

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 Hopeful2022 - 24 Oct 2022 10:55

I am so thrilled to see this post. This is probably going to be my last post on GYE. The more I learn about GYE and its censorship of these forums makes me question their true intent. I have played by the rules, I have taken the F2F program. I have met some wonderful people on here and "checked-in" almost daily to track my urges and fails.

I was triggered by a guy in the chat and when he asked me "what is my favorite type of porn?". I told him.. and moments later, I am kicked off the chat, never to be allowed in again, even after repeated requests for "forgiveness".. I am glad that AA doesn't kick people out after they slip up and have a one drink!

Then yesterday, I started a new topic to discuss something very relevant and I must say, well written! And the powers running the site, didn't allow it to see the light of day. I will not say what the topic was, because this post would also be never seen or read.

I have said in previous posts that I do not live in the Frum world and since labels seem to be important, I will say that I am Modern Orthodox. What my studies have taught me is a Jew is a Jew and none of us are any more important than any other, regardless of religious observance. Maybe that is not the case in some segments of the Jewish world.

Free will is the cornerstone of Jewish life and everyones lives, and that is antithetical to this website and possibly the Frum world. I would love to go on and have a conversation with all of you about how using your free will, will help you in all aspects of your life and specifically the issue that brought all of us together here. But that doesn't appear to be allowed on here.

It is sad that this post may never get read but if it is, and people want to respond and are allowed to share their opinions and not just parrot the company line, then I will stay, If not... then this is a good bye that will never be heard.

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Re: The EasyPeasy Method for quitting PMO
Posted by MenachemGYE - 24 Oct 2022 11:54

Exactly.

The [text of the ad](#) reads "**Kedusha is the foundation (Yesod) of Klal Yisrael**. Though it's hidden underground, it holds up our

entire spiritual structure. Today, this foundation is under unprecedented attack."

(Kedusha has been an issue since the times of Noach - see this week's Parsha... so I don't know if today's challenges are truly unprecedented... but the ad has a point.)

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Re: The EasyPeasy Method for quitting PMO
Posted by yechielmichel - 24 Oct 2022 12:46

[ihadstringsbutnowimfree wrote on 24 Oct 2022 03:28:](#)

I haven't been on GYE for many months, but I saw an ad in one of the papers over R"H for GYE that depicted it as the foundation for all of frum living.

How is this possible? Something that didn't even exist 20 years ago is now the underpinning of all of frumkeit? I disagree.

Perhaps one could argue that modern problems require modern solutions, and if we're spending so much time looking at screens, then we need a screen-based solution. It's certainly possible. I would argue that if you're spending so much time in front of a screen, then the solution is to simply spend less time in front of a screen.

I think there's a lot of hypocrisy in the frum world when it comes to all of this stuff, and most of it is driven by profit and organizational growth incentives. There are ads in frum papers for

smartphone apps to learn gemara and whatnot. Is this good? Bad? I don't know. All I know is that when I was in yeshiva they wouldn't let us have a CD player (mainstream yeshiva), and now there are ads for smartphones in the kosher papers. Something about all this seems off.

And the foundation for all of our lives? GYE. Like a good neighbor, ~~State Farm~~ GYE is there.

I just don't know anymore.

See you in another few months. Or never. Good luck, but you don't really need luck, you just need to stop and think of which of the solutions available to you would work for you. I chose EasyPeasy and Rational Recovery. Some choose SMART.

Above all, choose yourself.

While the ad might have been a bit hyperbolic to make a point about how foundational the GYE cause is...

GYE deserves a lot of credit for all the work they do. For many who are stuck it is their first resource. "You just need to to stop and think" as you said. For some GYE provides the wake up call.. for others it provides the information on the available solutions...

GYE might not be the "foundation" of your life, or my life at this stage. But I would posit that for someone who is struggling, it absolutely is...

And even if it is not the foundation, as the creative ad director might have perceived, it is still a unique and valuable resource.

Thank you GYE!

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Re: The EasyPeasy Method for quitting PMO
Posted by ChaimMod - 24 Oct 2022 12:56

[Hopeful2022 wrote on 24 Oct 2022 10:55:](#)

I am so thrilled to see this post.

Hi

Please let me know which post you're referring to and what's bothering you about it so we can try to help.

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Re: The EasyPeasy Method for quitting PMO
Posted by Ki Sorisa - 24 Oct 2022 18:48

I have seen it brought down that the Neshamot of the final generation prior to the coming of Moshiach, will be gilgulim of the Nesahmot that lived in the generation of the Mabul, so while yes it may not be unprecedented, however ever since then we probably haven't faced challenges to the same degree that we currently are.

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Re: The EasyPeasy Method for quitting PMO
Posted by Ki Sorisa - 24 Oct 2022 18:51

[MenachemGYE wrote on 24 Oct 2022 11:54:](#)

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Re: The EasyPeasy Method for quitting PMO
Posted by Grant400 - 24 Oct 2022 19:17

[ihadstringsbutnowimfree wrote on 24 Oct 2022 03:28:](#)

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How is this possible? Something that didn't even exist 20 years ago is now the underpinning of all of frumkeit? I disagree.

Not sure what logic you are applying. Kedusha was always a foundation and it's under attack like never before because of modern technology. GYE is here to help that.

Perhaps one could argue that modern problems require modern solutions, and if we're spending so much time looking at screens, then we need a screen-based solution. It's certainly possible. I would argue that if you're spending so much time in front of a screen, then the solution is to simply spend less time in front of a screen.

If it would be as simple as that, why did you need to use all the methods you quote below?

I think there's a lot of hypocrisy in the frum world when it comes to all of this stuff, and most of it is driven by profit and organizational growth incentives.

Convenient word salad, with the standard baseless accusations and name calling.

There is no "Frum World Headquarters" where all the black garbed bearded rabbis scheme together in a bunker. There aren't any collective decisions being made by a selected few who control our yeshivos, publications and websites. So who are you pointing your finger at?

There are ads in frum papers for smartphone apps to learn gemara and whatnot. Is this good? Bad? I don't know. All I know is that when I was in yeshivah they wouldn't let us have a CD player (mainstream yeshiva), and now there are ads for smartphones in the kosher papers. Something about all this seems off.

The world has changed. For some, unfortunately, new technology is required to support their family. BH we now have some relatively kosher options. That's what the ads are for.

I just don't know anymore.

See you in another few months. Or never. Good luck, but you don't really need luck, you just need to stop and think of which of the solutions available to you would work for you. I chose Easypeasy and Rational Recovery. Some choose SMART.

Above all, choose yourself.

Goodbye. Hope you stick around if you have methods that worked, but especially if not.

Grant

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Re: The EasyPeasy Method for quitting PMO
Posted by excellence - 25 Oct 2022 18:55

@grant400 ur back?!!!!!!!!!!!!!!!!!!!! Yippe!!

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Re: The EasyPeasy Method for quitting PMO
Posted by Hashem Help Me - 26 Oct 2022 20:37

What are the issues? I have found the moderators to be professional and caring. They have guidelines that seem to be quite flexible and have a strong interest in being inclusive and working things out. Maybe reach out to some of the old timers here to ask them to communicate on your behalf to the moderators.

Despite whatever criticism some may have of GYE, personally, I am indebted to them immensely. (And from my conversations with others, it appears many share that same feeling of deep gratitude.) No organization is perfect, but they are doing an awesome service for all of us, and continuously strive to better their techniques and range of services. Let's face it. There is a fire raging, and GYE is the lead team of courageous firefighters dealing with this awesome crisis. There is little time to sit and plan, because more nefashos are being singed with each passing hour. So they keep moving in, attacking from all angles. Could they do it better? Maybe, maybe not. Who cares? They are doing and doing, **and the result is that they are accomplishing great things**. I think they would rejoice if other organizations would compete with them, thus saving more people.

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Re: The EasyPeasy Method for quitting PMO
Posted by frank.lee - 27 Oct 2022 00:37

[ihadstringsbutnowimfree wrote on 24 Oct 2022 03:28:](#)

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I just don't know anymore.

See you in another few months. Or never. Good luck, but you don't really need luck, you just need to stop and think of which of the solutions available to you would work for you. I chose Easypeasy and Rational Recovery. Some choose SMART.

I disagree. I think that "simply spend less time in front of a screen." Joking...

Thank you for sharing your insight and thoughts!

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Re: The EasyPeasy Method for quitting PMO
Posted by Markz - 27 Oct 2022 02:01

Hopeful & Mr Tzitzit strings

What is this thread?

"The Cheasy Method for quitting GYE"???

I've been around the block on gye - the mods don't hold back threads unless there's seriously triggering stuff or something like that.

Please "Return again

Return again

Return to the land of the living”

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Re: The EasyPeasy Method for quitting PMO
Posted by excellence - 27 Oct 2022 08:36

[Hashem Help Me wrote on 26 Oct 2022 20:37:](#)

What are the issues? I have found the moderators to be professional and caring. They have guidelines that seem to be quite flexible and have a strong interest in being inclusive and working things out. Maybe reach out to some of the old timers here to ask them to communicate on your behalf to the moderators.

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This post from HHM defending GYE and giving credit where it is truly due to the worlds most selfless and incredible organisation, ought to receive 1000 "thank you's" not just 3!

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Re: The EasyPeasy Method for quitting PMO
Posted by Hopeful2022 - 27 Oct 2022 10:17

I have no issue with the Mission of this site, it is sorely needed, and since it is free, they sure are not doing it for the money! The problem I have is I am sensing a trend among the users of this forum. They continue to say the same things repeatedly, and the answers are generally the same.

What I don't see is any critical thinking, thinking outside the box, new ideas, suggestions, or maybe a slight disagreement on a particular topic or idea. I am thinking (and I could be wrong) that anyone that may suggest something outside of the regular answers is getting muted and dismissed. I read the rules, and I know that you can't say certain things or bring up certain topics; I understand and agree totally. You have to have rules to keep things in order.

I, on the other hand, have experienced this bias at least twice. I will not go into the two glaring examples of this, as this post will also never be seen by anyone. I am only here to help myself and maybe help others, and having an open and honest discussion can only make things better for everyone.

I feel that I could add to the conversation and have contributed to this forum and, therefore, maybe helped a few people along the way; I don't want to leave (obviously, since I am here writing this), but having each word or statement having to stay within a very narrow set of parameters is beyond frustrating and not helpful to my situation.

One suggestion I could give is that if a comment is disallowed, a moderator should at least send a short response to the writer, telling them why it was disallowed. I know they have a lot to do, but if they have the time to disallow a comment, spend another 30 seconds telling the person why. Is that too much to ask?

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Re: The EasyPeasy Method for quitting PMO
Posted by excellence - 27 Oct 2022 13:03

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I wasn't going to reply, but I can't just sit and say nothing because it may look like someone agrees.

I vehemently disagree with your statement that "GYE does not think out the box". Just take one look at gyewiki: wiki.guardyoureyes.com/Main_Page for a small glimpse of how much research into this area they have done. They offer a wide variety of services, have helped/help Jews on all parts of the spectrum & offer resources like 12 steps, smart recovery, chat, forums, partners, mentors, ebooks, etc etc. many of these resources are used in the secular world too as tools for recovery.

So unless you label the secular world as narrow minded and naïve, then I'm beginning to think perhaps it's you who does not think out the box.

In addition to the above, I have personally found GYE very receptive to any suggestions and encourage feedback to improve further.

If your going to bring negative vibes to this platform the pls reconsider posting here.

I do hope that you find the right place that will provide you with the tools you need to break free,

Sincerely,

Excellence

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