

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 jewish jew - 09 Nov 2021 22:18

Can you purchase the book (the one specifically for porn) in paperback or is it only in a pdf format?

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Re: The EasyPeasy Method for quitting PMO

Posted by Striving Avreich - 17 Nov 2021 00:18

[#makelifegreatagain wrote on 14 Oct 2021 15:58:](#)

Im not trying to become part of whatever argument is going on here (it's OK to have different opinions btw, that's one of the magical things about being human) but I just wanted to thank the creator of this thread for recommending Easypeasy. I spent most of this week reading it, and it really changed everything for me. It taught me so much about my addiction that just made so much sense! Thanks to you, I'm finally free from the terrible trap and the little monster in my head. For everyone reading this, please at least give it a read. It could mean everything to you the way it did for me. It feels so good to say: Baruch Hashem it's over, Baruch Hashem I'm free!!!

@#makelifegreatagain, How did it go with this method?

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Re: The EasyPeasy Method for quitting PMO

Posted by #makelifegreatagain - 22 Nov 2021 19:13

Sorry for taking so long to respond, I've been busy lately. Baruch Hashem I'm still free and I have no intention of going back in the trap! I owe the starter of this thread so much for posting this thread here, it's completely changed my life. We have to let everyone here know about this! True, it might not work for everyone, but I think it can at least make a big difference in their lives knowing what's really going on with them. For anyone else reading this please look up "the Easypeasy method" on Google and read that booklet from first page to last. It'll take some time to read, but it'll give you everything by the time you're done. Thanks person who showed me this! And of course, thank you Hashem for creating this Easypeasy method!!

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Re: The EasyPeasy Method for quitting PMO
Posted by David weiss - 29 Nov 2021 17:36

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Re: The EasyPeasy Method for quitting PMO
Posted by 613guard - 29 Dec 2021 05:40

Yay just read it

feels liberating already

this method should be on the gye homepage its awesome

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Re: The EasyPeasy Method for quitting PMO
Posted by 613guard - 29 Dec 2021 17:13

Feels awesome

plan on rerreading

will keep the oilam updated as we stay clean iyh

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Re: The EasyPeasy Method for quitting PMO
Posted by inshallah - 30 Dec 2021 11:50

hi every one

I've just finished reading this book I thought it was fantastic, the only thing is, I feel that there's too much detailed information about relations and I was thinking that maybe there's a way to re-write this book in a more clean way suitable for younger users, say those who are in high school and those who have just started yeshiva.

What do you guys think?

I'm planning on re-writing it myself maybe I'll post it on the forum and you could all proof read it for me? It's not something that would be completed in the immediate future but hopefully within the next few months?

Thank you all for your constant support and bravery and BezH we should all have success in our struggles

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Re: The EasyPeasy Method for quitting PMO
Posted by Shteeble - 26 Jan 2022 11:30

[#makelifegreatagain wrote on 14 Oct 2021 15:58:](#)

Im not trying to become part of whatever argument is going on here (it's OK to have different opinions btw, that's one of the magical things about being human) but I just wanted to thank the creator of this thread for recommending Easypeasy. I spent most of this week reading it, and it really changed everything for me. It taught me so much about my addiction that just made so much sense! Thanks to you, I'm finally free from the terrible trap and the little monster in my head. For everyone reading this, please at least give it a read. It could mean everything to you the way it did for me. It feels so good to say: Baruch Hashem it's over, Baruch Hashem I'm free!!!

Uhm, I'm probably about 20% through reading the EasyPeasy book.

Here's my take so far.

It has a couple of very valid pointers that it makes near the beginning of the book. These are pointers that (if valid) are chiddushim to someone who has been through the 12 step program.

After those couple of pointers, the book seems to be a long drag of repetition. Even worse, the book is probably the most poorly written thing I have ever attempted to read. About 50% of the time I can't even figure out the author's intention. The 50% that I can understand, mostly I cannot relate to.

I was really excited about this method in the beginning though.

Who continues to vouch for EasyPeasy? Should I continue to read it? It's starting to feel like a waste of time.

Please let me know what you think. I'm not trying to offend anyone here. Just trying to figure things out. Please try not to make a grand ole GYE boxing match.

Thanks.

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Re: The EasyPeasy Method for quitting PMO

Posted by omoH - 26 Jan 2022 13:09

completely agree read the book its a new fresh outlook loved it and its helping me so go ahead and read the book you have zero to lose

easypeasymethod.org/easypeasy.pdf

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Posted by Shteeble - 26 Jan 2022 13:37

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When you say, "completely agree," what is it that you completely agree with?

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Re: The EasyPeasy Method for quitting PMO
Posted by omoH - 27 Jan 2022 12:36

[Shteeble wrote on 26 Jan 2022 13:37:](#)

[omoH wrote on 26 Jan 2022 13:09:](#)

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easypeasymethod.org/easypeasy.pdf

When you say, "completely agree," what is it that you completely agree with?

i completely agree that every one should try the easypeasy method its a fresh out look and so much easier then trying to use your willpower

but i do think you should be warned its not the best written book but i think its completely worth your time to read it

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Re: The EasyPeasy Method for quitting PMO
Posted by 613guard - 30 Jan 2022 06:57

It isn't well written and sometimes repetitive but it's worth it definitely

Finish the whole book.

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 30 Jan 2022 15:38

I'm back, baby!

I wanted to clarify something: the book is indeed terribly written. Or, not terribly well written, if you're a cup half full kinda guy/gal. Contrary to what others have suggested, I did not write the book. The original book was written by Allen Carr, who was a British accountant who developed a method that helped him quit smoking, going from 100 cigarettes a day to none. He turned that method into a 5 hour seminar that helped people in his area, and then eventually turned the seminar into his bestselling Easyway books. He has admitted that he is not a writer and that they're not very well written.

EasyPeasy is an adaptation of Easyway, but for porn. It was first written by one guy who called himself the Hackauthor, and then extensively re-written again by an Australian guy, Fraser Patterson, who is the fella who is reading the book on youtube (search 'extremely hydrated man reads EasyPeasy' and you'll find it). I'm not Fraser, I'm just a random nudnik.

I'm posting some notes below that I've appended to the beginning of this thread, in the hopes that they might help someone who wants to know what the book is about before reading it.

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Re: The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 30 Jan 2022 15:45

Premise

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 "one 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! Porn doesn't relieve stress – it creates stress!
- 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:

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Coda

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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 - 30 Jan 2022 15:59

If you *really* don't like to read, here are a couple of videos that you could try instead. I don't think

GYE lets us link full videos, so just append you tube dot com before the /

Alan Carr explaining his method in 5 minutes. It's not like reading the book, but it gives you an idea of the mindset you can hope to achieve after reading the book. Highly recommend, even to those who've read the book multiple times like myself.

[/watch?v=0TL2Vh7goJc](#)

The original reading of the book by Fraser Patterson:

[/watch?v=ZktxO6adTnI](#)

An American accented reading of the book, with chapters (check the channel for the other chapters):

[/watch?v=pg2vyKGdDNM](#)

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