

" 10 TOOLS TO HELP ELIMINATE PMO FROM YOUR LIFE "

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These tools were crafted by someone who's been from the bottom of addiction to 1596 days clean, built on 8 years of Nofap experience, and based on the great War Comrades I've encountered along the way on the Nofap forums, to which I have the greatest respect:

## 1) GUARD YOUR EYES

Guarding the eyes of triggers is essential to escape addiction to Pmo and not just for 90 days, but for the rest of your life, for that the following measures must be taken: UNINSTALL TIK TOK, KWAI, INSTAGRAM OR SOCIAL NETWORKS THAT MAKE YOU FALL At least 50 percent (or more) of the drops I hear come from social media, tik tok, kwai, Instagram, etc. Kwai and Tik Tok I don't even need to explain. Even if the person doesn't follow any instagram models, Instagram puts them without you asking for these models on your screen, it happened to me on social media and I know it must have happened to you too, filter very well what you access or watch. Beware of some news sites, know where you step, yes there are serious news sites without triggers And on the street you don't need to look at women who are provocatively dressed as it will cause you to fall down hours later (because it enters your mind through your eyes and your brain will use it against you later), deflect the look, you don't have to look for any of these triggers, pay attention to the landscape around you, filter the environments you step on. So the principle of Guarding your eyes is when you see a trigger anywhere, whether in real or virtual life, immediately move away from the trigger and focus on the details around you. Know that guarding your eyes is like exercising your muscles, over time it becomes a habit and over time it becomes part of you! emphasize that guarding your eyes is not running like a desperate from the triggers, because if I tell you not to think about a white elephant, the first thing you will think about is a white elephant! Guarding your eyes is the art of ignoring, ignoring is the key, change the course of the situation, pay attention to the details around you You don't overcome this addiction by hitting it head on, but by ignoring it, dodging it. Facing addiction head-on makes it stronger, but if you ignore it, that thing gets weak and disappears, craving disappears.

## 2) DOWNLOAD BLOCKERS

It is essential to get out of addiction to put up fences, and one of those fences are blockers, and

there are numerous in the app stores, especially Blockerx, BullDog Blocker, Safe Surfer, Pure Web and Clean Browsing. Blockers are to avoid involuntary triggers, like those that appear when you are doing a search, whether at work or school on google images and the triggers appear and also to block your cell phone in case you want to see it, you can also configure it for that passing his password to someone. Blockers also help against triggers on google and youtube as some of them put youtube and google into restricted mode automatically.

### 3) UNDERSTAND WHY YOU'RE GETTING THESE TRIGGERS

In order to reach your goal, you need to understand what causes you to relapse. So for many it's instagram, whatsapp group with traps, no relationship, no purpose in life, boredom, these are the biggest reasons for falling. Pay attention to what can generate boredom in you, some examples that can generate boredom are: not having contact with people, that is, not socializing, spending a lot of time on the internet aimlessly browsing at random, whether marathon series or playing games, these things they do not fill and generate a lot of boredom, so they must be used with balance in moments of rest and after all tasks of the day are completed, I repeat again BALANCE

### 4) BE BUSY

Although it's the 4th tool in the order it is, this one I have to highlight at the same level as the Eye Guard. Don't be a procrastinator! Don't sit idly by! Be busy with constructive things, whether at work, whether renovating something, whether studying, productive tasks that make you feel useful and bring you a sense of completed goal, of accomplishment, that fills you up!

### 5) HAVE OBJECTIVES, HAVE OBJECTIVES

Daily, weekly, monthly, yearly goals, goals for life, just have goals so your brain automatically processes your ability to achieve them.

### 6) EXERCISE

Get into the habit of playing outdoor sports like running or cycling Exercises + Contact with nature = Healing your Mind and Body I don't even need to explain.

## 7) MEDITATE

It will help you to resist those urges, sexual thoughts and give you the power to focus and focus on your true self.

## 8) COLD BATH

When the urge arises, go to the shower and take a cold shower:

The initial 20 seconds of the shower will be cold, after the initial shock try to feel the water flowing through your body, feel the urge leaving you , take your shower normally hot or warm, now the final 40 seconds take a cold shower, breathe deeply and channel all your concentration, focus on the moment You will feel a very good feeling after the bath, the cold shower refreshes the soul and helps to dissipate the will.

Cold bathing is very beneficial for mental health and the whole body:

Look here:

[www.healthline.com/health/cold-shower-benefits](http://www.healthline.com/health/cold-shower-benefits)

## 9) BE A BETTER PERSON

Donate to charity, do volunteer work, forgive those who have to forgive, fight for justice in your country, be a better person, know that you can make a difference, so be a Man or Woman of

Valor Somehow, always do good. If you want to go beyond, you can fight for justice in your country, proposing laws as a citizen to criminalize the production and distribution of pornography, and help people to make people aware of the evil that this Addiction is, and that something must be done, for our good. , our children and all posterity. If you have the clout and conditions to do so, do so. Be an instrument of good, be an instrument of God, so God will be fighting with you in your struggles and freeing you from Addiction to pornography even more.

## 10) REFUGE IN A GREATER FORCE

From everything I said, the foundation of everything is to take refuge in God, no matter how you name this Driving Force of the Universe, no matter religion or non-religion, know that there is Something that is above you and that is part of your Essence , it is that inner Voice of Encouragement that gives you strength in the darkest hours and that always calls us, no matter the darkness that we find ourselves, this Voice is from our Source that calls us and is together with us, without its Help and without applying the tools above I would never be able to hope the tips above can help you as it helped me, I want to remind you that the 90 days are just the beginning of the reboot it's not the end, that's why the importance of always having goals, even when you complete 1 year, 2 , 3 years is not the end , never settle for reaching 90 days , 180 days , 1 year , etc. Because the tools above are indispensable for a lifetime, never accommodate, because no one becomes invincible after 90 days, you get stronger and stronger, but if you hesitate and don't keep your eyes and settle down sooner or later you will fall, and if you fall , never Go back to square one, don't let a block dismantle the Building you built, it's not about 8 or 80, understand this, and be happy for your progress that is infinitely greater than your setbacks.

#NoFapParaSempre

#BeABetterPerson

#Helpothers

#Help Yourself

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