

QUITTING PORN

"A Step By Step Guide To Quitting Pornography For Good, Self Discipline And Gaining Complete Freedom Over Excessive Sexual Desires."



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INTRODUCTION

It is easy for some people to declare that they will [stop watching porn](#). The challenging part is following what they say. What separates a porn addiction from a strong interest in porn is the negative consequences of their behavior. With a porn addiction, the behavior is considered compulsive, where you would spend an excessive amount of time watching porn instead of interacting with others or completing important tasks. Furthermore, the behavior would persist even if you harm your career, your relationships, or your well-being. If you're thinking of quitting porn, there are a few things you should know to prepare for the day when you want to kick the habit: For some, it's easier to decide in theory but more difficult to do in practice. "The spirit is willing, but the flesh is weak" so to speak. Don't worry. This is actually the normal response after a brain has been exposed to certain content multiple times. Regardless of whether you have developed a compulsive habit or a porn addiction, there are a few steps to help you achieve your goal of giving it up.

CHAPTER 1



WHAT IS PORNOGRAPHY?

The word "pornography" comes from the Greek to write about prostitutes. However, the etymology of the term is not very indicative of its current use, since many of the things commonly called "pornography" today are not literally written or literally about prostitutes.

Here is a simple first definition. Pornography is any sexually explicit material (images or words). This definition of pornography can select different types of material in different contexts, as what is seen as explicitly sexual can vary from culture to culture and over time. "Sexually explicit" works as a kind of indexed term, identifying different characteristics depending on what has certain effects or breaks certain taboos in different contexts and cultures. Women's bare ankle displays are considered sexually explicit in some cultures, but not in most Western cultures today (even if they ever were: Victorian-era exposing of a female ankle was considered more uploads tone). There could also be borderline cases: do

exposures of exposed breasts still count as sexually explicit in various contemporary western cultures? However, some materials appear to be considered sexually explicit in many contexts today: in particular, audio, written, or visual representations of sexual acts (e.g., sexual intercourse, oral sex), and exposed body parts (e.g., vagina), anus and penis). - especially the erect penis).

Within the general class of sexually explicit material, there is a wide variety of content. For example, some sexually explicit materials describe women, and sometimes men, in positions of sexual performance. Some describe non-violent sexual acts (both homosexual and heterosexual) between adults who are represented as equal and consenting participants. Other sexually explicit representations represent acts of violent coercion: people are flogged, beaten, tied up, tortured, mutilated, raped, and even killed. Some sexually explicit materials can be demeaning, without necessarily being overtly violent. This material describes people (mostly women) in positions of bondage and subordination in their sexual relationships with others, or in sexual acts that many people would consider humiliating. Some sexually explicit materials involve or represent children. Some portray bestiality and necrophilia; And so on. In the first definition of pornography as sexually explicit material, all of this material would be considered pornography, to the extent that it is sexually explicit. But this simple definition is not entirely correct. Anatomy textbooks for medical students are sexually explicit, for example, describing exposed genitalia, but rarely, if ever, are they viewed as pornography. Sexual explicitness may be a necessary condition for material to be considered pornographic, but it does not appear to be sufficient. Therefore, something must be added to the simple definition. What more can you ask for?

Here is a second definition. Pornography is sexually explicit material (verbal or pictorial) designed primarily to produce sexual arousal in viewers. This definition is better: addressing the problem of anatomy textbooks and the like. In fact, this definition is often used (or assumed) in discussions of pornography.

In men, there are five primary chemicals involved in sexual arousal and response. What probably plays the most important role in porn addiction is dopamine. Dopamine plays an important role in the brain system that is responsible for reward-driven learning. Each type of reward that has been studied increases the

level of dopamine transmission in the brain, and a variety of addictive drugs, including stimulants such as cocaine, amphetamine, and methamphetamine, act directly on the dopamine system. Dopamine increases when a person is exposed to new stimuli, particularly if he is sexual or when a stimulus is more exciting than expected. Since erotic images activate more dopamine than sex with a family partner, exposure to pornography leads to "addiction to arousal" and teaches the brain to prefer the image and to be less satisfied with sexual partners in life real.

What is porn addiction?

[Pornography addiction](#) is considered a behavioral addiction characterized by an increasing compulsion to view pornographic content or material. In the past, a person with a porn addiction primarily satisfied their desire for pornographic content by viewing or archiving pornographic videos, magazines, and photos. Now, the tools available to fuel a porn addiction have evolved thanks to the Internet and other technologies, allowing anonymous access to unlimited porn at all levels of explicitness. Once a person becomes addicted to an activity, behavior, substance, or feeling, it will generally require some form of intervention to stop the addiction. Pornography addiction, a type of process addiction, is based on a growing need to see sexually explicit images. Pornographic addictions are considered part of a larger group of symptoms called sexual addictions and are specifically considered process addictions. Process addiction are addictions of an activity or process. Other addictions to the process include gambling, compulsive shopping, and overeating.

CHAPTER 2



HOW TO KNOW THAT YOU ARE ADDICTED TO PORN

Addiction is much more than an intense interest in something. It is a medical condition that changes the brain and body and makes a person feel compelled to continue using a substance or participating in an activity, although this can cause harm. Most addiction research suggests that it activates the brain regions associated with motivation and reward. In particular, addiction disrupts the body's dopamine system. When an addicted person initially uses the substance or engages in the behavior, he receives an intense shock of dopamine, causing feelings of pleasure and reward. Over time, your body can make less dopamine and rely on the substance or behavior to feel dopamine fever. Sex can be a highly rewarding behavior in terms of dopamine. Using pornography can also activate the dopamine system, which can lead to addiction.

1) Greater amount of time spent watching porn:

Keep in mind the time you spend watching porn. A couple of times a week for about 30 minutes, there is nothing to fear. However, if you find that hours or even days fly by as they are sucked into porn, this is a sign that your porn habits are becoming an issue.

2) You can't stop:

You cannot stop using or viewing pornography, despite trying to do so. If your partner cannot stop, you may notice that they spend more and more time on the Internet despite your attempts to communicate with them.

3) Increasingly strange content:

Just as an alcoholic or addict develops tolerance, so does an addict. As the person gets bored of "normal" porn, they often start to profess weirder fantasies or fetishes. In some cases, pornographic material is illegal, which is a serious sign of a developing or developed addiction.

4) You want more:

Porn addicts report that they are eager to see more. Similar to how someone can be addicted to heroin, people who suffer from porn addiction will crave if they have been without it for a certain period of time. If your partner craves pornography, you may notice that they are escaping you in another room. They may make an excuse or be defensive when you question them.

5) Lying or hiding the use of porn:

Lying is a common trait among all addicts, as they try to keep their addiction away not only from their loved ones but also from themselves. If you find yourself lying to loved ones about the amount of time you spend watching porn, you may need professional assistance.

6) Cravings and obsessive thoughts:

If you often find yourself busy with thoughts or cravings for pornography, this is a strong sign of addiction. Thinking about the earlier or later use of pornography suggests a level of addiction. You may also feel anxious or agitated when you have not used pornography for some time or at the prospect of it happening.

Physical and psychological cravings and difficulty concentrating on anything else are actually withdrawal symptoms and therefore indicate addiction.

7) You have lost interest in sex:

When someone becomes addicted to porn, they actually lose interest in real sex. Not only that, but they actually find their partner less attractive than the people seen in porn. People who are addicted to pornography may lose interest in their partner's progress. This makes them seem distant or even disinterested in trying to sexually interact with them. They may require more stimulation than they needed before waking up.

8) Shame, guilt, or anxiety:

If you feel guilty or ashamed about your porn use, this indicates an unhealthy relationship. May indicate addiction. Guilt or shame can make you try to reduce or end your use. If these attempts fail, this suggests addiction. Failed attempts to reduce or end-user can also intensify feelings of guilt and shame. Many addictions occur along with mental health problems. Excessive use of pornography may be related to feelings of depression, anxiety, or low self-esteem. It can also cause feelings of depression or anxiety. These feelings can make it harder to stop using. It is essential that the treatment for porn addiction also addresses the underlying causes and consequences of the addiction. Addiction should not be treated in isolation.

9) Masked or minimizer use:

If you continually try to mask or minimize porn use, this indicates that you have developed an addiction. You are likely masking the scope of its use due to feelings of shame or guilt. You may also be concerned that if you reveal the extent of its use, others will try to discourage or rescind it. You can also mask or deny the extent of its use for yourself. It's important to ask yourself if you're honestly thinking about the amount of time and energy it takes to find and use pornography. Denying the scope of the problem is extremely common addictive behavior. If you have a problem, accepting it is an essential step toward recovery.

10) Greater tolerance:

If you find that your porn requirements increase over time, this could be a sign of addiction. If you need to use pornography more frequently or for longer periods of time, or if you need more explicit material, this suggests that your tolerance is increasing. This is similar to how a person addicted to alcohol will have to drink more to achieve the same effect over time. This is one of the ways that addiction increases your influence and control over someone's life. If you notice that porn requirements continue to rise, this suggests that you have a problem and that it may require professional treatment.

11) Continuous use despite the negative consequences:

If your use of pornography has caused negative consequences in your life, it is obviously a problem. These consequences can be professional, social, or related to family life. Pornography can have serious consequences over time. If you have recognized these negative consequences and have tried to reduce or end their use, this is an excellent first step. However, if you have been unable to meet this commitment and have continued to use pornography excessively, this is a strong indication of addiction, and you may need professional recovery support.

12) You are losing money:

Some people suffering from porn addiction start spending money on what they consider to be superior quality content. When this happens, they can quickly begin to fall into some form of financial difficulty. This appears when they complain more about money problems, but are unwilling to reveal the exact nature of these problems.

CHAPTER 3



C

AUSES OF PORN ADDICTION

Pornography addiction seems like a strange topic to discuss, and it doesn't come up much in polite company. In its most extreme form, which runs out hour after hour, it begins to reveal the essence of relationships, the motivation to be productive and pure well-being. The first move is to realize that the problem is not ridiculous or infallible. Whatever the views on the subject of pornography and whether there may be an addiction to it, there remains a real problem facing many people, men, and women, boys, and girls. Pornography addiction, like other substances or "things" that people can become addicted to, can be understood through the principles of "operational conditioning." This is where a certain behavior, when looking at pornography in this case, is "reinforced" or rewarded, which in turn makes you want to do it again (and again). Many different things can be reinforcing and therefore affect our behaviors, but pornography can be particularly

reinforcing because the reward is based on basic sexual instinct. Therefore, it is very easy to become addicted to pornography: you are accessing a fundamental natural drive (and a lot of fun). It is also much easier to get out there and find a "partner" to achieve this momentum. The problem occurs when the pursuit of sexual pleasure becomes excessive, impulsive, or at the expense of other esteemed behaviors. So we could say that one has an addiction to porn.

There is no single cause of porn addiction. Instead, there are multiple causes that can be grouped into four basic categories. These four categories are:

- 1) **Biological causes**
- 2) **Psychological causes,**
- 3) **Socio-cultural causes**
- 4) **Spiritual causes.**

Psychologists call this the Bio-Psyco-Social-Spiritual Model addiction. We generally understand that these causes are related. Therefore, each of these four factors contributes in some way to the formation of porn addiction.

1) **Biological cause:**

You may have a genetic predisposition to impulsivity, emotional dysregulation, or sensation-seeking behavior. You may have a predisposition to other characteristics associated with sexual addiction, such as anxiety or depression. Unsurprisingly, higher levels of sex hormones like testosterone or estrogen can affect libido. If you are prone to impulsive behavior and have high levels of sex-related hormones, you are more likely to commit to watching excessive or compulsive pornography.

2) **Psychological cause:**

Environmental factors in early childhood, including adverse events such as abuse or exposure to sexual content, may contribute to some of the underlying traits involved in pornographic addiction behaviors.

Mental health:

- The anxiety.

- The Depression.
- Personality disorders
- Poor impulse control.
- Performance anxiety.

Other mental health problems can contribute to behaviors related to porn addiction.

3) **Socio-cultural cause:**

Socio-cultural influences also contribute to the development of sexual addiction. For our purposes, the term culture describes the learned and shared model of values and beliefs of a group. These values and beliefs guide the behavior of group members and their social interactions. For example, in countries where individual freedom is part of that culture, the pornography industry often remains relatively free. The increased availability of pornography due to the Internet is another cultural influence. The greatest social influence is the family. Rejection in relationships and social circles can lead to other less healthy ways to find sexual satisfaction.

- **Social isolation:**

Social isolation not only increases the likelihood of looking for inappropriate ways to be sexually gratified, but it also leads to a host of other problems, such as depression and physical illness, that can contribute to porn addiction or poor sexual behavior. Healthy.

- **Peer influence:**

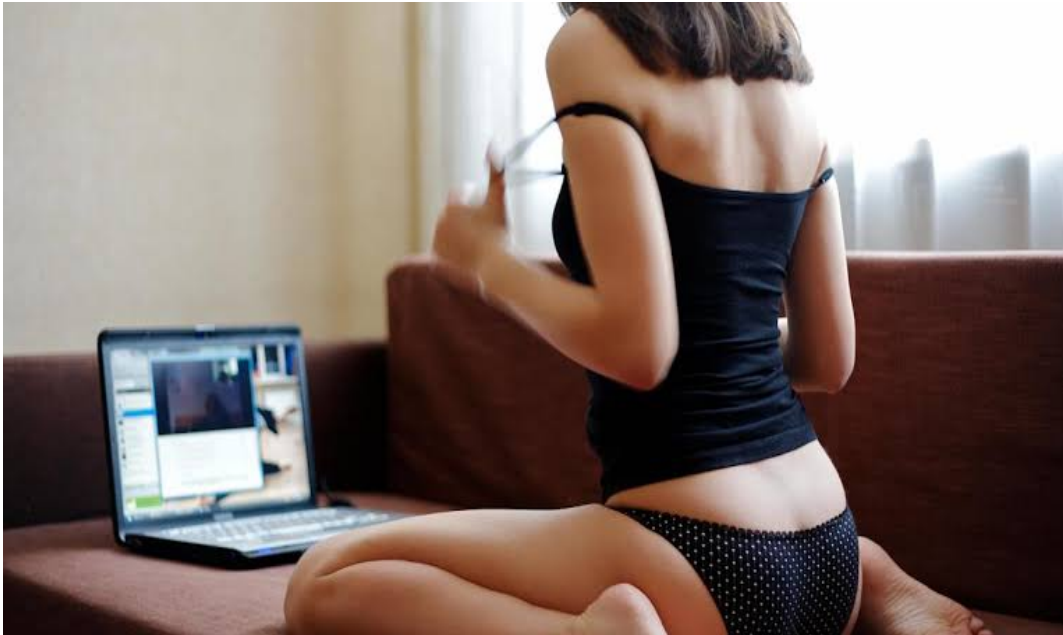
If other people around you are doing something, they are also more likely to do it. Having a friend or group of friends, for example, who engage in excessive pornography viewing, can affect their behavior.

4) **Spirituality cause:**

Spirituality is another causal factor that can determine if addiction develops and thrives. Spirituality reflects the belief that life has meaning and purpose. This definition is inclusive and respectful. It includes the different and specific beliefs

that people have about that meaning and purpose. For some people, spirituality includes specific beliefs that there is something greater than our individual existence. People could call this a higher power; a God, many gods, life force the universe; source; or Spirit (just to name a few). For other people, there is no higher power or religion associated with that belief. These people gain meaning and purpose through a personal set of values and goals. Lack of meaning and purpose in life leads to a disconnection from ourselves and from others. As addiction progresses, this disconnect increases. This disconnection causes a failure to live in harmony with the universal laws or principles that normally guide our behavior. These specific universal laws and principles can vary between different religions and religions. However, the lack of a spiritual anchor can also lead to the development of an addiction.

CHAPTER 4



HOW PORNOGRAPHY INFLUENCES YOUR BRAIN

The Internet is a double-edged sword. On the one hand, it revolutionized our world by allowing people to communicate, gain knowledge, save time, and entertain themselves in a way that our grandparents could only imagine in their wildest fantasies. On the other hand, it has become a channel for some of the most primordial desires and emotions that we have as human beings. Technology has also led many, especially the millennial generation, to become absolutely dependent on it to satisfy these emotions. Of all the desires fueled by the Internet, the desire for synthetic sex is apparently the most profitable, sought, and abused desire of all. Porn addiction is much more complicated than just wanting to watch nude videos and photos. It has a deep connection to our learning process and the chemicals in our brains. Your brain in porn is much more complicated than you think. A specific chemical called dopamine influences our brain when we use pornography.

What is dopamine?

Dopamine is a chemical located in the brain that is closely related to emotions and actions. Its main function is to transport signals between nerve cells (neurons) in the brain as a neurotransmitter. What dopamine is best known for, and what interests us most, is its association with our brain's reward center. It is considered the leading actor in reward-motivated behavior. Dopamine is responsible for those excited feelings about getting something new or doing something you love. It is a chemical that means happiness and pleasure. Dopamine is generally held responsible for learned behaviors, but new research suggests that dopamine is also involved in ongoing actions. We generally consider dopamine when we talk about reward-based behaviors (classical learning) when our actions depend on the type of reward they promote. When a reward produces dopamine, we feel good, and therefore we are more likely to repeat the action to continue feeling good.

Pornography affects the brain in the same way as eating disorders and other types of addiction. They share the same neurological repercussions. The pressures and stressors of a person's environment are what make users vulnerable to porn addiction. Furthermore, with all the pressures of real-life routines, relationships, unsatisfactory workplaces, difficult family dynamics, many people fall into a state of despair that makes them extremely vulnerable to the intense ups and downs offered by the content of these videos and explicit images. What happens in your brain when you, your husband, your child, a loved one, your best friend, or someone else uses pornography?

For starters, it is clearly stated that sexual activity produces large amounts of dopamine. Our bodies are simply connected in that way. Sex, masturbation, and watching porn will make all of our brains produce dopamine and ultimately crave more. We can become addicted to pornography for this very reason. Regular use of pornography will eventually lead to a craving for dopamine as a result of its use. The real problem with pornography and dopamine is that pornography is so accessible through the Internet. To understand this, we must consider the Coolidge effect, which states that over time sexual desire will decrease with one spouse and increase with a new spouse. According to this theory, sexual desire increases by a "novelty" factor. Now, incorporate pornography into the equation. We have an

affinity for wanting "new" things because they produce more dopamine, more excitement, and with pornography, the options for new people are endless.

This is the reason why many porn addicts experience porn-induced erectile dysfunction and why many men want to have more sex but are not enthusiastic about their spouse. They trained their bodies to be more excited by an image than a person because the "novelty" image will lead to an increased response to dopamine compared to the alternative. Pornography literally changes our brains to crave more pornography, just like drinking soda will make you want more soda or that having candy will make you want more candy. Our brains "connect" to have porn and search for it.

CHAPTER 5



SIDE EFFECTS OF PORN ADDICTION

Do you think watching porn is just harmless and enjoyable diversion? Think again. The vast increase in the availability and variety of pornography since the introduction of the Internet has led to an astonishing variety of social, interpersonal, and physical problems among users of pornography. Here is a list of harmful effects that pornography has on people:

1) Pornography really changes the brain:

The brain is made up of neurons or brain cells activated by different types of stimuli, such as smell, sound, or sight. Once activated, they release chemicals that strengthen the connections between neurons. A chemical that is released during the use of pornography is dopamine, which is also released when using addictive substances. With frequent exposure to pornography, dopamine overwhelms the brain, and the brain's response to cope with the attack is to remove some of the

dopamine receptors, which in turn eliminates the ability of the user of pornography to feel the effects as strongly as he had before. First Force, As a result, it trains the brain to require more and more dopamine to feel the initial effect. When porn use is frequent, the level of dopamine required to experience emotion is so high that the person can no longer enjoy the things that make them happy.

2) Pornography can affect behavior:

Due to the need to increase dopamine levels to experience the maximum that pornography has given them for the first time, people tend to look for more difficult and more explicit or deviant images to feel that initial emotion. The brain connects images with the feeling of pleasure and emotion. This is how people can easily switch to watching porn that scared or scared them. Seeing these types of images over and over again normalizes them for the user, making them acceptable and even common. Research also shows that porn users exhibit more dominant and harassing behavior towards women, have less compassion for rape victims, and have more violent attitudes towards women, even leading to actual violence against women.

3) Pornography can cause sexual dysfunction:

The common physical problems porn users encounter with real-life partners are problems getting and maintaining an erection, requiring pornographic images to ejaculate, and difficulties even having an orgasm. During sex in real life, a man may feel disconnected from his partner and take a long time to reach orgasm. You may have to rely on remembered pornographic images to reach orgasm. But you can have a boner and have an orgasm when you use porn.

4) Porn ruins your sex life:

Porn promises a virtual world filled with endless sex, but what it doesn't mention is that the more a user enters that fantasy world, the more likely their reality is the exact opposite. In one of the largest studies of pornography use ever conducted, researchers found that after exposing themselves to softcore pornography, both men and women were significantly less pleased with their partner's appearance than with the willingness to test new sex acts and sexual performance. Porn users

kill their ability to act sexually in real life by conditioning their brains to get excited by sitting alone in front of a computer instead of being with a real person.

5) Pornography can harm your sense of healthy sexuality:

Regular porn use can make a couple feel less excited in real life. When a person invests a lot of time and energy in pornography, the result is a departure from a close human relationship and a turn towards the source of stimulation on the screen or on the page. Pornography can shift sexual tastes and preferences towards things that are more deviant, dangerous, or illicit than what used to be exciting.

6) Porn is inseparably related to prostitution and sex trafficking:

Men who watch porn have shown that they are more likely to go to prostitutes, often looking for the opportunity to experience what they have seen in porn. In a survey of former prostitutes, 80% said customers had shown them photos of pornography to illustrate what they wanted to do. Pornography is also linked to the global problem of sex trafficking. Pornography is generally made from victims of sex trafficking and is either put online or sold to distributors. These sex slaves are drugged, beaten, and forced into pornography. For home porn users, there is no way to know the dark origins of porn they are seeing. Clicking porn directly supports the demand for sex trafficking.

7) Porn turns the ability to have meaningful and satisfying relationships in real life:

Spending a lot of time using pornography can be isolating as the user increasingly turns to pornography and distances himself from real people. Since most people try to hide its use, they become adept at "storing" their pornographic habit in a separate compartment of their mind, often feeling that it is something that is not part of their "real" life. They now have the secrets of the people in their lives, making it impossible to be truly honest. When a person is constantly bombarded with explicit and anonymous sex images with the goal of satisfying the user regardless of the other person's feelings, it is not far from being too selfish and insensitive to others.

8) Pornography teaches that women are sexual objects:

Women are portrayed as a collection of orifices, ready at any time for anything sexual that a man may desire and without no human or sexual needs. It is neither given nor worthy of fundamental human dignity and respect.

9) Porn seriously affects your personal life:

Research has found that marriages in which a person has a pornographic problem experience less intimacy and sensitivity, as well as more anxiety, secrecy, isolation, and relationship dysfunction. In a survey, 62% of divorce attorneys surveyed said obsession with porn had been a significant factor in the divorce cases they had handled. In another survey conducted by MSNBC, 1 in 5 men confessed that pornography was taking away the hours they had spent with their partner or children.

10) Porn kills love:

In real life, true love requires a real person. Research has found that after men have been exposed to pornography, they consider themselves less in love with their partner than men who have not seen pornography. Additionally, another study found that after being exposed to pornographic images, people were more critical of their partner's appearance, sexual curiosity, sexual performance, and displays of affection.

CHAPTER 6



STAGES TO QUITTING PORN

Even if pornography is not a drug, it affects the brain similarly to addictive substances like drugs or alcohol. An addiction to pornography is also a psychological addiction, so to treat it effectively, you will work with a therapist or consultant. To understand the underlying problems that fuel your addiction. The more you understand why you engage in this behavior, the better you can deal with it and prevent it from happening again after treatment. Pornography addiction can be treated using a number of modalities and approaches, including.

1) Admit you spend too much time watching porn:

Before you can stop watching porn on your computer, you must be able to admit that this activity is absorbing too many waking hours and is having a negative effect on your emotional and physical well-being. Only you can know how much is too much because there is no target number of hours or times in a week that indicates "Addiction." Learning to recognize the warning signs and use your own

judgment is important. You won't have the motivation to stop watching porn until you admit that doing so is taking up too much of your time and having a negative impact on your emotional and physical well-being. It is also important to admit that you find it difficult to kick this habit. It can be hard for anyone to turn off porn in the middle of a smoking scene, but if you start every day with the determination not to watch porn and not even last a few hours without turning it on, then you can be addicted.

2) Look at porn as junk food:

If you view porn as an addiction, then it will be an uphill battle to get rid of it. Change your mindset and look at porn as junk food, something unhealthy. And the solution is that you don't consume it. Sure, junk food can be a tasty indulgence, but you always regret eating it after you're done. You know that junk food causes slow behavior, lethargy, weight gain, depression, and can lead to other serious illnesses, so it is never worth it. A regular porn diet is as healthy for your sex life as a constant diet of pie and chips would be for your body. Eating junk food instead of nutritious food will not create a healthy and viable body. Similarly, a consistent porn diet will not feed a healthy, energetic, and integrated sensual human being.

3) Behavioral Intensive Outpatient programs:

These programs generally focus on helping you identify what triggers your porn use and what your beliefs are about the surrounding porn. The program is designed to help you develop healthier lifestyle choices and coping skills that will help you control impulses or cravings to use pornography after treatment. Also, almost all drug addicts of any kind, whether addicted to drugs, alcohol, gambling, or pornography, can tell you that a primary trigger for use is some form of emotional distress, including stress, boredom, and anxiety, fear, depression, loneliness, etc. In essence, people often do not turn to their unhealthy habit to experience pleasure, but to avoid emotional distress. This constant attempt to seek emotional regulation through overly satiating behaviors, such as viewing pornography, can turn into a real compulsion or addiction with clear consequences. With pornography, in particular, there is a clear connection between multiple attempts to regulate mood

and use that results in negative impacts on life, so it is important to find healthy coping mechanisms to replace pornography.

4) Evaluate your relationship:

Do your personal relationships suffer due to your relationship with porn? If you have trouble in the room because you can only get turned on when you watch porn or if you prefer to watch porn instead of dating your last crush, then you have a situation on your hands. Remember that your porn addiction can be a sign of bigger problems in your life, like sex addiction or depression.

5) Delete all pornographic material:

Away from the eyes, away from the heart. After getting rid of all the pornographic material by deleting the downloaded videos, browsing history, and bookmarks, empty the cache; By throwing out magazines, etc., you can start with a clean whiteboard, and you will be less tempted to watch porn. If you are like many people, spend most of your days working on the computer. While it may be tempting to get back into the habit of watching porn, there are things you can do to make it harder to access. For example, you can install a porn blocker on your computer that will require you to go through a longer process to access porn sites. During this process, you may be less motivated to view pornography, or your willpower will come, telling you that it is an unhealthy idea that you will regret. While this option leaves some power in your hands, at least making it difficult for you to access your favorite porn sites could help you get rid of the habit in the short term. Porn blocking software could help you stop watching porn altogether, or at least it could help you reduce porn blocking at certain times of the day.

6) Stay busy:

His addiction to porn may have started because you were lonely, bored, and couldn't think of anything better to do. Now is the time to take your life in your hands, creating a meaningful routine that minimizes the amount of time you have to watch porn. That is how:

Workout:

Watching porn depletes dopamine (the brain chemical responsible for our feelings of pleasure). If your interest in sex has waned due to exaggeration in your porn habit, workouts can help you replenish and increase your dopamine levels in a healthy way. When you have sufficient dopamine levels, your motivation, focus, and concentration increase. Dopamine allows you to resist impulses (like watching porn) so you can reach your goals. When your dopamine levels drop due to porn viewing, it can leave you out of focus, unmotivated, lethargic, and depressed, which are common triggers for porn viewing. Exercise increases basal dopamine levels by stimulating the growth of new brain cell receptors. Doing light exercises like walking or yoga can also help increase dopamine levels. Also, sitting too much can reduce dopamine production in your body, so simply getting up frequently during the day can benefit your fight against viewing pornography.

7) Join a support group or sign up for group therapy:

Talking about your compulsion to watch pornography and listen to the experiences of others as they work to overcome the same habit can give you the support and motivation you need to get rid of the habit. Many choose to join a 12-step program in their area that provides support to combat this problem. Sign up for group therapy and find out how people overcome the same obstacles they face. Doing this will help you gain valuable insights and learn from other people's experiences. Not only will you feel comfortable being with other people facing your own struggles, but you will also be able to talk to people who are at all different stages of the abandonment process. You can discover how people have overcome the obstacles they face, and in the end, you can teach others how to overcome these obstacles. Often you will find that you don't really understand something until you can teach it yourself.

Conclusion

Perhaps the biggest lie that porn sells is that its fantasy world is full of sexual positivity: sex education, more sex, better sex, etc. However, what it does not mention is that a deeper consumer is immersed in that fantasy world, most likely, his reality is exactly the opposite. Pornography is complicated; science is simple: the more pornography a person consumes, the more difficult it will become to measure real relationships and sexual experiences. Eliminate superficial fakes and

put "sex" back on sexy. Or if you're not ready or old enough to have sex in your relationship, get excited about having a healthier mindset and expectations about sexuality.