

how do i strart

Posted by jonthen123 - 03 Mar 2024 16:37

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hi i am a young married men looking to stop p&m whats the best frist step i was alwase verry sexeul even before porn i used to materbate play arounfd fantsies but when i got married i stop i now after 4 years keep faling back do to strees whats the best way to stop and what path should i take

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Re: how do i strart

Posted by notezy - 03 Mar 2024 16:51

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Welcome!

In no particular order here are some ideas:

1. Find a partner and/or a mentor someone to keep in touch with.
2. read others stories.
3. F2F program and book (the battle of the generation) an option try when you are ready.
4. look into diffrent types of filters for your devices find what's right for you.
5. when ready start a 90 day challenge on the forums.
6. Set small achievable goals.

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Re: how do i strart

Posted by jonthen123 - 03 Mar 2024 17:07

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thank you were could i find a mentor

and is there a set up for ths 90 days

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Re: how do i strart  
Posted by notezy - 03 Mar 2024 17:44

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The site has a section where you can look for a mentor or partner to Match with but better to request someone to reach out to you on the forums I see people having more success this way finding someone

as for the 90 day thing the site has a section to track stuff if you want and a place on the forums to post about it so start a thread I would read about others journeys for the 90 section to temper your expectations and I would recommend first finding a mentor before you set out on it.

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Re: how do i strart  
Posted by Captain - 04 Mar 2024 12:43

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Welcome! Also check out The Battle of the Generation and The Fight (links below).

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Re: how do i strart  
Posted by chaimoigen - 04 Mar 2024 15:07

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[Captain wrote on 04 Mar 2024 12:43:](#)

Welcome! Also check out The Battle of the Generation and The Fight (links below).

El Capitan is right.

So many have benefited by reading this amazing book. Try it! It has opened new doors for many of the good folks here.

Read some threads. Post a little. Get to know some folks . This is a good place.

There is hope. So many people have learned to live clean. You can too!!

Here's a warm hand in welcome,

Chaim Oigen

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Re: how do i strart

Posted by davidt - 04 Mar 2024 15:29

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[jonthen123 wrote on 03 Mar 2024 17:07:](#)

thank you were could i find a mentor

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**partner-program**

[guardyoureyes.com/tools/partner-program](http://guardyoureyes.com/tools/partner-program)

**90-day-chart**

[guardyoureyes.com/tools/90-day-chart](http://guardyoureyes.com/tools/90-day-chart)

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