

The EasyPeasy Method for quitting PMO

Posted by ihadstringsbutnowimfree - 02 Aug 2021 17:37

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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 Markz - 30 Jan 2022 16:48

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[ihadstringsbutnowimfree wrote on 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.

A random nudnik?

You're one of us.

Welcome to the club!

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Re: The EasyPeasy Method for quitting PMO  
Posted by omoH - 01 Feb 2022 13:22

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i wonder if there's a way we could get a good writer too rewrite the book it would be very beneficial. any ideas? maybe someone could reach out to GYE about this?

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Re: The EasyPeasy Method for quitting PMO  
Posted by MenachemGYE - 01 Feb 2022 20:46

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As a first step, maybe some guys here would be interested in collaborating on a google document to suggest edits, so we can make a version that is a bit cleaner (e.g. removing " detailed information about relations" - as @inshallah wrote here earlier, and more Kosher (like removing his hechsher for masturbation at the end).

If anyone is interested, you can write to me at [menachem@guardyoureyes.org](mailto:menachem@guardyoureyes.org). Just keep in mind that in google docs each editor can see the other editors, so if you want to join this effort, please contact me from an email address that you only use for GYE.

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Re: The EasyPeasy Method for quitting PMO  
Posted by Markz - 02 Feb 2022 01:41

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[MenachemGYE wrote on 01 Feb 2022 20:46:](#)

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If anyone is interested, you can write to me at [menachem@guardyoureyes.org](mailto:menachem@guardyoureyes.org). Just keep in mind that in google docs each editor can see the other editors, so if you want to join this effort, please contact me from an email address that you only use for GYE.

I like how moderators on gye always start the first line with the words "the first step..."

In other news...

Isn't the easy Peezy method already one of the tools in the handbook? Maybe it just needs a slight tweak...

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Re: The EasyPeasy Method for quitting PMO  
Posted by MenachemGYE - 02 Feb 2022 03:21

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...Just for the record, I don't know how well this method works and how long the results last.

Still, I think it's cool that there are guys here willing to try out new things and report how well it's working for them, so I'd love to help out.

Even if this doesn't turn out to be a magic pill, it can still be a good motivational tool that can be used along with other strategies.

(Studies show that Allen Carr's Easyway program has decent success rates - about 24% are still free after 6 months - see [here](#)). But that's when it's done with a 5-hour group CBT therapy session with therapists, using official materials, and when dealing with smoking. This program is trying to stretch his strategy to apply to porn, using a self-help format and using new materials/opinions written by "hack authors." So it's not quite the same.)

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Re: The EasyPeasy Method for quitting PMO  
Posted by i-man - 02 Feb 2022 12:07

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[MenachemGYE wrote on 02 Feb 2022 03:21:](#)

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I recall in yeshiva there would be times when people would come in with "The Book" as it was called and give enthusiastic sales pitches about how magically it can help us stop , of course there were those who knew someone who went from 2 packs a day to not a cigarette in 5 years.

We would read it and when finished as instructed throw the cigarettes ceremonially up in the air , declaring with joy , I'm free! And we were, until we lit up our next cigarette. I don't think anyone I knew ended up quitting via the book directly , instead it joined the dusty collections of "donated" seforim .

If something is working for someone, fantastic, amazing, wonderful , but If it has questionable effectiveness and content there are so many other proven methods and tools on the Gye platform , I don't think it should be pushed here. And again Kol hakavod that people want to share what helped them , but this program has the feel of a marketing tool , other programs don't promote recruitment the way this does.

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Re: The EasyPeasy Method for quitting PMO

Posted by Shteeble - 03 Feb 2022 01:30

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I think I've trudged through about 20% of the book so far.

The basic premise (and chiddush to regular 12 steppers) is as follows:

You don't gain anything from lusting.

The real reason that you lust is not for pleasure.

The main reason that you lust is because of withdrawal and the fear associated with it.

The fear of withdrawal is the main cause. The withdrawal itself is light stuff (!!??).

Becoming 100% clear in the fact that you don't gain from lusting, but rather you lose so much, you will logically DECIDE to quit.

Here are some edited points I took out of the book so far...

1. Lack of energy, tiredness and everything related to it is nicely swept under the rug of 'getting older'.

2. Attempting to drown your butterflies with lust will only make

the problem worse in the long run.

3. We think that life will never be quite as enjoyable again. In fact, it's the same principle at work: the sessions simply provide relief from the withdrawal

pangs.

4. What am I giving up?

Absolutely nothing! Lust is difficult to give up because of the fear we're being deprived of our pleasure. The fear that certain pleasant situations will never be quite the same again. Fear you'll be left unable to

cope with stressful situations. In other words, it's the effects of brainwashing deluding us into believing that

sex – and by extension orgasm – is a must for all human beings. Even further, it's the belief there's something

inherent in lust that we need, and that when we stop using we will be denying ourselves and creating

a void. Make this clear in your mind: Lust doesn't fill a void, it creates one!

5. Non-users don't suffer from the feeling of wanting a fix.

6. you're throwing time away! Not only that, you're actually using that time to ruin your physical health, in order to suffer a lifetime of slavery, pain, melancholy.

7. Wipe the sand out of your eyes for a moment. Lust is a chain reaction and a chain for life, and if you don't break that chain you'll remain

a user for the rest of your life.



8. Work out how much time you would have saved if you'd never taken your first peek right at the very start.

9. By burying your head in the sand and hoping that you'll wake up one morning and not want to lust anymore, you accomplish nothing.

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Re: The EasyPeasy Method for quitting PMO  
Posted by ihadstringsbutnowimfree - 07 Feb 2022 23:48

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I recall in yeshiva there would be times when people would come in with "The Book" as it was called and give enthusiastic sales pitches about how magically it can help us stop , of course there were those who knew someone who went from 2 packs a day to not a cigarette in 5 years.

We would read it and when finished as instructed throw the cigarettes ceremonially up in the air , declaring with joy , I'm free! And we were, until we lit up our next cigarette. I don't think anyone I knew ended up quitting via the book directly , instead it joined the dusty collections of "donated" seforim .

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I opened the thread because I wasn't seeing this anywhere...I literally only heard of it because someone mentioned it on a comment on the Fortify website. I just wanted to let others know about another tool to try.

The program doesn't require recruitment...when I quit caffeine and emotional eating using Easyway, believe me I didn't tell a soul...it sounds ridiculous!

A big reason for wanting to let others know is that I wasted four months of my life in SA, along with the wasted money spent on their ridiculous books, donations to the "no dues" basket, and the lifelong guilt that I stepped foot in a church and recited things like the "lord's prayer". I wanted to make sure that others were aware of every method out there before going to a church to pursue a sub-5% efficacy method that is largely based on a(nother) cult, the Oxford Group, which was started by Frank Buchman, a literal friend of Adolf Hitler.

If you call this recruiting, please substantiate that accusation by what people are being recruited to do. Read? Sounds pedantic to me, but alright. Also, I would love to know your thoughts on the 12th step, which is literal recruiting to a religious cult, no different than Moonies selling flowers in the airport.

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Re: The EasyPeasy Method for quitting PMO  
Posted by ihadstringsbutnowimfree - 07 Feb 2022 23:55

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Some people are hesitant to read 100 pages (gasp!) that might end the addiction that caused them to come on this site in the first place. Understandable! Jack Trimpey (Rational Recovery) would say that your Addiction Voice doesn't want you to read the book, because It Knows that doing so might end your addiction, spelling its demise.

One way around this is just to listen to the book while going for a walk or on your commute. It's much more passive. Additionally, porn users should remember that **you do not have to stop using before reading the book!** So reading does not mean that you are stopping porn usage. Feel free to enjoy your sweet, sweet porn while reading the book. Some people have reported reading a page a day...that's alright!

Another way is to read the notes that someone put out on the book at this website: [flying-eagle-method.org/](http://flying-eagle-method.org/)

I've read it. It's ok, and is a good review for someone who's read the book. It's alright as an intro to some concepts in the book. It's also not a substitute for reading the book in that it's just not as deep or as thorough. But it's certainly better than doing nothing.

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Re: The EasyPeasy Method for quitting PMO

Posted by i-man - 08 Feb 2022 06:58

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I don't know enough about the 12 steps to get into a detailed discussion defending it .

What I do know about it is that it has helped many people here.

Many people who I look to for Hadrochah are very pro it .

The general attitude on Gye is that it's not for everyone .

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Re: The EasyPeasy Method for quitting PMO

Posted by signmud - 08 Feb 2022 14:27

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Hi, I'm the author of [flying-eagle-method.org/](http://flying-eagle-method.org/) that was previously posted. I quit using easy peasy, but it is terribly written and I wanted to rewrite it.

I read the original Allen Carr smoking book and studied his videos. I also read "Dopamine Nation" for more about the science of addiction.

FE is shorter, clearer, more science about dopamine, and doesn't talk about "monsters" like easy peasy. It also doesn't say that porn "has no pleasure", but explains the desensitization. Did you know that even your sense of taste -- which uses dopamine -- can get dulled? (It also avoids copyright infringement, I wrote it from scratch, and it is copyrighted by me.)

In my opinion (and also a few data points), FE method obsoletes easy peasy. If FE doesn't "click" for someone, I highly doubt easy peasy will. Unfortunately, I estimate FE only clicks with about 1 in 8 people. Logical people like accountants, engineers, programmers. I would love it if a university would run a 3 month trial to get precise numbers!

Note that Allen Carr smoking method only works with [19% of people after 6 months.](#)

PS I'm not Jewish but Ecclesiastes is my favorite book of the bible...

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Re: The EasyPeasy Method for quitting PMO  
Posted by ihadstringsbutnowimfree - 24 Oct 2022 03:17

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Still free.

For those afraid to try, there's a good quote from Chapter 29:

"The other category of frustrating users are those too frightened to make the attempt to stop, or when they do, find it a great struggle. The main difficulties appear to be the following.

**Fear of failure.**

There's no disgrace in failure, but not trying is plain stupidity. Look at it this way, you're hiding from nothing. The worst thing that can happen is that you fail, in which case you are no worse off than you are now. Just think how wonderful it would be to succeed. If you don't make the attempt, you've already guaranteed failure.

**Fear of pain and being miserable.**

Don't worry about it, just think: what awful thing could happen to you if you never watched porn again? Absolutely nothing. Terrible things *will* happen if you do, re-read the notes on Pascal's Wager. In any case, the panic is caused by dopamine and will soon be gone. The greatest gain is being rid of that fear. Do you really believe that users are prepared to have fading penetrations, unreliable sexual performance, or the illusory pleasure they get from porn? If you find yourself getting panicky, deep breathing will help. If you're with other people and they're getting you down, escape from them and go to the garage, an empty office or somewhere.

If you feel like crying, don't be ashamed. Crying is nature's way of relieving tension. No one has ever had a good cry without feeling better afterwards. One of the awful things we do to young men is conditioning them not to cry. You can see them trying to fight back the tears, but watch the jaw grinding away. We teach ourselves not to show emotion, but we're not meant to bottle them up inside. Scream, shout or have a tantrum. Kick something. Regard your struggle

as a boxing match that you cannot lose. Nobody can stop time, every moment that passes that little monster inside you is dying. Enjoy your inevitable victory."

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Re: The EasyPeasy Method for quitting PMO  
Posted by ihadstringsbutnowimfree - 24 Oct 2022 03:28

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I haven't been on GYE for many months, but I saw an ad in one of the papers over R"H for GYE that depicted it as the foundation for all of frum living.

How is this possible? Something that didn't even exist 20 years ago is now the underpinning of all of frumkeit? I disagree.

Perhaps one could argue that modern problems require modern solutions, and if we're spending so much time looking at screens, then we need a screen-based solution. It's certainly possible. I would argue that if you're spending so much time in front of a screen, then the solution is to simply spend less time in front of a screen.

I think there's a lot of hypocrisy in the frum world when it comes to all of this stuff, and most of it is driven by profit and organizational growth incentives. There are ads in frum papers for smartphone apps to learn gemara and whatnot. Is this good? Bad? I don't know. All I know is that when I was in yeshiva they wouldn't let us have a CD player (mainstream yeshiva), and now there are ads for smartphones in the kosher papers. Something about all this seems off.

And the foundation for all of our lives? GYE. Like a good neighbor, ~~State Farm~~ GYE is there.

I just don't know anymore.

See you in another few months. Or never. Good luck, but you don't really need luck, you just need to stop and think of which of the solutions available to you would work for you. I chose Easypeasy and Rational Recovery. Some choose SMART.

Above all, choose yourself.

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Re: The EasyPeasy Method for quitting PMO  
Posted by Kavey - 24 Oct 2022 04:00

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With all due respect I think you misunderstood the ad. Not to say you're incorrect with the comment that smartphones have made too much of an inroads into our community.

The point of the ad wasn't that GYE is the foundation, rather shemiras habris is the foundation. GYE is helping fix the crack in the foundation. I'm sure the illustrators didn't intend for it to be understood the way you understood it.

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