

YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener

Posted by dmmlosa - 21 Dec 2012 23:24

Hello Everyone,

This is my first time on this website and I am so happy to see that there is such a great resource for our community. I thought I was alone in trying to break free, but its great that theres this great community to continue in my journey to.... break free.

The resource I was using before was the following website:

yourbrainonporn.com/

This website is AMAZING. The information on it really poses an eye opening effects of unopposed internet use on the brain. It explains why it is so difficult to break free bc of the effects on the brain. They have a six part youtube series that really shocked me when I learned about it. If any of you haven't taken a look at the website, it is 100% worth delving into. It has helped me stay clean for the last 5 weeks.

Kol Tuv

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener

Posted by chaim11 - 21 Dec 2012 23:53

It seems very interesting and efficient information. but I'm not able to access this link, As many members on GYE, the my comp. filter blocked that site, i guess because the word prn* is mentioned there.

Would you be kind and post here some (or all) of the information that you found to be the most interesting and efficient?

Thanks

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by dmmlosa - 22 Dec 2012 02:43

I found this video on Youtube that sums up the concepts in general.

hopefully that might work?

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by Kedusha - 24 Dec 2012 09:10

Dear Dmmlosa,

Welcome to GYE!

FYI, many of us cannot access YouTube, which is blocked by our internet filters.

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by MBJ - 24 Dec 2012 12:40

I also found that website very interesting. Actually it was quite astounding.

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by chaim11 - 26 Dec 2012 01:51

Thanks dmmlosa for this youtube lecture. I gain a lot of knowledge. Very interesting.

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by me3 - 26 Dec 2012 23:53

I skimmed some of the resources and articles (I couldn't access the youtube videos due to my filter). The point of the website is that looking at porn can ruin your sex life. It can cause ED and other issues. Following their program and accomplishing a "reboot" can lead to some of the best sex of your life! This is supported by a bunch of real life stories about people who were suffering from ED and followed their program and than were able to have sex.

Wonderful really, but the point of GYE is not to help your sex life (although it may). The point of GYE is to stop people from addiction because it's a terrible aveira and it's ruining their life emotionally, financially as well as spiritually. The goal of GYE is not to help anybody's sexual performance.

The premise that the attraction of porn is due to a dopamine high isn't really very enlightening it's a concept discussed on this website many times.

So I beg to differ I really see no reason why I **must** check out this website.

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by dmmlosa - 27 Dec 2012 20:58

Its true that a reason why non-Jewish people might be drawn to the website might be due to side effects related to excessive internet use. and for many people who have no halachic restraint, probably wouldn't bother unless it was directly negatively impacting their lives.

However, there is still much to learn from the resources of the site, in my humble opinion.

The emphasis on porn effects on the brain, in particular is why i think the website is particularly informative. The effects on the brain are still substantial even if you don't have ED related health issues.

If you you only skimmed the website, but didn't take the time to look at the lecture series, then you pretty much wasted your time.

Additionally there are plenty of posts on that website as well that discuss strategies on how to avoid stumbling altogether. Albeit, they recommend a "90 day recovery program" but in reality they are proposing ways to accomplish a lifestyle change, which is totally in line with what we are accomplishing here.

I found the information on the website to be informative, eye opening, and very easy to understand.

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by iabsolutelycan - 27 Dec 2012 23:36

Very interesting! Thanks for sharing.

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Re: YOU MUST CHECK OUT THIS WEBSITE...True Eye Opener
Posted by RT. - 31 Dec 2012 03:40

shkoach for the video. never thought it would lead to THAT..

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