

how to stop watching porn

How to Stop Watching Porn: A Compassionate Guide to Regaining Control

how to stop watching porn is a question that many people find themselves asking at some point in their lives. Whether it's becoming a distraction, affecting relationships, or simply feeling like a habit that's gotten out of control, breaking free can feel daunting. The good news is that with awareness, practical strategies, and a compassionate approach, it is entirely possible to regain control and foster healthier habits. This article will explore effective ways to stop watching porn, offering insights that address the emotional, psychological, and behavioral aspects involved.

Understanding the Impact of Porn Consumption

Before diving into how to stop watching porn, it's important to understand why it can become problematic. For many, porn can start as simple curiosity or entertainment but may develop into a compulsive behavior. This often happens because porn stimulates the brain's reward system, releasing dopamine, which creates feelings of pleasure. Over time, the brain can start craving this stimulus regularly, making it harder to stop.

Why Some People Struggle to Quit

Several factors contribute to the difficulty in stopping porn consumption:

- **Emotional triggers:** Stress, loneliness, boredom, or anxiety can prompt people to turn to porn for comfort or distraction.
- **Habit formation:** Repeated behaviors become ingrained habits, making them automatic and challenging to change.
- **Accessibility:** The internet has made porn extremely accessible, increasing temptation.
- **Underlying issues:** Sometimes, porn use masks deeper emotional or psychological challenges, such as depression or relationship difficulties.

Recognizing these factors helps frame how to approach change with patience and understanding rather than self-judgment.

Steps to Stop Watching Porn: Practical Strategies

Knowing why it's hard to quit is one thing, but taking actionable steps is where real progress happens. Here are some effective strategies to help you

stop watching porn and create healthier patterns.

1. Identify Your Triggers

The first step in making lasting change is awareness. Pay attention to when and why you feel the urge to watch porn. Is it when you're alone at night? Or after a stressful day? Maybe certain websites or apps act as cues. Identifying these triggers allows you to create plans to avoid or cope with them.

2. Set Clear Goals and Boundaries

Creating specific, realistic goals helps keep motivation high. For example, you might decide to reduce your porn use gradually or commit to complete abstinence for a set period. Setting clear boundaries, like installing website blockers or limiting screen time, can physically reduce opportunities to watch porn.

3. Replace the Habit with Positive Activities

Habits don't disappear; they get replaced. When the urge hits, having alternative activities ready can redirect your energy. Exercise, meditation, reading, or pursuing hobbies can all serve as healthy distractions. Engaging in social activities or spending time with friends and family also reduces feelings of isolation, which is a common trigger.

4. Practice Mindfulness and Emotional Regulation

Learning to manage emotions without turning to porn is crucial. Mindfulness techniques, such as deep breathing or meditation, can help you observe urges without acting on them impulsively. Over time, this builds resilience and reduces the power of cravings.

5. Seek Support

You don't have to go through this journey alone. Talking to trusted friends, family members, or joining support groups can provide encouragement and accountability. There are also professional therapists who specialize in sexual health and addiction who can offer tailored guidance.

Addressing Common Challenges When Trying to Stop Watching Porn

Even with the best intentions, setbacks can occur. Understanding and preparing for these hurdles makes it easier to stay on track.

Dealing with Relapses

Relapsing doesn't mean failure—it's a part of the recovery process for many. Instead of feeling discouraged, use it as an opportunity to learn what triggered the slip and how to handle similar situations differently in the future.

Overcoming Shame and Guilt

Many people experience shame around their porn use, which can paradoxically increase the urge to watch more as a coping mechanism. Practicing self-compassion and reframing your mindset to see yourself as a person capable of change helps reduce these negative feelings.

Balancing Realistic Expectations

Stopping porn consumption is rarely an overnight transformation. It often requires gradual progress, patience, and persistence. Celebrate small wins along the way and avoid expecting perfection.

Long-Term Lifestyle Changes to Support a Porn-Free Life

Sustaining change involves more than just quitting the behavior—it means creating an environment and lifestyle that naturally supports your goals.

Build Healthy Relationships

Strengthening emotional intimacy with partners, friends, or family reduces the need to seek connection or escape through porn. Open communication about your journey can foster understanding and support.

Focus on Personal Growth

Pursuing goals that align with your values, whether career, education, or creative projects, builds self-esteem and a sense of purpose. This can shift focus away from harmful habits.

Maintain Digital Boundaries

Use technology wisely by setting parental controls, filtering software, or accountability apps. Limiting exposure to pornographic content reduces temptation and helps maintain progress.

Practice Self-Care Regularly

Physical health supports mental health. Exercise, proper sleep, and nutrition all contribute to emotional regulation and reduce vulnerability to addictive behaviors.

Understanding the Role of Professional Help

For some, porn use may be deeply ingrained or linked to other mental health issues. In such cases, seeking help from a qualified therapist or counselor can be invaluable. Therapy options include cognitive-behavioral therapy (CBT), which helps change unhelpful thought patterns, or group therapy for shared experiences and support.

Additionally, some people find that specialized programs for sexual addiction provide structure and community during recovery.

Learning how to stop watching porn is a journey that involves understanding yourself, creating practical strategies, and seeking support when needed. It's about reclaiming control, fostering healthier habits, and building a life that feels fulfilling and balanced. Every step forward is a meaningful achievement, and with persistence, positive change is within reach.

Frequently Asked Questions

What are effective strategies to stop watching porn?

Effective strategies include setting clear goals, using website blockers,

seeking support from friends or support groups, finding healthy hobbies, and practicing mindfulness and self-discipline.

How can I manage urges to watch porn?

Managing urges can be done by distracting yourself with activities like exercise, deep breathing, meditation, or engaging in social activities. Recognizing triggers and avoiding them also helps.

Is it helpful to talk to someone about my struggle with porn?

Yes, talking to a trusted friend, family member, or therapist can provide emotional support, accountability, and guidance to help overcome the habit.

What role does therapy play in stopping watching porn?

Therapy, especially cognitive-behavioral therapy (CBT), can help address underlying issues, develop coping mechanisms, and change negative thought patterns related to porn use.

Are there any apps or tools to help stop watching porn?

Yes, there are apps like Covenant Eyes, Fortify, and Brainbuddy that offer accountability features, content filters, and progress tracking to help reduce porn consumption.

How long does it typically take to stop watching porn?

The time varies per individual; some may see progress in weeks, while others might take months. Consistency, support, and commitment are key factors in the duration.

Can changing daily habits reduce porn watching?

Absolutely. Replacing idle time with productive activities, improving sleep routines, reducing screen time before bed, and maintaining a healthy lifestyle can reduce the urge to watch porn.

What are common triggers that lead to watching porn, and how can I avoid them?

Common triggers include boredom, stress, loneliness, and certain websites or apps. Avoiding these triggers by staying busy, managing stress, and using web

filters can help prevent relapse.

Is quitting porn cold turkey or gradual reduction more effective?

Both methods can be effective depending on the person. Cold turkey works well for some, while others benefit from gradually reducing consumption to build control and reduce withdrawal symptoms.

How can mindfulness help in stopping watching porn?

Mindfulness helps increase awareness of urges and emotional states without acting on them. It encourages self-control, reduces impulsivity, and helps individuals respond to triggers in healthier ways.

Additional Resources

How to Stop Watching Porn: A Professional Review on Strategies and Insights

how to stop watching porn is a question increasingly asked by individuals seeking to regain control over their habits and improve their mental health. With the pervasive availability of online adult content, many find themselves caught in patterns of consumption that can lead to adverse effects ranging from disrupted relationships to diminished productivity. This article explores effective methods to reduce or eliminate pornography viewing, drawing from psychological research, behavioral science, and expert recommendations to provide a balanced and professional perspective.

Understanding the Challenge: Why It's Difficult to Stop Watching Porn

Before delving into strategies for how to stop watching porn, it is essential to understand the underlying factors that contribute to persistent consumption. Pornography can stimulate the brain's reward system through dopamine release, creating a cycle that some individuals find difficult to break. This neurochemical response can lead to compulsive behavior, which experts sometimes classify as a behavioral addiction.

Moreover, the anonymity and ease of access offered by the internet exacerbate this issue. Studies suggest that the average age of first exposure to online pornography is around 11 to 13 years old, highlighting how early and normalized this content becomes in a person's life. The habitual nature of consumption, combined with social stigma around discussing the habit openly, often results in individuals feeling isolated and ashamed, which can further entrench the behavior.

Effective Strategies for How to Stop Watching Porn

Addressing the question of how to stop watching porn necessitates a multi-faceted approach, integrating psychological, behavioral, and environmental interventions.

1. Self-Assessment and Awareness

The first step towards change involves honest self-reflection. Tracking the frequency and triggers associated with pornography use can illuminate patterns. Journaling or using tracking apps designed for habit monitoring can help individuals identify times of vulnerability, such as stress, loneliness, or boredom, which often precipitate viewing.

2. Setting Clear Goals and Boundaries

Setting specific, measurable, attainable, relevant, and time-bound (SMART) goals can aid in reducing consumption gradually or abstaining altogether. For example, an initial goal might be to decrease viewing from daily to once per week, progressively moving towards total cessation.

Implementing boundaries includes limiting access to devices or websites known to host explicit content. Utilizing website blockers or parental control software—even for adults—can create a physical barrier that interrupts habitual patterns.

3. Cognitive Behavioral Techniques

Cognitive Behavioral Therapy (CBT) is widely regarded as effective in managing compulsive behaviors. CBT involves recognizing and challenging distorted thoughts and beliefs that justify or perpetuate pornography use. For instance, an individual might believe that "watching porn is the only way to relieve stress," a cognitive distortion that CBT seeks to reframe.

Professional therapists can guide individuals through CBT, but self-help resources and workbooks are also available for those who prefer private efforts. Mindfulness and meditation can complement CBT by enhancing awareness of urges and reducing impulsivity.

4. Building a Support System

Isolation can reinforce unwanted behaviors, so cultivating a network of trusted friends, family, or support groups is valuable. Peer-led groups such as Sex Addicts Anonymous or online forums provide anonymity and accountability, which can motivate sustained change.

5. Replacing the Habit with Healthy Alternatives

Breaking a habit is often easier when new, positive behaviors fill the void left behind. Engaging in physical exercise, creative hobbies, or social activities can reduce idle time and promote well-being. These activities also stimulate dopamine release in healthier, more sustainable ways.

Technological Aids and Tools

In the digital age, numerous tools have emerged to assist those seeking how to stop watching porn. These range from website blockers and accountability software to apps designed to promote mental wellness.

- **Website Blockers:** Programs like Cold Turkey, Covenant Eyes, or Net Nanny restrict access to adult content and provide reports to accountability partners.
- **Habit-Tracking Apps:** Tools such as Habitica or Streaks allow users to monitor their progress and celebrate milestones.
- **Mindfulness and Meditation Apps:** Headspace and Calm offer guided sessions aimed at reducing stress and improving impulse control.

While technology can provide valuable support, it is important to recognize that it does not replace the need for psychological insight and personal commitment.

Potential Challenges and How to Overcome Them

Stopping pornography consumption is often accompanied by challenges such as withdrawal symptoms, relapse, and emotional discomfort.

Withdrawal and Cravings

Some individuals experience irritability, anxiety, or mood swings when attempting to quit. These symptoms typically diminish over time but can be mitigated through stress management techniques and professional support.

Handling Relapses

Relapse can be discouraging but is a common part of behavioral change. Rather than viewing lapses as failures, reframing them as learning opportunities fosters resilience. Understanding triggers that led to relapse and adjusting strategies accordingly is crucial.

Dealing with Emotional and Social Impacts

Pornography use is often linked to feelings of shame or guilt. Addressing these emotions through therapy or support groups can improve self-esteem and reduce the risk of returning to old habits.

Comparing Approaches: Professional Help vs. Self-Help

Deciding between professional intervention and self-guided strategies depends on the severity of the issue and individual preferences.

- **Professional Help:** Therapists specializing in addiction or sexual health offer tailored treatment plans, including CBT, counseling, and sometimes medication for co-occurring conditions such as anxiety or depression.
- **Self-Help:** Books, online courses, and support communities provide accessible resources for those hesitant to seek formal treatment.

Research indicates that individuals with moderate to severe compulsive pornography use benefit significantly from professional guidance, whereas those with milder patterns may succeed through self-help frameworks.

The Role of Society and Cultural Perceptions

Cultural attitudes towards pornography influence how individuals perceive

their consumption and willingness to seek help. In societies where pornography is stigmatized, individuals may experience greater shame, hindering open discussion and support. Conversely, more permissive cultures might downplay potential harms, delaying recognition of problematic use.

Public health campaigns and education emphasizing a balanced understanding can reduce stigma and promote healthier conversations around pornography consumption.

Ultimately, learning how to stop watching porn involves a personalized journey combining self-awareness, behavioral change, and support systems. Recognizing the complex interplay of biological, psychological, and social factors is key to developing effective strategies that align with one's values and goals. With commitment and appropriate resources, individuals can regain control and foster healthier relationships with themselves and others.

[How To Stop Watching Porn](#)

how to stop watching porn: [How to stop watching porn](#) Jonno Dingley, 2015-04-15 My program includes a detailed 4 week plan with daily tasks to help in stopping your porn addiction, the tasks include watching informative videos, actions, readings. The daily tasks will help break your porn habit like it has helped many others.

how to stop watching porn: [How to Stop Watching Porn](#) Charles Sledge, 2017-05-31 Porn. Porn is something that has affected the life of nearly every man in some way, shape, or form. And not in a positive way. Many arguments have been made against porn but most are only effective if you are hard core religious or a feminist. What if porn was bad for you because it sapped and destroyed what was most precious to you? Your manhood. Most men never quit porn because they don't realize the negative effects that it has on them and their manhood. They listen to people saying it disrespects women or makes God cry or something else they could care less about so continue to do so. However the truth of the matter is if you want to be the strongest and most masculine man that you can be then pornography has got to go. In [How To Stop Watching Porn: Everything You Need To Know To Quit Porn](#) you'll learn...- How porn is a crutch that prevents you from achieving your full potential.- How porn makes you see women as better than you and puts them on a pedestal.- How porn makes you effeminate and weak.- One of the biggest and best reasons to quit porn that is never talked about.- A hack that makes quitting porn 10x easier.- How porn is unhealthy for your sex life and overall sexual health.- 50 reasons to quit porn.- Some of the great benefits of quitting porn and masturbation.- The number one thing that is keeping you from having the sex life of your dreams with the women of your dreams.- A step by step guide to quitting porn. So if you're ready to kick this habit once and for all, to do it so you can live the life you want and for your manhood then pick up your copy of [How To Stop Watching Porn: Everything You Need To Know To Quit Porn](#) today!

how to stop watching porn: [How to stop watching porn](#) Derek Mitchells, 2024-02-12 Delve into [How to Stop Watching Porn](#), a revealing guide that invites you to challenge the limits of your own will and discover a path toward liberation from the harmful influence of pornography. This book is not only a guide to leaving a habit behind. Within its pages, you will find an honest and powerful narrative, supported by practical strategies and deep reflections. From understanding the roots of

addiction to building a fulfilling life without dependency, *How to Stop Watching Porn* is a beacon of hope for those seeking to regain control over their lives. Discover practical tools to overcome challenges, face setbacks with resilience, and cultivate a positive mindset. This book goes beyond simply giving up pornography; It is a journey toward authenticity, meaningful connection, and holistic well-being. It is written in a way that makes reading easy and does not cause fatigue, we do not go around in circles to get to the main points. Are you ready to free yourself from the weight of addiction? This book will guide you step by step towards a more authentic life, free from the toxic influence of pornography. Join those who have transformed their lives and discover how you can find the freedom you deserve. The first page of your new life begins here!

how to stop watching porn: How to Stop Watching Porn Ethan J, 2020-10-08 Pornographic addiction is a very big problem in 21st century, kids, teens, young people, adults and even older people. It has become daily habit which most people watch on hourly or daily basis. How to overcoming it has become a very big challenge to people who want to opt out. Porn addiction been distracting allot of people for years now, e.g. schools, offices and work places, it has led many people big problem which changed their lives negatively such as losing jobs, control of themselves, consciousness towards their daily activities and it succeed making allot of people miserable in life. (Do it yourself) Activities, tips and tricks to help you overcome watching of porn, its addiction and permanently stop it with time. Porn addiction has caused many people to lose their relationships, marriages, stayed away from normal relationships they would have had in life, having natural sexual intercourse with opposite sex partners, even leading them to masturbation. In this book you'll learn, -How to successfully reboot your brain after porn rewired it. -Overcoming secret tips to guide you on your journey to porn freedom-Techniques to control your mind towards watching porn. -How to physically do away with porn daily. -How to overcome porn compulsion. -How to spiritually self-discipline yourself towards porn-How to control urge and defeat it anytime. -How to swap porn habit instantly for a similar good habit. Everything about pornography is connected to your mind, when you read this book you will know how self-determination can help you overcome this addiction, with the tips, advice and techniques outlined in it, you will come out successful at the end of following the information given to help you. About the Author Ethan J. George is a publisher and writer who have been writing articles on health niche with many years' of experience, and have also added his personal experience on some of the addictions problems he had in the past, and he overcame them as a young man while growing up.

how to stop watching porn: The Best Way to Stop Watching Porn Today Richard Nata, 2017-09-21 The Best Way To Stop Watching Porn Today. Richard Nata is the author of *How to Create Great Articles for SEO in Three Hours*. During this time many people think that the addicted to watching porn only the youth alone. The fact is the old, young, male, female, even elementary school children are addicted to watching porn. This book is dedicated to those who are bound by the sin of fornication by watching porn. Are you addicted to watching porn? Can you stop watching porn? Do you feel guilty after watching porn? You want to stop watching porn, but you cannot. Maybe you can stop watching porn for a while, but you're back watching porn. Why can't you stop watching porn? If you have struggled with the watching porn or the sexual addiction, then we have a piece of good news for you. This book will stop your bad habits in watching porn. Like hundreds of millions of others, Richard Nata is also addicted to watching porn. In this book, Richard Nata will share his thoughts, experiences, and knowledge. His experiences about watching porn and his understanding of the scriptures. In this book, Richard Nata will give you step-by-step instructions. So, you can read and practice the contents of this book. After that, you can stop watching porn today if you want. This is a simple step-by-step guide to stop watching porn. If you read, study, and practice the contents of this book, then you can stop watching porn. And you will feel peace in your heart. The benefits of this book: a. Stop your habit to watch porn. b. Make you feel peace in your heart. c. Save your soul because you cry out to Jesus, the Savior of the world. Are you ready to stop watching porn? Are you ready to feel peace in your heart? Are you ready to surrender your life to Jesus? If so, immediately practice the contents of this book. Thank you for reviewing my book. Lord

Jesus bless you.Amen.Best Regards,Richard NataP.S. This book will make you free from pornography addiction, feel peace in your heart, and feel secure under the protection of the Lord Jesus.

how to stop watching porn: *Help and guide against severe porn addiction with self-help therapy and treatment of the causes* Justgo Zirkel, 2023-08-05 Are you tired of feeling trapped by the relentless grip of porn addiction? Do you yearn to rediscover true intimacy, restore your relationships, and reclaim control of your life? Look no further – Help and Guide Against Severe Porn Addiction is the key to unlocking a fulfilling and addiction-free existence! Discover the profound impact that porn has on your health, both physically and mentally. Gain insights into the intricate web of addiction, and learn how to identify the signs that you may be ensnared in its grasp. This book goes beyond the surface, diving into the root causes that drive the vicious cycle of porn dependence. Embark on an enlightening journey through the pages of this book: Uncover the Devastating Effects: Delve into the consequences of excessive porn consumption, explore how it alters your sexuality, and confront the harsh reality of potential erectile dysfunction and orgasm issues. Recognize the Warning Signs: Understand the telltale signs that signal your slide into addiction, from an ever-increasing appetite for harder content to a preoccupation with sex dominating your thoughts. Revive Relationships and Rediscover Joy: Learn how porn addiction impacts relationships and discover the path to reigniting intimacy with your partner. Reclaim your happiness and lead a fulfilling life beyond the confines of porn. Your Path to Freedom: Explore scientifically-backed insights into the brain's response to porn, grasp the Coolidge effect and dopamine's role, and realize how you can break the chains of addiction through self-help therapy. Treatment Unveiled: Gain an insider's perspective on porn addiction therapy, and learn about the essential components and steps to recovery. Empower yourself with the knowledge to take the first step towards liberation! Are you ready to seize control of your life? Empower yourself with practical tools and proven techniques to combat porn addiction naturally. Reclaim your freedom, rebuild your connections, and embrace a life of purpose and passion! Break free today - Your future self will thank you! Take the first step towards transformation and order your copy of Help and Guide Against Severe Porn Addiction now!

how to stop watching porn: How to Overcome Pornography Even if you've tried before Gary Lee McIntyre, [Free 28-day Workbook included to enable you to implement actionable steps] Are you tired of the constant struggle with pornography addiction? Have you tried to quit multiple times, only to find yourself falling back into the same patterns? Do you ever wonder, Do I have a porn addiction? or think, I think I have a porn addiction? You are not alone. Discover a new path to freedom with How to Overcome Pornography Even if You've Tried Before Actionable Guide to Quit and Conquer Porn Addiction. This comprehensive guide is designed to help you understand the root causes of your addiction and provide you with practical, actionable steps and strategies to achieve lasting recovery. Imagine a life free from the chains of addiction, where you can reclaim your confidence, improve your relationships, and live in alignment with your values. This book offers: Understanding porn addiction and the dangers of the same to your health and well-being. Setting goals and targets for overcoming porn addiction. Developing healthy alternatives to effectively implement the replacement theory. Reigniting intimacy with your spouse and partner. Dealing with relapses and how to get back on track. Adopting technology, spiritual, and moral guidance to aid your recovery. Exploring if medication for porn addiction is right for you. This book is special because it comes with a 28-day workbook as a downloadable resource that is designed with these features: Goal Setting and Weekly Challenges: Clearly defined objectives and manageable tasks to keep you on track and motivated. Weekly Gratitude List and Challenge to enhance the recovery process. Daily Mood and Urge Trackers: Practical tools to monitor your progress, identify triggers, and understand the patterns of your addiction. Daily Affirmations and Biblical Inspirations: Positive affirmations and spiritual guidance to strengthen your resolve and provide hope during challenging times. In addition, this guide answers critical questions like, Can your brain recover from porn addiction? and How to stop porn addiction? It also offers insights into How to help someone with a porn addiction and discusses how to live free of porn addiction The information in

this book will aid your journey in the journey of porn recovery. The actionable strategies are effective in Breaking porn addiction and also highlight the Dangers of porn addiction and how to fight it effectively. Don't let another day go by trapped in the cycle of addiction. Take the first step towards a healthier, happier future. Get your copy of *How to Overcome Pornography Even if You've Tried Before* today and start your journey to lasting freedom, joy, and fulfillment. Whether you need help with porn addiction or are curious about overcoming it, this book is your comprehensive resource. Grab your copy now

how to stop watching porn: Quit Porn Kasumi Kriss, 2019-01-03 Since the time of the ancient Greeks it has been advised to athletes to abstain from sexual activities before important matches. Perhaps due to a lowering of testosterone. With less testosterone you could understand that the athletic performance decreases. Many soccer players, MMA fighters and football players until this day still abstain from sexual activities during training and matches to enhance their performance. It is almost impossible to imagine these athletes participating in very high levels of sports wasting away their time watching internet pornography. Imagine spending day after day watching internet pornography, then feeling guilty and disgusted afterwards for watching it. You think to yourself: What have I just done? What the hell is that on my screen!?. And what if someone catches you watching it? Wouldn't you feel ashamed? Is it possible you noticed yourself becoming more distant from the people around you, maybe even feeling irritable? Is internet pornography all you think about? Is it possible that you have an addiction? Have you ever thought that watching pornography might be negatively affecting you in your day to day life? The way pornography affects you goes deeper than you might realize. When nothing in life seems to satisfy you, when a romantic relationships seems impossible, when you have trouble connecting with people on deeper levels, when you are not able to stay present due to dirty thoughts in your mind and when you constantly sexualize everything it is very likely it comes from watching too much internet pornography. This e-book is able to help you get rid of this behavioral addiction for good so you can take back control and gain motivation to do what you want in life.

how to stop watching porn: 30 Roads Away from PORN Salman Pasha, 2020-06-09 The Three R's System of Quitting Porn - The Relapse, the Reboot and the Retreat. The life of a porn addict can be thought of as a three-part loop which he goes through repeatedly. This loop consists of three phases - the Relapse, the Reboot, and the Retreat. The Relapse or phase one is when he goes back to his old ways of watching porn from a successful streak, the Reboot or phase two is when he is away from porn on a successful streak for any amount of time, and the Retreat or phase three is when the porn cravings hit him hard and he slowly moves back towards phase one or the Relapse. The porn addict behaves differently in each one of these phases. During phase one when he relapses, he is full of guilt and shame. During this phase, he has every reason to quit porn and every reason why porn is bad for him. He is full of motivation to quit porn and to get his life back on track. He will delete his porn collection, gets porn filters for his phone and PC, decides to exercise, meditate and do a host of other things which he thinks might help him in quitting porn. During phase two or the Reboot, when he is on a successful streak, he is full of energy and motivation to keep going on and the drive to succeed in quitting porn and doing the things which are important in life. During this phase, he is the most productive, confident, charismatic, enthusiastic and optimistic version of himself. And then, comes the dreaded phase three or the Retreat, when he is triggered by something sexual, a sexual thought, imagery, ad, or a sex scene in a movie and the porn cravings hit him hard. During this time, he starts losing control, doing everything possible not to watch porn and feeling helpless and irresistibly attracted to porn. And he relapses and binges on porn just to begin his Reboot phase again. The way an addict deals with his addiction and his life in each phase is completely different. The resolution and the motivation he has to quit porn in phase one is completely faded away in phase three. And the confidence, motivation towards life goals, the energy and vitality he has in phase two is completely gone in phase one. So, he would need different approaches in each phase to deal with and to master his addiction and this is where this book comes into the picture. This book includes 45 techniques to deal with porn and masturbation addiction and

it is divided into three parts corresponding to the three phases discussed above. Since the best time when an addict invests the time, money and energy into quitting his porn addiction is after phase one, that is after his relapse. So, the first part of this book deals with the techniques to build a solid base before he builds his Porn free lifestyle. The second part of the book deals with the techniques to maintain a successful streak; techniques which will help him to keep going on. And the third part of the book will give him techniques for the times when the going gets tough. It deals with Triggers and Cravings because they are the sole reason for every relapse. This part will give him the techniques to deal with the cravings when they are strong and when they are very strong. I would like to wish good luck to you, the reader, as you move onto the next stage in your life. Without a doubt, you will continue to have success in all areas. The Author

how to stop watching porn: Free Yourself from Pornography: Regain a Balanced Life without Porn or Masturbation with this Scientific Mac Duhamel,

how to stop watching porn: Pornistan Aditya Gautam, 2018-07-20 Do you know what porn does to you? We all know what it does to our body, but what about our mind? Internet porn: endless variety of hardcore, sexual videos streaming at the click of a button. We have all seen it. Our intimate partners have seen it. Most kids by the time they are eleven have seen it too. Why do we humans watch porn in the first place? What role is porn playing in the Indian sexual revolution? Is porn spicing up or ruining our relationships? Should parents let their kids watch porn? Can watching porn make us promiscuous or affect a man's libido? Should we ban porn? Is internet porn hindering or facilitating the sexual liberation of Indian women? Pornistan answers these and tells you everything else you absolutely must know in today's porn-induced sexual culture. Interviews with India's leading experts, latest studies and experiments from around the world, statements from world famous porn-stars, scientists and doctors, some incredibly relatable short stories and some amazing illustrations Pornistan will entertain you, shock you, inform you and leave you with a deeper understanding of how human sexuality works. Pornsitan the sex education you didn't receive at school.

how to stop watching porn: Humble Pie Book 2 Kenneth Mburu, 2021-03-06 The world is going through a divine eclipse known as COVID-19 that started in China and has since spread around the globe. Have you wondered about the meaning of this unusual event? God has an answer. He downloaded this over 300,000 words between March and July 2020, and I've split into 4 books. The sheer size of the message and my ability to write it down within such a short time is itself a miracle. The download started on pi day, 3/14/2020. The message is itself based on the pi verse, John 3:14: "And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up," John 3:14 NKJV. This COVID-19 quarantine is to humble us so we look up at the ultimate Humble Pi (e): Jesus Christ. The prophecy of COVID-19 is our final warning to seek salvation through Jesus before He comes back again as King of kings; AND it's another pi verse! "Behold, I am coming quickly! Blessed is he who keeps the words of the prophecy of this book." Revelation 22:7 NKJV. COVID-19 is just the initial birth pains of the Second Coming. COVID-19 came as a forewarning because the world is caught up in a Satanic system that's now ripe for the arrival of the antiChrist. This global system rules over our lives from religion, politics, economics, culture and art. Read this book to see how COVID-19 came to eclipse and expose this system, and to learn how to escape the snare of the antiChrist system. Read to learn hidden knowledge exposed here FOR THE FIRST TIME by use of secret codes hidden in the divine meaning of Biblical numbers and names. This book will turn your understanding of the world as you know it upside-down, and you will realize that we have been living a lie. COVID-19 is for the revealing of Second Elijah. It is he who writes these words. He's come to fulfil Malachi 4:5-6: "Behold, I will send you Elijah the prophet Before the coming of the great and dreadful day of the Lord. And he will turn The hearts of the fathers to the children, And the hearts of the children to their fathers, Lest I come and strike the earth with a curse." This book is for the salvation of souls, and the world. It is God's first sickle swipe in His harvest of souls before the dreadful day of the LORD. Read it and pass on to your family and friends.

how to stop watching porn: Addicted to Lust Samuel L. Perry, 2019 From obscenity outside to

addiction within -- Fifty shades of gray area? On masturbation -- Fleshly lusts that war against the soul -- Every man's battle? -- Till porn do us part -- So help me God (or whatever works).

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begins to question how well she knows herself. And Kadiatou, Chiamaka's housekeeper, is proudly raising her daughter in America—but faces an unthinkable hardship that threatens all she has worked to achieve. In *Dream Count*, Adichie trains her fierce eye on these women in a sparkling, transcendent novel that takes up the very nature of love itself. Is true happiness ever attainable or is it just a fleeting state? And how honest must we be with ourselves in order to love, and to be loved? A trenchant reflection on the choices we make and those made for us, on daughters and mothers, on our interconnected world, *Dream Count* pulses with emotional urgency and poignant, unflinching observations of the human heart, in language that soars with beauty and power. It confirms Adichie's status as one of the most exciting and dynamic writers on the literary landscape.

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