

hi all

Posted by cr7 - 22 Mar 2018 08:25

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hi,

i live in the UK and I watch porn 2-3 per week. I came across this forum as I had already read and watched a lot of videos from the 'nofap' movement. I am now trying to stop as I know how detrimental it is.

it is nice to meet all of you!

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Re: hi all

Posted by Singularity - 22 Mar 2018 11:45

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Welcome!

I think you hitched your wagon to the right horse

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Re: hi all

Posted by ieeyc - 22 Mar 2018 13:37

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welcome ,i hope you find quickly here what you came looking for !keep on posting ,i know it feels awkward in the beggining but before you know it ,youll feel a big load off your heart.try

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Re: hi all

Posted by gibbor120 - 27 Mar 2018 14:34

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Welcome! Check out the handbook. Keep posting.

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Re: hi all

Posted by Yerushalmi - 29 Mar 2018 18:48

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In order to stop, you must filter your devices. Close off all entry points for the porn to get in. It's very very hard to stop, if it's just a few clicks away!

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Re: hi all

Posted by bear - 30 Mar 2018 21:46

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Welcome, Hatzlacha.

In addition to the handbook and filters, I would also recommend the daily emails.

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