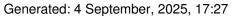
**GYE - Guard Your Eyes**Generated: 4 September, 2025, 17:27

Kevin be skinner Posted by levite - 17 Mar 2012 22:46
Hi
anyone tried this method? Or willing to partner me in this? It sounds very promising
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Re: Kevin be skinner Posted by mifatfait - 17 Mar 2012 23:14
What?
======================================
Re: Kevin be skinner Posted by levite - 17 Mar 2012 23:55
The method of Kevin be skinner its available on audiobook and book
======================================
Re: Kevin be skinner Posted by Gevura Shebyesod - 18 Mar 2012 01:38
You mean this?
http://www.amazon.com/Treating-Pornography-Addiction-Book-CDs/dp/0977220818
=======================================
Re: Kevin be skinner Posted by levite - 18 Mar 2012 06:56

**GYE - Guard Your Eyes** 

• Viewing pornography takes significant time away from obligations: occupational, academic, domestic, or social
Continuation of behavior despite consequences
• Tolerance—more frequent or intense pornography is needed over time to obtain the desired result
Deliberately limiting social, occupational, or recreational activities in order to keep time open for finding and viewing pornography
• Distress, restlessness, or irritability if unable to view pornography (withdrawal)
a. dizziness
b. body aches
c. headaches
d. sleeplessness
e. restlessness
f. anxiety

## **GYE - Guard Your Eyes**



g. mood swings

h. depression

The criteria listed above are the most common signs to look for in assessing a pornography addiction. If pornography addiction behaviors parallel sexual addiction, then a minimum of three of the above ten are needed for a pornography addiction to be considered present. Dr. Carnes has found that most sex addicts have five signs, while over 50 percent have seven.2

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