

How I cut down P8rn

Posted by yeabe - 11 Jan 2012 20:35

I used to be a huge baali taivo. amassing gigabits of images and movies. I cut it out almost perfectly. here is how I did it.

Your never going to be able to stop cold turkey if your diet has been filthy images. What you need to do is when you get that uncontrollable urge is to at first only stay on one site and then eventually one image or movie that you like. this image must be one that really triggers you good. because if not you will search for more. You must think and ponder why this particular peice of media gets you going. Your next step is to next time use your memory of the image. no computer at all. You have finally busted the addiction to shmutz on the web. You have to mekabal on yourself that you don't need sex so much. If you can whittle down hundreds of images to just one you like you have made great progress.

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Re: How I cut down P8rn

Posted by obormottel - 12 Jan 2012 17:27

Not to kick a man when he's down....

oh, whattheheck....

Dear yeabe,

great to see you're trying to conquer this bad habit of yours. Before dishing out advice, though, perhaps you should think about it a little.

It usually takes me two to three hours to find that perfect image. By then I have usually masturbated 2 or three times. Then I am usually overcome by remorse for the time wasted, seed wasted, life wasted, and I know exactly why I should never ever do it again. And then I sleep on it (and maybe use the image in my head for some additional excitement) and then I start over again as soon as I get to the computer the next day.

Please read the handbooks you can find on this website, and make for yourself a plan of action that is suggested by someone outside of your own head, because if you're anything like me when it comes to internet porn, then we're really really dumb.

Mottel

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Re: How I cut down P8rn

Posted by kidushashem - 22 Jan 2012 18:36

yeabe, you say that you used to be a huge baal taiva and that you cut it out almost entirely. What exactly do you mean? Have you stopped lusting, mas*** and watching p***, or are you still doing it sometimes?

This solution you came up with sounds too good to be true and I can't imagine that it really helps long term. Can you enlighten us?

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Re: How I cut down P8rn

Posted by gibbor120 - 23 Jan 2012 22:09

KH, I'm sorry to burst your bubble, but I think you should look elsewhere for ideas. I'm highly suspicious of this idea... and that's being VERY kind.

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Re: How I cut down P8rn

Posted by obormottel - 23 Jan 2012 22:21

did they censor Censored again?

and KH, buddy, you should know better...

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Re: How I cut down P8rn

Posted by elihelp - 29 Jan 2012 16:48

Dear yeabe,

While I agree with you that stopping cold turkey is like a crash diet and doesn't work in the end, but looking for the porn that triggers you. As a baal taava, I love that advice, but as someone who's looking to stop being one, this idea is not for most of us ("most", because it DID help you). You need to read the hand book, follow the 12 steps, it's a stable approach, one with small goals to reach so you can get to the top without the cold turkey way.

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Re: How I cut down P8rn
Posted by kidushashem - 01 Feb 2012 00:30

Mottel, Gibbor,

thanks for your concerns about my sanity:-)

I always like to give people a chance, no matter how unconventional their ideas might seem. I think people are a bit too quick to knock other people and their opinions on this forum.

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Re: How I cut down P8rn
Posted by obormottel - 01 Feb 2012 00:41

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Re: How I cut down P8rn
Posted by yeabe - 01 Feb 2012 17:51

knock it if you want but if you want to cut it out download one or two movie clips that really get you going and only use that the next time. don't; go on sites.

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Re: How I cut down P8rn

Posted by gibbor120 - 01 Feb 2012 18:17

[yeabe wrote on 11 Jan 2012 16:54:](#)

Hi guys

I consider not looking at girls an impossible task. can a lion desire a basket of straw? he can only desire meat. And your the same. Not looking at the opposite sex is unnatural.

Apparently, you are not as successful as you say.

I don't think you should give others advice on how to stop, when you, by your own admission - can't. There are many on this site who are sober for months, years, and some for multiple years. Why don't you stop for a moment and listen to them? Maybe, just maybe, they have something worthwhile to say.

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Re: How I cut down P8rn

Posted by obormottel - 01 Feb 2012 19:54

[yeabe wrote on 01 Feb 2012 17:51:](#)

if you want to cut it out download one or two movie clips that really get you going and only use that the next time. **dont; go on sites.**

Not sure what you mean by the last part (the one I put in bold),

but thanks for the suggestion, I'll pass.

The phrase "download ...movie clips that...get you going" in itself was triggering enough.

I'll take my chances with conventional approach to sanity: don't watch porn, don't masturbate, and surrender the desire to do so to G-d and your program buddies.

Tested and proven to work.

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Re: How I cut down P8rn

Posted by kidushashem - 01 Feb 2012 23:33

Everyone can calm down and stop being so defensive. No one's attacking conventional and proven theories. No one is saying that yeabe's way is the only way. He is merely claiming that this works for him.

Is anyone feeling insecure about that?

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Re: How I cut down P8rn

Posted by obormottel - 01 Feb 2012 23:55

KH, did you actually read his first post on this thread, or just the header?

Not to mention his posts on other threads...

Is there anyone in the world who for one second can take seriously an idea that in order to "beat" an addiction to something you need to use it "one more time" only this time "really good"? Because all the other times I keep going back to it 'cause I didn't find that particular "real good" image?

Yeabe's here to cause trouble, but my beef is not with him at all. Of all the dimwits outthere, he is at least mildly entertaining. My concern is other people, who, like yourself, are trying to give his half-baked thought a serious consideration.

I took him seriously for one second, hence my original response to him, but I have been "cured"

since. Wanna know how I did it?

I read his post one more time, only this time really good. Then I closed the computer, and went back to his post in my head only. And bingo, after getting up from the floor where I've fallen from laughing so hard, I have no more desire to read anything else he has to say.

So it does work, after all.

Love all (that includes yeabe),

Mottel

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Re: How I cut down P8rn

Posted by Pure yid - 08 Feb 2012 06:55

I think this idea is more like an advertisement to make people try it. LOL. We can't settle with this addiction although you might be right that is not easy to stop cold turkey, still we need to try to stop and if we fall, to go on by saying it dos not take as fast as we want but however, we can't settle officially to give in.

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Re: How I cut down P8rn

Posted by helpme! - 13 Feb 2012 14:04

Yeabe...

Your solution sounds to me like an alcoholic who makes a firm resolution that when he finally finds that drink that really hits the spot he subscribes to an unlimited supply of only that drink delievered to his house. next time he feels the need to drink, he will just open up his cupboard and take his favourite drink. this way, he wont have to go back to the bottle shop (his favourite drink is delivered to his house) and search all the liquor, buy vodka, brandy, beer, etc and drink the lot. he will just get drunk on his drink.

I think the nimshal is pretty understood.

We all have to accept that we are exactly the same as alcoholic. our alcohol is lust. Whether its browsing on porn sites, looking at girls in the street, thinking bad thoughts when we are with our wives, or downloading two of our favorite dirty movies we are making the addiction worse. we are still sitting on the floor, downing that bottle and wasting our lives. there are people on the website who were addicted for **30 plus** years and probably were far deeper than you are and they managed to **give up lust**. Yes, thats right its possible to give up. at the moment, the most well-trodden path of yiddishe lustaholics in this current era is GYE. And this is a path trodden by people who have given it up. maybe day-by-day, but many many years of day-by-day giving up lust. Start reading the handbook, phone the hotline see that its possible to break free from this prison.

There is such a thing as someone who cannot hold himself back every day to begin focussing on 10 hours of cleanliness at a time, then 12 hours, etc. i did that for cigarettes and i quit. For my lust, however, that method didnt work - it just made me look forward to my next lusting session. But your method just doesnt seem along the same lines.....pick your favourite dirty

Dont worry, we are here to help you, but there is one important thing that you have to accept (and it can be done through reading stories on the website, etc) you **can** let go of lust. afterwards, we come to the realisation that we **must** give up lust and lust is **pure and utter** welcome aboard!

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movie and watch it again and again.... :o ??? ??? ??? :