

The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 02 Aug 2021 17:37

EasyPeasy is an adaptation of Allan Carr's Easyway to Quit Smoking. The basic premise of the book is that it takes your mindset from being one of a user that enjoys porn (or Youtube, IG, Tiktok, etc.) and sees quitting as something hard to do, to a non-user that sees no benefit in using porn and sees quitting as the most natural thing in the world to do. You probably don't do hard drugs like heroine. If you read the book, you'll see porn like heroine: something that only harms you and provides no benefit, and is therefore very easy to not consume. That's why it's called EasyPeasy: because quitting is easy! You'll want to read the book, but here are *some* of the basic ideas of the book:

7 Core Ideas of the Book

- 1. You want to quit porn.** Don't forget this. You decided to escape the trap once and for all. Taking 1 quick peek will only suck you back in. This might seem tempting, except...
- 2. The trap has no benefit to it.** There is no advantage to porn. You might think that it helps you release, escape, deal with stress, etc. But in all of these cases, remember that the non-addict deals with these daily struggles of life better than an addict. Your addiction will only make and keep things worse!
- 3. Withdrawal symptoms are mild.** Remember, it is your fear of withdrawal symptoms that keeps you hooked. It's what makes you relapse. It's what makes you have "just one peek." But there is nothing to fear at all! The withdrawal symptoms are mild at best. You've gone through them countless times whether it be due to friends, family, school, or work. Biologically, there is nothing to fear. You won't explode.
- 4. The real issue is psychological.** It is the fear. It is the crutch that tells you that porn addiction will help you find fulfillment. It will help you fill the void of your life. It will do no such thing. If anything, it *created* the void in the first place. The larger fact is that you must know where these false beliefs came from. Primarily from:
- 5. Over a lifetime of looking at media, social media, friends, society, etc., you've been fed the lie that sex is the most important thing in the world.** They tell you that without sex, you are incomplete. That you must always be seeking sex. That if you don't, you're a loser. Start looking out for these things. Don't fear missing out on these delusions again. They are all lies anyways! They are told by people to make you feeling less worthy and hooked so that you can stay addicted to their apps, their products and services, and buy whatever they're selling them.
- 6. You've been "brainwashed" over a lifetime.** So reversing the lies will take some time. Affirm to yourself everyday about the truths you've uncovered in this book. Tell yourself how excited you are to become free from the porn trap. How great it feels to let the poison out. How

life gets better when you're a non-addict. You cannot passively do this. You must actively seek out positive messages and tell them to yourself. Please please please do this! Otherwise, you might slip up again.

7. In case you slip up, don't beat yourself up! Remember, that is part of the **trap**. Get back up, re-read the book, and try again. The brainwashing takes time to reverse. Affirm the truth to yourself: you weren't happy being a user. That's why you quit!

Emergency Reminder:

If you're feeling "on edge" with withdrawal and want to take "just one peek", remember:

Change the meaning of what you're feeling. Don't think that your body is asking for its fix, instead, tell yourself: "Wow! This is how it feels like when the poison drains out of me!" Or think, "That isn't a real urge, because I don't actually *want* porn anymore, now that I've read the book. That's a withdrawal urge! It's a sign of my brain and body becoming more healthy!"

Change the meaning of what you're feeling and withdrawals will be easily overcome. You're not fighting (i.e. using your willpower). You are changing the meaning!

Coda

These notes were adapted from notes I found elsewhere on the book. I hope this at least gives you an idea of what the book is about, as well as giving you some notes to refer back to from time to time or in a moment of forgetfulness of your decision to quit (i.e., an urge). These notes are definitely not a substitute for reading (or listening to, there's an audiobook linked in the pdf!) the book. Thanks and good luck, although you don't really need luck, you just need about 5 hours of time to read the book. If you have a commute, you could easily listen to the audiobook over a few days. Don't think about quitting before reading the book, this will be a barrier to starting. Just think "I don't have to quit at all, I'm just reading this book because I'm an intellectually curious person who enjoys reading new things!" This will make it easier to get started. You might want to print out the PDF so you can read it in a less distracted environment than a screen.

Please post any questions or insights in the thread, so others may benefit. Thank you!

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Re: The EasyPeasy Method for quitting PMO
Posted by anonymous.lost.everything - 11 Oct 2021 20:38

It's very interesting that the easy peasy method requires a 108-page tome.

I know excellent, powerful tools to control my lust. This is more than most people can claim. But once I mastered these tools I hit the original problem (what they call psychic pain) and I decided that I want to develop an addiction or die, because the root cause of it all is absolutely intolerable.

I also realized that my entire life has been pivoting around my addiction. Addiction is not just an attitude and a distortion, it's an entire mind, a personality. Trying to control that person, while technically succesful, was not a good goal, and I hurt a lot of people very badly while I tinkered with it. That is why I joined SA. It's the way I would view God and the world if I could live my life all over again.

But I believe that most people are not like me. They can end the compulsion using mental tools.

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 11 Oct 2021 21:27

[Markz wrote on 11 Oct 2021 02:42:](#)

Why should anyone be skeptical? The idea is sound. It can remove some of the pressure.

But the header is still misleading where you advertise and easy method to get clean, yet on the other hand it hasn't helped you to get fully clean... So I'm confused.

Some people ask "Does it work, though?" without bothering to check it out themselves. They're either skeptical that it will really work, or they're scared that they'll miss their friend: porn.

Don't know what a header is.

If I was misleading, I would lie and say I haven't had any lapses since I read the book first. The book is based on Allen Carr's Easyway, which I've used to "successfully" quit 2 other addictions; successfully being a term used to refer to long term non-use.

"Fully clean" is another one of those terms. What does that even mean? An arbitrary length of time after which others accept that you're never going to use again? Are you there to see the physical and mental signs of recovery that I go through in the first couple of days and weeks of abstinence? Are you there when I have a lapse and can see that my tolerance and de-sensitization have dropped considerably? Respectfully: I'm fully clean when *I* say so, just as I'm only addicted *when I* say so. If someone else thinks differently, they're entitled to their opinion; I've got opinions, too. It's the Internet, we've all got opinions here.

Every lapse of mine has lead to greater understanding of what I had previously not understood. There's no shame in a lapse of non-use. It's an opportunity to find out where you went wrong, and allows you to fix it. It's not a desirable outcome, certainly, but it doesn't mean you throw the baby out with the bath water and join a [religious cult](#).

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 11 Oct 2021 21:33

[wilnevergiveup wrote on 11 Oct 2021 05:16:](#)

I think what Markz is trying to ask is are you you a happy and clean guy? Or are you *just* a happy guy (because you don't stress about being clean)?

Good question. I'm happy that I'm not using porn. I'm happy to be a non-user now and forever. I used to quit and think about how long I could keep it up, counting days and getting more fearful as the day count got higher. The higher the climb, the higher the fall.

Now when I get a thought of using porn, which still happens occasionally, I just think (it's all in the book, folks) "Great, I'm no longer a user" or "that's something that users have to deal with all the time, good thing I'm not a user", and the feeling quickly passes. I've divorced the craving from needing to use porn, and now just recognize it as an echo of what my brain and body used to think I needed to do.

My lapses have come in a pattern of (when they have happened) just making bad decisions. Fixable behavior patterns that I've since fixed. It wasn't the traditional relapse cycle of 1)emotional relapse 2)mental relapse 3)physical relapse. That doesn't happen; I don't have emotional relapses anymore. I don't have triggers anymore. I don't see porn as a stress-reliever, for instance.

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 11 Oct 2021 21:44

[Trouble wrote on 11 Oct 2021 13:27:](#)

I don't get disgusted after a porn session.

I save tabs and look at them again.

Porn is beautiful and enjoyable for me, especially the kind I like.

[Personally, I have a hunch that this whole dopamine business is a load of crock, but maybe not.]

Oh well, not every method will work for everyone.

Thank you for this, I am genuinely curious:

If you enjoy porn and find it enjoyable, what led you to seek out GYE? I'm not being facetious, I just don't understand why anyone would want to stop something if they enjoy it.

Also, if you really enjoy porn, especially the kind you like, then why don't you enjoy the kind of porn that you don't like? Every user has their "red line" of what they consider to be enjoyable and acceptable, and what they consider to be shocking, disgusting and distasteful. Is that what you were referring to?

It's healthy and normal to be skeptical about stuff like dopamine before doing your own research, and not just believing some rando like me. I recommend reading these brief overviews into how porn affects your brain's reward system (you can replace the word 'evolution' with 'Hashem's design' if that is going to stop you from reading. That's what they've done in reverse lol):

www.yourbrainonporn.com/miscellaneous-resources/start-here-evolution-has-not-prepared-your-brain-for-todays-porn/

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 11 Oct 2021 21:50

[chancy wrote on 11 Oct 2021 20:11:](#)

I understand what the point you are making.

However, i dont understand how you get around the fact that whatever chemical watching porn or being aroused, releases, feels very good and it creates a craving. I can tell myself till tomorrow that its not real and everything but the blissful feeling is real and that what addictions do. Same way a drug addict cant just convince themselves that its not real. because the pleasure is very real. I have very strong filters everywhere and im planning on never looking at any type of indecency anywhere. I havent seen anything bad in months. But when i come in contact with a unfiltered device or anything that i used to use for pleasure back in the day, i still get a surge of pleasure in my heart and my pulse increases for a few seconds and then i move on. But i dont now how to rewqire my brain to forget that pleasure that i used to have.

Do you get pleasure out of sticking a needle in your arm and injecting heroine into your vein? If you're not a heroine user (I assume) then you don't. Because obviously, sticking a needle in your arm isn't a pleasurable activity.

But a heroine user will get pleasure from doing so, even before the dope gets into their

bloodstream!

They're not getting actual pleasure, they're getting the idea of pleasure, namely they feel bad due to withdrawal, and when they relieve their withdrawal by taking the drug that caused it in the first place they feel a little better, and that convinces them that they're getting actual pleasure. Where's the pleasure?

Your pulse surges. I know that feeling, your breath quickens, right? That's not pleasure, that's not how I feel when I enjoy a genuine pleasure. If you're interested in learning more, check out the book.

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 11 Oct 2021 22:04

[anonymous.lost.everything wrote on 11 Oct 2021 20:38:](#)

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I also realized that my entire life has been pivoting around my addiction. Addiction is not just an attitude and a distortion, it's an entire mind, a personality. Trying to control that person, while technically succesful, was not a good goal, and I hurt a lot of people very badly while I tinkered with it. That is why I joined SA. It's the way I would view God and the world if I could live my life all over again.

But I believe that most people are not like me. They can end the compulsion using mental tools.

Look, if you want to go to meetings that's cool. But what if quitting could be easy and even fun? What if it were just like dropping an object from your hand that you had been holding onto very tightly? Think about it.

What if all of the things that you did while in addiction weren't because you are a bad person? What if all of the things you think you need to fix about yourself are not causing the addiction, but are *caused by* the addiction? You really have nothing to lose by reading the book: if it's not for you, you have nothing to lose. If it works for you, you will have gained tremendously. There's even a free audiobook linked in the beginning.

As for 108 pages, it's really less than that due to some blanks. Also, if you're in SA they ask you to read the *Big Book of AA* (164 + 412 of stories = 576 pages), the *SA white book* (212 pages), along with all kinds of AA and SA literature, like *Came to Believe* (121 pages), *12 & 12* (192 pages), *Recovery Continues*, *Step into Action*, and so on. I've read all those books and more, we're talking multiple books and hundreds of pages. I've also spent hundreds of hours in meetings. What's 108 pages? That's nothing!

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Re: The EasyPeasy Method for quitting PMO
Posted by Shteeble - 12 Oct 2021 01:37

[ihadstringsbutnowimfree wrote on 02 Aug 2021 17:45:](#)

Porn creates the very symptoms it relieves, and ceases to relieve them completely.

Every porn user consumes porn purely to relieve the dopamine craving caused by it.

Will I miss the fun? No. Isn't withdrawal painful? NO.

Try reading the book, you have nothing to lose and everything to gain. I wish I'd read this years ago.

easypeasymethod.org/easypeasy.pdf

Looks intriguing. Thank you for posting.

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Re: The EasyPeasy Method for quitting PMO

Posted by anonymous.lost.everything - 12 Oct 2021 15:09

[ihadstringsbutnowimfree wrote on 11 Oct 2021 22:04:](#)

[anonymous.lost.everything wrote on 11 Oct 2021 20:38:](#)

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I think that argument applies very much to the average skeptic, and I agree with it. But in my case I can show the necessity of a support group in cases like mine, and making the addiction go away is not a desirable goal, because the good sides of me are also the addiction, so when the addiction goes away for good I'll be nothing at all.

I do believe that there are two kinds of people who have compulsions, and your tools probably work very well for the other kind.

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 13 Oct 2021 01:19

I wish you would consider the possibility...that the personality traits that you think are causing the addiction, are actually caused by the addiction!

If you need a support group, by all means keep at it, you're doing great! You can also look into SMART recovery, you might like it.

You should know something about 12 Step groups (AA, SA, etc). They have an abysmal abstinence rate. It's so low (less than 5%) that it calls into question whether the steps do anything. (Polite way of saying that they don't do anything. Look into 1970's Dr. Valient, board member and lover of AA, who did a study on AA [here](#)) No one told me this before I started going to SA. I had so many questions and stiros m'nei u'bei about everything I heard and read

about in SA and AA, but I pushed it aside, because "it works, so whatever." Get this clear in your mind regarding the steps:

They don't work!

I'm not saying don't go, because you might still get some utility out of a peer support group; additionally, you might feel less shame and guilt after meeting with other addicted persons. But know this: Bill Wilson's spiritual experience was caused by an LSD trip. He tried to make it part of the steps but it never stuck. Also, LSD became illegal, so there's that.

Bill Wilson called smoking the "hardest addiction to break".

Well, Allen Carr's Easyway has a 90% success rate at their stop smoking seminars for helping people stop smoking for at least 12 months! If Billy says it's the hardest addiction, and Easyway has a 90% success rate vs. 12 Steps 5% success rate, then Kal v'Chomer Easyway is at least 18 times better than 12 step. Easy Peasy is an adaptation of Easyway for porn addiction. You owe it to yourself to read it. You'll be no worse off than you are now. On the contrary; you stand high chances of making enormous gains!

AA, SA and 12 steps are no more than a sham and a religious cult. That's why Bill Wilson's house is now a religious shrine. They only exist because they had first mover advantage in the late 1930's, and have stuck around since then by grifting every well-meaning medical professional and clergy member that they could swindle, and by employing their members in expensive, government and insurance funded rehab centers that also don't work as they're just glorified AA. It's not the members' fault. They were swindled by Bill Wilson, who was partially swindled by Frank Buchman, the Hitler-loving founder of the Oxford Group, which is EXACTLY the same thing as AA, even though Wilson says he changed stuff in the Big Book. He didn't. Everything AA says is a lie, and that's because Bill Wilson was a liar, in addition to being a thief (stole the rights to the Big Book from the first 100 members (50% of whom relapsed within 6 months of the book's publication, btw))and a womanizer. What a great, spiritual guy, right?

It's not the people in AA's fault: they were lied to themselves by previous members who in turn were lied to by Billy Wilson and Dr. Bob (also a terrible guy). I don't hate them, but I do resent and pity them. That's right. A resentment. Deal with it, Roy K.!

I'll take my porn-free life and keep it moving. Trust your judgement, and don't let the steppers make you think you're a bad person. You're not bad, you're not dumb, and you don't lack willpower. You are just one of many that fell into the subtle trap of addiction. Good news! There's an easy way to pull yourself out, it's called EasyPeasy, and you should read it or listen to the audiobook!

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 13 Oct 2021 01:27

Sorry, I just had to get that stuff out there. Actually, I'm not sorry. I'm angry that I didn't know these facts about AA and SA before wasting countless hours of my time, not to mention my money, on pointless meetings and books that were clearly written by someone in the middle of experiencing a stroke.

I've decided that I'm free from porn, and have no reason to visit GYE anymore. I had only been coming back these last couple of months sporadically, just to let people know about Easy Peasy. People know now, and more will find out about it as people share their success stories. My work here is done. It's time to go and enjoy my porn free life. See ya and good luck. If you read EasyPeasy you won't need luck. I'm out.

I had strings...but now I'm free.

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Re: The EasyPeasy Method for quitting PMO
Posted by Markz - 13 Oct 2021 03:15

HEY SLOW DOWN!!!

I've been meaning to ask who the author of the Peasy method is, because you sort of announced the article at the same date that it was printed, so I was wondering if it's yours?

PAGE 106

“There are many competing methods for overcoming addiction, each with different success

rates. I'm not going to mention any of them because most of them are a waste of time and I want to keep this as short as possible."

No professional would write like that!

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Re: The EasyPeasy Method for quitting PMO
Posted by anonymous.lost.everything - 13 Oct 2021 03:20

Okay later on if you decide that you want to be friends with some sex addicts I hope you'll come back.

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Re: The EasyPeasy Method for quitting PMO
Posted by wilnevergiveup - 13 Oct 2021 11:49

Maybe I missed something but that link you posted www.michaelmurphypsychologies.com/vaillantaacultorcure.pdf is saying quite the opposite. I am really confused.

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Re: The EasyPeasy Method for quitting PMO
Posted by Trouble - 13 Oct 2021 14:25

[anonymous.lost.everything wrote on 13 Oct 2021 03:20:](#)

Okay later on if you decide that you want to be friends with some sex addicts I hope you'll come back.

I haven't been following the conversation at all (because "easy peasy" methods don't speak to me; truthfully, now, "shverer kishuy" methods don't speak to me as well), but if you'd like to befriend a sex addict, I'm available.

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