

Introduction

Posted by Herren - 29 Sep 2015 14:49

Hello community,

My name is Herren, i've been dealing with issues of viewing pornography, lust for a number of years. I am looking to break this habit, and convert it to something more productive, healthy and positive. Looking for your help.

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Re: Introduction

Posted by markz - 30 Sep 2015 00:33

Welcome, take a seat, make yourself at home, relax... One of the waiters will be with you shortly

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Re: Introduction

Posted by abd297 - 30 Sep 2015 01:13

Welcome, Herren. There are many excellent resources on this site for breaking this habit. Find what works for you and get to it. Read and post on the endless forums. Good luck and keep us posted.

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Re: Introduction

Posted by Yesod - 30 Sep 2015 01:19

We're with you brother, same beast on all of us

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Re: Introduction

Posted by serenity - 30 Sep 2015 03:38

Welcome and hatzlacha!

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Re: Introduction

Posted by Herren - 30 Sep 2015 04:07

Day 2: Not going to think about Maple syrope or Charcoal Wiskey. I can do this.

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Re: Introduction

Posted by markz - 30 Sep 2015 04:12

[markz wrote:](#)

One of the waiters will be with you shortly

[Herren wrote:](#)

Day 2: Not going to think about Maple syrope or Charcoal Wiskey. I can do this.

Please read up the menu and choose what you WILL have not what you won't.

In other words as Cordnoy says 'What's your game plan for today?'

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Re: Introduction

Posted by fresh start - 30 Sep 2015 04:25

[markz wrote:](#)

[markz wrote:](#)

One of the waiters will be with you shortly

[Herren wrote:](#)

Day 2: Not going to think about Maple syrope or Charcoal Wiskey. I can do this.

Please read up the menu and choose what you WILL have not what you won't.

In other words as Cordnoy says 'What's your game plan for today?'

I like to tell myself "think about ____" as opposed to "don't think about women etc". If you tell yourself not to think about elephants what's the first thing on your mind...?

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Re: Introduction

Posted by cordnoy - 30 Sep 2015 04:39

[Herren wrote:](#)

Day 2: Not going to think about Maple syrope or Charcoal Wiskey. I can do this.

Hmmm....

Welcome

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Re: Introduction

Posted by Herren - 30 Sep 2015 10:02

I still feel in a world bombarded with images it is in some way able to trigger _____
subconscious areas of the brain. Sort of like when I think of the statue of Liberty, I think of
freedom in brazil.

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Re: Introduction

Posted by cordnoy - 30 Sep 2015 11:31

[Herren wrote:](#)

I still feel in a world bombarded with images it is in some way able to trigger _____
subconscious areas of the brain. Sort of like when I think of the statue of Liberty, I think of
freedom in brazil.

Well, it's better than thinkin' of.....

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Re: Introduction

Posted by abd297 - 30 Sep 2015 14:22

Just distract yourself by getting involved in something else. Don't play tricks with your mind.
Avoid images as much as possible and keep busy. Keep it up!

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