

### Motivational Boosters

Posted by MenachemGYE - 24 Jan 2020 09:40

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If you feel that you need an extra push to help you decide whether you are ready to quit, you might want to try some of the following ideas. These techniques may be helpful in the tipping the scale towards change.

**The most fundamental tools are the [Cost Benefit Analysis \(CBA\)](#), and [Exploring Values and Roles](#). It's recommended that you try those first.**

This thread will discuss some lesser known techniques that can help you make a decision.

### Check your frequency

Getting accurate information about how often you watch porn can give you greater awareness about your behavior, and can challenge your assumptions about the intensity and frequency of your porn use . For the next week or so, keep a record of your porn usage on a physical or digital piece of paper. The table might have the following columns:

- Date and Time
- Duration
- Device
- Location
- Notes

### Getting more information

Usually focusing on the negatives of porn is counterproductive, because it keeps you focused on the problem rather than on the solution. But during the contemplation stage it can actually be extremely helpful. Learning about the effects of porn might change your perception of the pros and cons of porn, and can tilt your [decisional balance](#) towards change.

- A great resource is [truthaboutporn.org/media](http://truthaboutporn.org/media). It includes over 20 eye opening video interviews with experts on the effects of pornography. The site also showcases a collection of research papers on the topic.
- If you want to dig deeper check out the book "The Porn Myth", a non-religious response to pro-pornography arguments. A book exposing the reality behind the fantasy of

pornography. The book draws on the experience of porn performers and users, and the expertise of neurologists, sociologists, and psychologists to demonstrate that pornography is destructive to individuals, relationships, and society. The Porn Myth is available at Amazon.com.

- You can also have a look at the sefer Zos Brisi for Torah reasons to maintain kedusha. When reading such materials, remember your goal right now isn't to feel guilty about the past, but to reflect on what you truly want for the future. Facing the truth is uncomfortable, but during the that are considering a change (the [contemplation stage](#)) it can help you clarify the (pros and) cons of your behavior and help you decide what you really want. The Hebrew version of Zos Brisi is available for free at <https://guardyoureyes.com/ebooks/item/zos-brisi>, and the English version can be purchased on Amazon at <https://www.amazon.com/Sefer-Zos-Brisi-Guidance-Kedushah/dp/1680250078>

## **Leverage your emotions**

Try imagining how your life will look like in the coming years if you don't change. Imagine tough situations, throughout your life where you'll suffer the consequences of watching porn. Be realistic about what might happen.

Imagine vividly how continued porn usage (for example) and its side effects will impact your relationship with your spouse, your children and your career. Imagine the lost opportunities of actualizing your most cherished dreams and life goals because porn has embezzled your time and focus.

Then once you're done, imagine how it might feel if you quit. Would you feel much happier? Would you feel more confident? Would you take on new goals? Would it have a positive impact on other areas of your life? Would your relationship improve?

Often the reason we don't change is because we focus on the short term vs. the long term. The problems we'll have later in life due to watching porn seem too far away. This exercise can help us feel these consequences more vividly and arouse your emotions. Once our emotions are aroused, we might feel ready to finally quit.

## **Record Your Thoughts**

Another technique to arouse your emotions is to do a quick video or voice recording each time you finish watching porn and talk passionately about how it made you feel. At the end of the week, listen to the recordings, and check your [decisional balance](#) worksheet to see if there's anything to add.

## **Discover Your Motives**

Each time you watch porn, *before you actually watch*, think why you are doing it and record it

somewhere. If you'd like you can make a table like this:

- Date and Time
- Location
- Why I want to do this? (e.g. I'm bored, stimulated, stressed etc.)
- Notes

After a little while, you'll be able to look back and see *why* you're doing what you're doing. By becoming more aware of your motives, it can help you get the clarity you need to make a decision. For example, you might notice, that very often you're watching because your stressed or tired, not because of pure lust. You then might come to the conclusion that if it's mostly due to stress, there are far better ways of dealing with then by continuing the current behavior.

Credit: Many of these ideas are based on the books *Changing for Good*, and *Addiction and Change*.

**Warning: Spoiler!**

Here's one more idea from the book *Changeology*:

**Tip: Say Goodbye**

Write a goodbye letter to your problem or old way of being. Put your heart into the letter. Explain the harm that porn has caused you and others and then how leaving it will improve your life.

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Re: Motivational Boosters  
Posted by cordnoy - 24 Jan 2020 16:01

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[MenachemGYE wrote on 24 Jan 2020 09:40:](#)

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Thank you.

The goodbye letter really speaks to me. As a matter of fact, I have done it.....

**Warning: Spoiler!**

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Re: Motivational Boosters

Posted by mggsbms - 24 Jan 2020 16:22

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Really great stuff! keep them coming!

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