

practical advice

Posted by needHelp - 30 Jul 2008 13:11

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Some practical advice for those who struggle with this problem.

1) Understand that this is an addiction - like cocaine. However, also understand that you're strong enough to break its hold over you.

2) Decide to make a stand! To fight it, and resolve to never give up - even if you slip up once in a while. If you look at it like eating pork, and how it defiles you - it will help to galvanize your will.

3) Take each day, one at a time. Don't worry about next week. Don't even think about tomorrow. Just push through the day. You can go weeks, p-orn free like this. It gets much easier after the first few weeks, but beware, the urge can become seemingly overpowering without warning - no matter how long you have been pure. Just push through it. Don't give in! Focus on some other important topic, and in a few minutes the urge will subside.

4) Important!

Step A: Take all of your downloaded pictures of pretty females, and burn them to a disk. Label it 'corrupted old programs'.

Step B: Delete all of the above pictures from your hard drive. All of them! (And resolve not to visit any more p-orn sites. A filter will help. One reason for creating the CD, is that most addicts will never be able to get rid of the p-orn without having first made a copy.) Now if you feel the urge, these photographs/vids will not be a mere mouse click away. You will actually be forced to take the time to search through your cds, select it, and then place it in your drive. This will not be whimsical act - a quick peek, but rather a deliberate action on your part to break your holy vow. This gives you the needed time to reconsider your actions.

Step C: Throw away your training wheels. When you have gone one month without looking at po-rnography, destroy the CD that contains your pictures.

5) You're free! Now resolve to stay that way. The above advice worked for me.

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