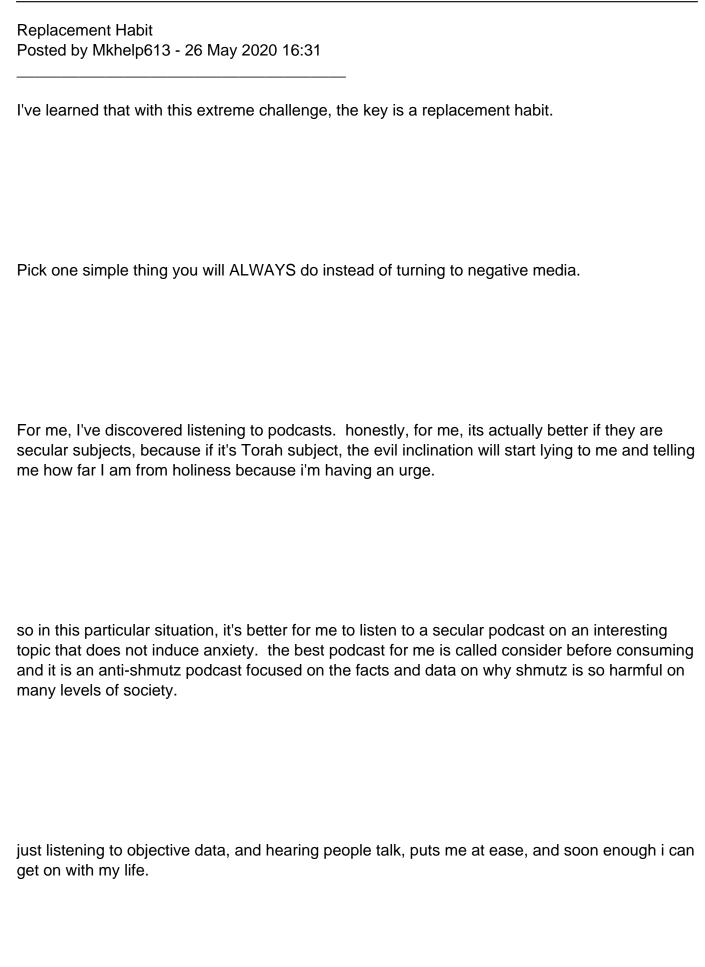
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again, the key is to have an easy, simple, and preferably passive habit that you go to every time to replace the negative habit. it should be easy, and simple, so you'll actually do it. not something hard that you won't actually want to do... just simple and easy, like passively listening to and/or watching something that is kosher and won't make you anxious. and is in some way positive and building you.

Soon, youll start to automatically do the replacement habit, and break the old negative habit. it really works

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Re: Replacement Habit

Posted by yosef10 - 26 May 2020 16:45

Great eitza, thanks for sharing what worked for you.

Im sure you agree though, for lasting recovery, your gonna also need a plan, a filter, to talk to people... Etc.

Ive heard of that podcast before, I'm actually a member of Fortify, the program for people struggling with porn. It's under the same nonprofit company FTND (fight the new drug).

Also, maybe consider, other reason why this is so helpful for you. A bautiful point you made is that it's just easy, no anxiety, and you enjoy it... "The best motivation to do something is to enjoy it" -my psychologist. Other reasons might be because the specific way you cope actually, I found that when I have an urge, and go on GYE, I am able to be present with my urges and emotions, see them climb up a hill of intense desire, and slowly climb down that hill. It's not a distraction, but rather I'm able to be focused on my thoughts, not be scared of them, and let them pass.. All with not acting out.

Do you feel the same way with your podcast, because it's on that topic?

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