

PORN RECOVERY

MANUAL

Chris Haven

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Hi, I'm Chris Haven. I'm a recovered porn addict who struggled with quitting porn for 11 long years. I began as a teenager looking at fashion models in magazines and gradually progressed to hardcore porn that disgusted me. Through trial and error, lots of programs and a lot more books, I finally quit porn for good in 30 days. My complete story can be found in my book "How To Quit Porn in 30 Days" available on Amazon.com and on my website www.quitporngetgirls.com.

This Free Porn Recovery Manual is a basic guide to quitting porn. There is so much information out on the internet put together by marketers and self-proclaimed "gurus" who have no experience with porn addiction, that it can be frustrating to find information that truly yields results. In this manual, I've compiled some basic facts that will get you started on your porn recovery journey.

Some individuals only need to read this manual and apply everything within to quit, while others will require more professional treatments. Please realize that pornography addiction is a legitimate addiction and none of the information in this report constitutes or replaces the advice of a licensed professional.

Why Should I Listen To You?

I spent eleven years struggling to quit porn. In those years, I tried everything from the religion to hypnosis. I finally realized that everyone has a different way of overcoming their porn addiction, however, there are a combination of methods that work for a large number of people.

I've narrowed down the advice out there to the bare bones stuff that actually works. You can read it in this manual and apply it to your life. If you find this manual useful and would like to a more detailed

day by day guide to quitting porn, visit my site and check out my book : “How To Quit Porn In 30 Days”

All the best!

Chris Haven

Why You Need To Quit

Rebuild your self image: Your self image is severely damaged not by your pornography addiction, but by the behaviors that go with the addiction. Usually, being addicted to porn involves living a double life-having to lie about your problem and hide it from your spouse, your friends and your family. Quitting, especially the process of quitting rebuilds your self image because it is a positive step in the right direction. You are taking control of your life and making a transition which takes a great effort to achieve. Your self confidence increases as you make progress.

Bring back happiness into you life: Yes, it sounds cliché, but when you struggle with pornography addiction, you mind is mostly preoccupied with guilt, shame, depression, frustration, pain and deep cravings. Both the craving for porn and the aversion to it lead to unhappiness. Quitting restores balance to your mind.

Drive and will to succeed: I personally believe that a man who is addicted to pornography is not much of a success. Take a look at your life. Are you even close to where you want to be? The time spent on porn subtracts from the time you could be spending on self development, improving your skills for your career or building business relationships. Incessant masturbation dulls testosterone level. Studies have shown that high testosterone levels equate to better performance at work, increased focus and a strong desire and tenacity to succeed.

Better intimate relationships: Pornography addiction destroys relationships. There is no doubt about it. Most women are absolutely unaware of their partners porn addiction. The lying that you use to cover up your addiction is enough to destroy a relationship with your spouse or significant other. When you avoid social situations, skip dates, break agreements and lie just to spend time on your addiction, you sow the seeds of destruction in your relationship.

Improved social life: Its no surprise that your social life probably suffers greatly. At first getting back to a social lifestyle can be daunting and tough because you either don't feel like it or you've gone so long without being social that you don't even know what its like to be social anymore. You may also feel as if you are socially inept. Quitting restores balance to your brain which is the first step in improving your social life. An addict cannot have a fulfilling social life. A balanced brain leads to improved self esteem and self worth .Individuals with a healthy sense of self worth are motivated to cultivated new social connections with like minded people.

Get diagnosed right: Due to the lack of widespread awareness of pornography addiction, a lot of males are misdiagnosed by professionals and by themselves as suffering from ADHD, social anxiety, performance anxiety, OCD and depression among others. These are often, in the case of a porn addict symptoms of the underlying issue. Sadly, they are often medicated without the root cause being realized. If you are misdiagnosed, quitting could very well be the first step in taking back control of this part of your life.

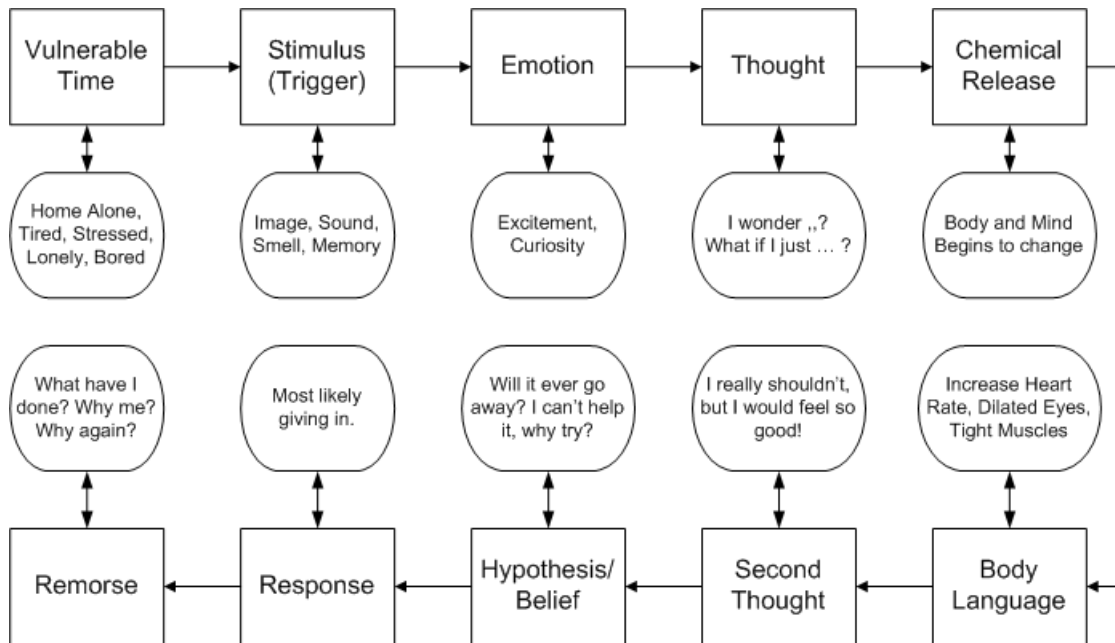
Date Quality Women: A good portion of guys spend their time fantasizing to women on their computer screens. Beautiful women that most will probably never date . When you are consumed by porn and masturbation, you don't have a clear idea of what a "quality" woman is, what she desires sexually, how to attract her and how to keep her. Quitting clears all the porn induced fallacies in your mind and lays a foundation for building an attractive mindset that will eventually get you a desirable woman.

Understanding Porn Addiction

Recognize that just because you do something, that does not mean that you want to do it or enjoy doing it. There is a neurochemical process in our brains which is sometimes called "the reward cycle". This process basically keeps track of activities and their contexts and resulting "positive" brain states. When you look at pornography, masturbate, have sex, or even eat food that have high fat, salt, and sugar content, your brain releases tremendous "feel-good" chemicals. This is why sex feels awesome, and it's Nature's way of encouraging these activities. That's normal and natural.

However, when we do engage in these activities, our brains make a log of the context and activities we were engaged in when (and just before) these chemicals were released. Eventually, these contexts and activities trigger our brains to crave the release of these feel-good chemicals. This is why fast-food places have bright colors and pipe their smells into the environment. That's a trigger. Often the rewards cycle gets messed up because we "self-medicate" with pornography or food, so that the feel-good chemicals cover up loneliness, depression, or something else. Whenever you encounter a trigger, like a trained monkey, you feel compelled to view pornography, **even though you do not want to**.

Below is a chart of the porn addiction cycle that should help you get a clear idea of how you get trapped in porn.



(image credit: feedtherightwolf.com)

5 Essential Steps to Quitting

1) Identify your triggers. This can be tough, but even before "quitting", as you go through your day pay attention to the situations and activities that cause you to start thinking about sex, pornography and masturbation. Is it stress, perhaps of a certain kind? Is it flipping channels and seeing semi-erotic commercials? Is it your commute past the local college campus on your way to work? It really could be anything.

2) Strategically plan to thwart your triggers. The obvious thing to do, where possible, is to avoid triggers altogether. If seeing semi-erotic TV ads is a trigger, **stop watching T.V.** (Seriously, it won't kill you.) If it's your commute past the local college campus, drive another way. If you cannot reasonably avoid a trigger, plan in advance how you will thwart the triggers effect on you. If stress is a trigger, plan how you will relieve the stress or distract yourself until the stressful situation has passed.

3) Stay the course. This process basically involves **rewiring your brain**. It took time to wire your brain up this way, and it will take time to rewire it. You will probably fail a lot, and you will find that succeeding is much, much more difficult than failing. It also doesn't release those feel-good chemicals. Rest assured that, with time, the effects of these triggers can and will dissipate to the point where it is easier to manage them. Like a recovering alcoholic, though, they may not ever be completely gone. You may always need to be vigilant. There can be no trips to the strip-club "just for fun" for your brothers bachelor party. Sorry. Those are the breaks.

4) Speak to somebody. This is, perhaps, the most important and effective way to thwart your triggers and stay the course. It is unbelievable how triggers seem to lose power when we confide in a trusted, non-judgmental friend or partner, "Wow, this [fill in the blank] is making me want to look at pornography." Also, it can be invaluable to check in every day and talk about how difficult that day was, what triggers you encountered or discovered and how you dealt with them. If you fail, you fail. So what! Tomorrow, as the tired saying goes, is another day.

5) Keep a Journal: Document your experiences, triggers, strategies, what works, and what doesn't

.This can be a tremendous help as well.

15 Tips for Quitting Porn

Get a diary and tick off every day you can make it with out watching porn.

1)Load your internet browser onto a USB stick and delete browser from computer. Now only use it when you need to do work and then hide it, this should teach you the art of self restraint.

2)Stop feeding any incoming thoughts/stimuli that increases your lust. The more you feed the lust, more difficult/impossible to defeat temptations. Block any porn websites. Have a friend block all the porn websites and ask them to lock away any pornographic materials such as magazines and DVDs somewhere where you can't get to them (possibly the cupboard). This way, you won't be able to watch any porn on the net.

3)If you find yourself in an awkward position (a grown full erection), do not jump to your computer right away. Instead consider this option. Draw whatever graphic images are in your mind this is a form of art therapy and will mean you feel less strong desires. It is important you do not suppress your sexual desires as this can create more problems in the future.

4)If it is nice weather and quiet outside, only if you manage to find privacy, place yourself in a lotus position and start meditating. If feel the sudden urge to occupy your hands, you may do this as well. Cusp a pair of zen balls, and slowly work them in between your fingers. The relaxation should kick almost right away, killing the erection within a few minutes. Loud environment may also be a problem, a solution is simply listening to make you happy to a peaceful track of nature on high fidelity headphones.

5)Know yourself and your triggers: If you're used to watching porn right after class, or when lying in bed with your laptop, know those are your risk areas, avoid them

6)Use the substitution principal, You should consider other ways to spend your time, do

anything with will focus 100% of mind, like sports, your family or anything that is not related to sex. Go to a movie, walk in the park, play with your friends. There has to be something you can do. Setup a hobby, especially involving physical exercise, or a passion.

7)Stay in touch with your religion, if you are a proponent of a certain faith. This can help you fill the gap with activity that you find meaningful and enlightening.

8)Search the Internet for assistance; there are a lot of people suffering from this addiction, get educated, read/participate the forums. Visit www.quitporngetgirls.com for quality links.

9)Go to a clinic or 12-step program. Uncontrollable actions are addictions, and believe it or not, addiction can be cured. But it takes time.

10)Keep the door open when searching the Internet, that way you won't want to watch those videos with others watching

11)Use affirmations such as "I am a self made person and I am the master of my actions" this will surely make your resolves stronger to quit porn.

12)You must always have plans while you turn your computer or laptop on: random searches on the internet invariably lead to porn.

13)Organize yourself, finish the incomplete. Train your mind to forget perverted thoughts. Think about things that you enjoy other than sex.

14)Make a list of the things you want to change in your life.Focus on one major problem in your porn quitting efforts, then tackle it and move on to the next.

15)When alone in your bed, relax, think about your mistakes so you can find a way to fix them as fast as possible.

Your Computer: The Gateway To Porn

Get rid of everything on your computer that is even remotely related to pornography. Do not keep anything at all. If you have bookmarks to porn sites, delete them. Empty your cache and delete your history. If you are a member of a porn site, resign your membership. It goes without saying that you should stop renting pornographic videos or DVDs. And don't forget to disable your webcam if you use it for libidinous pursuits.

Reevaluate the Time You Spend on the Computer

- 1) Don't spend lonely nights surfing the Internet.** Try to go to bed at the same time as the rest of the family, or earlier.

- 2) Try not to be alone in a room with the computer.** Plan how much time you will use the Internet, and for what purpose. Follow your own guidelines. And remember, having broadband access doesn't force you to use the Internet all day long.

- 3) Before turning on your computer, make a list (on paper) of all the things you want to accomplish.** Methodically work your way through the list and turn off the computer when you're done. Afterward, get away from computer and make plans to do something else.

Get a Hobby

- 1) Instead of spending so much time alone on the computer, develop an interest in something else.** Develop a hobby, join the gym, spend time with your family, do some volunteer work. There are a million ways to spend your free time.

- 2) Try to meditate for a few minutes during the day.** This will help you focus on your goals.

- 3) Think positive.** By constantly telling yourself not to look at pornography it can keep the idea

in your head. Instead of focusing on what not to do, focus on productive, enjoyable things you **can** do instead, even if it's as simple as something like a crossword puzzle.

Let Your Computer Help You

1)Install software to filter pornographic web content: It will help to protect you from stumbling into pornography by accident. That's important. If you are tech-savvy you can edit your hosts file to block your common haunts.

2)Keep your internet history - do not delete it. Remove all "scrubbing" software and other ways you used to conceal your online behavior. Where the history was a liability before, it is now a powerful weapon against temptation. Knowing the history is there is a great motivator not to visit inappropriate websites. Show your spouse or partner your now-clean history as a reward and a way to regain trust.

Dealing With a Relapse

One of the most frustrating aspects of trying to quit any addiction especially pornography is the relapse. Everyone wants to win, to beat it, to be strong ,to get to a certain marker,whether its a week, 30 days,90days or forever. The reality is that relapses do happen. Anyone who tells you that there's a way to quit porn in which there is no chance of relapse is either lying to you, or has never been truly addicted to porn.

If you have relapsed so many times that you think its inevitable, please don't lose hope. I tried and failed for eleven years. I don't have extraordinary willpower,in fact I consider my self extremely weak willed. There are certain behaviors that you have, however ,that if not addressed before day one, will sabotage all your efforts.

- i) Social isolation
- ii) Emotional issues
- iii) Lack of preparation
- iv) Lack of self discipline
- v) Problematic relationships

Social Isolation:

If your social circle consists of your guild on World of Warcraft, you're putting yourself at a high risk to relapse. Similarly, if you have a small social circle that you are not close to, or lack a significant other, you're in prime position for a relapse.

The reason for this is that one of the most common triggers for viewing pornography is being alone for prolonged periods of time. If you're alone, you don't really have many excuses to stay away from porn. Having an active social life or a supportive relationship keeps you busy and occupied.

Emotional Issues:

Continuously watching porn leads to various emotional issues or varying intensity. You may be hiding your addiction from a spouse which leads to feelings of guilt and shame ,or your porn addiction may have led you to commit acts that are inconsistent with your self image or sexual identity.

All these feelings are connected to low self worth and negativity, which in turn lead you to more porn.

Lack of Preparation:

What have you done to prepare yourself to quit pornography? Apart from reading this book, what other books have you read? What online resources have you consulted? How will you stay accountable?

How will you deal with withdrawal? Let me assure you that having a limited source of information to battle your addiction will leave you unprepared, opening up various avenues to a relapse.

You must be mentally prepared to deal with the emotions, withdrawal, easy access to pornography and various unseen circumstances that will come out to sabotage you.

Lack of self discipline:

Self discipline is required to last even seven days without pornography or masturbation. If you have a habit of quitting most endeavors early, then a relapse is in order. Self discipline with regards to quitting porn involves committing to a certain time frame with absolutely no excuses. No rationalizing that after 2 weeks, you are “cured”, no losing your job and coming back to porn, no striking out at the bar and coming back to porn. Absolutely no excuses.

Self discipline is best cultivated by focusing on one problematic area at a time. If you feel self discipline is your biggest problem, then I suggest you use the time frame you’ve given yourself as a your first challenge to reclaiming you undisciplined life. Pornography addiction, as stated earlier is usually the epicenter of problems in an addicts life.

Lets use Toby as an example. Toby is a 23 year old college junior. In the middle of the semester, Toby's live-in girlfriend of 3 years leaves him for his best friend,Rob. Toby is devastated by the betrayal.

Depressed,the only way Toby can deal with it is by turning to his only comfort at the time-food. One year later, Toby is 140 pounds overweight .His doctor tells him that he suffers from high blood pressure and has a high risk for diabetes. Toby decides that hes too young to throw his health away, so he begins an exercise program. Unfortunately, each time Toby makes progress, such as losing 4 pounds in two weeks, he reduces the intensity of his workouts, or skips a workout entirely. Toby makes a habit out of this for 3 years. The most he is ever able to lose is 31 pounds, before he gains it all back. He eventually quits, exhausted by the repeated failures and resigns himself to being “big”. Eight years later, with his health issues compounding due to his weight and accompanied sedentary lifestyle. At the age 34, Toby suffers a massive heart attack at work and dies.

Whats the moral of then story? Lack of self discipline will always keep you down,will over time destroy your sense of self and when addictions are involved, could jeopardize your life.

Problematic Relationships

If you are married or in a relationship, constant conflict can lead to a relapse, especially if you do not know how to resolve conflict the proper way. A lot of men in relationships find themselves viewing porn shortly after a fight with their spouse as a means to relieving the tension brought about by conflict. Constant fighting can sabotage your consistency if you do not develop a means of dealing with conflicts within your relationship. Lack of consistency quickly spirals into a relapse.

The solution is to proactively work on resolving conflict. Conflict and fighting in a relationship does not have to be a vicious cycle. Here are a few tips that I implement:

Spend more time being positive with those you are close to. Positive words, praise, compliments. You'd be surprised at how much criticism and negativity is thrown around in most relationships.

Avoid people who already have a lot of baggage and negativity in their life. If their lives are disorganized and unhappy, chances are, you cannot fix it and it's best to avoid getting in serious relationships with such people.

Always look for a way to resolve conflict without raising your voice or arguing. First off, if you are a man, you never win arguments with women. Ever. Decide with your partner to sit down and talk things out without trying to hurt each other. If conflict has been a staple in your relationship, this probably won't be easy, but persist and it will go a long way in easing conflict.

Calm down and think before you open your mouth. Sometimes the best way to take care of a conflict is to not say too much.

Next Steps

Below, I am going to outline some of my suggestions to help you maintain your recovery.

Create and Maintain a Daily Routine:

This is essential to staying off porn. It should include some of the following(All of which I practice)

- Exercise
- Meditation or Prayer
- Socializing and activities with friends
- Proper Rest
- Good Diet
- Staying in touch with a recovery group

Social Support

Social support is essential to your recovery. I suggest joining a health based group that promotes positive beliefs and growth. Porn is a very negative and energy sapping endeavor, so any positive group you join socially will help improve your outlook on life and inject healthy beliefs into your mind. Some suggestions are a workout group such as Crossfit, or an interactive group like Toastmasters. There are various mens groups in different cities that help men come to terms with themselves and become better individuals.

Reading

This is the information age. Information on quitting porn,improving yourself discipline, living a happy, healthy life, whatever you want is literally at your fingertips. Keep reading, keep learning, keep growing. The only difference between your life today and five years from now is the people you meet and the books you read. Remember that.

How Meditation Helps you Quit Porn:

When we hear the term “meditation”, we tend to imagine ourselves(or someone else) sitting cross-legged in silence or chanting some mantra. Well, there’s a lot more to meditation than meets the eye and if you’re trying to quit porn, meditation is one of the most powerful tools you can use to reach your goal.

In order to understand how meditation works as a tool to quit porn, you’ll have to keep an open mind. Although this is a short article, it may get deep at certain points. Most therapies for porn addiction employ some methods and techniques from meditation inadvertently, but very few advocate or are even aware of using meditation as a stand alone treatment for porn addiction.

Initially, you may start using porn for a number of reasons, but eventually, porn use becomes a reaction to the uncomfortable body sensations which result from the constant interconnection between mind and body , and the thoughts which accompany these reactions. You don’t get addicted to any kind of inherent quality in porn itself; although it can sometimes seem that way, such as “I’m addicted to watching transvestite porn”. You get addicted to the sensations in your body. By watching porn, a certain kind of biochemical process starts in the body and you experience a sensation which you develop a liking for. You first develop a craving for it, then a habit and finally get addicted to the sensation. Addiction is therefore a continuum: you want to enjoy the sensation again and again.

Ok, brace yourself for some deep stuff. In physics, it has been recognized that the objective and subjective cannot be separated. Recent scientific studies support this important point; that any experience that arises in or consciousness is a subjective experience, not part of an independent external world. Although we experience the outside world as a series of sensory objects, what actually comes to our senses is energy in the form of vibrations of different frequencies.

The unconscious mind, which is still beyond the understanding of modern science, is in constant contact with these energy schemes, often simply described in modern physics as heaps of statistical probabilities. These vibrations carry no subjective information, they just carry objective value. They trigger neural codes, which are transformed by the brain and its judgements into a model of an external world.

This model is given a subjective value and projected outwards to form the subjective world.

Unfortunately, we call this mixture of subjective and objective components the objective world. From the fact that many of us see a similar external world, we can only deduce that we have similar models.

The similarity of models does not necessarily imply the uniformity of the world that gives rise to those models.

Porn addiction means addiction to a certain type of vibration that has been created by the drug use and the subsequent chemical processes in the body. The addiction has gone to the deepest level of the mind, and there is every likelihood of it becoming rooted in the deep unconscious. As meditation reaches the unconscious level of the mind by working with the sensations, it can remove the roots of addiction.

The deepest level of the mind is constantly in contact with bodily sensations. As we develop awareness of the sensations and observe them with equanimity, the porn addiction at the subconscious level is automatically removed.

This interrelation of mind and matter is the key to meditation and it was a crucial significance in the teachings of the Buddha. “Whatever arises in the mind is accompanied by sensation.”. Therefore, observation of sensations offers a means to examine the totality of one’s being, physical as well as mental.

When you, as a porn addict understand that observing yourself at the level of sensation is the key to

coming out of addiction, and begin to work on sensations with meditation, you will begin to recover. Be aware that mediation is not some kind of magical cure or miracle. Progress requires a strong will to come out of addiction, and also a strong will to work towards this goal by observing yourself at the level of sensations.

That's the end of the this free recovery manual. Its my sincere hope that this helps you in your journey to quit pornography.