

Kevin be skinner

Posted by levite - 17 Mar 2012 22:46

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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

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What?

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Re: Kevin be skinner

Posted by levite - 17 Mar 2012 23:55

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The method of Kevin be skinner its available on audiobook and book

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Re: Kevin be skinner

Posted by Gevura Shebyesod - 18 Mar 2012 01:38

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You mean this?

<http://www.amazon.com/Treating-Pornography-Addiction-Book-CDs/dp/0977220818>

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Re: Kevin be skinner

Posted by levite - 18 Mar 2012 06:56

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Yes.

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Re: Kevin be skinner

Posted by Eye.nonymous - 18 Mar 2012 09:59

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Hello Levite. Good to see you again. How have you been?

--Elyah

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Re: Kevin be skinner

Posted by levite - 27 Mar 2012 18:22

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## CRITERIA FOR PORNOGRAPHY ADDICTION

- Recurrent failure to resist impulses to view pornography
- More extensive/longer viewing of pornography than intended
- Ongoing, but unsuccessful, efforts to stop, reduce, or control behavior
- Inordinate amount of time spent obtaining pornography, viewing pornography, and/or being sexual—either through masturbation, or with another person or object, or recovering from sexual experiences
- Feeling preoccupied with fantasy, sexualized thoughts, and/or preparatory activities

- 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)
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- a. dizziness
  
  - b. body aches
  
  - c. headaches
  
  - d. sleeplessness
  
  - e. restlessness
  
  - f. anxiety

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.<sup>2</sup>

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