

The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 02 Aug 2021 17:37

EasyPeasy is an adaptation of Allan Carr's Easyway to Quit Smoking. The basic premise of the book is that it takes your mindset from being one of a user that enjoys porn (or Youtube, IG, Tiktok, etc.) and sees quitting as something hard to do, to a non-user that sees no benefit in using porn and sees quitting as the most natural thing in the world to do. You probably don't do hard drugs like heroine. If you read the book, you'll see porn like heroine: something that only harms you and provides no benefit, and is therefore very easy to not consume. That's why it's called EasyPeasy: because quitting is easy! You'll want to read the book, but here are *some* of the basic ideas of the book:

7 Core Ideas of the Book

- 1. You want to quit porn.** Don't forget this. You decided to escape the trap once and for all. Taking 1 quick peek will only suck you back in. This might seem tempting, except...
- 2. The trap has no benefit to it.** There is no advantage to porn. You might think that it helps you release, escape, deal with stress, etc. But in all of these cases, remember that the non-addict deals with these daily struggles of life better than an addict. Your addiction will only make and keep things worse!
- 3. Withdrawal symptoms are mild.** Remember, it is your fear of withdrawal symptoms that keeps you hooked. It's what makes you relapse. It's what makes you have "just one peek." But there is nothing to fear at all! The withdrawal symptoms are mild at best. You've gone through them countless times whether it be due to friends, family, school, or work. Biologically, there is nothing to fear. You won't explode.
- 4. The real issue is psychological.** It is the fear. It is the crutch that tells you that porn addiction will help you find fulfillment. It will help you fill the void of your life. It will do no such thing. If anything, it *created* the void in the first place. The larger fact is that you must know where these false beliefs came from. Primarily from:
- 5. Over a lifetime of looking at media, social media, friends, society, etc., you've been fed the lie that sex is the most important thing in the world.** They tell you that without sex, you are incomplete. That you must always be seeking sex. That if you don't, you're a loser. Start looking out for these things. Don't fear missing out on these delusions again. They are all lies anyways! They are told by people to make you feeling less worthy and hooked so that you can stay addicted to their apps, their products and services, and buy whatever they're selling them.
- 6. You've been "brainwashed" over a lifetime.** So reversing the lies will take some time. Affirm to yourself everyday about the truths you've uncovered in this book. Tell yourself how excited you are to become free from the porn trap. How great it feels to let the poison out. How

life gets better when you're a non-addict. You cannot passively do this. You must actively seek out positive messages and tell them to yourself. Please please please do this! Otherwise, you might slip up again.

7. In case you slip up, don't beat yourself up! Remember, that is part of the **trap**. Get back up, re-read the book, and try again. The brainwashing takes time to reverse. Affirm the truth to yourself: you weren't happy being a user. That's why you quit!

Emergency Reminder:

If you're feeling "on edge" with withdrawal and want to take "just one peek", remember:

Change the meaning of what you're feeling. Don't think that your body is asking for its fix, instead, tell yourself: "Wow! This is how it feels like when the poison drains out of me!" Or think, "That isn't a real urge, because I don't actually *want* porn anymore, now that I've read the book. That's a withdrawal urge! It's a sign of my brain and body becoming more healthy!"

Change the meaning of what you're feeling and withdrawals will be easily overcome. You're not fighting (i.e. using your willpower). You are changing the meaning!

Coda

These notes were adapted from notes I found elsewhere on the book. I hope this at least gives you an idea of what the book is about, as well as giving you some notes to refer back to from time to time or in a moment of forgetfulness of your decision to quit (i.e., an urge). These notes are definitely not a substitute for reading (or listening to, there's an audiobook linked in the pdf!) the book. Thanks and good luck, although you don't really need luck, you just need about 5 hours of time to read the book. If you have a commute, you could easily listen to the audiobook over a few days. Don't think about quitting before reading the book, this will be a barrier to starting. Just think "I don't have to quit at all, I'm just reading this book because I'm an intellectually curious person who enjoys reading new things!" This will make it easier to get started. You might want to print out the PDF so you can read it in a less distracted environment than a screen.

Please post any questions or insights in the thread, so others may benefit. Thank you!

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 15 Sep 2021 02:13

An even better answer to "does it work?" comes from the [book](#):

Page 11:

"You didn't decide to fall into the trap, but be clear in your mind: you won't escape from it unless you make the affirmative decision to do so. You may already be straining at the leash to quit, or you may be apprehensive about the very thought, but either way, please bear in mind: **YOU HAVE NOTHING TO LOSE!**

"If at the end of the book you decide that you wish to continue to use porn for masturbation or sex, there's nothing to prevent you from doing so. You don't even have to cut down or stop using porn whilst reading the book, and remember, there is no shock treatment. On the contrary, I have only good news for you. Can you imagine how Andy Dufresne felt when he finally escaped from Shawshank Prison? That's how I felt when I escaped from the porn trap, and that's how the ex-users who've used EasyPeasy feel. By the end of the book, that's how you'll feel! Go for it!"

Page 13:

"Many don't finish the book because they feel they have to give something up, some even deliberately only reading one line per day in order to postpone the evil event. Look at it this way, what have you got to lose? If you don't stop at the end of the book, you're no worse off than you are now. It's by definition a Pascal's Wager, a bet taken where you have nothing to lose and high chances of large gains."

The only thing that stops us from abstaining from porn for good is fear. Well, there's nothing to fear, and there's nothing to lose, but there exists a large potential for gain. Pascal's Wager. It's a New Year; if you're looking for new outcomes, it might be time to try a [new approach](#).

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Re: The EasyPeasy Method for quitting PMO

Posted by Poshuteh Jew - 17 Sep 2021 18:46

Confused about all the responses here that are literally just a period. Am I missing something

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Re: The EasyPeasy Method for quitting PMO
Posted by gettingthere9 - 19 Sep 2021 03:30

They were edited

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Re: The EasyPeasy Method for quitting PMO
Posted by ihadstringsbutnowimfree - 20 Sep 2021 15:16

[Poshuteh Jew wrote on 17 Sep 2021 18:46:](#)

Confused about all the responses here that are literally just a period. Am I missing something

Yeah, I tried to delete a bunch of old posts but couldn't, so I was advised to edit them to just have a period.

I usually check in about once a week or so or when I'm bored, and didn't want any unnecessary posts to remain up so I just deleted most of my old posts. If you have any questions about Alan Carr's Easyway or rather EasyPeasy which is an adaptation of Easyway for quitting porn, I'm happy to answer them.

In short: Easyway gets you to view substances as a non-user again. Non-users don't have to fight a desire to use [porn][smoking][drugs][alcohol], only users experience that. Easyway gives you the tools to become a non-user again. It's quite easy to do, which is why Carr called it Easyway. Usually I just recommend people read the book and decide for themselves if they want to keep being a user or not.

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 08 Oct 2021 12:34

Hey Poshuteh,

Curious what you thought of the book and if it helped you remove your desire for pornography.

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 08 Oct 2021 20:00

Alan Carr's big insight into smoking was that people don't smoke for all of the reasons they should quit, such as health, money, hygiene, etc; they smoke for all of the reasons they think they enjoy it. Most smokers smoke because they enjoy the taste, it relaxes them, it's a sociable activity, it relieves stress, it looks cool, and so on. Carr's insight was that he was getting none of the benefits that he thought he was getting from his 100 cigarettes a day habit, er, nicotine addiction. He realized that it wasn't that the disadvantages of smoking outweighed the advantages of smoking...it was that there were ABSOLUTELY no advantages to smoking whatsoever. So why smoke if you get nothing out of it? There's a lot more to the method, but how Easyway (EasyPeasy in our case of porn) works is it removes your desire to use your drug of choice.

The way that the book EasyPeasy works is that over the course of reading it, it systematically takes all of your beliefs about your drug of choice (porn, Youtube, IG, social media, "non-porn" images and video) and shows how you're not actually getting out of it what you thought you were getting out of it.

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 08 Oct 2021 20:01

Many people may be skeptical and say "Yeah tzaddik'l, we get that you can remove the desire for smoking, but nobody is born with a drive to smoke! Smoking is a needless addiction that people develop later in life. However, we all have a drive to reproduce...am I not supposed to have a sexual drive anymore? How can I remove the desire for something that every human being or even an animal has: a desire to reproduce? How can I remove that desire?

Good question. Obviously you can educate yourself by reading the book, as you would with any other issue in your life. But in response to the question, it's very clear how you can remove the desire for porn (or, youtube, etc) even though we have a sexual drive.

Porn is not sex.

You don't view the images or videos because of sexual attraction or lust. You do it to get the brief dopamine hit that viewing gives you by hijacking your natural sexual reward center in your brain. All you ever get from it is the brief dopamine boost that you need because of the withdrawal craving from the last time you had a session. To keep the dopamine flooding going, you move from image to image; from video to video; opening multiple tabs and windows; saving content you never end up watching; dancing near the boundary of what you find acceptable and what you find shocking because the more shocking the material the more dopamine you get.

How is that at all related to sexual desire? If you really found the image or the video to be so compelling and the subject to be so beautiful and intoxicating, then all you would ever need is that one image or video for the rest of your life. But it's never enough. It's never even enough for one session. It's never even enough for the first minute of one session. It's not about sex. It might have been about sex the first time, but ask yourself if that's what you're getting out of it now, or are you just perpetuating the cycle of dopamine flooding followed by the comedown, followed by the withdrawal craving, followed by the inevitable next session?

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 08 Oct 2021 20:11

But still, you might say "But the subject of the image/video is so intoxicating, so beautiful! I can't help myself!"

If the subject is so attractive to you, then why go immediately to the next image or video? If the subject is so beautiful, then why are you immediately disgusted when the session is over? Do people look at a beautiful sunrise and then immediately look for a new sunrise to look at? Do they feel disgusted when they're done looking at the sunrise? You're not using porn because of

your sexual drive – porn kills sexual drive (PIED). *Porn isn't beautiful or enjoyable, it's just addictive.*

People don't habitually watch porn because they love it. They don't do it because they decided to or chose to. They do it because they were lured into the trap, and now they're stuck. It's a subtle trap that millions have fallen for.

Good news! It's easy to climb out of the trap of addiction when you know how. It's even enjoyable! You don't have to suffer if you don't want to. If any of the things you've read resonated with you and you're interested in learning more, I'd recommend reading the book, an open source project available for free with no signup online on a mobile friendly website or as a pdf here:

easypeasymethod.org

easypeasymethod.org/easypeasy.pdf

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Re: The EasyPeasy Method for quitting PMO
Posted by Markz - 10 Oct 2021 03:18

[ihadstringsbutnowimfree wrote on 08 Oct 2021 12:34:](#)

Hey Poshuteh,

Curious what you thought of the book and if it helped you remove your desire for pornography.

Not sure if Poshuteh has checked in recently.

ihadstringsbutnowimfree,

Can you possibly share how this has helped you and did you succeed to hit the 90 day clean bench mark?

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 10 Oct 2021 14:46

I don't count days anymore. If my plan is to never PMO ever again, who cares how many days it's been since my last time? If I do have a lapse in non-porn use and have a session, I can just examine where I went wrong, clarify what caused me to have a session, and move on, a happy non-user of pornography. A lapse would be unfortunate, but not the end of the world and I know how to deal with lapses.

Here's how this has helped me. In the past, I would be struggling against my desires, using willpower to stay abstinent from porn use. Part of me knew it was bad for me physically, mentally and spiritually, but part of me also really wanted the (perceived) benefits I was getting from using, like stress relief, relaxation, relief from boredom, sexual gratification, etc.

Now that I've read the book a few times and really understand how the method works, I've systematically worked through every benefit I thought I was getting from porn use, and I realize now how I wasn't really getting any benefit at all from porn. So now, instead of struggling against my desire for porn, I just have no desire for porn. I do get cravings, but it's easy to deal with a craving for something that you have no desire for. The cravings get less and less with time, as well.

I also no longer see my addiction as some flaw in my willpower or morality. I just see myself as someone who wasn't aware of the trap, fell in the trap, spent a long time in the trap, and now is free of the trap. People may be skeptical, but that's fine.

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 10 Oct 2021 14:52

If any of that sounds too good to be true, just remember: the mindset of "porn doesn't do anything for me, and is only harmful" is *exactly* how non-users of porn or any drug view it. I see smoking, drinking, and drugs exactly that way: it's harmful to me, is addictive, and offers me no benefit at all. It's only users who feel that they're getting a benefit from their drug of choice.

What I am is a happy non-user. If you've been abstinent from porn or whatever (youtube, etc) for a while but still feel like you're missing out on the "fun", I'd recommend reading the book and you'll no longer feel that way. Ask yourself: are you going to struggle for the rest of your life? Are you going to "suffer" and "survive" for the rest of your life? Don't you want to move forward already? Just my thoughts.

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Re: The EasyPeasy Method for quitting PMO
Posted by Markz - 11 Oct 2021 02:42

[ihadstringsbutnowimfree wrote on 10 Oct 2021 14:46:](#)

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Now that I've read the book a few times and really understand how the method works, I've systematically worked through every benefit I thought I was getting from porn use, and I realize now how I wasn't really getting any benefit at all from porn. So now, instead of struggling against my desire for porn, I just have no desire for porn. I do get cravings, but it's easy to deal with a craving for something that you have no desire for. The cravings get less and less with time, as well.

I also no longer see my addiction as some flaw in my willpower or morality. I just see myself as someone who wasn't aware of the trap, fell in the trap, spent a long time in the trap, and now is free of the trap. People may be skeptical, but that's fine.

Why should anyone be skeptical? The idea is sound. It can remove some of the pressure.

But the header is still misleading where you advertise and easy method to get clean, yet on the other hand it hasn't helped you to get fully clean... So I'm confused.

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Re: The EasyPeasy Method for quitting PMO
Posted by wilnevergiveup - 11 Oct 2021 05:16

I think what Markz is trying to ask is are you you a happy and clean guy? Or are you *just* a happy guy (because you don't stress about being clean)?

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Re: The EasyPeasy Method for quitting PMO
Posted by Trouble - 11 Oct 2021 13:27

[ihadstringsbutnowimfree wrote on 08 Oct 2021 20:11:](#)

But still, you might say "But the subject of the image/video is so intoxicating, so beautiful! I can't help myself!"

If the subject is so attractive to you, then why go immediately to the next image or video? If the subject is so beautiful, then why are you immediately disgusted when the session is over? Do people look at a beautiful sunrise and then immediately look for a new sunrise to look at? Do they feel disgusted when they're done looking at the sunrise? You're not using porn because of your sexual drive – porn kills sexual drive (PIED). *Porn isn't beautiful or enjoyable, it's just addictive.*

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easypeasymethod.org

easypeasymethod.org/easypeasy.pdf

I don't get disgusted after a porn session.

I save tabs and look at them again.

Porn is beautiful and enjoyable for me, especially the kind I like.

[Personally, I have a hunch that this whole dopamine business is a load of crock, but maybe not.]

Oh well, not every method will work for everyone.

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Re: The EasyPeasy Method for quitting PMO
Posted by chancy - 11 Oct 2021 20:11

I understand what the point you are making.

However, i dont understand how you get around the fact that whatever chemical watching porn or being aroused, releases, feels very good and it creates a craving. I can tell myself till tomorrow that its not real and everything but the blissful feeling is real and that what addictions do. Same way a drug addict cant just convince themselves that its not real. because the

pleasure is very real. I have very strong filters everywhere and im planning on never looking at any type of indecency anywhere. I havent seen anything bad in months. But when i come in contact with a unfiltered device or anything that i used to use for pleasure back in the day, i still get a surge of pleasure in my heart and my pulse increases for a few seconds and then i move on. But i dont now how to rewqire my brain to forget that pleasure that i used to have.

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