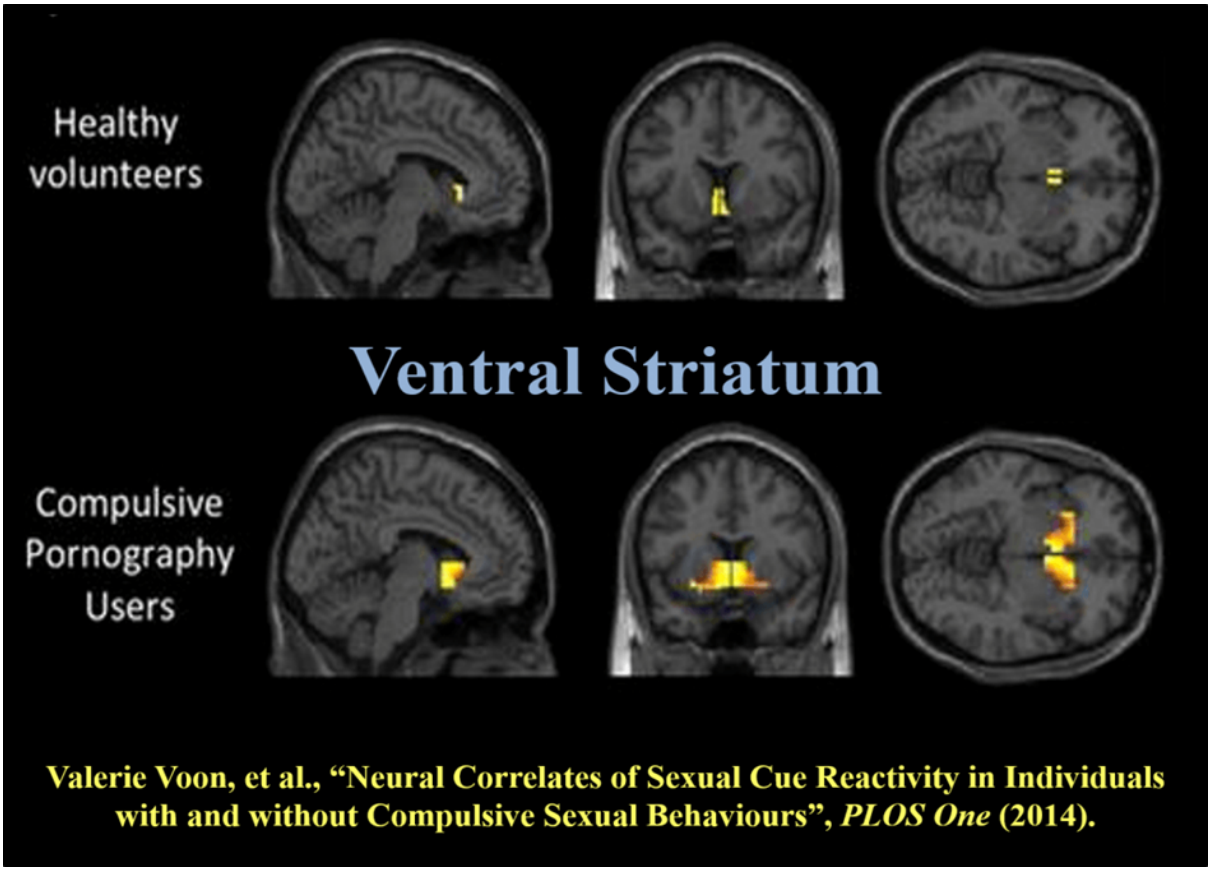
On a chemical level, this supernormal intensity is delivered to us as a neurochemical payload that is far more powerful than any natural sexual stimulation could. And since the reward system propels us to learn by repetition and behavior reinforcement, exposure to unnatural stimuli makes us seek more exposure to more potent stimuli.

Porn producers are becoming more efficient at creating graphic content. This is not out of malice, but they are simply making more of what sells. This created trends in the porn industry. Mainstream porn is not getting softcore. It is

becoming kinkier and more seductive. This is quite disturbing because it simply means that pornographers are getting better at making porn addicts.

Tolerance: When the twisted and Supernormal Becomes the New Norm

A common indication for the progression of any addiction is tolerance. Tolerance occurs when addicts no longer get the same pleasure from stimuli that "did it" for them. The same way an alcoholic may start with a cup or a few cups of beer a day to drinking hard liquor.



The heroin addict may start with a bump now and then, only to die from an overdose years later because he needed a large dose to get his fix.

Tolerance can be depicted when a user looks at more and more extreme porn or a combination of different porn genres to satisfy and maintain a certain level of dopamine. This is where pornography addiction gets dangerous.

When an addict builds up a tolerance to porn, the need for it develops to more frequent and consistently intense use. Spending 8 minutes surfing porn sites will just not be satisfying anymore. He will begin to binge on multiple videos at a time, searching for the non-existent perfect scene.

The chemical mechanism of « sensitization » involves a protein known as deltafosb. As the brain's reward system floods with more neurotransmitters in response to porn, deltafosb builds up in the cell nuclei, enhancing the neurotransmitters–particularly dopamine–prompting them to have a more significant effect—the result: more hardcore material cravings.

Kill the beast while still tiny.

Many people are afraid of drug addiction but fail to realise that they have a silent habit. This is even more dangerous than knowing you're an addict; at least drug addicts understand that what they're going through is a typical consequence of their addiction. They know that they should undergo therapy and medication to manage it.

Cut the monster loose before it grows. What are you waiting for? Do something about it, and stop feeding the beast once and for all, kill the damn little monster, torture him, do whatever it takes, but do not let it control your brain.

Stop, do not stray too far.

Like any other drug, Exposure to the same video over time grows to just not do it for you anymore. This is called the « Coolidge Effect,» Exposure to stimuli that causes a certain level of pleasure won't give the same level of satisfaction that the first one did. It is the reason many porn consumers morph into shocking material.

Our brain is designed to seek novelty, which is why you continue to seek higher levels of intensity to get the fix. Our brain is designed to reward actions that keep us motivated and sustain our interest in life. But it is not equipped to deal with supernormal stimuli. That's why most of us get hooked on the looks of an attractive model, only to find the same chick boring afterward.

Porn kicks your brain like an alarm bell.

You must be familiar with the feeling of depression you get when you wake up to nearby construction noise. The noise suddenly stops, and a fantastic sense of peace and tranquillity washes over you? It is, in fact, not peace, only the ending of an aggravation.

When the annoying noise ceases, you feel as if the weight of the world was lifted from your shoulders. It almost feels like ultimate peace. That is the same feeling you get after ejaculation to porn, except it isn't real peace. It lasts for seconds, only to be overwhelmed with feelings of guilt, shame, depression, low sense of worth, and disgust suddenly take over.

Internet porn's negative effects are still a mystery. They have not been subject to serious research. There is not much investment in the field, which ironically favors the porn barons. They must be having a great time, aren't they?

Porn is tricky because it has no first-hand effects. An awful feeling surfaces after ejaculation, but it is not enough to push users to question whether or not it has any negative impact on them.

Another reason users cannot see the truth is that they watch it regularly and have not yet deprived themselves of porn for extended periods to experience any withdrawal effects at all; this is why most porn consumers stay in denial.

To illustrate this properly, imagine looking at an iceberg from ashore. Porn doesn't relieve your pain. As most users would like to believe, it enhances it. It causes your brain to escalate to more and more extreme material.

Is porn a pleasurable experience?

Most people are struggling to quit porn under the illusion that they will be missing out on a crucial pleasure source. Nevertheless, is porn a reliable pleasure source, like food or water?

We eat and drink to replenish our bodies and carry out our daily activities. It is healthy, natural, and gives a feeling of satisfaction. But on the other hand, porn leaves you disappointed and worse than you were before; it doesn't calm you down or anything; it makes you even sadder.

To sum this up, you need to realise that there is not enough porn out there to satisfy you. Porn addicts created a nasty habit of delaying orgasm, searching for the perfect scene. Only not to find it at all because it doesn't exist; it's an abyss of illusory pleasure that drags one into it, without any possible relief or satisfaction at the end.

Many people love tasty food, we all crave it, but do we eat it for 2 hours?. Why aren't porn addicts eating their favorite food every day of the week in the same way they binge on porn every day? It is because food has no addictive nature, and once you fill your desire to eat, you hardly want to eat anymore.

The smoker’s analogy and how it applies to porn addiction

The legend says that if a smoker went 4 Hours a day without smoking, they’d kill somebody, but most smokers would not smoke in the toilet. They would not smoke while the car’s windows are open; in fact, they would hardly smoke at all when busy. They would buy groceries, clothes, pursue business affairs, and attend reunions without smoking at all. Smokers are almost pleased when something interferes with their smoking needs.

Most porn addicts would not think about watching porn while their parents are at home and are pleased not to view it. This should give you hope that you are complicating things for yourself. As illustrated, it appears that not viewing porn isn’t impossible. One can go for days and even months without using it.

You have been deeply brainwashed to think that once an addict, always an addict. But it is entirely untrue, and it might be a big reason you fail to quit porn even after multiple attempts. You can give up on porn, and you’d better believe that with 100% certainty if you want to be done with this problem once and for all.

It is never too late to stop. Put in your mind that you can always revert to factory settings. It might not be a comfortable experience, but it is entirely achievable. You just have to believe in yourself and not let doubt, confusion, and brainwashing get in your way.

It’s time to correct the false beliefs.

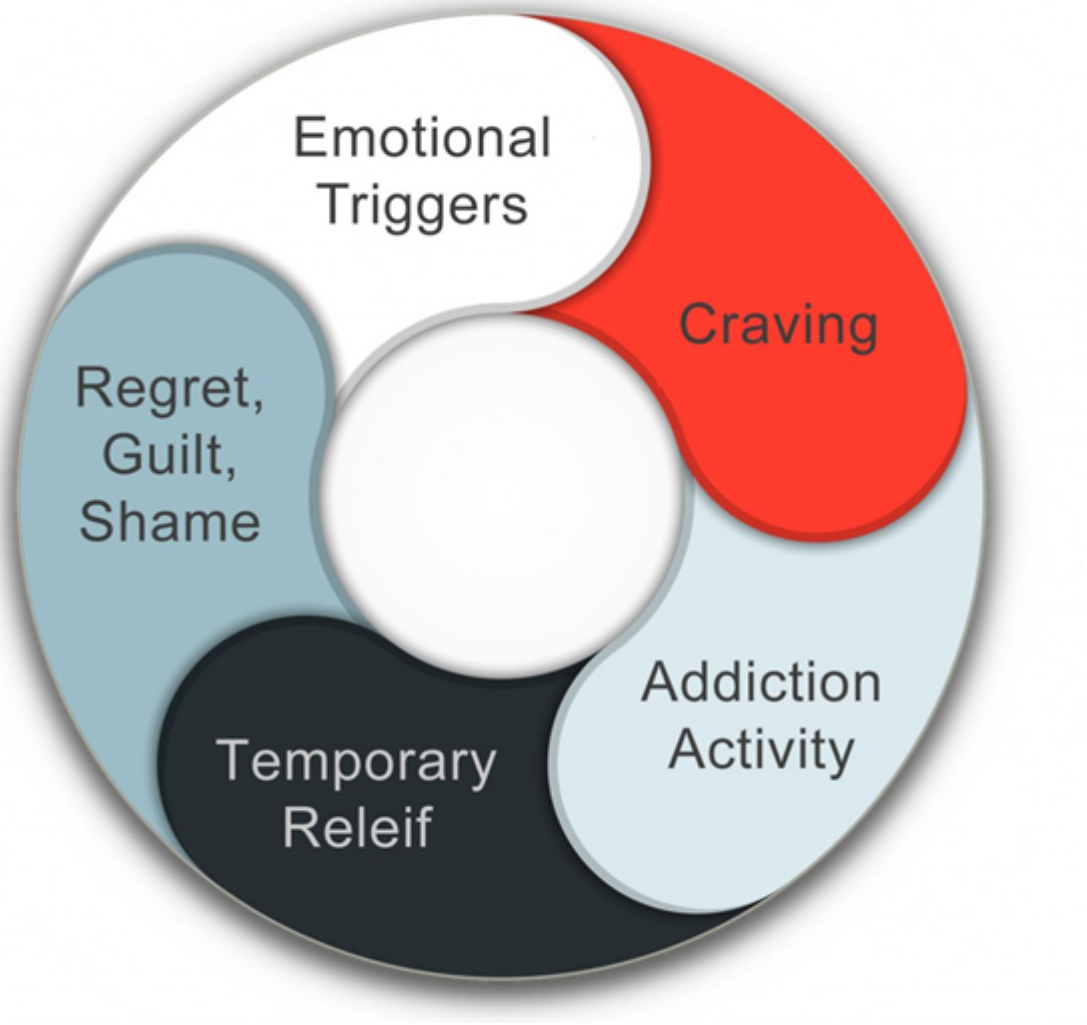
Our miserable generation has been unconsciously programmed to consider sex as the Holy Grail or the best feeling on earth. Some people even think it is the reason why they were born.

Just pause and think about it for a second and let it sink in. Just remember all the movies you’ve watched. It is not funny, but most movies depict kissing scenes as the crowning part of the movie.

But what about people who can’t have sex?

The answer is straightforward, isn’t it? Just go jerk yourself off, and you’ll eventually feel better, which then escalates to bitter feelings of loneliness. We have been systematically brainwashed to think that it is complicated to get a partner. Since almost all movie relationships are complex, a young teenager would instead go for the easy route that is porn. It develops men into cowards and gives a significant blow to self-esteem.

The following figure depicts the porn trap. First, you have a trigger response to random stimuli or cues that can be as simple as seeing an attractive girl on an ad. It turns into a craving that almost feels like a tempting magnetic field pulling you to dig deeper. The next you know is you are already watching porn. You get temporary relief for no more than seconds, only to be left naked in the cycle of regret, guilt, and shame. It should be noted that the more you give in to your desires, the more it takes away from your willpower.



If you want something, then go for it. Why go through the day-to-day torture of peeling your shlong if you wish to have a girlfriend? Quit jerking off so much and invest some effort into creating a genuine romantic relationship. Enough skinning the snake already; it's time to kick some ass.

Do the things that make you feel better and seek more of life. Avoid mainstream brainwashing that regards masturbation as acceptable. The more you masturbate to porn, the more you'll view women as objects of mere sexual fantasy. Unfortunately, it will make you a creep. It will drive women away from you because of your negative perverted energy.

There is no such thing as safe porn use.

Beware that constant exposure to supernormal stimuli rewires the brain completely differently. Stop buying into the brainwashing. Mainstream narratives would have you believe that it's ok, and no one has ever died from

porn, but the truth is that these people don't have a clue of what you're going through.

You should instead be out there on the field, socialising, getting experience, not behind closed doors in a dark room, spending hours looking for the perfect picture. There is no such thing as safe porn, unlike what the media would have you believe. Porn is porn, no matter the genre, so make no mistake.

So if you're thinking to yourself, what's the big deal? I am only watching softcore porn, and it doesn't make me feel as bad as people claim. You're on a dark road, pal, and you need to wake up because time flies, and boom, there goes five years. Do something to change your situation now.

Learn that the more you surrender to your urges, your willpower gets weaker every time. The more difficult it will be to resist temptations, the more complex other life struggles will appear before you. It would become harder to exercise, socialise, talk, go out, which could eventually lead you down the road to complete isolation in a dangerous cycle of porn.

Stop now and kill the beast while it is tiny, do not feed it until it overshadows your thinking and leaves you paralyzed to porn. Now is the time to regain your feeling of control back. You have to say no, and make your mind obey your instructions. So no matter what it takes, do not give in to any sort of pain.

The bandwagon effect

The bandwagon effect implies the following:

"Everybody is doing it." This *argumentum ad populum* asserts that, since most people believe an argument or choose a particular course of action, the statement must be valid. The action method must be followed, or the decision must be the best choice.

For instance, "85% of consumers purchase IBM computers rather than Macintosh; all those people can't be wrong. IBM must make the best computers." Widespread acceptance of any argument does not prove it valid, nor does the general use of any product necessarily prove it is the best one.

After all, 85% of people have once thought that planet earth was flat, but that majority's belief doesn't confirm the world to be flat! Keep it in mind, and avoid this type of analytical fallacy.

What hooks people to keep watching porn initially is the fear of missing out. Many people believe that it must be something great because others enjoy it. Which keeps enticing people to think it is safe to sneak peeks into sexy pornstar profiles.
Ask yourself this question: What do I get from watching porn all the time? Does it give me any peace? Stop believing that you keep watching porn because you enjoy it. Stop for two weeks, and you will learn that you can't stop cold turkey, then you'll realise that you have a problem.

Let's clear the brainwashing legends.

In situations of high stress, our mind's capacity for thinking and reasoning is altered, and our overall performance drops significantly. This is why a boost is needed. Among the very boosts is orgasm, and it's part of the reason many people give in to their favorite porn because they use it to manage stress.

Does porn relieve stress?

It's only a temporary feeling; it is certainly no illusion. The dopamine surge is real, but what's the point of getting a high only to experience a drop afterward. Getting a release of feel-good chemicals can make you better for seconds but adds to your already aggravated state.

If you think you're doing yourself a favor by watching porn, you're wrong and should reconsider the behavior. Porn destroys your nerves rather than cooling them off.

Eventually, if you keep the reasoning that porn is great. You'll escalate to more extreme material and will no longer find the necessary content to fill your thirst.

Imagine not waking it up to a willing attractive woman. Is there anything more tragic than being sexually numb to normal stimuli? Don't you think it is time to wake up and recognize that porn is no good for you? I bet it is, and I trust you to do it if you sincerely love yourself.

To sum up, internet porn isn't calming your nerves by any means. It destroys them, numbing them to natural stimuli, making your life miserable. The best thing about getting rid of porn is getting yourself back, and trust me; it is worth any pain and effort.

Does porn relieve boredom?

Most people that masturbate to porn are not doing it because they crave it all the time. I remember from experience that many times, I forced myself to do it, even though there was no pressure or urge at all. I only did it because I could, and there was nothing else more interesting to do. I was bored and a porn addict at the time, so I turned to porn and masturbation to fill the void, but I couldn't be more wrong.

I remember that when I was busy and occupied with more important matters, porn didn't even cross my mind. I didn't even think about it. It felt like an obligation to watch porn, almost as a ritual to be completed when there was nothing to do.

Does porn help with boredom? No, and the truth is, it only makes it worse by driving you lonelier, sluggish, with less energy to do anything but lay down. In contrast, you could do much more exciting things in life had you not decided to waste your valuable time on porn.

The key takeaway is that when you feel no need to masturbate to porn, do not force it upon yourself. Instead, occupy your mind with an activity that has a healthy return on your investment. You'll see that as you get rewards from your work, you'll hardly see any benefits in porn at all.

Does porn level up your concentration?

Concentration is, by definition, to avoid distractions. Sexual desire can indeed be a distraction that can irritate and alter your attention, but who said that you need to concentrate 100 percent? As with anything in life, you start at a level, and you can get better over time.

If you're experiencing a lack of ability to concentrate fully, don't be disturbed. Do not chase sexual thoughts away by seeking out more porn. That's the

definition of surrender. You need to develop resistance and the ability to say no to your urges. It will take time but is entirely worth the sacrifice.

From experience as a recovered porn addict, especially after a porn session. I was utterly disinterested and had no energy to continue what I was doing in the first place. This should sound familiar, right? The next time a nasty thought pops into your mind, you just need to get it out of the way. Remember all the times when you did the same thing and ended up lazy to accomplish anything for an entire day.

But wait, porn helps me relax.

Many people believe that porn puts them to sleep faster, but it is not the case. As a former porn addict myself, it didn't help me sleep; in fact, it only made me have a sleep deficit. I stayed awake 3 hours after midnight, looking for the perfect shot, only to be depressed that I had 3 hours left to sleep, assuming I slept right away. So if you think that porn helps you sleep, think again.

Here is what a porn addict has to say about porn's effects on sleep:

"Porn addiction has ruined my sleep cycle. Please suggest to me how to have a better sleep.

So I was holding myself from watching porn recently.

It's been 16 days of no fap... And last time I watched porn for two days, and then I stopped.

Urges are extreme. So today I decided to take a day off.

I have gathered enough self-control to not masturbate to it...

But after watching porn, my mind feels so weak...

Not able to sleep. Not able to work correctly.

Need help"

If you're still convinced that porn assists you in sleep? Do the following exercise :

If you're a compulsive porn masturbator, try abstaining from it for longer than a week, and see if you can sleep properly at night without getting irritated. If you find difficulty sleeping, then my friend, this should raise an alarm bell for you. You should at least question your feelings of dependency on porn.

Did we ever encounter sleep problems as kids? The answer is no. What I want to prove is that porn doesn't help you sleep, as many would have you believe; in fact, it alters your natural ability to sleep easily.

Read the following smoking analogy. A couple of years ago, adoption authorities threatened to prevent smokers from adopting children. A man rang up, irate. "You're completely wrong," he said, "I can remember when I was a child, if I had a contentious matter to raise with my mother, I would wait until she lit a cigarette because she was more relaxed then." Why couldn't the man talk to his mother when she wasn't smoking a cigarette? Did his mom seem that threatening before putting a cigarette in her mouth at the time?

Why do almost all porn addicts report unsatisfaction after real sex? Because the brain has been desensitised and dependent upon porn, they are addicts. It is as simple as that.

Why do non-users register complete satisfaction from sexual intercourse and are excited to repeat the behavior? While porn consumers, on the other hand, have the closest thing to an alien experience during sex and still think that masturbating to porn gives them more dopamine.

Why are non-users fine then? Why are only porn consumers not able to relax without getting a daily dose of porn? It is safe to say that peace of mind is the price porn users have to pay.

Porn is a silent energy drainer.

How does a person end up overweight? The answer is overeating; a person cannot get to such a state due to one cheat meal alone. The result of overindulgence in eating leads to obesity and the same could be said about porn addicts.

When you start watching porn, everything seems fine. You hardly notice any effects on your energy levels, even after two years of frequent use. But as with being overweight, escalation leads to porn addiction. The trap is that porn's negative impact is gradual and imperceptible. The only moment you'll wake up is because of significant damage, such as losing your job, family, or health.

Many heavy porn consumers relate low energy to the fact that they are getting older. But are they that old? Most have not yet reached age 20 and walk around with an elderly mindset. You are not that old, and yes, porn contributes to your energy problem. If you don't believe this, refrain from porn for 90 days, substitute it with a regimen of exercise and a healthy diet, and you will experience outstanding results for yourself.

Why is it so difficult to give up on porn?

You can't quit because you regard porn as a delicacy, as something to miss out on. You think you're depriving yourself, and that orgasm is necessary for life. While it's the complete opposite, you're only giving in to lust and allure because of your weakened willpower.

The bottom line is to grow and learn. You need to challenge the belief system and come to the simple conclusion that you can and should live everyday life without porn as part of it.

There's everything to gain if you quit for good.

Imagine all the privileges of breaking loose from porn's grip. Is there anything better than freedom? Consider the time you could save to spend with your children, have sex with your wife, go to the movies, work out, or even start a business. An unlimited array of opportunities are yours for the taking.

Porn is making your life miserable, so cut it loose. Believe me that your brain will restore itself, just like the body rejuvenates after a disease. In this instance, it will do the same, but eventually, it will repair itself no matter how long it takes, but it will certainly do it.

Do not tell me that you're looking forward to experiencing porn-induced sexual dysfunction, low energy levels, or crippling lower back pain. Porn is making you miserable; give it up! After you reach your destination, it won't matter how much you've suffered. Suffering will pass, but victory prevails.

From personal experience, the best benefits of giving up on porn are:

- · Exponential confidence recuperation.
- · No more dependency, freedom to do what one wants.
- · You get to become the master of yourself without having to share it.

Stop wasting valuable time.

Have you thought about how much time you've spent on porn during your lifetime? Would you brag about it to your children? Is it a wise investment of your time? What about growing genuine relationships? Your favorite porn star doesn't care for your wellbeing. While you're so faithfully contributing to getting them more views– you're throwing time away!

Perhaps you're still not fully aware that time cannot be repurchased. You're misusing time and are gradually deteriorating your mental, physical health, self-esteem, and confidence just to live a lifetime of slavery, pain, shame, and guilt.

Did it cross your mind to estimate the time you wasted on porn during the past year alone? Shouldn't it be frightening to know that some people spend 1000 hours a year watching alien sex scenes? Couldn't it be enough time to build a solid and reliable business? I bet it is, but you just don't care, do you? You don't value your time because you primarily don't even value yourself, which is apparent from the disgraced way you're abusing your mind.

Some compulsive porn consumers might argue that they have no problems investing time watching what they love. But at the same time, they wouldn't invest even half of that time in something as valuable as looking for a job or getting knowledge. I don't know about you guys, but this doesn't seem like a tremendous positive to waste all that precious time on porn.

Today you are feeling fine, but it doesn't change that you won't feel bitter in the future. It might be that many doctors today are still not fully awake to the negative impact of porn, but tomorrow a revolution will undoubtedly arise. So unless you want to find yourself as the last of the pack, pick yourself up and do not just heal yourself but use your own experience to help others along the way as well.

It is about time to wake up to the fact that Internet porn is nothing but a rope wrapped around your neck and would show you its dark side sooner rather than later.

Don't wait until you find yourself having sex with a prostitute in the middle of nowhere. Prevent problems by coming clean about it and cutting porn loose

before it cuts you. Take the matter with much-needed urgency. Just proceed by simply trying to estimate how much porn you've consumed in the past five years to know what I'm talking about. Let's say that you watch porn 30 minutes a day and do the maths; you should come up with a month and a half of porn consumption.

To illustrate how golden time is, let's imagine you have been so invested in wasting an hour a day for ten years straight; if you do the maths correctly, you'll find about 152 days. Now let's assume that you had invested your time in a freelance job online for 10 dollars an hour doing copywriting work. That should leave you with an amount of precisely 36480 dollars.

Do you still believe that porn is or was worth your time? Let me tell you that the amount of money mentioned above is only a tiny fraction when compared to what you could have gathered had you not chosen to trash your time as you did.

You need to refrain from porn use now, no matter what it takes. Even if it means dry masturbation, always remember that you shouldn't and can't ever return to your former self, not because you're forcing yourself to. It is about time to invest in becoming the best version of yourself, the one you were born to be.

Let's talk about health risks

Many people walk around thinking that porn has no negative consequences at all. As human beings, we are not indestructible. Some of you might be feeling comfortable and sometimes even overconfident about your health, but that doesn't mean you should take it for granted.

Would you willingly go to the train station and sleep on the railway to be flattened by a train? Life is precious indeed, and every individual has it to preserve it, whether at peak shape or during the last seconds of life. This is how we are wired. We unconsciously do things to keep alive in almost anything that we do.

I have once started a fight with some thugs back at school and was outnumbered by them. I have decided to run away. If you could only see how fast I ran, one would almost think I was ready for a speed contest against Usain bolt. In reality, I was running unconsciously on autopilot; it was built in me to keep me alive.

Watching porn is the same as treating your body as an afterthought, even with all the knowledge about porn's harm? Are you waiting to get in trouble with the law due to compulsive porn use or getting caught cheating on your wife? It is about time now to stop putting the things you love most at stake just because you're filled with lust to have seconds of irresponsible pleasure.

It is safer to quit now to avoid any upcoming regrets. Enough is enough already, and all those wasted years of your life should be a lesson for you to wise up and take matters into your own hands. You are the master of your life. So own it and take the lead over it, but not after tomorrow, do it right now in this very moment.

Stop kidding yourself that you'll quit one day. Why procrastinate when you can change things now. Recognize your weakness in porn, and work to get rid of it. There is no point in lying to yourself all this time. Come clean about it. The first step to recovery is to recognize you're sick. You have to accept yourself the way you are now to get better in the future. Get help if necessary, but do not fool yourself.

Stop the flood already, and trust me that you have nothing to lose and everything to gain if you boycott porn. Do not put your mental health in

jeopardy. You should value yourself as a human. You are worth the effort, and you deserve to be happy; you weren't destined to have a miserable life. The bottom line is that you indeed live a better life without porn, but you first have to come clean about it. You have to know that you and only you are the barriers to recovery.

If you are still resistant to the very idea of quitting porn use, imagine that you're falling off the top of the highest building in the world. Would it be safe to say that nothing is wrong with you as you're whizzing past the 20th floor? You might stay alive for a moment but will eventually crash and die. The faithful porn user is the same except that the torture from porn takes longer to show impact.

Deciding to continue with your porn consumption is the same as lighting a fuse. You don't know when the fire will reach the bomb, which is why you can't predict when the bomb will explode. That is why it is wiser to put the fire down and leave no room for unpredictability. Stop the fire now, and you needn't worry about any consequences. Think about it this way and make your decision, will it be leaving the fire on or shutting it down?

As someone who has greatly suffered from porn, I suggest you put an end to it without a second thought.

28 motivating reasons to quit porn

1. Porn will hypnotise you with false expectations

Porn is wildly unrealistic and full of toxicity, yet 1 in 4 young adults report that porn is *the* most helpful channel to learn about sex, according to a 2021 study. Another study indicated that young people often reported imitating porn in real-life sexual encounters, almost as if they were hypnotized. The pressure to copy porn scenes was an aspect of unhealthy and frustrating sexual intercourse. The key takeaway here is that porn isn't contributing to a healthy understanding of sex.

The plastic surgeries, video modification, acting, and editing that go into porn give an unrealistic view of the human body and sexuality. Research suggests that consuming porn leads to low self-esteem—both for the users and their partners. Don't buy into unrealistic porn fantasies. Feel confident in your skin and stop making false comparisons.

2. Porn occupies a big chunk of your valuable time

Many porn consumers are surprised to find that **porn is tough to quit** during the reboot process. Most porn consumers are not diagnosed as clinical addicts. Still, many experts agree that watching porn is a behavior that qualifies as a problematic addiction. Whether someone's porn consumption is classified as an addiction, compulsion, or simply an unhealthy habit, quitting porn can be a complicated process. Even if it feels daunting, there is hope, making leaving more possible than ever!

3. Porn addiction can escalate to bad outcomes

Research indicates that porn consumers can become desensitised to porn, often needing to consume more extreme forms of porn to get the pleasure they once did. Over time, a porn user's appetite can escalate to more intense content to achieve an acceptable level of arousal. OneIn one 2016 study, researchers found that 46.9% of respondents reported that, over time, they began watching pornography that had previously disinterested or even disgusted them.

4. Stop promoting an industry that encourages rape and violence

In the porn industry, there is no way to guarantee that pornographic content is genuinely consensual, ethical, or even legal in some cases. The sad truth is that the porn industry has an extensive history of benefiting from nonconsensual content and abuse, even ignoring victims' pleas to remove abusive content from the web. Virtually every primary porn site has had issues with forcing performers to act scenes of abuse or child sexual abuse material (aka "child porn").

5. Look for more intimate connections

As human beings, we are hardwired for intimacy and love. However, these meaningful connections with others can be undermined when porn comes into the picture. Research indicates that consuming porn enhances sexual objectification, profoundly influencing how porn consumers view and treat their surroundings. The porn industry objectifies people and glorifies penetrative sex, making it challenging to develop connections on an intimate level. Disconnect from porn and connect with the real world!

One study found out that people who didn't consume pornography reported higher relationship satisfaction than those who viewed pornography alone. Staying away from porn is a great way to strengthen relationships and intimacy.

6. Prevent porn-induced sexual dysfunction

Porn often leads to less **satisfying sexual intercourse**. Research routinely shows that compulsive porn consumption is often associated with sexual dysfunction for men and women, difficulties with arousal and sexual performance, and decreased interest in the real thing. It doesn’t sound very "Healthy," now does it?

7. Stop contribution to sex trafficking

Sex trafficking and pornography go hand in hand. Even in the production of mainstream porn, **sex trafficking can still occur**—and it happens more often than you think. Trafficking is legally defined as "a commercial sex act created by force, fraud, or coercion, or in which the person induced to perform such act has not attained legal age." Manipulation is wildly joint in the porn industry, which should legally qualify as sex trafficking.

Porn consumers need to understand that there is no way to verify that the porn they're watching is consensual and free of abuse as long as people watch more abusive porn. The porn industry will get more creative in exploiting vulnerable people to meet that demand and, consequently, support the creation of porn addicts.

8. Porn glorifies sexual violence and dominance

According to one study about porn titles, 1 out of every eight titles suggested to first-time users on porn sites described acts of sexual violence Research also indicates that as few as 1 in 3 and as many as 9 in 10 porn scenes contain physical violence or aggression. More disturbing is that almost 100% of the time, the targets of violence and aggression in porn respond with pleasure, and a smile on their face, sending a message that aggression and violence are desirable and sexy.

Research also indicates that porn's sexually violent narratives can escalate into consumers' attitudes and behaviors. Research suggests that porn viewers are more than likely to objectify and view others as non-humans, shame survivors of sexual assault, more likely to be supportive of some kind of sexual violence against women, and more likely to replicate acts of sexual violence.

9. Porn promotes racism

To illustrate the above proposition, a 2021 analysis of more than a thousand porn videos from two of the world's most visited porn sites found that scenes featuring people of color disproportionately emphasise violence and aggression, perpetuate harmful racist stereotypes, and often advertise people as "objects." The porn industry often fetishizes race, reducing people of color to sexual categories that often create damaging stereotypes.

10. You don't need to hide in the toilet anymore

Many consumers hide from their partners the shocking truth of how much and what types of porn they regularly consume. According to a 2017 study, women significantly underestimate the amount porn their male partners consume. In fact, in this study, none of the casually dating women—*zero*—reported that their partner viewed pornography at all, but 43% of casually dating men in the survey reported heavy porn consumption.

Scholars have also noted that pornography concealment may destroy trust between partners and security in the relationship. Healthy relationships are built on honesty and open communication, so hiding a porn habit is detrimental to stability. And hey—you don't have to clear porn from your browser history or hide in the toilet or the basement if you don't watch porn.

11. Regain your precious time back

You may have noticed that porn consumption takes a lot of your time. Aside from all its harmful effects, time spent watching porn could be spent sharpening your talent, achieving goals, and enhancing relationships. It's estimated that the average person spends about three months on the toilet, four months in traffic, and nine years on their phone throughout their life. How much of your life will you spend watching porn? Is it worth the investment?

When consumers become engulfed in their porn activities, they then neglect essential matters of their lives, **including family**. By freeing up your precious time, you can focus more on being a parent, husband, family member than ever.

12. Avoid causing trauma to your partner

Over the years, we have received countless messages from partners of porn consumers who feel deeply traumatised and hurt by their loved one's porn addiction. Individuals who learn of their partner's porn habit often internalise their shame and confusion, blaming themselves for not having enough.

13. Strengthen mental/emotional health

Many peer-reviewed studies have linked porn consumption and mental health outcomes like depression, social anxiety, loneliness, lower life satisfaction, and poorer self-esteem and mental health problems. These studies have also concluded that these links are particularly harmful when porn is used to escape negative emotions; from what we see, it sounds like porn is an amplifier of a mental health crisis.

14. Be the master of your mind

Getting dragged into a toxic and addictive cycle of porn consumption limits consumers' feeling of control over their lives. Although it can take quite a while,

extracting porn from your life can help you take back that control you may have lost and live a better life.

15. Go for sex instead of fertilizing lifeless pixels

The porn industry glorifies forced sex, fetishizes race, and ignores that mutual pleasure is *not* sex-positive. Research consistently shows that porn consumption is associated with porn-induced sexual dysfunction (in men and women) and a decreased sexual drive and satisfaction. Ditching porn's toxically is pro-sex.

16. Increased energy levels and emotional mastery

A porn habit takes a big chunk of your time, focus, and energy. Research shows that many porn consumers report failing to tend to basic needs like eating and sleeping well in favor of heavy porn consumption. This is detrimental and leads the body to feel drained of the emotional physical quickly. The mental energy it needs to keep up with life's daily challenges. You can now refocus on building healthy habits by turning off the screen.

Many consumers use porn to escape their challenges rather than face them in classy ways. Interestingly enough, research indicates that those who consumed pornography to avoid uncomfortable emotions had some of the lowest emotional and mental well-being reports. By letting go of porn, you can build more emotional toughness and resilience.

17. Save your finances for more important matters

Paula Hall, a sex and porn addiction therapist, says that sexcam addicts make up an increasingly large number of clients who come to her seeking help. Users become hooked on these fantasies that feel more like a personal relationship than free porn. "People start spending more time and money than they intend to… They keep chasing the same dopamine hit." Even if you're not spending dollars on porn, remember that time is a form of money that you're wasting on porn sites and unconsciously contributing to the prosperity of the porn industry.

18. Porn can make you a taker more than a giver

Porn can quickly reinforce self-centered sexual behavior by focusing only on consumers' desires. In real-life sexual experiences, communication, consent, and mutual pleasure are essential—all of which are rarely depicted in porn.

Porn culture has promoted getting what you want sexually without giving importance to the other side's desires and fantasies. With so many people consuming pornography, is it no surprise that many people are developing attitudes of egoism?

19. Stop the contribution to children's sexual exploitation

Research indicates that teen porn refers to a category of underage individuals. This theme is becoming particularly popular and more and more on-demand. This is disturbing, considering that porn can be so effective at normalizing sexual violence that many sexual predators use porn to groom their victims and desensitize them to sexual advances.

According to a report of domestic minor trafficking victims forced into porn production, the average age they began being filmed was less than 13 years old.

To fend off children's sexual exploitation, we need to be educated on its prevalence and be aware of the conditions contributing to it.

20. No need to feel shame anymore

Porn and shame go hand in hand. Research shows that shame is fuel to problematic porn consumption. Letting go of both porn and guilt can be an incredibly empowering experience. As one former porn addict testifies after **quitting porn**, "I'm not ashamed of myself all the time. It feels like I can finally relax and enjoy life."

21. Focus on your career

Paula Hall, the sex and porn addiction therapist mentioned earlier, says that some porn addicts notice that they are not spending time with loved ones and leave clubs early to spend time on porn sites. They might then gravitate toward using them at work. Often it ends with them using the work computer. That can end their career, and I've seen people lose a marriage over it."

Real stories of people who got caught viewing porn at work prove that more and more people risk their job by looking at porn during work hours. Don't let this destructive content escalate and ruin what you've invested in a significant part of your life trying to achieve; stop the porn from destroying your life.

22. Size doesn't matter

A recent poll found that the more porn male views, the more he is dissatisfied with his penis size. And the same goes for women with male partners—the more porn they consume, the less satisfied they are with their partner's penis size.

Porn is a catalyst for body dysmorphia. Natural human bodies are unique, and that is what makes them beautiful. A world without porn and plastic beauty are where comparison doesn't influence body image. Ditch the porn and its unrealistic body expectations.

23. You can save many youngsters from the same fate

By raising awareness on this critical issue, you won't just be another person. You'll be helping to make the world a better place. Don't be a follower. Take a firm position and inspire change the world for the best.

24. Increased stress control and management

Healthy levels of stress can be a source of motivation. Research proves that porn releases unhealthy doses of stress, which is one of the markers of addiction. As one individual who successfully quit porn reported, "The stress and anxiety that used to be persistent in my life is gone."

25. Stop viewing people around you as sexual objects

Consuming porn is objectification in practice. It's no surprise that regular porn viewers are more than likely to objectify and dehumanise people.

Let's treat people like people instead of making them objects of sexual fantasies.

26. Take your self-confidence to the next level

Research indicates that consuming porn is linked with more negative body image, lower self-esteem, and poorer mental health. By kicking the habit, you can boost confidence in different aspects of life.

27. Regain your natural human empathy again

Get rid of porn addiction and become more supportive and sensitive to the feelings and needs of your loved ones and what might be causing them aches. According to a 2015 study, previous partners' pornography consumption predicted women's levels of feeling sexually objectified, lower self-esteem, and even lead to an increased eating disorder.

28. There is no pride in porn

Taking the challenge to give up porn is not always easy. Still, by quitting porn, you're contributing to a noble fight against a dangerous industry that promotes child trafficking and sexual exploitation.

No matter your reasons, giving up porn is something you can be proud of. So what are you waiting for? go ahead already and extract this vile virus from your life

Should I cut down on porn use or go cold turkey?

Suppose you successfully read and grasped the ideas of this book. In that case, you should conclude that addiction is psychological. As previously disclosed, if you don't attack the roots of the problem, then just forget about quitting porn altogether.

Porn is not a pizza, so there is no diet for it. You need to stop with a sense of urgency with no room for doubts. Your belief in the ability to quit should be ultimate. You have to picture yourself at 50 years old with a 30-year clean streak. For you, it should be evident that it's over and that there are no bargains to be struck or cheat meals.

You can't be a successful football trainer in a major football league if your mindset is to win a match and lose a game. You have to have the winner mentality. Loss should not be an option. If you read these words, do not settle for anything but a win, no matter how or what it takes. Your goal is never to watch porn, and you will do it. Don't make excuses. You should enjoy the process. At the end of the tunnel of porn addiction, you'll fully recuperate control of your mind.

Many people believe that the longer they abstain from watching porn, the lower their cravings get. This couldn't be more wrong since there is evidence of porn addicts on social media platforms of people who still desire to watch porn even after the 90 days nofap challenge.

This should let you know that you have to deal with it personally. Find out what works for you and understand that what worked for others so perfectly might not work so well for you. Since everyone is different, your fear of using porn should overshadow your fear of abstaining. You should be in a mindset of dreading porn and avoiding it like the plague and not forcing yourself not to watch.

By now, you must understand that forcing yourself is precisely the same as eating a food that you despise just to lose a few pounds. Does it work? Yes, but it's not reliable in the long term.

By now, you should have learned that cutting down is the opposite of dealing with the problem. It is only avoidance and will multiply your cravings to revisit porn sites even more.

From personal experience, after losing over 60 pounds twice in my life, I can tell that whatever is not long-term does not work. It doesn't work to stop smoking 15 days after the doctor has told you that you might have a heart attack. The sure thing is that if you stop, you probably wouldn't have to deal with a heart attack. Still, suppose you use the loser mindset and convince yourself that smoking once every two days is okay. In that case, you're only killing and fooling yourself, and that is not the way.

You should realise that Fapping once every five days doesn't mitigate your addiction. It will bring you to the edge on the 5th day, waiting for the moment that you can jerk off. Trust me that it is not worth it to live a life that crazy. I would instead go cold turkey as a person who's convinced of porn's harm than to lie and fool myself, pretending to be working on the problem.

The key takeaway from this chapter is that a porn diet will only make you thirstier.

Can you sneak a peek from time to time?

The answer is no. You must remember that we were mainly influenced to watch porn, whether that be those old porn ads while reading a blog or watching a sexy video on youtube. We end up dragged into the porn trap because we allow ourselves to sneak that little peak. That little moment of sloppiness is what got us in trouble in the first place. Even after more than 90 days of abstaining from porn, some people fall prey to a bit of a peak, and the next thing you know, they're hooked again. If you want to quit porn, you'd better leave it for good.

Having the urge to sneak a peak is a significant sign that you have not dealt with the problem correctly. Do not imply that it's just because you have seen a sexy ad and that you wouldn't have relapsed had you never seen it. Hold yourself accountable for your failures and stop blaming your poor decisions on outside influence. Remember that you can say no, in precisely the same capacity to say yes.

Suppose you relapse into porn again because of a sneak peek. In that case, you will experience a bitterness even worse than the one you felt back when you were masturbating to porn every day. You might feel mild signs of depression, and the reason is simple, you have thrown months of effort out the window.

Even when your partner rejects having sex with you, remember that you can always say no to the temptation of watching porn to fill the supposedly illusory void. Not having sex for a day or even a year will not kill you if monks can live a life without sex. So can you.

There is no reason to bluff or to try to convince yourself that just this one more time is ok. Rationalise your decision and remember that decisions taken under the influence of emotions are rarely ever good ones, even the darkest moments. Remember that you can always take a breath of fresh air to think clearly. Go to your balcony or outside, get a breath of fresh air, and come back home to sleep. You might be surprised that your wife is already wearing your favorite leggings.

There is no such thing as an addictive personality. Put yourself in a positive mental frame of mind. Quit self-sabotage instead of claiming that you have an addictive personality. Make positive affirmations about your ability to quit. As previously mentioned, no one has ever won with a loser mentality.

Similarly, one cannot become a millionaire without believing that one could be. There is no such thing as luck. We make our luck by deciding our fate. Start creating the future of your dreams, or fall prey to your negative thinking and low esteem of your ability to take control.

Can I have the right to be a casual user?

There is no such a thing as a casual user or hardcore user. Do not fall prey to brainwashing. Porn is not like other drugs. It is more dangerous, so you need to quit cold turkey to break loose from its grip. Rejoice because that makes you an official member of only 1% of like-minded people worldwide.

The reality is that porn owns the best of you; whether you're a heavy or softcore consumer, you are hooked, and that's a fact. Do not think you're safe because you only view 30 minutes of vanilla porn a day.

In the same way that you can survive a month without eating potato chips, you can live without porn. The key is to be completely motivated to do so. I have completed 90 days without looking at porn, not even a single photo. It was the most peaceful period of my life, and here I am today, one year on, with no regrets about quitting. I am not a holy man or anything. I just made the right choice about something I was doing wrong in life. The bottom line is that porn should not be a part of your life, so stop altering your mind with false affirmations. Be determined and follow the right plan. Come clean about it, and you shall be liberated indeed.

Different types of porn consumers.

According to the new york post, the following definitions are helpful as a part of your self-therapy to get released from porn's grip. After you read this, you will know where you fall under the continuum of the porn consumers bandwagon.

Recreational viewers account for 75 percent of all participants in the study, watching an average of 24 minutes of porn a week. This group consisted mainly of women and people in relationships.

The distressed group Consists of people who've watched porn for the least amount of time – about 17 minutes per week.

As the name suggests, the **distressed group** associates their emotional distress with watching X-rated material.

Then there is the **compulsive group**. This group may have made up just 11.8 percent of the participants but watched a staggering 110 minutes of porn per week.

Researchers discovered that **men** were more likely to fall into this category.

The experts from Université Laval in Quebec who conducted the study said only recreational viewers were healthy porn watchers.

Researchers asked 830 people how often they watch porn to conduct the study. They then measured it against how compulsive their porn habits were and their level of distress while viewing porn.

Recreational users reported higher sexual satisfaction and lower sexual compulsiveness, avoidance, and dysfunction.

Compulsive users experienced lower sexual satisfaction and dysfunction and higher sexual compulsiveness and avoidance.

Those who were highly distressed but watched porn less were sexually less satisfied and reported less sexual activity and more sexual dysfunction and avoidance.

To sum this up and according to the study, the more porn you watch, the less sexual satisfaction you get, the higher your sexual compulsiveness and avoidance are.

Utilising porn to prevent you from overwatching is the same as curing poison with poison. I would like you to read the following story of a man who does the same. The purpose is to let you comprehend firsthand the effects of porn on our minds.

"I'm forty years old, I've suffered PIED (porn-induced erectile dysfunction) with real women and even when using porn, which is most of the time. It's been a while since I had a full erection. Before going on the once-in-four porn diet, I used to sleep soundly through the night after my session. Now I wake up every hour of the night, and it's all I can think about. Even when asleep, I dream about my favorite clips. On days after my scheduled session, I feel pretty down, the diet taking up all of my energy. My wife stays away from me due to my bad temper, and if she can't leave, she won't have me in the house. I go for jogs outside, but my mind is obsessed with it.

On the scheduled day, I begin planning earlier in the night, getting extremely irked if something ruins my plans. I'd back out of conversations and give in

(only to later regret) at work and home. I'm not an argumentative guy, but I don't want the topic of conversation to hold me down. I remember occasions when I'd pick silly fights with my soul mate. I wait for ten o'clock and when it arrives my hands are shaking controllably. As new videos have been added, I don't start the deed right away and shop around.' My mind tells me that since I've starved myself for four days, I deserve a' unique' clip that has to be worth the time spent searching. Eventually, I settle for one or two but want it to last so that I can' survive' through the next four days, so I take more time to finish the deed."

You should get that there is no such thing as a porn cheat day. Porn is not food, so no cheat meals are allowed. If you're serious about dealing with this issue, come clean about it and don't lie to yourself, as that will only stop you from healing.

After many months of reading, watching documentaries, and personal experience as a former addict, I can tell you that no one is safe from internet porn's influence. You can be 70 years old, but that doesn't make you immune, in the same way that you can be a 19-year-old guy and still not be immune to it.

The best thing you can do is recognize that you need to deal with it in your way and do whatever it takes to get over it. Do not be complacent. No sneak peeks, no more taking it lightly. Consider the matter serious and urgent for your good. Remember to stay away from porn like you're running from a plague.

Can I look at sexy women on youtube or Instagram instead of watching porn?

The answer is a definite no. Our brains are conceived to seek novelty and have hardly the same neurological response to the same stimuli twice. Looking for sexy women on youtube or other social media channels will drive you right back to porn sites. Relapsing on porn after a long period of abstinence will make it even more depressing to deal with.

Stay vigilant and leave no room for sloppiness, significantly if you have been a non-user for a long time. It only takes a small leak to drown an entire ship. Take the Titanic as a reminder, if you will.

Even when your wife refuses to let you in between her legs? Find your way to conjure up a way to slide inside of her gracefully. I don't care if you have to play

Alejandro or Romeo. Trust me; it is worth the time. So the next time your wife deprives you of sex, be innovative and figure out a way to let her seek you out. Do not opt for an easy way out; that's the coward's way, and you're no coward.

You could surely come up with all kinds of romantic things to say to your wife to make her swoon before you. You can even try something like; I don't think I can survive the night without having a taste of your heavenly lips. Be a creative man, make your wife feel desirable and sexy, and do not take no for a no. Go for it but first give her what she needs, and be sure that she'll never be cruel to you.

The only naked person you should be willing to see is your wife or girlfriend and should settle for nothing else. Anything other than natural stimuli will affect your brain and prevent you from building lasting relationships as long as your goal is to quit porn. Do not indulge in anything, no matter how small it may appear. Stay vigilant and aware that the slightest weakness could drive you right back into the hole you so hardly got out from.

The proven way to stop once and for all.

This chapter will teach you everything you need to know to quit correctly and never deal with porn addiction again. I have used the same method and successfully recovered for over a year. The very thought of porn appears disgusting to me, all thanks to this method that I am about to show you.

1- Take a vow to yourself that you're never going back under any circumstances. Leave no room for doubt. The belief in your ability to quit needs to be extreme. Allow nothing and no one even to come close to your goal. Regard it as a holy and noble purpose.
2- Stay vigilant and do not take matters lightly. Introduce a sense of urgency and attention.

You must first be warned that our minds follow our will and desire, even subconsciously. What we think and repeat becomes a self-fulfilling prophecy. Try saying you're not confident for a month, and your words will become flesh. Think of yourself as attractive, and act accordingly; as a result, you will be attractive. This goes the same way for porn addiction. Another important fact is that you need to have a hunger to change and an unwavering belief in the ability never to watch porn again.

Unless your goal is never to use porn again, and unless that's what you're going after, there is no point in starting the Nofap challenge. It would probably even do you more damage. You cannot force yourself to do something you dread forever. If you have a passion for porn, it will stay that way until you make an effort to see it; otherwise.

Up until now, you should have assembled enough evidence to support the claim that a life without porn is a better one. Do you imagine the freedom from dependence on porn? Do you seriously not want it? Make sure you have destroyed all the legends and myths that have kept you brainwashed for so long. These legends have only lowered your self-confidence and kept you under porn's grip for far longer than necessary. You should be a better person by now. Do not continue buying into the bullshit anymore.

What should you do if you're deeply hooked on porn?

There are more than enough reasons to quit porn. Still, in your case, the fantasy world of porn has overwhelmed and altered your mind to hallucinate that all that pleasure and penetration should feel natural. You've allowed porn to hypnotise into creating an entirely false image of it in your brain. Let's call it an indestructible illusion. If you seek to come out from that, try the following :

- Look on the internet for people whose lives have been turned upside down because of porn. People who've ended up in jail and are still paying more than they could have ever imagined in their wildest of dreams. It would be therapeutic to reach out to them and learn about the Darkside of porn. There is nothing that could replace genuine communication between two people. Reality is more convincing than digital. Use this psychological effect to your advantage to change your porn view.

- Cut it out for 30 days and experience how frustrating it is when you wake up to the harsh truth that porn occupies a considerable part of your brain and that it's hard to go without having to look into it.

- Look for pornstars who have died at an early age, most of whom committed suicide or a drug overdose because of porn. If you think it's so satisfying, why are all these people taking their own lives?

- Would you like to stay addicted until you find out that you can't get it up to your girlfriend or wife? A word for the married, would you like to stay hooked into it until you encounter sexual problems with your wife? Would you like to find out that your son has also been affected by it because you forgot to put your computer off one day?

- Read about sex trafficking stories of people kidnapped as children and abused by compulsive porn addicts for years. Do you want things to escalate until you reach such a degraded level?

If Chinese monks can go without sex for a lifetime, you can live without porn. We're not asking you to stop having sex. We're only asking you to free yourself from porn.

Porn has absorbed enough of your good energy so far, and now you ought to do something about it. There is no room for more procrastination. You must be aware that you can never get enough of porn, no matter how much you watch. Stop chasing a non-existent fantasy.

There is a reason behind that horrible feeling you get every time you ejaculate to porn. There is a reason why many people feel depressed about it. How long should you keep beating yourself up? Make your decision to get rid of the pain.

Many people have tried numerous methods and reported that most of them didn't work. Do you want to know why? It's because you're different, you're a winner, and you have decided to recognize that you need to put aside your greed for fantasy. You're great because you have figured out that there is everything to gain from quitting porn. You're more intelligent than the majority because you have seen the dark side and took action to do something about it, not because it's too late, but because you're a badass.

The next time you get a pang to open up a porn browser, take a breath of fresh air to think. Do not jump into action, and reflect on the pain and misery you'll feel after doing it. You need to picture that pathetic self and recreate the disgusting scene. That way, you'll abstain and say no. The more you say no, the more your willpower grows.

Freedom is worth the investment, and as humans, we treasure it above everything else in life, and that's why we were born free. No one came into this world with a leash on your neck or porn in front of your eyes. You were born free, and you need to see that it always stays that way.

Porn is nothing but pixels, a vermin, a bag of filth. Attribute to it all kinds of stinky expressions but never put it on such a pedestal like so many people do so mistakenly.

There is no such a thing as Oh, I hope to stop, but I can't. As previously disclosed, you have to have an indestructible belief in yourself that you can beat it and nothing else but that. You can't rely on hope if you are not willing to stop. It's like putting your hand in the fire and wondering why you've been burned. Settle for nothing other than your goal.

Stop looking at porn as if it was something that every other guy or girl does, it's not a good habit, nor it would provide you with the future of your dream. It is a disease, and you should treat it from that perspective.

Do not fear failure; it is entirely up to win or lose. If you have a loser mentality, you'll lose. But on the other hand, if you have the winning mindset, you'll settle for nothing but winning because losing isn't something you want. There's no reason to be scared of failure because failure is only a result of your choices. It doesn't happen accidentally. So what do you decide? Are you a winner or a loser?

Firstly, make up your mind whether you want to quit or not, and then decide. You can't have mixed-up feelings about it. Either you want to stop, or you don't. Whatever you decide, act accordingly but don't blame your concern on anything or anyone else.

It is essential to point out that even though the nofap challenge is 90 days, it should be mentioned that the time of clean streak itself isn't the most important. So if your goal is not to use porn for 90 days, you should not be surprised to find yourself so eager to watch porn on the 91 days. It's simply because your goal was not to stop watching porn forever, you've tried to be a smartass and trick your mind, but you can't fool your mind. You can't have two desires at the same time, in the same capacity that you can't love two women equally. Suppose your love for porn overshadows your desire to quit it; it would be safe to say that the side with the highest percentage wins.

The time away of porn in and of itself isn't necessarily required. What matters is to make up your mind to quit forever and not be limited to a specific period.

You can't trick your brain. The worst thing you can do is lie to yourself and pretend that you're doing something you want to do. You're only abusing

yourself that way, do not fall prey to the false expectations of the impostor syndrome. Even though many people suffer from it nowadays, you can simply wash it off by being authentic. You don't need a psychiatrist for that. All you need to do is accept yourself as who you are and make progress.

Motivation for the dreaded withdrawal period

The withdrawal period is not difficult at all. Look at it as a period of self-discovery, patience, recovery, and sacrifice. As previously explained in the past chapters, porn is nothing significant to give up. Don't fall prey to the brainwashing of your own making. Start the new experience with positive expectations, and remember to especially not set your brain to fail. During the withdrawal period, incorporate various activities, from sports to drawing, and be very careful not to get overindulged in your exposition to cues that would attract you back to the starting point.

Negatively projecting into the future will only bring about what you fear most. Self-doubt is the worst doubt you can do at this stage. The goal from the 90 days nofap exercise is to help you exceed what you thought were your limitations. Your internal suggestions are only accurate if you believe and feel authentic. What we sometimes see as a reality is nothing but an interpretation based on our mind map, an illusion of our creative imagination. Your brain will always seek to protect you by keeping you in your comfort zone.

Growth occurs when you challenge your belief system and expand your mind with new positive ideas. With the right mindset, you'll be able to conquer any goal you want. To put it simply, during the withdrawal period, you are not allowed to use any pornographic content to masturbate. Call it a soul-cleansing period or some type of healing if you like.

It would help you tame your mind and bend it to your will. You will surely learn more about yourself during that period than any other period of your entire life. Saying no to yourself will surely take patience, discipline, practice, and many other qualities that you'll have time to sharpen even more. You'll undoubtedly have moments of unease, but even during those seemingly difficult moments, remind yourself that the suffering will come to pass if you keep going forward.

Many people fail to quit because they never resolved to leave porn in the first place. They were too greedy and high on lust to the point that they thought they were committing a sacrifice. If you don't want to get sorry, be definitive about your choice. You can deceive the entire world, but you can't fool yourself. Your mind knows what it desires and what it doesn't.

It is scientifically proven that porn impacts the reward circuitry part of the brain, but is it the same as running out of air? Someone that has been conditioned to view porn for a long time might experience some ill sensations of anxiety. Still, these are only minor effects that shouldn't frighten you. You should be prepared to be scratched, but always rationalise your emotions and shift the mood with an optimistic mental attitude. Your subconscious will follow you if you have an indisputable belief in your internal suggestions. Strengthen and add new favorable thoughts, and you'll see wonders.

The willpower approach alone doesn't work. You may want to lose weight, have a successful three months diet, and drop 60 pounds, but you might as well gain more than 60 pounds in less than three months after that. The reason for that is that the 60 lost pounds weren't a long-term goal. It wasn't absolute. Your objective was to lose pounds in 3 months, and you've accomplished that. On the other hand, you weren't determined to get the proper knowledge of maintaining your weight. That's why a lot of people keep going up and down in weight during their lifetime.

The above example illustrates that you need to have a particular unanimous goal. I must never use porn again. The nofap challenge in and of itself is not sufficient if you do it for sport, you should go in with a perspective to stop porn and not to go 90 days off only. The bottom line is that your change should be permanent.

Support your goal with a powerful unconquerable faith in your ability to make it. Picture yourself where you want to be before you get there. Make assertions that the only thing between you and your goal is time and effort as long you continue to live.

You can't have two simultaneous contradictory goals at once. You can either support one camp or the other, but you can't be neutral. It is the law that the stronger side wins, and in this case, if you allow your desire for porn to grow back again, it will surely make it harder for you to place your cards back in order again.

The tricky part about the withdrawal period is enticing a slight glimpse. The remedy for that is to exercise some thinking, reflect, get out of your home, second guess your emotions, desire, and goal, and ask yourself if this is what you want. Ask yourself again, do I really want to do this ? and for what ? is it

worth it ?. The previous exercise will help shift your mind back into a relaxed state, allowing you to decide that best serves your welfare. The goal is to keep repeating the behavior to tame the mind to surrender and follow your commands only, even under outside influence.

Make sure that you persist in persisting until you've completely obliterated the porn virus from your system. You will ultimately reach a level where vulnerability to what you previously deemed the most seductive content is now repulsive and uninteresting. Fight any urge with reason until you have absolute confidence that porn has no effect on you anymore and that you didn't leave it because you forced yourself.

Porn will continue to exist on the net, but now that you've reached such a powerful state. It can't have an effect on you. In fact, you're now immune to seduction because you've come to apprehend that temptation is a natural human trait. You're now careful to indulge with your attractions. You've closed the devil's door. You're now far more interested in life. You now are considerably more invested than ever before. You now honor your body as a sacred temple.

Do not ever stay isolated because you weren't born that way anyway. I have incorporated this technique as part of my recovery program from porn-based depression, and it worked miraculously. You can't imagine how the world glowed in my eyes. I have started liking minor things, Such as waking up to the sunshine, being out on the beach, or smelling coffee before drinking it. Walking felt like a gift, every step was worthwhile, and life seemed impressive. In reality, anytime I was at home, I went out. I did something until there was no reason for me to stay home but to sleep in my bed, and I was cautious not to let the thought of porn cross my mind. I didn't permit it to be lengthier than 2 seconds and directly shattered the pattern.

I knew I was utterly free from its grasp when I became resistant to the effects of alluring ads that pushed me right into porn sites before. I understood I was free from my awful, despicable obsession when women started to seem attractive again as they once were when I was only 13. I started having flirtatious conversations with these women while enjoying myself in their company. I was wholly decentralised to the porn, and it was no longer my thing. Ladies felt like human beings again, not some kind of object to my twisted fantasies.

The videos that my friends used to try and lure me back didn't work until they gave up. Some even came to me for help, confessing their addiction as well.

I concluded that porn is no good; it carries no benefit. In the same way, a cigarette-free person looks at smoking as pointless. Porn to me was empty, and I have found it weird and surprising to have watched it all these years. Reading became a big part of my life, and it ultimately made me better. Remember that you can always pick a quiet place to go read it, and it fills you with so much satisfaction and peace, something that porn never gave me no matter how hard I pushed back in the day.

Change your mindset from loser to winner, and you'll find out that it's key to significant change. You need to have what some people describe as foolishness or arrogance. You'll know then that you're on the right path. Do you know why? That's because you've so far surpassed them that they can't come to recognize you anymore. Stay ahead of the curve, don't look back only to learn from the past to create a better future. A bee never explains to a bug that honey is better than poop.

At this stage, there is no fear from the withdrawal period. Nothing can entice you anymore because you have complete dominion over your ability to consider and decide. Porn fantasies no longer alter your will; you trust yourself completely. You have enough power to influence change, not only in yourself but in others as well, because you are a victor, a leader.

Can I sneak a peek after months of abstaining?

Relapsing back to porn could turn out to be your biggest downfall because it only demonstrates your hunger to consume porn again. It indicates that you are still not over it and long for it after all. You went to battle uncertain about what you desire, and the outcome is that you've missed old dirty porn and chose to sneak in again like the old days.

If you get any whispers, can I sneak a peek again? Examine your objective again and determine if you sincerely want to quit porn or are still down. You should know that it is impossible to have two contradictory goals simultaneously. It's just not feasible; you can't be on the moon and ground at the same time. It's the moment to pick a camp.

Look on platforms for the reports of many recovered individuals that successfully left and headed right back into addiction again, all because they weren't more honest to themselves. They believed that they could trick their mind.

Remember that the first time you've watched porn wasn't because you enjoyed it. It was out of what you thought sheer curiosity at the time; yes, it's that bit of sneak a peek that did all the damage in the first place. What you should learn by now is not to be sloppy.

Shaming porn users is what keeps them in it anyway.

There is a common characteristic between people these days: minimising and disgracing anyone under porn's seductive grasp. In contrast, the ones attempting the blackmailing are obsessive porn consumers or have been ex-addicts themselves.

What ought to be conducted instead is to show understanding and blessing to these individuals invariant if we never were a fan of porn in the first place.

Usually, individuals watch porn because they feel it's the thing to do. It's mainly the brainwashing and the anxiety of life without porn and predominantly shame that keeps people connected. I mean, for divinity's sake, why are we humiliating one another? What do we get from exposing each other's misdeeds? We need to understand that porn was designed to lure us because it's a natural human instinct to show interest in the topic of sex.

Pornography film producers are doing their best to convey the most luring content to entice more and more people to keep watching. By humiliating porn users, we only contribute to creating more addicts.

Why do heroin or cocaine addicts get better assistance and support? It's because they are addicted, correct? It's because we pity and sympathise with them, so why not do the identical thing with individuals labouring from porn's crappy authority over their minds. Let's show some support to addicts to overcome this hurdle.

Using a porn blocker is not enough.

Yes, you've read that right. Blocking access to porn is not enough. Because as long as temptation is lurking around, anyone can easily bypass the porn blocker to watch again. It benefits by mitigating the risk of stumbling upon pornographic content again. Nevertheless, it sometimes can have a damaging effect that contributes to awakening more hunger to explore.

Humans are exploratory by nature. That's the way we are built. It's the primary effect of human nature. To us, forbidden things are almost magical and are far more compelling and attractive.

Dictatorial Socialism will only make things worse and detract from the significance of consciousness and thoughtful decision-making. Lovemaking is a natural behavior and is in no way, shape, or form a disgraceful deed.

Parents should concentrate more on raising awareness of the negative consequences of regularly watching or masturbating to porn. They should be meticulous and deploy multiple communication strategies to inspire their children to feel safer and more relaxed regarding the subject.

We all know that fantastic vigilant parenting is necessary for a happier family with fewer problems. Parents should be more focused on accomplishing all the things needed to acquire their kids' trust and invite them to talk about such a thing as porn.

With common understanding and open communication, we can convince porn consumers of the potential harm. Pointing out porn's detriment sole isn't enough to spook somebody out from watching porn or making it a day-to-day habit. What functions in the long term is quality education that provides people with wisdom to realise porn's unfavorable influence on the quality of one's life.

Most porn users wouldn't give it up because they don't find it inappropriate. Some argue that it is a pleasant affair, a treat they discretely permit themselves from period to period in the convenience of their closed-up bedrooms.

What should be promoted is far more enjoyable things to life than porn. Among them is intended real sex between an affectionate pair. There is no guilt or shame after sex between a wife and husband. Nevertheless, there is sorrow, regret, stress from orgasm to porn because it's simply not a divine or a proper

deed. The sentiments one gets after ejaculation to porn are the body's manifestation of unease and misusage. It's a sign from your body to stop.

A guide to never falling into the porn trap again

Do not allow yourself yet another sneak peek. Always remember that it's what got you all the trouble in the first place. If you fear that, you might forget. Write it on a piece of paper, and read it aloud to yourself in a crowded place. Read, "It never brought me any happiness and walk for some minutes, and it will go away" if it happens again, repeat the action until it's gone.

When you have seemingly obsessive uncontrollable thoughts about watching again, wake yourself up and recognize that these are sounds of your complete creation. You can lower voices like you do stereo. You can even mute the sounds. It's a great feature of intellectual potential to behold. Accept the newly acquired power and embrace it.

Always choose the path of less resistance to reach the set goal, it can sound funny, but that's how it goes for the most part. The more you think about sleeping, the harder it becomes. It's the same thing here. The more magnitude you give to your thoughts, the more they feel like a beast to you. While in reality, you only need to talk your way out of getting dragged to worry. Do not indulge and break the pattern by doing something, such as moving from one place to another.

You can use many techniques, such as meditating back to your beautiful childhood memories or remembering a happy experience from the past. Do that for 5 minutes or more, and your head will magically clear up all the fog and doubt.

Don't be bitter about the process. Go out and seek more exposure to life. You've made a great decision to quit porn. You've already wasted time that could have been used to achieve something great. You now have everything to gain and nothing to lose.

Start a new adventure? Or challenge and keep yourself healthily busy. With now porn behind you, focus on things that would bring more value to your life, whether a wife, getting a job, starting a business, or even going out to the mountains. Pick a goal and move on with your life, and put an end to all negativity.

Encircle yourself with faithful compatible energy friends, and stay away from the avid fans of porn. It's no secret that we become who we spend the most time with. Spend your time around perverts, and you'll turn into one yourself. Instead, be choosy and pick only friends that will help push you in the right direction to get to the next level.

Beware of unconscious psychological programming, and don't let your mind stalk free without self-monitoring. Stay alert and on top of your thoughts at all costs. Do not allow any idea that bothers you to sneak around.

Stop doing things that made you miserable in the first place. Remember that you hated porn after orgasm, recall the bad feelings of guilt and shame that came as a package with the misery. That's what made you stop in the first place, so rest assured that you're missing out on nothing.

Be careful about your self-talk. Only throw in there what makes you feel good. Your thoughts are of your own making, whether negative or positive. Do not fall prey to the illusion that you need to bargain with your mind. There is no such thing as asking permission from your mind. Still, if you choose to believe that you need to ask permission, that's when it becomes natural and will make it harder for you to overcome porn. Telltale your mind precisely what you want and how you want to achieve it.

Ditch porn and so-called hot content, turn your back on it with pride and embrace a healthy lifestyle. Find yourself a girlfriend or eventually a wife and start a family. Why watch porn when you can have real genuine sex.

Your thoughts are of your creation, and there is no such a thing as thoughts popping out of nowhere. Don't be bitter and frustrated even about the wildest idea that might pop up, but rather debate these thoughts and degrade them to a dull state. Feed your mind only quality positive reviews only.

Never doubt your decision never to watch porn again. You already know that it's the correct one.

There is also nothing wrong with reaching out to a therapist. It's also crucial to find one who's knowledgeable on the subject of internet porn. You can find lists

of these online, but take your time to find the suitable one for you. You also don't have to worry about confidentiality since doctor-patient confidentiality is law in psychiatric circles.

Helpful affirmations that you can employ in the morning and night

I’m no longer a slave to my porn obsession, no longer dependent.

I am the captain of my mind, and I enjoy how this lost power feels again.

My subconscious is now under my entire command, and I get to handle my mind with better ease and control than my laptop.

There is no need to consume time on porn anymore. Life’s challenges are much more delightful.

Every day is nearer to becoming free of this hideous porn dependence.

I look back at those shady nights of ingesting porn, and I pity myself for it.

Every time I see other porn users, I get motivated to achieve my goal and become part of the 1%.

The semen kept in my body will undoubtedly convert itself into healing energy.

My brain is recovering itself by abstinence from the porn abuse imposed upon it all those years. I am wonderfully getting back to the ordinary again.

No need to hide like a weakling to watch porn. I have nothing to feel embarrassed of. I’m in authority over myself now and have nothing to conceal. My doorway is unclogged.

Let's expose the facade of porn, not the fancy and innocuous one.

Internet porn is undoubtedly one of the substantial risks in our so-called free community. Porn producers appear to benefit from the freedom of expression to the highest potential.

They are getting better at creating various types of porn addicts with various cognitive disorders. All they have to do is make as much corrupt content as they can, and they are only required to place an 18 plus warning for 10 seconds or shorter before the commencement of a video.

Most tapes don't even include age caution. They are loaded with all sorts of perversion that even our sophisticated minds fail to manage. It must be comprehended that porn is harmful and doesn't hurt a particular age class more than another. In contrast, it should be considered a menace to our psychological soundness and an inducer of tension and abnormal excitement levels, leading to other organic issues.

We all know that psychology is the cause of disease significantly. Mental health is a silent killer and impacts overall health.

Porn also is the fuel of human objectification. It plays a significant part in the way women are perceived today, to put it simply. Women are looked at by most men, especially those into porn, as "Objects of pleasure," and that, as we know, isn't far behind how psychopaths tend to look at their victims.

So is that what porn is creating here? Psychopaths? We all know that psychopaths find no guilt or remorse in what they do because they have conditioned themselves to view other humans as objects, not as people. They fail to feel anything because the only thing that matters is getting what they want.

In my opinion, there is a direct correlation between internet porn and prostitution. It's no wonder that after prolonged exposure to porn. Our minds could definitely get to a point where porn alone is not enough to fulfill our lusts.

In most circumstances, it will drive people from any generation to solicit a prostitute, whether they're married or not.

There are well-documented cases all over the internet of married men cheating on their wives and holding numerous affairs with a list of mistresses and still can't reach the high they so long for. It's practically like hunting a phantom. Highly addicted individuals can't appear to see it that way. They persist in the pursuit, with a blind belief in the illusion of the ideal orgasm that doesn't exist.

The porn dilemma should be addressed differently by spreading proper knowledge. People can lose interest in porn in the same way they see no appeal in taking drugs. It's undoubtedly no effortless task but worth the investment.

In typical circumstances, porn started as a mere curiosity during teenage years, under the underlying popular false belief that it's easy to quit whenever one wants, right? It only showed the opposite of that claim, as many people have been silently struggling with their porn obsession since age 11.

Porn is not to be taken lightly. If anyone were to run a poll on Facebook, they would be shocked by the outrageous number of individuals who wish to go. They could go back in time and not go down the porn addiction route.

It is also safe to say that scare campaigns don't work either since they might frighten people off for a little while. Still, they will end up relapsing again once they feel safer and that there is no threat to behold.

I mean, for god's sake, why aren't we told the truth about porn, and why is it still perceived as normal behavior. Porn doesn't teach people about sex or anything. It's an utterly false claim that it does.

You can help too by spreading the proper knowledge using social media channels, although you might get negative feedback. It can't distort the truth though. Reality doesn't depend on the masses' opinion. History has taught us that groups aren't always correct.

Nobody believed Edison when he made his 10000 attempts, but that doesn't change the fact that he went on and changed the course of human history by

introducing the light bulb. Had he chosen to cohort with the multitudes, perhaps light wouldn't have existed.

When people sipped cigarettes back in the day, it was supposed to be a beneficial and aristocratic practice dedicated to the wealthy and sophisticated individuals. Still, it doesn't change that they were all wrong about it.

I hope this book was helpful to you, do not forget to share the knowledge and spread the word about the website (www.quitfappinglivestrong.com) however possible. Any effort will be beneficial in this war on porn.