

Yourbraininporn.com

Posted by Joenoahi - 13 Mar 2014 21:08

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This is what I learned from this website, Im sure most of u guys already know about this.

1. Ur brain is constantly on the look out for new things for different things for novelty.
2. I don't have enough neural pathways to do what I want to do and be who I want to be.
3. To change a habit you will need new pathways in your brain. Like walking on a trail until u know how it works.
4. Use your new brain about healthier ways to feel good and have fun. Like any physically activity. Which physical activity do I want to get into?
5. Do something creative and pour all your energy into a project and see how u feel.
6. Spend time with those u trust, having a companion helps people heal faster and avoid addiction.
7. Have lots of discussion and touch. Favors for each other's.
8. Don't be a slave to the old brain that only has biological desires and cravings.
9. Old brain vs new brain battle. Body vs soul battle.
10. "Who needs a life when u have porn, which feeds the brains desire to be chemically fed, instead of having it done naturally by living life.." You will need to Rewire your brain to do what u want to do.

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Re: Yourbraininporn.com

Posted by Dr.Watson - 13 Mar 2014 21:23

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I've been using YBOP and its associated forums for a long time and they have some good points and features.

However, it is beyond clear that they do not really understand addiction or how to recover. They believe that porn is the only problem, masturbation, chasing girls etc is fine. They think that if

you can go 90 days without porn, you're basically cured. They refuse to believe that they're powerless over porn and still don't want to fully give up on lust. The incredible relapse rate demonstrates how they have not understood these things.

Their main purpose is to help people cure porn induced erectile dysfunction PIED. More and more young people are reporting that they cannot get an erection when with their partner and drugs don't work, only abstinence from porn, and possible masturbation, for a period of time. It is extremely common for people to write a 'success story' saying that they had PIED and then went 40 days, or whatever, with no porn or masturbation and they were able to have sex again. Clearly that is not good enough for us.

So, while everything you said above is true, I think it misses the main point, which is that this is an addiction. They still have no idea how to recover from the addiction. Some people there have been cured from PIED, no-one has been cured from porn addiction.

I would highly suggest that you don't spend too much time there. You picked up some points, which is good. But don't be influenced by their mentality.

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Re: Yourbraininporn.com

Posted by Joenoahi - 13 Mar 2014 22:00

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I see,

Their thinking that they don't think lust is a problem makes me sick. It's like self-defeating. I hate their pride in being able to bring it up, lol. If that's their only concern it makes me sick to think about it. They all need to know about GYE. lol. I don't spend too much time on their website.

Thanks

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