

This compilation has a lot of posts. Some of these are my own posts but they are all based on The Book to Quit Porn by Samuele R, EasyPeasy by Fraser Patterson, PPMO by Friendly Cat and videos of Aman Dhattarwal Bhaiya. Do not skip any page or even sentence. Follow all the instructions mentioned in pages 33 to 36.

To Quit Porn, Change Your Beliefs!

We usually use our willpower and self-control to quit porn. Some of us have greater willpower and hence, are able to abstain for a longer period of time.

However, there are many people who have relapsed after a year or two.

Why did they relapse after such a long period of time? If they abstained for such a long period of time, that itself proves that they do not lack willpower and self-control! Then, where is the problem?

The answer is: BELIEF.

To quit porn forever, you must give up false beliefs. We continue to hold some wrong beliefs even while abstaining from porn.

When we are abstaining from porn, we don't feel we are liberated. Instead, we think we are missing something. We believe we are sacrificing something. We believe we are not getting pleasure which porn users are getting.

All these are false beliefs. In fact, porn does not give you pleasure. Porn makes you desire more porn. It makes you lose interest in other activities.

Porn is addiction (dopamine addiction, to be specific). Productive activities release dopamine in lesser quantities. Hence, you find them boring.

So, when you are not watching porn, you are NOT missing anything and you are NOT sacrificing anything. You are liberating yourself.

Liberate yourself from the porn trap. Do not look at porn users with envy. Look at them with pity and help them to get out of the trap.

Porn addiction isn't a choice. You didn't choose that you will watch porn everyday and destroy your life. You became its slave. You regret everytime you relapse. It's time you liberate yourself from this.

When you abstain from watching porn, you get withdrawal pangs. You watch porn because you believe that it's the cure of these withdrawal pangs. However, you are getting withdrawal pangs because you are addicted to porn. Those who don't watch porn, never get these. Porn is the cause, not the cure. The cure is NoFap (abstinence from porn and masturbation).

Has there ever been a time that you didn't regret after relapsing? But why could you not stop yourself from watching? It's because you were brainwashed by your dopamine addiction. You never wanted to watch porn. Your dopamine addiction did.

You do not like porn. Your addiction does. You are not your addiction. It's time to attain freedom.

Your dopamine addiction will always misguide you. It will tell you that it's okay to peek. It will try to mislead you by saying this is the last time. It will try to convince you that it's okay to masturbate just this time.

Do not let it misguide you. Do not argue with it. Your dopamine addiction does not understand logic and reason.

When you understand the nature of your addiction and learn to ignore it, you will never watch porn again. You will never masturbate again. You will never peek or edge again. You will never be misguided by your addiction again. Your addiction will be powerless. It will completely disappear with time. You will recover very fast. All withdrawal pangs will go away with time.

BECAUSE YOU ARE STRONGER THAN YOUR ADDICTION.

Understanding Addiction

Any addiction has two parts/aspects -

i. Little Monster (also known as urges and withdrawal pangs) - This is your dopamine addiction. When you abstain from the substance or behaviour you are addicted to, your Little Monster will start craving for dopamine. And when you do normal activities, you won't enjoy them because you've been addicted to high dopamine release, which you get from the substance or the behaviour to which you are addicted.

ii. Big Monster (also known as brainwashing) - Your false beliefs that make you consume the substance or the behaviour you are addicted to. You falsely believe that it is giving you pleasure and removing your boredom, anxiety, stress, etc.

Little Monster = Thoughts

Big Monster = Beliefs

The Little Monster is actually very powerless and can be defeated very easily. You won't even feel it much if the Big Monster was not there. The Little Monster activates the Big Monster and that's what keeps you coming back to the substance or the behaviour you are addicted to over and over again.

Most people just try to use their willpower to abstain from the substance or the behaviour that they are addicted to. They believe the addiction will automatically disappear once they abstain for a few days.

You abstain for a short period of time and then do it again. Next time, you try to abstain for a longer period.

But you remain addicted.

It's because -

i. When you abstain, you don't get a feeling of liberation. Instead, you feel you are missing something and sacrificing pleasure.

ii. You didn't remove the false beliefs, so you feel that the substance or the behaviour will give you pleasure. So, you will always have a desire for it and will always remain addicted.

Willpower is needed when there is pain and suffering. For instance, an athlete needs willpower to continue despite pain and suffering. In an addiction, willpower is needed only when you believe that it's the substance or the behaviour you are addicted to gives you pleasure and so, you believe that it is painful to quit. All these are false beliefs and you can remove them.

When you remove your false beliefs, there is no pain or suffering in quitting. There is only the feeling of being liberated finally. There is elation and joy in quitting once you've removed your false beliefs.

Most addicts don't remove their false beliefs. So, for most addicts, the mental fight (whether to consume the substance or do the behaviour that one is addicted to or to abstain from that) goes on throughout their lives.

The method that is most effective is the Beliefs Method. What it does is it removes all your wrong beliefs and then you no longer crave for the substance or the behaviour you were addicted to. Recovery is permanent, painless and quick.

The suffering of the addict is not cured by the very substance or behavior they are addicted to. It is caused by it. This is the essence of the Beliefs Method.

Porn and masturbation do not cure your problems. They are the ones that cause them. An addict has the illusion that the next session of porn/masturbation will cure their problems. With this illusion, they go on having sessions. With each session, the suffering of the addict increases.

Change your mindset from "next session of porn/masturbation will cure this problem" to "last session of porn/masturbation caused this problem. I shall now be free from this problem because I have quit watching porn and masturbating."

Change your mindset from "Let's see one last time. I'll never watch again. Let's masturbate for one last time." to "I am never going to watch porn. I am never going to masturbate. I shall never change my mind."

Change your mindset from "Porn/masturbation gives me pleasure." to "Porn/masturbation actually destroys one's pleasure. It hacks one's pleasure hormones and creates a false sense of pleasure. It also doesn't let one enjoy anything else. An addict always craves for high dopamine and is never satisfied. With each session, the suffering increases. I am happy because I am now free. I have quit porn and masturbation. I am never going to change my mind regarding them."

Change your mindset from "I want to watch porn. I want to masturbate." to "I am not my addiction. My dopamine addiction is crying because it is dying. It will soon die. It caused so many problems in my life. I will rejoice its death."

You are free the moment you eliminate your wrong beliefs.

Say "I am never going to watch porn again. I am never going to masturbate again. I shall never change my mind about these things."

NEVER DOUBT YOUR DECISION TO QUIT. NEVER RECONSIDER IT.

What if I accidentally watch porn?

Don't think like this - I accidentally watched porn. It was not my mistake. I am now getting very high urges.

If you accidentally watch porn, think like this -

My dopamine addiction is craving for abnormally high dopamine release (which is addictive and harmful for me). It is crying because I have quit. When I accidentally watched porn, it got some hope but I shall deprive it of it. I shall not let it have pleasure at my cost. I know that dopamine addiction hacks my hormones and gives me a false sense of pleasure. It stops me from enjoying what is natural. With every session, the suffering of an addict increases. So, I shall not let my addiction enjoy at my cost. I shall rejoice in its suffering. I am happy that I have now quit. My dopamine addiction is dying and it will soon be gone. I think of the suffering that it has caused me in the past. Instead of being sad, I rejoice because I am now free.

I WILL NEVER DOUBT MY DECISION TO QUIT.

BAD DAYS WILL BE THERE. BAD CIRCUMSTANCES WILL BE THERE. BUT THEY WILL BE RELATIVELY EASY TO DEAL WITH BECAUSE I AM NO LONGER ADDICTED.

I AM FREE.

I AM NEVER GOING TO WATCH PORN. I AM NEVER GOING TO MASTURBATE. I SHALL NEVER CHANGE MY MIND REGARDING THIS.

Difference between Genuine Pleasure and Fake Pleasure

This is evident in the way we consume digital apps and comms. Let's compare it to food again. When you eat an apple, say, you eat at a measured pace, chew each mouthful and when the apple is finished you feel satisfied. Now compare that to eating a chocolate bar. The pace of consumption is quicker, you don't savour the taste, you devour it as quickly as you can and when it's finished you invariably want another one.

There can only be one reason for that: you want to get your fix as quickly as possible. It's not genuine pleasure that drives us to eat these foods; it's the *idea* of pleasure.

We don't eat them for the taste; we eat them for the sugar which manipulates and interferes with our natural urges. Sugar addiction is a huge issue in its own right and if you are concerned with your sugar intake (that includes starchy carbs) then check out my *Good Sugar Bad Sugar* book.

Source: Smart Phone Dumb Phone by Allen Carr and John Dicey

Porn is not pleasurable!

This is the first belief, and I have never met any user who did not claim to find pleasure in pornography. Let me explain the phenomenon: you consume porn, your brain receives the dose of dopamine and when you reach the orgasm your dopamine levels lower and you come back to normality. Often the user is left wondering “*Why do I have to do it?*”, but the most important thing is that when you finish the “deed”, your brain immediately starts going back in search of dopamine. The nature of the trap makes normal activities seem less rewarding and pleasurable, and after a certain amount of time the withdrawal symptoms show up: your brain demands another dose of dopamine.

So these symptoms (pangs, whatever) are just your brain asking for another dose. Withdrawal symptoms in themselves are nothing unsupportable, but it is the user who increases them, because he feels like he's giving up something.

Pangs ("urges") are 90% a mental thing. They must be and, in fact, they are. After 1 year of abstinence from porn, your brain has well reverted the neural changes. How come then some users relapse after years of abstinence cause they had the "pangs"? It's not the physical addiction itself the problem, it's how the user feels about having quit.

So, the user consumes porn, lets some hours pass, and then he feels deprived because of the "pangs" and so decides to consume porn again, he receives another dose of dopamine (just a little higher than the last one) and he

finally gets rid of the hated withdrawal pangs! *Ahh, such a pleasure!*

Here we go, let's do the math now! What did the user lose from this practice? He destroyed his cerebral receptors some more, ruining his natural ability to have self-esteem and reach his goals, he increased the chances of suffering from anxiety and depression and many other disadvantages.

Now let's see the "advantage": he finally got rid of that nagging feeling of withdrawal, a nagging feeling that the user has the unique privilege to suffer! Those who don't consume pornography, don't have the withdrawal pangs! And their receptors are in perfect conditions! They win doubly, then.

The "pleasure" everyone is talking about is comparable to banging your head against a wall to enjoy the feeling when you finally stop! It makes no sense, right? It's not a pleasure, it's the end of the hassle!

Source: The Book to Quit Porn by Samuele R

EasyPeasy Statements Checklist

1. There are many good reasons to stop watching porn
2. There are no good reasons to continue watching porn
3. The only reason I continue to PMO is porn addiction
4. Any pleasure or benefit I thought I got from porn was just an illusion
5. The empty, insecure feeling of withdrawal from the body is not relieved by porn; it's caused by it
6. Fear keeps porn users in the trap
7. It's only when I can't watch porn that porn seems precious
8. I PMO to relieve discomfort caused by the previous session
9. Addiction is 1 per cent physical (the Little Monster) and 99 per cent mental (the Big Monster)
10. The Porn trap makes users believe the inverse of the truth
11. Watching Porn is not improving your sex life or interest in your partner/love interest – it's an acquired loss of taste
12. Porn doesn't make me relaxed and confident – the addiction makes me insecure and shaky
13. The only thing that can stop the downward spiral of misery is to stop watching Porn
14. It's never too late to escape
15. Escape is easy
16. It's essential that I destroy the Big Monster that makes me think I get some kind of pleasure or a crutch from porn
17. The difference between users and non-users is that non-users do not suffer the discomfort caused by porn withdrawal
18. Watching porn does absolutely nothing for me whatsoever
19. The fear of failure proves that I hate the thought of remaining a porn addict for life
20. The fear of success disappears when I unravel the brainwashing and see through the illusions
21. The association with the relief of porn withdrawal creates the illusion that I like the orgasm
22. The so-called "special" sessions seem precious because they follow a period of abstinence and coincide with occasions that would be enjoyable anyway
23. Porn doesn't relieve stress, it is a primary cause of stress. It's important to understand how I've been tricked into believing the opposite
24. The tendency is always to PMO more, not less. Anyone who tries to curb the amount they masturbate is always fighting this urge
25. The only way I can remove the urge to PMO is to quit completely
26. Watching Porn is not a habit, it's an addiction
27. Porn addicts are not weak-willed. On the contrary, it takes a strong will to continue to PMO in the face of so many good reasons to stop
28. Willpower will not make me a happy non-user for life
29. You only require willpower if you have a conflict of wills
30. Unless you understand the illusion of pleasure, the next session (the one you can't have) will always seem precious
31. With the willpower method you are always waiting for something not to happen, so you're left forever wondering if you've succeeded

32. I am not “giving up” anything
33. I am getting rid of a disease
34. With the willpower method you never escape the trap
35. I will beware of ex-users who’ve quit with the willpower method
36. I have everything to gain and nothing to lose by stopping
37. All porn users are the same
38. I became an addict because I used an addictive drug, not because of my personality or genetic make-up
39. Anyone can be cured of porn addiction. I just have to stop using porn
40. Many factors influence how heavy a porn user you become. Personality is not one of them
41. The belief that having sex and orgasms are the goals to reach for all human beings are part of the myths perpetuated by characters on TV and in the movies
42. Watching Porn destroys concentration by making me think, “I want to watch porn.” This makes it hard for me to concentrate
43. Porn causes boredom, it doesn’t relieve it
44. If I mistakenly believe I can’t concentrate without porn, I will ensure that I can’t
45. Porn is not educational. There is no graduation for attending porn "classes"
46. Anyone who perpetuates the myth that porn provides some kind of pleasure or a crutch is mistaken
47. Porn users have no freedom. They do not choose to masturbate; the fact is that they have no control over their usage
48. Nobody enjoys using Porn. They only think they do because they’re drug addicts and miserable when they’re not allowed to watch it
49. Porn does not alleviate a crisis, it makes it worse. Much worse!
50. Others porn addicts want me to watch porn for their comfort, not mine
51. Choosing to remain a porn addict is like choosing to wear tight shoes just for the relief of taking them off
52. Porn is a powerful sexual desire killer. Porn alternatives are not safe
53. Substitute users never remove the desire to use porn
54. Substitute perpetuate the illusion that you are making a sacrifice when you stop using porn
55. Never use substitutes
56. Porn creates a permanent feeling similar to hunger
57. Exercise makes me feel good physically and mentally
58. Porn reduces my capacity for exercise and sex
59. One peak is all it takes to get hooked again
60. All porn addicts are in the same trap. The only way to escape is to stop watching porn completely
61. Cutting down creates a sense of deprivation and increases the perceived value of the next porn video
62. Casual porn users are only envied for the amount they don’t watch
63. Stoppers and Starters have the worst of both worlds
64. I am quitting for my own personal happiness, not for anyone else
65. With Easypeasyway, I will finish my final visit with absolute certainty that I will never PMO again
66. I will become a happy non-PMOer the moment I finish my final visit
67. Anyone can get free, provided they remove all doubt about their decision to do so
68. Avoiding misery is not the same as achieving happiness
69. Removing Porn from my life will not create a void

70. If I still mistakenly believe there are advantages to porn I will be vulnerable to the fear of success
71. The fear of stopping Porn usage is irrational. It is caused by starting to watch Porn
72. I have a choice
73. I do not need to go through any transitional period
74. Porn is not my friend and never has been. It's the worst enemy I've ever had
75. Quitting will put me back in control of my life
76. The fear of quitting is caused by Porn
77. I won't miss Porn
78. I will enjoy life more
79. I will deal better with stress
80. I won't have to go through some terrible trauma to escape
81. There is no physical pain
82. The panic of withdrawal is the fear of missing out on your fix of the drug
83. Kill the Little Monster and the addiction is dead
84. Kill the Big Monster and I remove the fear
85. Nothing bad can happen because I stop watching porn

Source:

https://www.reddit.com/r/pmohackbook/comments/id6nie/easypeasy_state_ments_checklist/

Don't underestimate the Little Monster!

Please do not underestimate the power of the little monster. Even after the brainwashing is gone, it will project onto you feelings of wanting. It will make you think 'no big deal, have a session, you'll stop after this one'. It's important for you to detach from it, to be mindful of what is really going on in your head.

Although the feeling of withdrawal is imperceptible, it's still there and at times you could be tempted to scratch the itch. Stop seeing the single 'scratch' and picture yourself 'scratching' it for the rest of your life, because that's what's going happen. It's a vicious cycle with no benefits.

Make a solemn vow, and when you do it, get it quite clear in your head that you've stopped, there's no coming back, there's no 'another time'. Once you get this certainty clear in your head, it'll all be a lot easier. But you have to really commit - remember, the stakes are very high.

Source: Taken from a Reddit comment of the author of The Book To Quit Porn (link:

<https://www.reddit.com/r/pmohackbook/comments/sf05x5/comment/hupf2zy>)

Watching porn or masturbating is an addiction, not a choice.

You didn't choose that you will watch porn and masturbate everyday and destroy your life. You became a slave. You regret everytime you watch porn or masturbate. It's time you liberate yourself from this.

When you abstain from watching porn and masturbating, you get withdrawal pangs. You watch porn or masturbate because you believe that it's the cure of these withdrawal pangs. However, you are getting withdrawal pangs because you are addicted to porn and masturbation. Those who don't watch porn and don't masturbate, never get these. Porn and masturbation are the cause, not the cure. Quitting porn and masturbation forever is the cure.

Porn and masturbation are not the cure of your problems. Instead, they're the creator of these problems.

Free yourself from the brainwashing that porn and masturbation have advantages and they give you pleasure. This brainwashing is the only reason why you watch porn and masturbate. In reality, porn and masturbation have no advantages at all.

When we are abstaining from porn and masturbation, we don't feel we are liberated. Instead, we think we are missing something. We believe we are sacrificing something. We believe we are not getting pleasure which porn users are getting. As long as we have this feeling, we'll never be able to quit permanently. Hence, it's very important to get rid of brainwashing.

When you are not watching porn, you are NOT missing anything and you are NOT sacrificing anything. You are liberating yourself.

REMEMBER: You are stronger than your addiction.

Remember

- Porn and masturbation have no advantages. They have only disadvantages.
- You believe that they cure depression, stress, anxiety and boredom. However, they are the cause of these. The more you watch porn and/or do masturbation, the more addicted you become and the more you experience depression, stress, anxiety and boredom.
- Porn and masturbation make you addicted to high dopamine release. Hence, you don't find interest in normal activities that release less dopamine. This reduces your productivity and increases your boredom and addiction.
- High dopamine release of porn and masturbation damages your dopamine receptors. So, it becomes more difficult for you to face any situation. Hence, you face more stress, boredom, anxiety, etc.
- Porn and masturbation do not give you pleasure. They make you more and more addicted. The primitive part of your brain misunderstands them as real sex and that's the cause of your addiction.
- Whenever you feel you should peek or edge just once, it is your addiction speaking. You are stronger than your addiction.
- Whenever you feel that you should quit later, it is your addiction trying to trap you. You are stronger than your addiction.
- Whenever you feel a doubt whether you can quit or when you feel that it is difficult to quit, that doubt or feeling is of the addiction. You are stronger than your addiction.
- You do not like porn and masturbation. Your addiction does. You are stronger than your addiction.

You can and will quit. The moment you deeply understand these facts and defeat your brainwashing, you are never going to watch porn or masturbate again. Your addiction is terrified of this reality but you are far stronger than your addiction.

Power of affirmations

Affirmations are statements that you tell yourself again and again in order to pass an impression to the subconscious mind.

One affirmation you can use is "Thank God! I'm a happy non-user." (Non-user means someone who doesn't watch porn and doesn't masturbate).

If you're an atheist or agnostic, you can say, "Yippee! I'm a happy non-user." or "I am so happy and grateful that I am a non-user."

Choose any affirmation you like and tell that to yourself several times throughout the day. Also ensure that you repeatedly affirm it just before sleeping.

It's important that you put positive emotions of joy and hope in your affirmations. You must be happy that you're free from the slavery of porn and masturbation. You must be very grateful and glad about it! You must never doubt your decision to quit porn and masturbation.

Affirmations are incredibly powerful. You can change your life by changing your thoughts and feelings.

Fraser Patterson sir, the author of EasyPeasy, said:

"How is calling yourself a coomer beneficial?

Here's the key to success, and the key to failure (the only point every philosopher agrees upon)

if you internalise this point, and understand it on every level, it will change your life in every aspect immediately -

We become what we think about."

PPMO mentions these quotes (which are from Napoleon Hill's Think and Grow Rich) -

"Faith is a state of mind which may be induced or created by affirmation or repeated instructions to the subconscious mind. Faith is a state of mind that you may develop at will after you have an understanding of its principles. It is the key to bringing desires into their physical equivalent, transmuting thought into the material."

"Repetition of affirmation of orders to your subconscious mind is the only known method of voluntary development of the emotion of faith."

"Any impulse of thought repeatedly passed onto the subconscious mind is, finally, accepted and acted upon by the subconscious mind, which proceeds to translate that impulse into its physical equivalent by the most practical method available. When understood, this statement has a profound and powerful meaning, so I recommend you re-read it if you do not understand it."

Note: Never be negative. By being pessimistic, you pass that impression to your subconscious mind and you ensure your own failure. Even if you relapse, just revise EasyPeasy using notes or summary, take lesson from your mistake and take a vow to never repeat it. Be positive even after relapse. Strongly believe that you'll never repeat it. Be happy and glad that you're a non-user.

Affirmations mentioned in EasyPeasy

- i. I'm free from the slavery of porn.
- ii. It's easy to ignore my thoughts about porn.
- iii. Bye bye thoughts, bye bye urges. Oh, there goes my cravings.
- iv. I focus my subconscious mind to overcome porn addiction.
- v. Porn steals my time, energy and vitality.
- vi. Beating porn gets exponentially easier day by day and in every aspect.
- vii. I enjoy and value my porn-free, strong, happy, light and easy lifestyle.
- viii. If I look back and think about my progress, it gives me great joy and pride in myself.
- ix. Every time I see other porn users I get more motivated to see myself break that chain.
- x. All that pent up energy is healing my body and mind. Then, I can do more productive and challenging work towards my values and goals.
- xi. My brain is getting back in correct shape, getting exercised by me not doing what I was previously doing.
- xii. Now all that pent up willpower is being utilised to handle lightweight stresses and strains of life.
- xiii. Great, I'm free and no longer a slave!

More Affirmations

I am feeling very happy and elated because I am free and I don't have to watch that trash ever again.

Looking back, I see how watching that trash destroyed my life. But there's nothing to fear because now, I am free.

Whenever thoughts of that trash come to my mind, I shall feel elated knowing that I never have to watch it again and hence, these thoughts will stop soon.

I no longer have the temptation to watch that trash because I have killed the Big Monster (brainwashing).

My cravings are powerless. I know my Little Monster (dopamine addiction) is dying and making last attempts to save itself. I am not tempted because I have already killed the Big Monster (brainwashing).

I realize I am not the Little Monster. So, when my Little Monster cries, I shall see it for what it is - dopamine addiction craving for dopamine to save itself from dying. I am no longer brainwashed. So, I shall not identify myself with it. I shall not allow myself to fall in that trap again. I shall not revive the Big Monster.

When the Little Monster cries, I shall feel elated because I know it is dying. I shall remind myself that addicts always suffer from the Little Monster and the Big Monster. I shall then remind myself I am no longer an addict. I shall remind myself that I have already killed the Big Monster and the Little Monster is on its deathbed.

I shall feel elated and joyful whenever I think about the hardships my addiction caused me because I know I have become free and no longer have to suffer. Addicts have to suffer all the time. Hence, I shall not envy the addicts. I shall pity them and try to help them to recover.

I am free. I am free. I am free.

Yippee! I am a happy non-user. I am so happy and grateful that I am a happy non-user.

Chapter 6- Brainwashing Aspects:

- Fear is the pang itself. It's fear of feeling withdrawal pangs that causes the pangs.
- Stress: Life is stressful, and even minor stresses can bring urges to someone. After PMOing, they feel a boost, but have far more tension than someone who isn't addicted. Porn destroys your nerve and courage, leaving DeltaFosB to form powerful neural water slides in its wake, progressively destroying your ability to say no. Porn does not relieve your nerves. Rather, it destroys them. Also, you get pushed into crossing the red line, and when you fight against this, or succumb to the temptation, that generates more stress.
- Boredom: When you have things to occupy your mind that aren't stressful, you probably won't get urges. But when you are bored and have nothing to do, then you have nothing to distract yourself from the stress, and thus you turn to supernormal stimuli. Boredom is just a state of mind. In reality, porn makes you more bored as it encourages novelty seeking.
- Concentration: Porn is a distraction which prevents you from having concentration. When a non-user has a mental block, they don't turn to porn, they just get on with it.
- Users suffer pangs, ex-users do not.
- Relaxation: Porn is not relaxing. It's a frantic search for the right video + hiding it from others + straining on the leash of crossing over the red line, so how is that relaxing? The porn addict can never be relaxed. There is another smoking analogy: Smokers are relaxed after they smoke, but they're nervous and upset when they can't smoke. It's the same with porn. Non-users don't get nervous when they don't watch porn, because in reality, porn is the thing making you feel like you are uncomfortable and thus need relaxation.

Chapter 7- What am I giving up?

- You're giving up nothing. There's nothing in porn that you need or should want.
- Some feel a void in their heart which makes them need porn so that they can fill the void temporarily. This void is created by porn. Porn "solves" the problems it made in the first place.
- Many addicts, of any substance, find excuses to use the thing their addicted to. They don't sneak off or do dangerous or risky things for enjoyment. They do it because they're miserable without it.
- The reward of escaping porn:
 - The return of your confidence and courage.
 - Freedom from slavery.
 - No longer having awful black shadows at the back of your mind and despising yourself.

Chapter 13- Just One Peek:

- There is no such a thing as just one peek. One peek will get you hooked again.
- "Whenever you think about porn, see a filthy lifetime of spending eons behind a screen for the privilege of destroying yourself mentally and physically, a lifetime of slavery and hopelessness. It isn't a crime if your erections are unreliable, but it is when you could be happier long term but instead choose to sacrifice that for short term 'pleasure'"
- There is no such thing as a "no big deal session". "Stop kidding yourself! You can do it, anybody can. It's ridiculously easy but in order to make it so, there are certain fundamentals to get clear in your mind."
 1. There's nothing to give up, only marvellous positive gains to achieve.
 2. Never convince yourself of the odd 'no big deal' or 'just one peek' session. It doesn't exist. There's only a lifetime of filth and slavery.
 3. There's nothing different about you, any user can find it easy to stop."

-It's the drug that hooks you, not the nature of your character or personality.

Chapter 14- Casual Users:

- All users feel stupid and bad, no matter how often they do it.
- "Golf fanatics brag about how often they play and want to play, so why do users brag about how little they masturbate?"
- If you enjoy something, why would you want to go a week without it?
- Casual users don't PMO occasionally because they want to, but rather because they need to (they don't have the time, or health, etc).

Chapter 17- Timing:

- Now is honestly the time to quit.

Chapter 18- Will I miss the fun?:

- No. Once the little monster dies, any remaining brainwashing dies.
- There's only two reasons to "miss the fun" and thus have pangs:
 1. They believe in just one peek/no big deal session. Start looking at it in the view of the user. Don't envy them. They automatically go through the whole switching tabs and scurrying around for the best clip. They don't enjoy it, and they don't do it for enjoyment; they just believe they can't enjoy themselves without it. They wake up the next morning feeling awful, and why? Because they have the illusion that they're getting what they deserve?
 2. They feel deprived when they see the user is doing something they aren't doing. In reality, the user is missing out on so many things that the non-user has, like:

Health

Energy

Confidence

Peace of Mind

Courage

Tranquillity

Freedom

Self-respect

- Stop envying users. Pity them because they're miserable.

Chapter 21- The Easy Way to Stop:

- As long as you follow these instructions, you'll find that quitting ranges from easy to enjoyable

- 1. Make the decision that you will never watch porn again

- 2. Don't mope. Be happy. Rejoice. After all, if you were cured from a disease you gave up hope on you'd be really happy, right? Just be happy.

- There is no inherent weakness in you. You got addicted and so many people have. This is not a matter of willpower.

- Doubt and uncertainty are the things that cause pangs

- Indecision and moping makes it difficult. Without those, porn is so easy to quit. - Don't hope, but rather know that you've kicked it.

- Never doubt or question. Just rejoice.

1. Realize you can achieve it.
2. There's nothing to give up.
3. There's no such thing as one peek or a no big deal session. Porn is a drug and one session will lead to the next.
4. It is a disease, but it's very very curable. It will only go away if you cure it, so cure it now.

- Once you've had your last session, you're free. Don't wait for the chemical addiction to go. Don't sit around and mope. Rejoice, knowing that you're free. You don't need to be free for a week or a month or a year to be free. You're free the second you decide to stop.

- "The key to making it easy to quit is to be certain that you'll succeed in abstaining completely during the withdrawal period (maximum three weeks). If you're in the correct frame of mind, you'll find this ridiculously easy."

- Be happy and don't fear failure. Have the mindset "It's marvellous that I'm a non-user!"

- After the three weeks you'll have the mindset automatically, provided you don't mope and fear during those three weeks.

Chapter 22- The Withdrawal Period:

- For up to three weeks after quitting you'll get two different types of withdrawal pangs. You need to understand the difference between the two:

1. Dopamine withdrawal pangs. An empty, insecure feeling similar to hunger, identified as cravings or a 'something I must do' feeling.
2. Psychological triggers of certain external stimulus such as commercials, online browsing, telephone conversations, etc.

- There is no physical pain. Only mental pain. It's like hunger, but for a poison.

- With the right mindset these withdrawal pangs are easily defeated.

- The only reason they use porn is for dopamine flush. Once rid of the dopamine cravings, there's no desire to watch it.

- When you get a pang, just accept it. The physical pain is non-existent and with the right frame of mind it won't be a problem. Don't worry about withdrawal, the feeling itself isn't bad. It's the association with wanting and then feeling denied that's the problem. Instead of moping about it, acknowledge it: "I know what this is, it's the withdrawal pang from porn. That's what users suffer their entire lives and keeps them addicts. Non-users don't suffer these pangs, it's another of the many evils of this lying addiction. Isn't it marvelous that I'm purging this evil from my brain!"

- For the next three weeks there will be a bit of trauma in your body, but something amazing is happening during that time: You're destroying the addiction.

- See pangs as pleasurable moments where you can happily starve the little monster. It's an exciting game. - You'll be in certain temptation situations, but be prepared for that to inevitably happen. The monster will try to trick you into feeling deprived, and realize that you're not. See your refusal as a punch in the face to the awful monster.

- Don't try to forget about porn.

- Savor each moment, telling yourself how wonderful freedom is.

- "As said previously, you'll find that pangs become moments of pleasure, being surprised how quickly you'll then forget about porn."

- Don't doubt. Doubt causes you to mope. If you feel doubt, turn the doubt into a boost.

- If you feel any sorrow about quitting, just remember porn is causing that sorrow.
- "Remember: you have incredibly powerful reasons for stopping in the first place. Remind yourself of the costs and ask yourself if you really want to risk the malfunction of your body, mind, and the simple fact you'll be living under a spell for the rest of your life. Be mindful of the little monster's efforts to minimize the hazards and above all, remember the feeling is only temporary, and every moment is a moment closer to your goal."
- "This isn't so, remember that the optimist sees the bottle as half full and the pessimist sees it as half empty. In the case of pornography, the bottle is empty and the user sees it as full. There are no advantages to using internet porn. It's the user who's been brainwashed to think there are. Once you start telling yourself that you don't need or want porn, in a very short time you won't even need to say it, seeing the beautiful truth yourself. It's the last thing you need to do; make sure it isn't the last thing you do."

Chapter 23- Just One Little Peek:

- This is exactly what causes people to get hooked in the first place.
- Having a little peak keeps the little monster alive and makes it easier to have future sessions.
- "Get it clear in your mind, enjoyment of orgasm wasn't the reason you quit porn. If users were there for orgasm alone, they'd never watch more than one clip. The only reason why you needed porn was feeding that little monster."

Chapter 24- Will It Be Harder For Me?:

- "After a hard day at work when their stress is momentarily relieved by porn, that session becomes incorrectly attached to the relief experienced. Because of this disassociation of ideas, porn gets credit for the whole situation, suddenly becoming very precious upon quitting and going through withdrawal pangs. "
- If you get rid of brainwashing, it doesn't matter what profession or circumstances you have.
- There's two common reasons for relapse:
 1. Influence or jealousy- Like if you're jealous of intimacy you saw on TV or in real person or you get influenced by the internet and you find yourself in a weak moment, use this moment to remind yourself of a few things: 1) There is no such thing as one peek or a no big deal session, 2) Rejoice and be happy that you've broken the chain of mental slavery, 3) Remember that the user envies the non-user and the non-user pities the user.
 2. You're having a bad day- Remind yourself that life has up's and down's for everyone. You had bad days when you were addicted too. Just tell yourself "I'm having a bad day, but porn won't make it better. It'll only make it worse. Tomorrow will be better, and at least I'm happy that I quit the addiction!"
- Porn doesn't solve any problems. You're just hurting yourself by moping for illusory crutches. You know you made the right decision so why are you moping?

- "Remember, a positive mental approach is essential – always."

Chapter 25- Substitutes:

- Don't use any substitute. By using a substitute you're just telling yourself that you need porn to fill a void. Using a substitute prolongs the pang and makes it harder.
- You don't need porn. It's not food, it's poison.
- There is no substitute to porn.
- Porn creates the void that you feel. Avoid anything that resembles porn.
- Substitution prolongs the life of the little monster and also brainwashing
- "Do you need a substitute for the flu when it's over? Of course you don't. By saying you need a substitute for porn, what you're really saying that you're making a sacrifice."

Chapter 26- Should I Avoid Temptation Situations?:

- You need to decide this for yourself.
- You're not dependent on porn, and fear of dependency makes things worse.
- The two essentials to success is certainty and joy.
- You should avoid stressful situations when possible. There's no reason to put yourself through that when it can be avoided.
- Think about how much better your life is without the little monster is. Think about how you don't need sex to survive and how you're okay without it.

Chapter 27- The Moment of Revelation:

- Usually after about three weeks the last thread of brainwashing goes and you realize you'll never feel like you need porn again. You'll also start pitying users.
- Users of the willpower method don't experience this moment because they always live in fear and uncertainty and moping, feeling like they're missing out.
- The moment of revelation is an amazing feeling, as you realize you've been freed from this horrible addiction.
- Usually it takes 5 days to finish withdrawal and three weeks to officially be free, this doesn't mean you should or will suffer through these days. You shouldn't have it in your mind that you'll suffer through those days. Also, if you go through these days moping, you'll also mope after those days so don't expect any differences.

- Once you've closed the browser, you're free. Don't wait around for the Moment of Revelation, for it will come in the right time. If you wait and pause your life, thinking of how you're not free until it happens, it won't come.

Source:

https://old.reddit.com/r/pmohackbook/comments/m78q31/my_easypeasy_notes_1_27/

Law of attraction

Thoughts create emotions, which lead to actions. Actions lead to semi-beliefs. Then, we start searching for proofs to support semi-beliefs. Then, semi-beliefs become complete beliefs. This cycle repeats.

E.g. - There's a boy in class II. He got low marks. His parents told him, "you don't get good marks". His friends also told him the same thing. This puts thoughts into the minds of the boy. These thoughts generate an emotion of self-doubt in him. This emotion then decides his action. He thinks, "I don't get good marks, so I don't even need to put much effort." So, he puts less effort and hence gets low marks. He sees his low marks in his report card. Then, this becomes a semi-belief. Then, more such report cards come, in which his marks are low. Then, it becomes a complete belief. Then, this cycle keeps repeating in class III, class IV, class V and so on. Within 5 years, it becomes a super-solid belief and he thinks that the people who are successful have a very high IQ and are different from him.

Self-feed positive thoughts. Do positive talks with yourself. Tell yourself, "I shall get 97%" 20-25 times in the day. This thought will lead to an emotion. You will feel, "yes, I can do it." This emotion will lead to its corresponding action. You will put more effort. Then, you will get better marks, which will be proofs. Then, it will become a solid belief.

If you have the belief that you can't quit wasting your time on the Internet, then start with small steps. Right now, put down your device and start studying. What did you do? You acted against your belief. You took a small step against your belief. If you similarly break these beliefs every single day, then your negative beliefs will get removed. By fulfilling our commitments, we format our negative beliefs.

Positive input that we've to self-feed in our subconscious mind: Do self-affirmation, read books on self-growth and personality development, read motivational blogs, watch motivational videos.

Some people say "I watch motivational videos but don't nothing happens. I don't put any effort." You don't put any effort because you already believe that you won't put any effort. A motivational video gives a small push but isn't able to break your negative beliefs. Watching motivational videos again and again, doing self-affirmations again and again, reading self-growth books again and again will help you break your negative beliefs.

You have formed these negative beliefs over several years. It will take a lot of energy to remove them. It will happen in 5-6 months.

Always be positive.

Have a very big dream. Don't aim to score 95% in boards. Make 98% your goal.

In every failure of your life, you have been winning. You are a born champion. Whatever you thought in your mind has been proven to be true.

E.g. - Suppose you enter into a relationship with the belief that you are not complete and you are not compatible with anyone and you can't have a love marriage. You also have the beliefs that you are not funny, you have anger issues and you believe that if you enter into a relationship, breakup will happen. You were telling verbally that you want a healthy relationship but you hadn't input the same thing in your subconscious mind. So, when the breakup happened, it's your victory. You were working for it every single day because such were your beliefs. You had the belief that you are not compatible. So, your subconscious mind did everything it could to make sure the breakup happens.

Your subconscious mind is wired to win. Whatever you put in your subconscious mind will get executed. If your conscious mind says you want to crack UPSC but deep inside your subconscious mind you have inputted that you just want to survive, then you can't crack UPSC.

95% of the activities you do are controlled by the subconscious mind and not you. You are on an autopilot mode. Haven't you ever thought, "while watching TV, I didn't realize how I finished my food."? All such things are happening subconsciously. Only 5% of the activities we do in a day are done by our conscious mind. That is the power of your subconscious mind.

Why are you reading it? Deep inside your subconscious mind, there might be some thought or goal that you might have put in your childhood. You might have thought that you want to do something big in life. Probably, due to that, you chose to read this instead of watching an entertainment video.

Whatever has happened in your life till now, whatever path you have chosen - All that has been dictated by the subconscious mind.

If you are a procrastinator, you are an amazing procrastinator and you are winning in procrastination. You are able to procrastinate things till the last moment.

If you are not good in studies, notice how many times you break your timetable during the day. You will see that in your domain, you are winning perfectly.

Your subconscious mind is wired to win. If you have put such beliefs like "I am a loser" and "I can't do anything" in your subconscious mind, then it's no wonder that the same is happening in your life.

You are already winning in your domain. You just need to change your domain.

Since our subconscious mind is wired to win, we just need to ensure we have put the right things in our subconscious mind.

Suppose your goal is to lose 12 kg weight in a year. That means you have to lose 1 kg weight every month. That means you have to lose 33 grams weight everyday. 1 gram fat has 9 calories. So, you need to burn 300 calories everyday or consume 300 calories less everyday. Subconscious mind is like a pipe which is open from both sides. When you forcefully put water in the pipe from one side, then the water already there will leave from the opposite side. Similarly, when we put positive things (positive thoughts, our goals, our dream) in our

subconscious mind, then negative things will eventually leave. However, this takes time. It also takes imagination, thinking and positivity.

Narrative self-talk: I want to lose 12 kg weight in a year.

Assertive self-talk: I shall burn 300 calories today.

While you eat, you talk with yourself. While you go from home to school or vice-versa, you talk with yourself. Even while reading this, you are talking with yourself.

Our talks (whether with ourselves or others) define our emotions and our emotions define our life.

Our negative feelings don't come from big events like failing in JEE. Our negative feelings from small events. Suppose you don't bathe or brush teeth today or you forgot to take your project to school. These are small events. When all this accumulates, that is what causes negative feelings.

We think over 50,000 thoughts everyday and they depend on these small things.

"I didn't brush my teeth today", "I didn't bathe today", "I forgot to bring my project" = When these thoughts accumulate, that is what causes negativity in our mind.

So, to avoid that, we have to sort out these small things quickly. We shouldn't let them decrease your self-belief.

All the small things that make you feel bad about yourself - work on all of them. Your self-confidence and self-belief will increase exponentially.

The 50,000 thoughts we think everyday go deep into our subconscious mind and become a part of us. According to scientists, the structure of our brain can change due to our thoughts. There is desert. When you go there, there will be footsteps. When a few more people will use the same path, footsteps will increase. If 10,000 people use it, it will become concrete path. Similarly, when we think a thought thousands of times, it creates a neural pathway. This is called neuroplasticity in scientific terms. Our brain can adjust according to our thoughts.

Your reality is not dependent on your circumstances. It is dependent on your subconscious mind. There are examples of a farmer's son topping in competitive exams and at the same time, we see that there are many rich students who are getting all facilities and the best teachers but fail in these exams. This wouldn't have happened if your reality was dependent on your circumstances.

Before 1954, the whole world thought that it is humanly impossible to run 1 mile (1.6 km) within 4 minutes. But in 1954, Roger Bannister proved that it is possible.

Before 1954, nobody had been able to do this. But once Roger Bannister did it, another person did it within 46 days. And within a year, 15 to 20 athletes did it.

What is it that thing that wasn't there before 1954? That thing was belief. Before 1954, people thought nobody can do it. When people saw Roger Bannister doing it, they realized they can also do it.

This is the power of belief. This is the power of your subconscious mind.

Self-talk is of 2 types: narrative and assertive.

Narrative self-talk is in future tense. E.g. - I shall become a successful person. I shall achieve this goal. I shall become a millionaire. I shall be relentless.

Assertive self-talk is in present tense. It is confident and forceful. E.g. - For becoming a millionaire, I need to work a lot - 100 hours/week, so I shall work for 12 hours today. I shall study for 12 hours today. I am relentless. I shall do this today.

Practical example: When you wake up, you tell yourself, "I shall work for 8 hours today. So, I am creating a timetable." After 2 hours, you check your timetable and say, "I had to do this. Did I do it? Oh, I didn't do it. Let me do it now." You do this self-talk 20 times during the day.

In all his videos, Aman Bhaiya says board exam is the easiest exam of your life because of two reasons –

- (i.) It's true.
- (ii.) When you hear this, you develop belief that you can do this.

This is applicable for everything in life, not just board exams. When you feed it to yourself that it's easy, it becomes easy. When there's a small problem but you start thinking it's a very big problem, then it really becomes a very big problem. If you think it's just a small hurdle, then it gets solved easily.

Source: Videos of Aman Dhatarwal Bhaiya

Paramahansa Yogananda on how to bring out the best within you

We are what we think we are. The habitual inclination of our thoughts determines our talents and abilities, and our personality. So, whatever you want to be, start to develop that pattern now. You can instil any trend in your consciousness right now, provided you inject a strong thought in your mind; then your actions and whole being will obey that thought.

One must never give up hope of becoming better. A person is old only when he refuses to make the effort to change. That stagnant state is the only "old age" I recognise.

Look within and determine your main characteristics. Don't try to change in yourself what is good. But those things you do against your will, and that make you unhappy after you have done them, are what you want to get rid of. How? Affirm with conviction, before going to bed and on arising in the morning, "I can change. I have the will to change. I will change!" Hold to that thought throughout the day, and carry it with you into the subconscious land of sleep and the superconscious realm of meditation.

Very simply, all you have to do is to think away the thoughts you want to destroy, by replacing them with constructive thoughts. This is the key to heaven; it is in your hands.

Source: <https://twitter.com/yogiinkriya/status/1593801326319673344>

Celibate Yogi explains how to remove false beliefs

Hello folks,

After a few dozen mentoring sessions with you guys to help you get out of the PMO trap, I have been searching for ways to help you help yourselves and each other beyond the book.

The central issue always seems to be that people read the book, "get it" (but not really). There are still many lingering thoughts/doubts that prevent people from escaping the trap fully. So, I've been lately experimenting with Cognitive Behaviour Therapy and discovered Byron Katie's Work to find a way to really help people see through their false beliefs and escape it. This post is a summation of my latest sessions with some of you.

From these sessions, I believe I have a process that you can do yourself at home, but even do in pairs over and over again. I am going to outline it below for you. You can also look up Byron Katie on YouTube or Google and see how she walks people through these questions and that might be a good example as well.

By the way, this is something you can do yourself on a piece of notebook. You will be shocked at how it works (I've tried it myself for some other areas of my life).

By the end of it, you yourself should come to the conclusion and really see through the illusion of the incorrect belief.

These are the steps:

First, identify beliefs you have about PMO/sexuality/whatever. I'm not talking about long paragraphs, just short succinct statements about PMO. For example, "Pornography helps me relax." Or "It helps me appreciate women." Or "Once an addict always an addict." Reflect and introspect. Journal, whatever. Figure out the core 2-3, or 5-7 beliefs you have.

Second, ask yourself these 4 questions:

1. Is it true? You want a yes or no response here. Really reflect and get an answer here. If you find yourself justifying, rationalizing, wanting to explain then there is some doubt to the answer.
2. Are you absolutely sure it is? The key word here is "absolutely". You want no doubt about the statement you are making. If there is a doubt, then that is worth exploring and journaling and talking out loud. Usually this is where people start slipping up when they talk with me and start telling me all the contradictions in their belief itself. For example, one person started off the session with the belief that "pornography helps me relax". When I asked him this question, he started describing how he edges all day, gets excited and almost stressed so that he can "relax" with porn. It was amazing to see him use the phrase "porn causes stress". When I repeated this back at him, he was kind of shocked at uncovering the REAL thing that was happening here. This is kind of shift that really makes all the difference. Remember however, there is no "right" answer. You can still believe that "pornography helps me relax" even till this point. We will try to capture this in the next question.

3. What kind of person are you when you believe this? (how do you feel about yourself and others, how do you treat others and yourself, etc.) Usually, the person starts talking about all the ways this is harmful and helps start truly seeing there has been no benefit to having the particular belief that they're working on. Sometimes however, you will uncover more layers which will make you want to modify the answer to the first two questions.

4. What kind of person would you be without this belief? This is the "weight of my shoulders" question for most of the sessions I did today. Most people said something like "Wow...without this belief, I'd be free. More of a man, more energetic, more positive, just better in every way." They truly felt free because they could see through the illusion of their belief.

Now, I usually ask them to consciously choose if they can drop their starting belief. And they all did at that time and felt much much better for it.

Then we try to find a truer replacement belief.

For example, the original belief of "porn helps me appreciate women" became "porn makes me degrade women." and "I can appreciate beauty without porn." This becomes the affirmation.

Ultimately, from all the sessions I did today, it seemed like this is a replicable process that can be done either by yourself with a pen and paper once you understand how it works OR it can be done in pairs by each of you helping each other out going one after another with a belief and working to reverse it.

How to beat your addiction?

1.) Realize the problem. If you don't understand how your brain works, it will be more difficult. I'm going to spare you the scientific details, there are plenty of articles on it. Long story short, you have been at it for so long, you have conditioned yourself to believe that porn is something worthwhile to keep around or that quitting porn is something to be afraid of. It's not.

2.) Over the years you have brainwashed yourself. I know this sounds strange. But it's a common false belief that porn is exciting or brings stress relief. You might notice that this is contradictory. An activity can't calm you down while also being exciting, but that is precisely what you have taught yourself over the years. This brainwashing will make it seem as though you were not in control when you relapse, like you are being forced even though you are not. The steps that follow will aid you in getting rid of this brainwashing.

3.) Stop counting your days, seriously, this will make things harder for yourself. Hopefully none of the mods here will look at me strangely, given that this site uses a day counter. If I knew how to remove my counter, I would have. It might seem like a sound idea at the start, but eventually you will have a good "streak", then you relapse, then you can't get to the same point anymore and the spiral of self-doubt, hate, sadness and stress begins that keeps you stuck. You either watch porn or you don't. There is no need to count. This is not a competition; it is a decision.

4.) Porn blockers etc. don't help. Been there, done that, it won't fix the brainwashing. The moment the opportunity arises again, you will fall straight back down the rabbit hole, so don't even bother. If you haven't readjusted your brain, you will always be at a risk of relapse because your brain won't forget its "happy memories" unless you teach it that there are better ways. That's why you sometimes see people here relapse after 30, 60, 100 days etc. Most of them are going at it through the "willpower" method, which is basically hard mode. If you haven't fully accepted that porn doesn't help you, that there is nothing worthwhile in it, you will always be at risk. But don't be afraid either. Lots of people get themselves into a panic thinking about side effects and withdrawal symptoms etc. That should not concern you. You quit porn, you will quit its effects on your life.

4.) Stop making yourself feel miserable about your life, all it does is keeping you addicted. You are not any different to other people. The only difference is that other people open their computer/phone etc. without wanting to watch porn. You choose to do it. That's nothing to feel horrible about. Since you are reading this text, it tells me that you want to quit. That means you are way ahead of all the people that don't even know yet they are addicted or don't want to quit. Isn't that something joyous? You should feel happy about that. Seriously, smile already.

5.) It's time for your preparations, because step 7 will be an odd one for many here. But first of all, you have got to analyse what pushes you to porn. The most common suspects are frustration, stress, boredom and sadness. Plenty of people on our planet can deal with these things without porn. If they can, so can you. Porn isn't essential to anything. We are not talking about oxygen to breathe. Frustration, stress, boredom and sadness occur, that's just

life, there's no need to run from life. Not to mention the fact that porn doesn't help with any of these things. You won't be happy after watching, you will stress yourself, you will get frustrated and there's about a million things more interesting to do than porn.

6.) Figure out when the situations detailed in step 5 occur. What makes you frustrated, what makes you stressed etc. Write it down. Seriously, take down some notes. While you are at it, smile. You are building your plan for victory. And then write down things you should avoid for the next few weeks. Maybe it's your frustrating late night gaming session that pushes you to porn. Let's skip that for the next weeks. Maybe there's an app that's the problem. You should delete that. Take your time with this step. If you just rush this, it will be harder for you. I would even recommend carrying these notes around you for the next few weeks. Many porn users forget about all their good intentions until after their relapse. So, bring your notes with you wherever you go and make sure you read them regularly.

7.) Many of you will have watched porn and once finished thought "How did I get here?", or "I wish I could stop.", or "Damn, I relapsed again". It's time to plan your final porn session. Yep you heard it right, but you will go into it fully conscious. You won't be tricked by some sexy ad or anything like that. It will be your own decision. But it's not going to be like all the times before. This time you pay attention to what you do. You mock the things you are watching. You laugh at it. Realize how strange it is to masturbate to a 2D screen (don't be ashamed, just realize how silly it is). And while you do that, you smile and think "Yep, this is the last time". And when you are done, don't feel sad about yourself. Because there is nothing to be sad or angry about. You just quit. You should feel happy about it. Put on a big smile.

8.) This last step is going to be an important one. To beat your brainwashing in full, the next few weeks can't be you trying to forget all about your former addiction. You have got to make your days joyous, because you quit. When you wake up smile and be happy and think "I finally quit". Let me reemphasize, you have got to smile more. Why don't you try that right now. And the next time the urge strikes back, you smile at it and say "Nah, I already quit. Besides, there was never any benefit in watching anyway". Keep your smiles going and appreciate the amazing world we live in and there won't be any reason for you to ever look back to porn.

Source:

https://old.reddit.com/r/NoFap/comments/yyc6jd/how_to_beat_your_addiction/

Thanks for reading this compilation. You are now free. Congratulations! Enjoy freedom. Don't mope. Never reconsider your decision to quit porn and masturbation. Your decision is the right one. Whenever you get an urge to watch porn or masturbate, remind yourself that it's just the Little Monster suffering. It's dying. Let it die. Rejoice in its death! Weaken the neural pathways that make you watch porn and masturbate. As Aman bhaiya explains, beliefs can be weakened and even broken. Affirmations will help a lot in this. So will your actions. Put emotions in your affirmations. Love the fact that you are free! Be grateful because you have got freedom from the slavery of porn and masturbation. You are going to have an amazing life. I love you all.

– Soham