

**Best Strategy to Start**

Posted by HolyNatan - 10 Jan 2019 21:50

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Hi everyone, I'm new to the group and have a question that I'd like some advice on. Currently, i'm embarking on my first 90 day challenge (very exciting!). I'm trying to overcome my desire to watch adult content/pornography and also masturbation. However, for the first 90 days, part of me feels like it will be too intense to stop both (although, it might end up happening naturally to stop both). I'm leaning on just doing adult content to start for 90 days, and then adding on the masturbation one after. Or...is it best to just knock both out at once? I've tried to stop both before I came to the site for help, and I lasted about 4 months without masturbating, and about 8 months without pornography, but I slipped and fell and lost both. However, I now added filters on my mobile and web devices so I don't think i will have some of the similar challenges anymore. Thoughts on the best way to approach this?

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**Re: Best Strategy to Start**

Posted by Thistimeillwin - 10 Jan 2019 22:24

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Interesting question. I asked a different question few months ago:

[guardyoureyes.com/forum/4-On-the-Way-to-90-Days/335694-Am-I-cheating](http://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/335694-Am-I-cheating)

whether not masturbating but not having zero-tolerance for 'soft'-triggers (looking and reading non-appropriate things which aren't porn) was cheating on the 90 day journey. In the end, I believe my failure was that I was 'feeding the beast' here and there till he overpowered me.

This question is somewhat the opposite, and though we can't condone one's continuation of masturbation, maybe it is possible to weaken the urge for porn without weakening the urge to masturbate. I would warn you, however, that though it may help for the porn addiction, it may backfire: you may get so used to masturbating without the porn that it's now too easy to relapse.

My vote: Cut both together; the lack of porn which you are so used to may lower the urge for masturbation.

By the way, 4-8 months is amazing, I think you will be able to do it!!

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Re: Best Strategy to Start

Posted by ColinColin - 10 Jan 2019 22:57

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Natan

I want to say Mazeltov because really, you have already completed the 9- day challenge!

This is now you getting back to being clean.

I would stop porn and masturbation and REPLACE them with some positive things

Walking

Reading

Listening to music

Praying

Studying

Seeing a friend

Cooking

Cheshbon Ha Nefesh

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