

Mindshift - The easy peasy method

Posted by yosefms - 26 Mar 2025 23:32

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Hi Everyone,

First a bit about me for those of you who don't know my story. Like many other people here, I'm happily married, have good kids bh, and love learning, davening doing chessed, being a geshmake yid!

But I also had a double life, I struggled with P&M for about 27 years. However, it didn't stop there, after succos this year I started messing about with webcams and ended up acting out in person with a zoine. This was the lowest moment of my life and filled with shame and contempt for myself. I made my first post on GYE. It was raw and emotional, I was in a dangerous mental state and realizing the danger of this new GYE member's post the Great Eerie reached out to me, we spoke and I felt relieved to be able to talk openly and anonymously about my struggles.

I improved the filters on my home computer which were easy to bypass and spoke to Eerie and a few other guys pretty often, my confidence grew and I was hopeful that I had finally mastered the art of self control. But after 60 days or so, life got in the way, the pangs came back and in the end I fell, I was embarrassed but most of all I couldn't work out what to do next. I know one thing, there has to be a solution to get rid of this stupid taava, just what is it? There's something I am just missing, what do I try next, what actually works? I had followed all the guidance but still fell.

But then in a "chance exchange" my buddy IWANTLIFE sent me a link to a book called the easypeasy method to quitting porn. I read it and as soon as I finished reading it, I knew, that's it, for me this was the solution, I just absolutely knew. The book is extremely powerful, it uses subtle but deep psychological techniques to rewire your brain as you read it and by the end you have no idea why you were ever addicted to looking at porn in the first place!

The book needed some editing to be more palatable with our yiddishe neshomos, so I approached the big guys at the top of GYE. They agreed with me that this is an extremely powerful tool, together we spent weeks editing it and now it's ready for you my dear reader to enjoy and become free just like I did as well as many others. I've copied the link below which is now in the GYE e book resources. But as a final word I would also say that it's equally important to reach out to the many mentors here on GYE. They are all amazing people who give their time and love for each person.

[guardyoureyes.com/ebooks/item/mindshift](http://guardyoureyes.com/ebooks/item/mindshift)

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Re: Mindshift - The easy peasy method  
Posted by kohelp613 - 28 May 2025 18:24

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I tried to attach but it didn't work. There's a link, hang on.

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Re: Mindshift - The easy peasy method  
Posted by kohelp613 - 03 Sep 2025 17:38

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i still hold very highly of this method - coupled with spotless filters.

it also should be a wakeup call about marital intimacy and how much negative cultural brainwashing hurts that part of life.

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