

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!

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Hopeful2022 - 27 Oct 2022 15:10

---

I would love to explain what I said and have a dialogue, but I can't... I can't DM you, I have had that taken that privilege away from me.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Hopeful2022 - 27 Oct 2022 15:43

---

I also was not going to reply, but felt that there is always a benefit in a dialogue. I challenge you to look into my past posts and see where I brought "negative vibes" to this forum. I can save you some time, as you will not find any.

If "negative vibes" is asking question about what I am reading on here, then maybe I am guilty of it. As far as reconsidering posting here, that will be my decision, not yours. I will not comment on your insult of being closed minded. You are entitled to your opinion, even when I disagree. Thank you for forwarding my point.

I simply felt that at the very least I should have been given the respect of a reply to the posting and telling me what rule I broke or why they felt it was no fit for publication. Maybe I am wrong and am more then willing to admit and accept it.

I know that I am older than many of the people on here and living in a non-religious area. I am not as easily swayed and influenced as some younger people without the years of living in this world may be. I like to ask questions, I like to discuss differing viewpoints, and in this current trouble world that is neck deep in tribalism, I know that I am in the minority.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Kavey - 27 Oct 2022 15:45

---

I see. I thought it was just chat and not Private Messaging. Unfortunately I don't have a secure way to communicate outside of this website.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Hopeful2022 - 27 Oct 2022 15:52

---

I have 9 Private Messages, but I can't open them..

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Hopeful2022 - 27 Oct 2022 15:57

---

Communicating outside the website is not a good idea. I learned the hard way, let just leave it at that. LOL

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by chancy - 27 Oct 2022 16:12

---

I Hopeful,

I understand your frustration, you feel like you have what to share and you can help people but you are being stifled and held back, it could very very upsetting!

However, I want to answer to one point that you have made about frum media advertising smartphone usage and social media. **YOU. ARE. RIGHT!**

This is a crime! Lots of people are complaining loudly about this, and there is now a movement to have every magazine and newspaper get a hecsher so that i know which ones i can take into my house. Some good magazines will not put any advertisements if they add social media icons.

We cant think social media is dangerous and yet accept it as a normal way of doing business.

Please dont get cynical and put down all 'frum' people like we are just a bunch of hypocrites.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Kavey - 27 Oct 2022 16:18

---

I think you may be conflating posts from 2 different people.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Hopeful2022 - 27 Oct 2022 16:24

---

I am not putting down ANYONE. I never said "frum" people are hypocrites. Far from it! I have nothing but love and respect for them. I hate the word "frum".. It has a negative connotation to it. Of course, there are good and bad in any community but I am not in anyway painting the entire religious community with such a broad brush. Please accept my apology , If I made a comment that insinuated that.

I 100% agree that it is a problem to denounce Social Media, while at the same time advertising it. It is a problem that is not easy to solve! I am glad that there are people working on it and hopefully come up with an acceptable answer.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by excellence - 27 Oct 2022 18:15

---

[Hopeful2022 wrote on 27 Oct 2022 15:43:](#)

I also was not going to reply, but felt that there is always a benefit in a dialogue. I challenge you to look into my past posts and see where I brought "negative vibes" to this forum. I can save you some time, as you will not find any.

If "negative vibes" is asking question about what I am reading on here, then maybe I am guilty of it. As far as reconsidering posting here, that will be my decision, not yours. I will not comment on your insult of being closed minded. You are entitled to your opinion, even when I disagree. Thank you for forwarding my point.

I simply felt that at the very least I should have been given the respect of a reply to the posting and telling me what rule I broke or why they felt it was no fit for publication. Maybe I am wrong and am more then willing to admit and accept it.

I know that I am older than many of the people on here and living in a non-religious area. I am not as easily swayed and influenced as some younger people without the years of living in this world may be. I like to ask questions, I like to discuss differing viewpoints, and in this current trouble world that is neck deep in tribalism, I know that I am in the minority.

It looks like my words were understood in a harsh manner more than I actually intended. I apologise. The last thing I would want to do is to hurt another Jews feelings. The negative vibes I was referring too was portraying GYE as a "boxed in" organisation. You are entitled to your opinion and I fully respect that. I also wasn't trying to tell you to stop posting, rather I was saying that if you feel GYE is too closed minded for you then I hope you find your salvation somewhere else, as for me GYE is my only salvation.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Grant400 - 27 Oct 2022 19:48

---

[Hopeful2022 wrote on 27 Oct 2022 16:24:](#)

I am not putting down ANYONE. I never said "frum" people are hypocrites. Far from it! I have nothing but love and respect for them. I hate the word "frum".. It has a negative connotation to it. Of course, there are good and bad in any community but I am not in anyway painting the entire religious community with such a broad brush. Please accept my apology , If I made a comment that insinuated that.

I 100% agree that it is a problem to denounce Social Media, while at the same time advertising it. It is a problem that is not easy to solve! I am glad that there are people working on it and

hopefully come up with an acceptable answer.

Frum is just a Yiddish word. No connotations. It's people who have negative feelings.

=====  
=====

Re: The EasyPeasy Method for quitting PMO

Posted by Hopeful2022 - 27 Oct 2022 20:02

---

I also apologize, as my reply was not written in the most thoughtful manner. I am very emotional about this issue (as most of us here on this site). This has been a problem for me for decades and GYE is the first serious organization that I found that is attacking this problem head-on and I want, or better yet, NEED it to work for me. I just want to make it better, that is all.. I am sure the moderators have their hands full with a bunch of guys dealing with this issue all at the same time.

It is an added challenge to have a problem that I so heavily caused by the internet, and we are using that same internet to try to beat it!

A little more transparency is all that I am asking for. I would liked to be called out when I screw-up so I can learn from my mistakes, not just booted-out and ignored without even a reason or cause.

Thanks again for the reply! Be well!

=====  
=====

Re: The EasyPeasy Method for quitting PMO

Posted by Kavey - 27 Oct 2022 23:21

---

[ChaimMod wrote on 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.

@ChaimMod have you or one of the other mods responded to Hopeful? His request seems reasonable.

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Markz - 28 Oct 2022 00:42

---

[Kavey wrote on 27 Oct 2022 23:21:](#)

[ChaimMod wrote on 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.

@ChaimMod have you or one of the other mods responded to Hopeful? His request seems reasonable.



*The revolution has begun. We will now be moderatin' the mods@Twitter*

=====  
=====

Re: The EasyPeasy Method for quitting PMO  
Posted by Kavey - 28 Oct 2022 00:47

---

LOL

=====  
=====