

## Guys' Posts About Adolescent Porn Use (2011)

*AGE 15* – I can't get a full erection and have a sh\*tty sex drive, but my test levels say I'm normal.

*Can masturbation become a threat?* - Since 12 or 11 years old I have been looking at porn and masturbating. I just can't resist it, and I do it too much now. :( I'm 15 years old and wanna stop it now because I think it's affecting my social life, relationships, and school grades. I very much wanna stop. The most longest I ever resisted was a week, but then after that I go back into the drill...sob sob. Any advice to stop this addiction???? Please I really want to stop and have a real relationship with girls and get on with real life! No stupid comments please.

*How to stop porn addiction?* - It's really bad. I watch it all the time even when I'm just bored. Can't stop. I'm a really young age as well (13). How can I stop?

*Is porn ruining my life?* - I'm 14 and I think I have an addiction to porn. I really want to stop. I am no longer social or anything. How can I stop? And is it ruining my life and turning all my family into haters?

*AGE 16* - I'm a 16 year old boy/man and I've been addicted to porn and masturbation since I was 12. I've only recently realised how much this has affected my life, when I was young I was carefree but as I grew older I started to become extremely depressed, unmotivated and shy I feel like I've wasted enough of my life at this point and I'm determined to stop this addiction. The first time I realised I that abstaining from masturbation has many benefits was about 2 months ago. I went almost 2 weeks and I felt extremely confident and I found it really easy to talk to girls and people I didn't know. In fact, the first time I intentionally went without masturbation, I met a girl that I fell in love with.

*I'm a 17-year old guy* suffering from porn-induced ED, and have made a decision to turn this around whatever it takes. No porn, masturbation or orgasm for me.

Day 49: My libido has been slowly increasing, and I've been noticing the mental changes other people document: I no longer view women as objects, I enjoy their company more and I'm laughing for the first time in 2 years. However, I do get extreme mood swings now and again, but I guess it's all a part of it. My libido's had a couple of dramatic peaks over this course, which is a sign of my rebalancing I hope.

Day 60: I'm feeling way better. I've had a few wet dreams, all of which have set me back, but overall my mood has really improved and so have my erection strength, libido and frequency of morning wood.

Day 76: Feeling great, way happier and more energetic and way more libido. My morning wood this morning was ridiculous - it literally wouldn't go down for like 20 minutes even standing up! I'm gonna give it 90 days so I've done a full 3 months and then I should be completely back to normal and ready to try and find a partner. So glad this actually works.

*19-year old responding to post asking if porn ruins your penis* - This is true. It's really hard to get erections when I'm trying to [have intercourse]. Takes about 20 minutes or so

to get it up. Really embarrassing. But if I'm sitting and watching my pornz, it's almost instant.

AGE 20 - I first started watching porn when I was 11 or 12. Course back then I didn't know what it was or what it would do to me, other than it was the best thing I'd seen up until that point, or probably ever would see. I started with pictures and reading little 'confessionals', I guess that's what they're called. Sex stories to say the least. One day, I stumbled upon some hardcore porn. At that age it was extremely shocking for me, and caught me completely off guard. Days afterward, I experienced some unnamable force in my chest. Now I know what it was: a mixture of shame, guilt, and anxiety. I blamed it on some show I saw at a friend's house, "Celebrity Deathmatch."

It was so overwhelming, that days later I told my dad that I had seen something that I shouldn't, but didn't say what it was. He was confused but supportive. I had never associated that drowning feeling with porn until recently. After that day, I found more porn, forgot all about what I had felt, and continued on with porn and excessive masturbation for years.

By age 19 I was searching for answers on ED, because I hadn't been getting morning wood and had a failed attempt at intercourse with this random chick I met at a party. She had initiated it, and I had only spoken to her for a few minutes. Even though I was both drunk and high at the time, I knew something was up. I felt nothing for the girl, no real intimacy. I emulated some of the things that I had seen in the porn I had watched so religiously. I got semi-hard, but my erection just seemed to fade away. I should mention that I'm a virgin and never had a relationship. I'm a good looking guy (allegedly), and in the past there've been girls apparently interested in me, but I usually shy away and embrace being alone with my porn. Wow that sounds shitty.

I had been suffering from porn-induced ED, but it was more than that. For years I had felt a lot of different symptoms, from anxiety and social anxiety, a lack of confidence, apathy in general, and not so much depression but more of an emotional numbness that I can't quite describe because well, it felt like nothing at all. In high school I'd binge for hours at a time into the night, which lead to lack of sleep. That negatively affected my concentration and energy in school and sports. Thinking back now, the only thing I really wanted to do every day and looked forward to was PMOing. I didn't care about what I did on a daily basis and watched my potential go awry in favor of long, lonely nights of short-term gratification on the computer.

Recently it's been paranoia; when I'm with my friends I feel as if every laugh is mocking me, that they talk bad behind my back, think I'm crazy, and on and on. Throughout the process I've doubted that at the end of my reboot, any of these things will be fixed, and nothing will be changed. That I'm not addicted, that it's the weed (I used to smoke daily before my reboot but stopped because I got an HOCD attack and a couple of panic attacks). All of these thoughts have lead to relapses in the past.

My first attempt was my longest; around the 42 day mark. I never felt tempted to PMO really, just heavy withdrawals. The first few days were the worst, with crazy mood swings, headaches, brain fog, and those familiar apathetic feelings. I had a fever, cold sweat and a sore throat to go along with my inability to sleep; I thought I had mono at the time. I became lonely and depressed, felt fatigued and I had no libido or sex drive to speak of. The worst for me was the HOCD and the intrusive, unwanted thoughts I was having. When I had my first outbreak of HOCD, it was... beyond my comprehension. I simply could not believe I was gay, yet it felt as if I *knew it to be true*, and I thought up bullshit reasons as to why it was true. It drove me crazy that night. It was hard to acknowledge yet always in my mind. I'm sorry if I'm not making much sense, but this is how I remember it. It felt so real. Sometimes there'd be hours where it seemed to me that I couldn't slow my train of thought.

*Student, age 22* - I watched porn from about age 13-15, and then age 18-22 (present). When I was 15 I accidentally got a virus on my family computer that locked the homepage in as a porn site. It was traumatic at the time, and put me off porn for years. I hadn't thought about it until recently, but my time away from porn in the later part of high school was probably my most comfortable time. I was getting great grades at school, and it was so much less awkward to meet people (girls and guys alike).

My friends and I were inspired by the Seinfeld episode "the contest", and by the movie 40 days and 40 nights (both comedies about trying to temporarily stop masturbating). It really was fun. Just the challenge of it was fun in itself, but I also found that my interest in girls lined-up properly with reality. Instead of daydreaming about doing a pornstar in some crazy position, I planned exactly how I'd ask the girl-next-door to the valentines dance.

Anyway, I went to college (and started watching porn again), and my education never took off, and my dating/sex-life never took off. I eventually dropped out and worked for a few years, and now I'm back at college. I feel like my life almost passed me by, and I need to grab on now, or I may not get another chance.

*AGE 26* - I've been masturbating to porn since the age of 14. I am now 26 years of age. That's an awful lot of masturbation! Often I'd masturbate on average 3 times a day in my teens, but 8 times I think was my 'personal best'

My problem is that I am unable to reach orgasm with a woman when performing intercourse. I can however orgasm from a hand-job from my girlfriend. I believe my body has conditioned it's self to reach orgasm through stimulation of the penis with a hand. A hand can obviously create a tighter grip than a woman's vagina. Over time, excessive masturbation has reduced the dopamine levels/receptors in my brain, therefore reducing my penis sensitivity.

On Monday my girlfriend called me. She wanted to end the relationship. One of the reasons was my whole sex issue. To be fair, I can see her point of view. She did ask me to go the doctor to get myself checked out, but I put it off hoping the problem would go away and I wouldn't have to endure the shame of revealing my lack of manliness to a complete stranger.

I wasn't trying to hurt her. She really is a great girl and we get on well. She gets on with my family, and I fancied her from the moment I laid eyes on her last year.

But I digress. We're now on a 3 week 'break'. (I broke the break by informing her of my visit to the doctor's.) I hope we can reconcile at the end of this period when I'm fixed and give her the proper loving, fulfilling relationship she deserves. If things don't work out, it will be a shame, but life goes on doesn't it? I should prepare for this worst and hope for the best.

On to the doctor visit. I basically informed him of my problem and what I thought was the reason behind it. I wanted to rule out any physical problems. He agreed that I probably didn't have any physical problems as I could actually get an erection. He went on to suggest maybe bringing in porn in to the bedroom and sex toys. He also said he could

prescribe viagra, but it would probably cost me as I have no physical problems. He even mentioned “Don't ‘look at the fire when you're poking it.’ Look at the monitor or TV during sex.” My views are that I don't want to be reliant on porn for sexual gratification. I mentioned this advice to my ex and she didn't seem up for it. I agree it's not right.

*Cambridge University student* (<http://cambridgetab.co.uk/features/confessions-of-a-porn-addict>) - After years of Internet porn use, I could bring myself literally to the brink of orgasm solely with visual stimulation – without using my hands at all. My mind was rewired into rely on the extreme images fed to it by my eyes to produce sexual arousal. The encounters I had with women felt somehow disappointing. Sexually I felt a bit dead. Occasionally I failed to maintain an erection.

“Desensitisation” is an apt word, because years of beating my meat to porn left my penis less sensitive to touch. I blamed it on condoms, on performance anxiety, on alcohol, on being out of shape, but finally, I realised the truth: porn. How was a real-life girl ever going to compete with a never-ending succession of 2D fitties doing literally anything?

Sure, I was pretty stupid and mindless to allow my habits to get so out of hand, but given just how accessible the porn is and how slippery the slope is, I'm betting it isn't just me for whom the temptation has been too much.

I'm glad and lucky I realised what was going on before it was too late. Thankfully, recovery is possible, with a bit of willpower. Years of porn phucks with your brain chemistry, but you can get back to normal. Simply stop the porn. Quit watching it. You'll probably find it much harder than it sounds, even if you don't consider yourself addicted, but that's a testament to how powerful it really is.

I'm currently going through the process, and it has been difficult, as dealing with any addiction is. You might feel dead at first, like nothing turns you on. You might get cravings, or mood swings. But the body is fantastic at recovering, and your sex drive will recover. You will notice the effects not only in your sex life, but also in the rest of your life – what once felt mundane compared to the intense thrill of porn will suddenly seem fresh and exciting.

*College junior* - I came across pornography, of all places, in the library. *Parents please supervise your kids' Internet activity.* I was 11 and doing homework while a boy sitting beside me was looking at a picture of a woman with huge breasts. I remember it vividly: the boy, the room, the computers, and the woman distinctly.

That began the slope down to an addiction. I knew I had to have more of the pornography, but had severe limitations. The family computer was in the living room, and public computers were too conspicuous, although that rarely deters the mind of an addict. At first, I would only look at the family computer when my family was not there. I would search on google terms that were raunchy, but could be construed innocently. I am laughing at myself while writing this. I would look up words like melons, fatty. I remember being so scared that my parents/family would find out.

I was consumed by this addiction, which I now understand to be burst of dopamine that eventually that was not enough. I started surfing more hardcore material on both public computers and library computers. Imagine a 13-year old child constantly looking over his shoulder, while looking at lewd material. I was not the only one either.

Eventually, I found out about masturbating to ejaculation. I was 16. I would wait patiently for everyone in my family to go to bed. As soon as they would go to bed, I was on the computer masturbating to pornography. Many nights I would climb into bed, and I could not stand myself. I would make another excuse, and say that it was the last time, but would do it the next day.

I went to college, and I got a laptop. MISTAKE... I never had been as addicted to PMO as I was then. It started off relatively under control, maybe once a day, but it quickly got out of hand. Looking back on it; I would pmo every chance I got, including between classes, before I went to bed, when I woke up. My grades suffered; my social life suffered. I can name sooo many women who were giving extremely obvious signals of attraction and desire, whom I completely ignored. I was "already taken," and mentally checked out.

My life was really a haze; enjoyable, but there was so many real people, conversations, relationships that I missed because of this addiction. When I lost my virginity I had an erection, and I was having sex with the girl with a condom. It really did not feel that good. I was bored actually. I lost the erection after maybe ten minutes. She wanted more sex, but I was done.

The next time I tried to have sex with a woman was a disaster. I had an erection at first, but I lost it before I ever penetrated. Condom use was really hard, not a hard enough erection. Two or three in the morning, I had morning wood. She felt it, and stuck my penis into her without a condom. Another woman, I could not get an erection hard enough to put on the condom. So I went in with out a prophylactic yet again. This reckless decision came because of my ED.

Now, [no masturbation/porn for most of last two months] I don't know exactly if my ED is cured. But, if my spontaneous wood is any indication, then I am doing great. Also, I have felt physically attracted to real women for the first time in a long time. It's strange, but I was basically asexual, when I was on pornography. I went after women because I was *supposed* to do that.

*AGE 22* - Same here man. I'm completely healthy. Test levels are fine. Getting it up has been Russian roulette for me as of late though. It phucking sucks super hard. 2nd time this has happened, and I'm extremely ashamed. Porn has definitely ruined my sex life no doubt, but I don't plan to stop. LOL

*AGE 22* - Having to take ED pills in your early 20's is natures way of saying you dun goofed.

*AGE 20* – I'm in the prime of my life as a college junior, and yet I am a depressed, anxious mess. I am doing horribly in college. I suffer from Porn-Induced ED, I am struggling with HOCD [anxiety that watching transsexual porn might mean he's gay]. I slip into depressive self-hating thoughts quite easily, and there have been occasions in my

past where I have seriously considered suicide. I'm not exactly sure where my life went wrong. I was the typical "smart" kid and everyone in my family thought I would grow up to be something special. Now my parents consider me a disappointment, and I don't really disagree.

I remember distinctly the first time I masturbated to an orgasm but I can't remember my exact age (Most likely 11 or 12). I just knew I had to do this again. I already knew what porn was at the time, introduced to it in the Computer Lab in 5th grade before puberty. I would look at graphic images and just be so interested. I didn't think this was weird because many of the other boys did it too, and this led me to believe my interest in porn was normal.

At first I would masturbate to images and fantasies of girls in class, but after I found out about the Internet I became hooked to the large supply of images. I even used my dad's credit card once to allow internet access onto my and my brothers computer so I wouldn't have to sneak onto his. I was discovered and punished, but they never considered my true purpose (12ish at the time).

My interests at first were the basic images of nude women, but I was also attracted to animated images or hentai. When search engines finally had video searches I remembered being happy that I could actually watch real sex. I was progressing through school normally, while coming home and masturbating almost once a day if not more. Some day's if no one was home I would do it before I left for school. My tastes begin to slowly creep from regular pornography to more extreme things. Since it happened slowly, I never really noticed how strange my taste was getting.

In high school I was normal enough, although reserved and quiet, but I remember feeling empty. There were girls I liked and I even asked out two of them only to be shot down, but I don't think I ever really FELT much. I would watch movies and sometimes wonder what I was supposed to feel. I never even considered my porn habits the root of my troubles.

My senior year of high school I finally had a girlfriend, but it ended rather horribly and I never even kissed her in the month we "went out". (I was scared.) I was relatively depressed after that and became extremely unmotivated. Had I not already been accepted to University before then I would have been in trouble. It was during this time my HOCD began as well, intrusive thoughts of me kissing one of my male friends for no reason whatsoever, which I pushed away. The fact that I wasn't aroused by girls in my school even while dancing gave me plenty of trouble as well.

College is actually rather fun. I can go around and meet people and hangout. (I commute.) Returning home from campus was like exhaling and the only things I did were play guitar and of course masturbate.

After my first year my HOCD started to spike and I swore I was attracted to my male friends regardless of the fact that I was sure I had feelings for a girl I liked (who later got

with someone else, defeating me). The fact that my porn interests progressed into weird areas with transsexuals and extreme hentai did not help my mental state at all. I didn't masturbate as frequently as most addicts, but I think the fact that I started so young already dealt extreme damage.

The introduction of marijuana into my life didn't help much either because I would use it to make me more aroused to porn. I was already struggling to maintain an erection at the age of 19.

My HOCD became more aggressive. I started working out around my sophomore year and built my body up decently to help me get with girls, but I was still anxious, shy. When at home with my thoughts running wild, I thought I was gay. (When I was out I tried to focus on other things).

This summer I finally decided it was time for a change. I smoked weed almost every other day so I could masturbate to porn without worrying. But when I smoked with friends, I was filled with paranoia and fear that I thought I was gay and that everyone thought I was gay. It wasn't until one night where I seriously thought of driving into another car on the road that I realized I had a problem and decided to scavenge the internet to "change" my orientation.

I discovered that I was straight, but with HOCD. I also attempted to stop masturbating. I went two weeks and failed—because I noticed improvements. After another hard night, I decided to stop Masturbating, Porn, Caffeine, and Marijuana. I have been mostly successful; I haven't masturbated for around 50 days. I have not had caffeine. I have slipped and looked at nude images, but I have decided to stop that for good. I have only smoked weed once in the past 50 days.

I have noticed changes in the past 50 days that made me happy, but I still have a ways to go. I will not be a shadow of the man that I know I can and should be.

[Day 53] It's such a change from the older me who could barely put together a sentence in front of new people to the guy now who can talk with almost anyone without thinking about it. Also a couple of people have been telling me I look different, I'm not sure if its the way I carry myself or something else but they said they could barely recognize me from a distance. I do feel different though. I can't wait till day 90 to see how much more I can change. I'm not going to sit around and wait for the changes though. I'm going to live and have fun and what happens happens.

*AGE 22* - I'm a healthy male and have been masturbating to pornography since I was 14/15. It first started with images with Google image search, just searching for "boobs" for example. I remember this really used to turn me on; it was great. I was not a confident teenager, so seeing pornography was awesome at the time. It wasn't long before I got broadband internet, so I could download 20 sec clips. Later came other large pornography websites.

I want to mention how my pornography tastes have changed over the last few years. First it was very soft. Then lesbian porn did it for me, and then, a few years ago I stumbled into shemale pornography, and over time I realised I was turned on by this. Then it got worse: occasionally I would masturbate over gay pornography. It became more and more frequent. It turned me on, but afterward it felt so wrong. I know I'm straight, when I'm socialising, men are the last thing on my mind. I am very attracted to pretty girls; I notice them from a mile away. So, this pornography has morphed my tastes to the extreme. I was confused whether or not I was bisexual, but now I look back and I realise I'm not bisexual. It's just that my brain has been re-wired by pornography.

Then earlier this year I developed erectile dysfunction. The girl was amazingly attractive and she was full on up for it. However, my penis just didn't work! And then a few months ago it happened again, except this girl was even more attractive. So I realised that something must be seriously wrong.

*AGE 21* - There's the joke that teenage boys masturbate all the time, but looking back, I actually WAS. I wanted pornography from age 12-13, and would constantly seek it out. But I didn't get the porn, masturbate, and then go out and socialize like other kids. I would masturbate to it as much as I physically could, until I was so exhausted I just fell asleep. It intensified considerably as the Internet came around and ultimately I ended up hooked on transsexual porn and my ability to become excited by girls began to drop off. (That problem is now sorted, but I'm still hooked on porn.)

I can't believe I didn't realize I had a problem back then; it seems so obvious to me now. But as they say, ignorance is bliss. I think the fact that I was still in puberty played a role in the addiction, considering I was still growing/mentally developing. Whatever, hardcore porn was the last thing my mind needed.

After that, my adolescence becomes somewhat of a blur. I know I started looking at more and more porn, and spending less and less time with other people. I stopped going outside as much, and I stopped hanging out with friends as often. Even then, I did sense that something was changing inside me, but I think I sensed it on a sub-conscious level. I still did a lot of things I enjoyed. I played in bands, had girlfriends, went to concerts, and did so many things your typical teenager would do. But I also hid up in my parents' attic for hours on end looking for new, improved porn images and videos.

*AGE 24* - I first discovered porn at around 11 or 12. I look back at these memories fondly, actually: little me, straining to make out some illicit movement ("I think that's a boob!") in the snowy reception of the softcore cable channel we didn't pay for, or waking up too early for school and having my stomach jump into my throat because I stumbled upon something on HBO I knew I wasn't supposed to see.

I used to play a game that had I unearthed on my hand-me-down black-and-white Macintosh called "Leisure Suit Larry," in which you control a man who is trying to get laid. As a parental security measure, it asked you a few multiple questions at the beginning that it presumed a kid wouldn't know, like "A nehru jacket is... (correct answer: b. out of date.)" I'd get lucky with the questions every so often. I loved that game! This, of course, was all before cheap and fast access to the internet. After I figured out how to use NetZero, a free-with-ads internet service, I could go on the internet all day and night,

without having to tell my mom. It wasn't too long after that I stumbled upon hardcore pornography, and that familiar stomach-to-throat feeling.

Now, I know that these burgeoning feelings of guilt and fear and excitement were more powerful than I ever imagined. They blazed the porn pathways that I have since been paving throughout my entire adolescence and young adulthood.

Today, I'm in the same situation as many of you. I've seen just about every type of porn there is—just the nastiest shit ever—and when I'm bingeing, I'll watch and masturbate and download and collect and masturbate and categorize and masturbate like a crazy person, for hours. I masturbate for any reason, and for no reason. When I'm not masturbating, I'm ogling girls on the street, as if trying to sate a sudden urge that won't go away. Merely looking at a girl drives just enough chemical through those greased up dopamine highways that it cranes my neck. I am overwhelmed with a sexual anxiety, like I have to do *something*, something will go wrong if I don't *do something* right *now*—as though I am being indirectly and erotically provoked by these women, and maybe I really *should* be having frequent, casual, impersonal sex?

But probably the worst side effect is that I get ED with my girlfriend, with whom I'm newly and fondly in love. And I'm sure there's a host of other long-festering side effects that I don't even know about.

I wonder if the oversaturation of hardcore pornography in the daily lives of everyday first world males (and females) is going to explode into an issue that defines our generation. I think attitudes on porn will shift when *everyone* realizes that this isn't harmless. This is an issue that supersedes politics and religious beliefs. I figured out what was going on in a popular antagonistic internet community, mostly populated by people my age. This, to me, is telling: so many of us have this problem, and it is incidental to a modern upbringing.

You take any boy and give them what we all have, and many of them will end up with the exact same problems and concerns that I and many of us have today. I'm not ashamed of my addiction, because I think that this is bigger than just me. If I only I had known all along what all these seemingly unrelated problems I had were coming from. Oh, right, you mean this multi-billion-dollar industry that is designed to exploit my basest instinctual desires for profit, from which I've been consuming since before I could produce sperm? Yes, maybe that has something to do with every psychosexual issue I've ever had.

I feel like any sucker would feel when they realize they were hooked by a sleazy corporation at an age when the brain is still forming. Duped! Swindled, cheated, and fucked. Now I have 12 years of deeply ingrained psycho-neurological bullshit to unravel. Who knows how this has affected my core identity? Who knows to what degree this encouraged (or distracted me from) my anxiety and neuroses? I don't know, maybe a doctor or a scientist will someday.

All told, I am lucky. I have anxiety and self-esteem issues, but lately I have been more proud of myself than ever. I look good, I feel good, and I am working on and succeeding in my own personal creative projects. (If I succeed with this porn thing, it will just be one more reason to be proud of myself.)

*AGE 21* - Does my lack of any sexual experience contribute in some way to my problem? I mean your talking about a guy who hasn't even been on a date or even kissed a girl on the cheek. My only experience is watching porn and masturbation. It's sad really.

When my friends were out flirting and dating girls in high school. I was at home PMO'ing until the skin on my weewee got ripped and bled. Believe it or not, I once had a time when I almost got an infection on my weewee because I had ripped the skin during PMO. It was so painful. Yet couldn't face a doctor. I put polysporin on it and bandaged it up. Yet I still couldn't stop PMO'ing; I was PMO'ing my bandaged weewee. Now I am in college I have no social or courting skills whatsoever.....

*AGE 25* - I'm only 25 years old and suffer from ED. Like many of you, I don't have this problem with porn, but when I'm with a girl I can't really get it up. It'll be hard for a bit (a pathetic erection really) but then when I put the condom on it dies. This has happened with three different women and each time it has felt soul-crushingly emasculating.

The first time I was 18 years old. It was about two months into university and I was going out with this girl. As said, we tried to have sex and I failed. Truth was I wasn't very attracted to her and I told myself that was the problem along with nerves. I know this is a pathetic excuse and it didn't really resonate with me, but on some level I thought that if I hooked up with a hotter girl I wouldn't have a problem.

Fast forward a few years and I'm 22, get drunk at a club, and take a really hot girl back to my place. Again, couldn't get it up, and this time I couldn't balk at her looks. She was absolutely smoking, but I still couldn't manage with her. This time I said I was drunk and that was probably the problem. A year later I hooked up with another hot girl whilst abroad, and I had only had a glass of wine but I still couldn't do it. I was crushed.

Not counting the ones that should have been done-and-dusted mentioned above, I've missed out on so many other opportunities. Naturally I still don't have any sexual confidence, and slowly but surely self-doubt has crept into many other aspects of my life. For the most part I am now a recluse. After graduating with my Master's degree last year, I haven't been up to anything. I live alone with my parents in a town where I don't know anybody. I don't have any drive whatsoever, and am hopelessly depressed. I'm rapidly losing contact with many of my old friends. My life can be summed up in two words: it sucks.

The first time I fapped I was 13 years old and it was to Internet porn. I was just stroking instinctively and completely unsuspecting of the pleasure that was in store for me five minutes later. Since that day, pretty much every single day of my life I've fapped to some form of erotica. When I was younger all it took was Basic Instinct and movies like "Striptease" etc. Now, the vanilla porn vids you find on porntubes don't really do it for me anymore. I don't have any extreme fetishes, but I can only fap to the best of the best; such as certain pornstars and high production quality.

Not just that, I watch multiple videos at once. It's very unhealthy. For some reason between the ages of 23 to 25, I had some sort of 'second puberty' where my libido went up ten-fold and I was jerking off at LEAST three times a day every single day! This went on for two years.

When I hooked up with the girls I mentioned above it just felt strange and unnatural. Like I liked holding them and being with them, but there was zero sexual excitement on my part, which is obviously not right - I'm just so used to that old fapping routine. Since I've been fapping my whole life like this, I really wonder how long this recovery process will take, and if it's even possible to do. I worry it might be far too hardwired into my brain...

*AGE 26* - I have been using porn heavily since before I could even masturbate. I always remember it starting at 9 years old, but in reality I was probably closer to 11. I had a very hard time growing up, as I was constantly bullied and an outcast. Things began to change in high school and continued through college, as I relentlessly worked on improving myself. At this point, I can be extremely outgoing and charismatic, especially when working the room in a business-type setting. On the social side, I have made great improvements from when I was young. Though I'm still not entirely comfortable in a group, I certainly have many friends and can hold my own. I have also become pretty comfortable with women, being able to approach attractive girls and form relationships, albeit relationships that I don't feel emotionally invested in.

One thing that holds me back is my incredible ability to consume massive quantities of porn. I have gone on 16+ hour porn binges, without eating or sleeping. When I'm bingeing, I tend to completely disconnect with reality, as if it didn't exist. Even if it means missing an important obligation. Nothing else is real to me during those hours. When I finally climax, I stumble about in a daze, completely drained of any semblance of physical, mental, or emotional strength. During the following day, I am extremely shaky and nervous, as my internal balance slowly returns. This will be followed by 1 to 3 good days where I am "in my zone", but sooner or later I feel that anxiousness we're all familiar with return, which can only be cured with another binge.

*AGE 25* - My first contact with porn was at about 11 or so, but I never masturbated until 17-18. I would only wake up with wet underwear. I have never ejaculated or orgasmed on a girl in my life.

- My first sex was about 21. It was with a prostitute and fortunately she was very caring. I had 2h of sex without ejaculating or orgasm, using pills to keep it up.

- After that I had a huge gap with no sexual activity at all, only PMO. So between 21 and 25 it's been all about PMO for me. I had one failed intercourse attempt somewhere there, but nothing important.

Only this year (2011) I met this nice girl and had sex with her, but with ED (able to get hard but not able to penetrate). I thought it was mainly because of my performance anxiety at the time. Weird thing is, still I managed to create for this girl 3 or 4 nights of awesome interaction. One night she came about 5 times. For some reason, I'm not bad on foreplay at all. I couldn't use my penis to penetrate, but I used all the other means, words, whispers, cuddling, lots of oral, etc. She said it was one of the best sexual experiences she ever had, even though I didn't use my penis for intercourse at all. This kinda boosted my confidence a little. She tried her best to make me cum but nothing would work; I had not enough sensitivity. The girl had to go overseas and I'm now without a lover.

*Twenty-something* - I wish I could go back and tell my 12/13 year old self what I was doing to myself. I feel so neutered right now. I wish I could go back to looking at a girl and feeling, "Wow, she's pretty. I'd like to get to know her better and form a relationship" rather than, "Hmm... 5' 7" Caucasian, 130 lbs, B-cup with medium brown hair. Reminds me of the girl in Backdoor Angels 5." And feeling no desire or interest for her because she isn't being with 15 guys at the same time. Sigh.

I don't think porn is super-bad, what I think IS bad is the way porn is nowadays and the availability of it. The odd magazine that someone gets out when no one is home or at night isn't a bad thing, but people are actually waking up and masturbating several times before they go to work/school. That isn't normal.

Years ago, before I became addicted, a friend lent me a very soft-core magazine of women with just their breasts showing. It was like gold to me. Comparing *that* to the transsexual porn I got hooked on is a pretty clear indication of escalation. I've come to realize that in the end it is all just porn, that's all it is. The content doesn't matter to an addict, it's just a visual drug.

When it was time to start dating, the arousal did not compare to what I felt from porn. It was too bland. I know this all came about due to porn. If I'd never seen porn, I would be living a perfectly normal, straight life and I would probably be suffering from premature ejaculation around women. But, porn seems to completely screw up your mind. This is coming from someone non-religious who used to think people with an anti-porn agenda were nonsensical religious extremists.

*Gay male, twenty-something* - I rarely feel sex lust with reoccurring partners. I usually am only extremely excited about sex when it is with someone new and I barely know them, or their body. Furthermore, I have a lot of trouble with cumming with my partners. I have only cum with another person 6 times, though I've had sex plenty. When I am alone, cumming is not a problem. I watch porn a lot to achieve this.

*AGE 24* - My sexual experiences in college were horrifying... total inability to have any kind of erection while making out, etc., very low libido. I didn't know what was wrong with me, but I knew it wasn't good. I was aware of being completely unable to relax my PC muscles when I would be with a girl. Of course, I could *masturbate* quite easily... and did so very often, usually with the Internet.

From around age 22 I stopped all porn and masturbation. Now, I have not a trace of any kind of ED. I am now just kind of disgusted when I see pornography, even scantily clad women on magazine covers... boring! Hard to believe it ever had any effect on me. I am very sexually healthy now and have very strong, long lasting erections with very little encouragement necessary.

I can't think of anything I've done for my own health and well-being that tops giving up porn and masturbation. It is soooo totally worth it. Not that you should never touch yourself again... I find the male deer exercise to be one of the best ways to wake up in the

morning. You just have to get completely out of your head when it comes to sex. No fantasy! Be present and relaxed—preferably with a loving partner.

I've been through everything everyone has been through. Everything. All because of porn. I've been PMO for 10 years (I'm 25). Tried to have sex at 16, didn't happen, blamed it on nervousness. Had sex at 18, could not orgasm without fantasizing about something in my head. Which is messed up because I'm finally getting laid, but that alone isn't exciting enough for me apparently. With porn, especially if I haven't M'd in a few days, I'd be hard as a rock.

I had a 2-year relationship after; the sex was all right in the beginning. I could have sex with a condom on but I wasn't as hard as I should be. It got progressively worse. I had no sensitivity down there. I had to be turned on already for anything to happen. I'd go 50% soft half way through. Most of the time I could fantasize myself back in there. But that's not what sex should be like.

I got out of that relationship for a bunch of reasons. I got some Viagra and that helped SOMETIMES. Had a bunch of sex partners for a couple years. A few fucking horrible (excuse my language) experiences. I realized this is messed up. I should be able to get rock hard in a few seconds no matter what. But the attraction to regular girls wasn't there. I knew they were hot as hell, but my dick didn't want to agree with me. To make things confusing for me too, I still till this day get very strong morning wood. I saw my doctor. He blamed everything on performance anxiety. Which kinda made sense cause of all the shitty experiences, maybe my head wasn't it in. But as a frequent PMO guy, I didn't realize that my dick should be hard as hell very easy with little effort, and I should have strong sensitivity there too. So I listened to the guy and took the drugs.

I'm a 15 year old who hasn't been able to get a full erection in over a year to anything. When I get morning wood, it's still not fully hard. I went to normal doctors that do check-ups. 1st time, doctor said it was stress and it will go away. 2nd time, doctor told me to warm up my penis with a hot rag (not joking) before fapping. 3rd time, doctor let me get my blood levels tested, but he said they came back normal.

I am a 20 year old guy, who has had a PMO 'habit' since I was about 14. There were times when it would be just MO but always I went back to porn. I realised that I had a problem when I tried to sleep with a girl about a year ago, and despite her being exactly my type and very attractive in my opinion, I could only get about 70% hard, which was of course rather demoralising. I actually attempted a reboot a few months ago and got to 30 days, by which point I was intermittently flat-lining but also was experiencing morning wood, but then accidentally relapsed (damn you internetz!) and then kinda screwed up for the next 2 months or so :/  
What I noticed after about 2-3 weeks though, was that I felt so much more

comfortable with myself, and I was noticing that I was engaging in conversation with girls without even thinking (this usually requires a degree of 'psyching up'), so I can definitely relate to some of the personality changes that some people have mentioned during their reboots.

I'm a 17 y.o male with a mild porn addiction and ED caused by it. For a long time didn't know what the problem was. I'm one of those who was 'born' with internet porn and I've been using it since I was 🤖 I guess 10-11 y.o. So, A LOT !

I noticed that I had a problem at my first try with a real partner when I was about 15 y.o. Everything had gone smoothly until the actual intercourse. Then the lack of lubrication, anxiety and my abnormal ED problem showed up and I couldn't do it. Didn't have a second chance and lost that girlfriend. That's when confidence problems started to appear as well, but I didn't know about what porn does to me so I continued (btw I escalated to shemale porn and femdom). Recently I tried again with another girl, and same result. Everything goes well I'm rock-hard on foreplay and oral sex but when I need to put on the condom and penetrate her, boom! The erection goes away and it's freakin' me out.

So I decided to buy a pocket pussy for some more realistic training. I noticed that it didn't really satisfy me. It wasn't exciting, even without a condom. I still preferred normal masturbation. But I forced myself only to use the fake vagina for my own good. Took me forever to orgasm and required enormous speed, definitely not real-life speed. I also got hold of some levitra pills for my next attempt with a real partner.

Now, I figure it's my brain being numb that is causing the trouble. So when I discovered this website and read the other guys' experience with no PMO I decided to try it myself. Said and done. I have not PMO'ed for 1 week (normally I would wank to porn like 3-4 times / week ). I must say that I really seen improvement like my confidence. I've been more social and more optimistic, and most importantly after only 1 week I masturbated with my pocket pussy WITHOUT porn and WITH a condom on and came in like 5 minutes max with a normal slow speed, not even fantasizing about porn. Just thinking about normal missionary position with a real girl. This, combined with the other positive signs (like confidence and optimism), has really pumped up my confidence that I will eventually escape this problem and be able to have sex with a real girl. I was starting to lose it and prepare

myself for a life full of porn and just BJs, 'cause I just couldn't respond during normal sex. (Also when watching porn I always focused on the oral parts more. Probably this was a problem too.). So I want to thank all of you in this forum. I will continue with no PMO this time for 2-4 weeks and then see the result as well. Next time, I hope with a real girl.

I first started watching porn in my early teens, and it's been a part of my life since then. I had some flirtations but didn't 'officially' lose my virginity until my early twenties, which is a whole other story, and I believe mostly one to be treasured. I'm told I used to be the outgoing and fun-loving type, and I remember the tail-end of that period. I also remember an incident at a friend's house during early high school. A female friend of ours was there hanging out, and she kept moving closer to me on the couch. I felt such intense anxiety that it was hard to breathe, although we'd both conversed easily earlier, and I had a habit of teasing her jokingly like a little sister. A couple years later I was visiting back home from college and ran into her in the post office. She saw me and her eyes lit up as she greeted me, smiling. I couldn't look her in the eyes and stammered so much I could barely return her greeting. By then I'd formed the habit of avoiding old friends when I visited home, not wanting them to see me as I'd become.

Though life wasn't exactly easy, I had the privilege of a circle of old friends and supportive family, and not having to worry about material necessities at home. When I went away to college, though, the proverbial shit hit the fan. I didn't know anyone in the city, and I didn't for that year. I spent my days walking around in an abstracted haze of vicious self-criticism, or in class, frozen with anxiety, or smoking almost as often as I breathed. That was a long year. I spent so much time on the internet in that period. It never occurred to me that using might be a cause as well as an effect of my mindset and experience during that time. Our cultural beliefs, our cognitive customs, beat the evidence of our eyes every time.

I've experienced depression and social anxiety to a degree and for a long enough time that I don't believe it's entirely caused by this addiction, although I also have the sneaking feeling that I'll be surprised by the magnitude of the benefits, if and when I succeed.

I wondered at first if this was really an addiction, if perhaps I was just clutching at straws, looking for a simple way out of preexisting problems that have resisted all the ineffectual medications I've been prescribed and well-meaning therapists I've seen. But I could relate to so many things in the accounts of others who have taken their first steps down this path, and too many things were just too familiar on the sites. Especially edging- I don't even remember when I started opening multiple tabs and going back and forth, delaying orgasm, often for hours. Novelty-seeking, and the times I tried to stop and couldn't, before I'd ever heard of this site. I've had my share of false starts rebooting, but on one level I just don't care because I actually know what's going on, or at least a big and important piece of it.

(Age 22) Right now I am 22 years old. I was starting to watch pornography over the internet at 13 years old. What happened was that I heard of a word called an "orgasm". Well I had full access to the internet with no restrictions. For me I thought of it as a sort of research paper no different than a report on President Abraham Lincoln.

As I was looking into what the whole "orgasm" mystery it would lead to pornography websites. It was really really strange and exciting at the same time! Yes from seeing websites it was because of internet pornography that I had my first orgasm. From then on I wanted to learn more about sexual topics. Using the internet I could easily see nearly many kinds of content sadly I would also orgasm only to that kind of stimulus as well.

Being younger at 13 would mean I had times during the week. I was not in any school club or after school sports. After school on most days would be exciting. To spend about an hour a day watching various kinds of pornography. At the time I would just use up my energy on the tiredness that arrives when a male has an orgasm. It would be an invisible addiction. Learning in school that drugs can kill you and destroy your life. Then there was M.A.D.D. means Mothers Against Drunk Driving. We had speakers come in the school about not to drink and drive.

Though I just thought alcohol and drugs were the only kinds of addictions. Oh yes we were taught about safe sex and only having sex when you are married in school. If I am not with a person and not having sex then what harm could I do? Not doing drugs or drinking beer. I would say that I got no addictions. Today I would say I am 100% addicted to pornography.

Also my own habit was because I just was the loser in school. Did not get along with any students because I had a strong desire to learn. I'm talking that I would always take my lunch breaks in middle school where you do nothing and relax for 30 minutes. To go to the library to do my homework from the previous classes. Feeling safe in the library because there is no talking allowed. Also no bullies could pass by to say insulting words.

Well time went on using pornography as an outlet for my energy about being a loser. I have to say when I was younger (13 years old to 18 years old) about 3 to 5 times a day to masturbate from viewing pornography. I did not get caught at all from my family. Learning how to be quiet and I could just orgasm in a few minutes. Learning keyboard shortcuts to open up other

computer programs and ways to hide any visible pornography worked perfectly.

My own feelings about too much masturbation and using pornography has damaged my body physically and mentally. It was when I was 16 years old the dark circles under my eyes appeared. I'm talking about what people call "raccoon's eyes" when there is a clear dark circle under the eye. Both of my eyes have the effects. It was also at 16 when I noticed my energy really change for the worse. It just was always high energy and now suddenly it is low energy. My mind became foggy meaning I would forget different things. Leading to me always carrying around a small paper pad with a pen in my pocket. I mean simple stuff like my mom saying "Tom please wash the dishes then walk the dog and take out the trash." I would wash the dishes then walk the dog then forget about the trash.

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There is more to my story though I admit I now as an adult have a bunch of problems all related to pornography and over-masturbation:

- Today I still have the dark circles under my eyes, plus:
- The fatigue of being tired.
- Energy overall is low.
- A foggy headed feeling that I will forget what to do.
- Only able to have an erection from viewing pornography or thoughts stemming from it.
- Actual failure to have an erection when having intercourse. From when I lost my virginity to current day.
- Using my orgasm as a "medicine" that will only help me sleep at night. If I don't do it then I cannot sleep.
- I call it orgasm headaches when I masturbate that a strong headache will form in my head. It leads to an all day headache from my orgasm.
- Stomach knots from orgasm. When I do have an orgasm I can feel my stomach tighten to the point where I don't want to eat from the pain.

To combat my problem I never did join a group of some kind. Just because I don't fit into the drugs or alcohol or depression or suicidal or whatever groups. It is misunderstood what long term effects of high intensity masturbation can do on the human body.

If a person does not think it leads to physical problems then I suggest you having 5 orgasms a day for years and years on end. Only viewing pornography as a way to stimulate yourself. The day comes when if there is a cut off of either masturbation or pornography for just 1 day. Then you feel like it was this part of your body that no one thought it was there. Literally like your arm or leg. I had no idea it could happen to me.

Though my plan is to get rid of my dark circles under my eyes. I really think if that day happens then could take years. Though I really want to try my best.

Well, I've started trying to fix my brain. I'm on day 5 of PMO. I'm 20 years old, been using PMO since I was 12, and I haven't been able to have a good sexual relationship with a woman. I was getting oral from a woman just a month or so ago, and the only way I could get hard was to literally close my eyes and think of porn. As soon as I opened my eyes or drifted my thoughts, it would soften.

I had read stuff on this site and yourbrainonporn about a year ago, but never thought much about it. I tried to stop PMO before, but I would get ridiculously horny within a few days, and it was nearly impossible. Now that I've read more and understand WHY I am addicted (dopamine, reward system etc.) that when my brain wants to fantasize or anything, it's easy for me to just go "No. You don't need this dopamine. It's not helping you."

I've also noticed PMO has made me completely uninterested in woman in any way. I have no interest in dating, sex, romance... Anything (the incident about a month ago was just a coincidence that I was around a woman). I have been under the impression that I will live the rest of my life alone, by choice, because I think of dating, love and sex as useless.

But I remember when I was in my early teens (That's weird to say, it makes me feel old! I'm only 20 though... Maybe I feel too old because of PMO 🤔) when it was exciting to be into girls, to talk to them, to be around them... And now that I'm starting university, I should be out there having fun, maybe one day find someone to love... It's really depressing how much 8 years of PMO has corroded my brain.

I started masturbating since I was 12 and it is so unfortunate that I started off to TV porn. Wow what a great discovery I thought I made finding porn whilst flipping through cable channels. Ever since then I never looked back. Used to masturbate at least once a day to it at that age and as I got older I've just been on and off with it, implementing between that and naked pictures of women when I can. As far as I can remember when I was 15 I still was sexually responsive. I used to be able to get hard just by my girlfriend grabbing my dick but it seemed I started discovering some difficulties at 16. At that time, I wasn't going to school so I used to stay home and just masturbate to downloaded porn clips at

least every day; little did I know how detrimental this was to my sexual health at the time. Then I lost my virginity at 16 but in retrospect, I'm really trying to figure out whether that was because of the porn or the fact that I was really nervous my first time. Anyhow, I had my glory moments later on because I went to Africa to live with my mom for a year in a half and was able to get it up to my next girlfriend over there with ease although, I would always lose erections when I put on a condom (I think maybe because having sexual intercourse raw just felt SO good that I just never had patience for contraceptives idk).

But what I do know is that when I was fucking raw my erections were ROCK HARD again, and looking back at it now I'm assuming that is probably due to the fact that I didn't have access to porn over there and I probably masturbated once every other week. Then I had decent sex with a prostitute with a condom for at least 5 mins so I guess maybe the porn was causing it idk. But it seemed like when I came back to NY again all just collapsed from there. Tried to have sex with a girl in a hotel earlier this year and no matter what she did whether it be stroking my penis or performing oral sex, I just couldn't get it up and if I did it would go right back down. And what made it worse is I had to tell her that I wasn't feeling well and that I would make it up to her next time (the shame!). Well there was never a next time; she stopped responding to my texts. That really put a dent in my ego.

So due to that experience, I started using viagra thinking that would help alleviate my impotence and it did. I was having strong erections and was having sex with one older lady for about 6 or 7 times, each session she orgasmed probably at least 4 times no lie!! I felt like I had redeemed myself and that I was the MAN although for whatever reason I would still lose my rock hard erections after I put the condom on and I know for a fact that this time I was not nervous so what gives? Anyhow after several months of being on top of the world that came crashing down when I went to Virginia and took the same viagra pills because I was supposed to have sex with a long time female friend in a hotel. But to my amazement, this time I couldn't get it up even with the viagra ... like I literally felt comfortable lying on the bed with her and got a half erection but that's as far as it would go. What made it worse is my homey was having sex with her friend on a separate bed next to us while all of this is going down. My god I had never felt so depressed in my whole entire life. Why could he get it up with ease, meanwhile he masturbates to porn twice as much as me, and we started about the same time, and are pretty much the same age? Like I feel I'm a good looking dude because girls just always are attracted to me but I can't perform? And I was only 19 yrs old of age dealing with erectile dysfunction. I have never had a more humiliating experience in my whole entire life and I can honestly say that and looking back it now still concur. Bad enough I tried to play it off by acting as if I didn't have a condom but for whatever reason she found the condom that I hid under the pillow that I was gonna use on her until after figuring lil johnnie didn't want to come out and play. Then after that having to save face again by saying that I wasn't feeling well. Dear God was I sick to stomach. She looked so good and I was feeling on her naked body while one of my hands was fingering her but I felt nothing. Absolutely nothing. She literally was so mad that she got up from the bed went into the bathroom and 5 mins later came out and told her friend that she was leaving. After they left I told my friend what had happened and he really couldn't believe it. Like this girl was really fucking sexy and I

was turned on by her in every way but I couldn't feel anything. Not even a kick. I just sat there on that hotel bed in disgust, pain, depression, frustration and anger; a feeling of anger that I had never felt before. In addition, what made it so bad was the fact that I know once she left told her friend. "Eww this dude was grinding on me and everything but he couldn't get it up". Wow what can be worse then you not being able to perform with a female who literally is throwing herself at you and top of all that embarrassment, her telling her friend? The thought alone had me so distraught that I just sunk my face into a pillow just hoping the misery would go away but to no avail. My friend tried to console me but was just really baffled at how I could fuck up such an opportunity but I just couldn't come up with any explanation. I was at a loss for words. I literally had to get up and go downstairs to run on the treadmill for about an hr just so I could be able to go to sleep that night. Since that experience my confidence with women has never been the same, mind you all of this happened June of this year. A part of me wants to talk to females and they do want to talk to me too but the mere thought of failure again just kept me at bay.

I can honestly say I could have had sexual intercourse with at least 7 other females since that disastrous encounter but anytime, I get close to knowing that sex might come into play or they want to come to my house I make up all sorts of excuses; that being I'm not feeling well how about next week, I traveled and I'm not in town, or would even just cut them off completely. What makes it bad is that after all these months some of these females still hit me up every now and then till today. But what do I say to them? "Ooo I like you but I got erectile dysfunction so we can't have sex but we could stare at each other all night if you want?" This is pretty sad that I'm 6'2, about 185lbs, pretty muscular, can have decent conversation with a female, 20 yrs old and based on what they tell me good looking has been dodging females for pretty much the past two years because he is scared that he won't be able to perform. It's really a very hopeless situation that I hope nobody has to ever experience. It's to a point where even one of my friends probably thinks I'm gay or something because he would tell me about all these girls who want to talk to me but I would just dismiss this to the side and say "I'm not worried about females right now I'm just trying to get this money." Well I really was trying to get money because I'm kind of in a terrible situation so he knows that I am looking for a job but at the same time that's just an excuse to mask how I really feel. Well fast forward into late August and me finding this site, after about 4 trials of no PMO for going till 9 to 10 days at the most and then relapsing I finally was able to get on the right path. And this time I'm stopping PM for good, for the sake of my sexual being and happiness. It's been 35 days and after flatlining for about 4 weeks I'm finally seeing a little spontaneous erections again. Only about 1 or 2 per day but there at least something. I'm just really hoping and praying that my problem lies with porn and that a 90 day reboot will be adequate time for me to finally get over this hurdle and live life with confidence being assured that I'll be able to perform when needed.

A little history about me: I started masturbating at age 9 and having found this new 'toy' was very exciting at the time. Soon after I was hooked to this practice and was masturbating on a daily basis. At the time I didn't quite understand what it was that I was doing but it felt way too good to stop. Of course the orgasms

were dry until about age 11 and I distinctly remember my first 'wet' one and I was pleasantly shocked at what had just happened. This was partly because sexual education was non-existent in our household. Anyhow this mysterious event did not change my habits for long and I was back at it after a day or two. And ever since the age of 9 I had masturbated practically every day til about age 22 (a few months ago).

Of course there were rare occasions when I couldn't masturbate for a day or two but these were few and far in between. If I had to guess, I would say that in those 14 years I had probably went less than a total of 14 days without masturbating. I had just become too damn good at it to pass it by. If I was on a trip somewhere I found a way to do. Sleepovers? Yes. Around other people for days? Yup. It was just too addictive to pass by. I would also like to point out that during this 14 year stretch I had been very introverted and reserved for the most part. Something that I despised about myself. Of course other circumstances and how I was brought up play a role in this, but I could see other people in similar situations and similar upbringings being a lot happier than I was.

My masturbation tear of 14 years was obviously fuelled by my addiction to porn which started in grade 5 when I was about 10 years old. However, as a 10 year old child I could only really tolerate non hardcore porn and would look at nude pictures. I distinctly remember the first time I had willingly watched hardcore porn and it was early in grade 7, when I was about 12 or 13 years old. From that day there was no turning back. I would watch porn every day after school, during lunch breaks and any other chance that I got and would masturbate to it. My fetishes kept getting more and more extreme over the years until the last 3 years or so where only thing that would get me off would be the most extreme porn.

(Teen) I would like to know if it's still fine if I masturbate to female characters from games (yes I know that sounds ridiculous) but I can't help it, I'm visually stimulated by them. I slipped at day 6 and 9, because I masturbated to them, once. And my brain keeps telling me to do it. Hard to explain, but it's like my brain understood the dangers of porn, but doesn't know whether it's still fine to ogle at those pixels from games, or not. Could you please tell me if it's okay for my brain if I masturbate to them like three times a week?

I'm 26 years old and have watched porn related material since when I first discovered masturbation. Have had many bad experiences in real life because of that. I have always felt horny, but still in real life, girls haven't excited me as much as porn. Gone soft many times when trying to put on a condom, starting to over think when having sex, then going soft again and so on... That made me keep distance from girls, because, "Why bother at all?" I thought, so I have been a loner for a long time. I have performed successfully only when I have been really drunk. Thought I just have a low testosterone and have to live with that, got it

tested and for my surprise it was very high. So doctors just say that it's all in my head and I should not think about it so much, gave me some erection pills and that's it. I wish I have discovered that before, that porn was the actual thing that was destroying my body and mind. Before my longest time away from porn and masturbation, was 5 days, because I was on a trip then. That's 5 days in a period of 10 years or more..

So now when I have discovered yourbrainonporn site, today is my 32th day clean. It's not hard for me to keep myself away from porn, or even masturbating, because I really need the reboot. Some fantasies trying to get in my head time to time. After two weeks I became more social with everyone. It felt good, but in the same period, my penis was really small on some days. I read that it can happen. So I have my up and down days, few light morning woods, that are rare for me (rare having a morning boner at all). Actually nothing really special happening until...

The first real change that I felt, was few days ago. I was working out when a hot girl smiled at me... well lately all girls are starting to look hot 😊 But then, in just second or two, I started to grow this crazy boner... Only thing that I could think in that moment, that I want to screw her brains out right that moment, transformed into beast. But what was the crazy thing about it, that I have NEVER had a boner, just by exchanging glances with someone like that, just by looking at her. The feeling of blood rushing all over my body and the temperature rising. I did not have to fantasize, touch myself or anything... it just came naturally, and took no time. It was insane and new for me. I felt on top of the world. I was happy... same time trying to look somewhere else and stop it growing more .

I think it all started by accidentally seeing my mom having sex with my stepdad when I was 5 years old. Also my stepdad was a porn addict and thus I had access to hardcore magazines at age 5 and started PMO then.

To make matters worse, I used the "prone" method of masturbation from age 5 to 15. This is also known as "Traumatic Masturbation Syndrome" and you can read more at [healthystrokes.com](http://healthystrokes.com). My family saw me doing this as a child. I remember them thinking it as funny and would make me stop, but all that did was teach me to do it privately. My method was to prop one of the magazines against a wall, and then lie on my stomach facing the carpet so I could see the magazine while pressing my hands against my junk. I would grind my junk into the carpet for a pleasurable feeling. I'm not sure if I really "orgasmed" but I did reach a mental climax and then immediately feel drained and disgusted afterward. There just wasn't anything to cleanup when I was finished because I was so young.

By age 15 I was determined to stop masturbating this way. I knew it wasn't healthy and that I needed to stop. I'm not sure if I abstained first or not, but I remember using an extremely high value porn video tape to reach my first "normal" orgasm. I felt a tremendous feeling of accomplishment when that finally happened. I had finally

"rewired" away from the prone method and into the more traditional method. I didn't realize that this was still bad and that I should have rewired for the real thing.

Throughout life I was never interested in real girls. I would look at them and fantasize, but never pursue anything real. It wasn't until I was 25 that I objectively decided to "get out there" and pursue a real girl. I did that, but found myself unable to perform. I was attracted to the girl, and she was very experienced, but I just couldn't do it. It wasn't what I wanted. However, she could leave the room and I could rub one out in less than 5 minutes with fantasy. This is not how it should be.

Same thing happened with the next girl. At the time I assumed the issue was that my prior method of masturbating had "broke" my dick. I saw my family doctor, told him about it, and he gave me Viagra at age 25. I tested the pills with my partner and still couldn't perform. My dick was hard but my mind wasn't into it at all. The girl was understanding and we even tried seeing if I could masturbate to climax with my own hand while she was kissing me and encouraging me to climax. It didn't happen. Again, I finish myself off in 5 minutes if she would leave the room and let me fantasize.

I don't know why but I never made the connection with porn. In fact, I tried using porn to "fix" myself. I assumed that if I could train myself to masturbate with a fleshlight, then maybe I could train myself for the real thing. I tried hard but couldn't ever get wired to using the fleshlight.

I bought a fleshlight, abstained from PMO for a few days, and then tried using porn and a fleshlight instead of my hand. Didn't work. Even with porn as a visually stimulus, I still couldn't get off from the fake pussy.

It seems my odd sexual wiring is extremely strong due to how early it was developed, and because of how long I've been using it. I can only "get off" if I'm lying on my back rubbing it out with my right hand. I can't get off (even alone and with porn) if I'm standing or sitting up. I had to use my right hand, the left hand won't cut it and I have to be laying down for some reason. I don't need porn, but I do need porn fantasy. I get myself off very quickly this way, and up to 10 times a day if I want.

Age 19 - I have been watching porn since I was around 14. At the age of 14, I started becoming aroused to homosexual pictures and this became so stressful to me. I was sure I was gay, and at the same time I knew I wasn't because I always wanted a wife and kids. This, I found out later, was HOCD caused by these porn images I had seen. After one and a half years of complete distress, guilt, and self hatred I realized I was not gay. But I continued to watch porn.

The problem I have is that I don't seem to actually be addicted to porn but I was addicted to the escalation. I found it a small difficulty to quit porn, but not impossible. I quit only a few weeks ago. But here is my problem. I started with being aroused by gay pictures. That ended and then I was fine.

I went on to Anime porn, but then after seeing one with a penis I went on to pictures of shemales. For awhile I thought I only liked shemales and would have to like grow up and marry one. But then that passed and I went onto anal fisting, then urination, and then animals. I thought I was some sort of deviant (this entire time I WAS still attracted to women) but the porn just kept escalating.

I was watching that incest porn that was online and reading incest stories and then I stepped over the unthinkable line. I came across, online, a video with...illegal activity in it (I'm sure you can guess) and I wasn't sure what was happening at first. I saw about 10 seconds of it and then closed my browser. I had a raging hard-on from the dopamine and masturbated even though I was disgusted with what I saw.

Since then, my life has been in shambles and I have POCD (it acts JUST like my HOCD). But now I have come to the point where I am questioning my orientation and am on the brink of total depression. I have been having anxiety attacks and it has caused relationship OCD with my long distance girlfriend. The only time I masturbate is when we do it together on the internet and sometimes I can do it just thinking about her but other times I have to go into those fantasies even though I try not to. So basically, my point is...

I am not one of those people who actually could NOT stop watching porn, but I definitely had the escalation problem, always trying to find kinkier porn. I have stopped watching porn altogether because I found that when I watched just regular porn, it would get me off at first and then I would start the "hunt" again like I couldn't control myself... I love my girlfriend so much and it tearing me apart that I am questioning my orientation. Some days I only think about it maybe a combined total of 10 minutes, other days it will come and my doubts/OCD will be on my mind the entire day.

Age 26 currently

age 14 I started watching Porn

age 17 my first time sex (horrible)

ENOUGH bed partners (just once it felt 'okay' in my experience....)

I AM THE PERFECT EXAMPLE of a guy started watching hardcore porn at young age, several screens at the same time, fast searching, clicking and finding with great ease. I believe my brain is WIRED to porn; wired to a type of girl and scenario that is appealing but unrealistic. Now I always associate to porn when I'm with a girl. The result of course: ED (and the fear of having become a-sexual)

I USED TO THINK the girls I dated weren't pretty enough. This (false) logic got me to find very attractive girls with success. But STILL: no strong sexual desires like I had when I was 14, when all it took to get me on fire was the sight of a shoulder of a girl in my class.

DURING MY FORMER 2 WEEK ATTEMPT, a girl initiated to flirt with me, standing very close to me. She wasn't very attractive. Still I felt very weird sensations. For the first time in years I felt a certain level of excitement, which I thought I had lost. It was a 'pretty strong' feeling, and I am convinced that 'there's more out there' if I can stop PMO for a longer period of time.

Age 15 - Is my ED caused by porn? It has been two weeks since my ED started. I was on a one week trip with no access to internet and I masturbated once without fantasy and porn. I remember my penis not being as hard with just sensations. During the trip my libido was raging and I was horny all the time. When I returned I started experiencing low libido and ED. Even when I watched porn, but my libido didn't return. I started to experience things similar to the people who stopped porn: unstable libido, weak erections, depression, and HOCD. I still get weak morning erections. I am 15, I started porn two years ago, and have been masturbating for about 10 months. I kinda held masturbation a little.(5 times a week, but after porn).

I am a 21 year old man. I started watching porn when I was around 12 or 13 years old. My mom bought a tuner for the TV, and I used to sneak out at night to watch and record clips. It's so strange to think about this now. It soon went over to internet porn which removed every barrier. I soon found myself masturbating many times a day. And I got into harder and harder stuff. I used to wonder why softcore porn was even viewed as I didn't find it arousing at all.

I feel like my entire childhood has been ruined by porn. I'm not gonna blame all my problems on porn, but when it comes to contact with girls I strongly feel that porn has done me nothing but harm. I've never have had a girlfriend before, and I've always thought that girls didn't like me and only wanted to tease me to later on reject me. I know, it sounds weird, but I've had some of those experiences.

When I was 18 years old I went into the army for a year. It was hard, but during the "boot camp" period something great happened. I didn't have access to porn at all. And I went for about 6 weeks without porn, and I actually had my first wet dream (ever!). When I came home after that period, I felt great! I never felt that good in my entire life. That weekend I got a girl home after a party. And as we were in bed I couldn't get it up. At that time I should have had known that all that had happened was related to porn, but I blamed the good mood on the new army experiences, and the ED on to much alcohol.

Earlier this year I made a conscious decision to stop masturbating. I was beginning to have a bad feeling about it, and when one of my favorite fitness models said something negative about masturbating to porn, I decided to quit. I was on a trip to Korea 1 month after I quit and I ended up having a lot of contact with girls. But when I got home, things went back to the same, and I started PMO'ing again....

What I didn't realise before is that you will still be addicted if you watch porn. What I did earlier was stop masturbating, but kept on watching porn occasionally. Now, I'm seeing some great results. I feel happier for the small things in life. Like a cup of coffee or seeing a fully dressed hot babe going down the street. I even don't care if I get a girlfriend or not because I feel like I have a choice for once in my life. I touched my penis today to see if it would rise, and it did. But it was so sensitive that I almost had an orgasm after like 4 strokes. I'm not where I want to be yet but I want to thank you.

I'm 18 now but since I was 13 I have masturbated and always used some form of visual stimulus. In high school I was involved in so much, star athlete in numerous sports and straight A student and pretty much lead every club there was at my school. But as I continued to use porn, my libido seemed to decrease further and further. I no longer had spontaneous erections or morning wood, and I guess I just didn't seem as horny as a healthy high school male should be around girls. I'm a good looking guy and really popular, but for some reason things just never seemed to work out with me and women probably from the porn (still a virgin).

I shifted more to porn to deal with stress, boredom, etc, but it came to a point this year where a lot of times getting off to porn didn't even feel like a real orgasm, just a weak disappointment. During high school I was usually pretty stressed out and really emotional about things. Recently, however, I've fallen into a depression and emotional numbness. I just don't seem to feel much anymore, and it sucks. I've been trying various antidepressants but they seem pretty inconsistent, however I have only been on the new one for 5 weeks. Sometimes I get the odd flash of emotion, but it just seems like I've tuned out a fair bit of the time.

#### MY BACKGROUND:

I'm male in early 20s. I've been watching internet porn since I was 13 years old and on average masturbated daily. I try to keep myself healthy both physically and mentally. I workout regularly, have a balanced diet (bulking up right now) and supplement Omega-3 and B-complex.

I used to have a very strong mental and mild physical addiction to cannabis (yea... it does exist and yea.. it's a bitch). I smoked a few grams a day for

maybe 3 months. When I realised the negative effects it had on me I managed to quit quite easily. Although I probably wouldn't call it easy back then.

I also took a few breaks from ejaculating in past years and months but never full PMO.

#### MY REASONS TO QUIT:

My main reason why I decided to quit porn and masturbation was a loss of interest in women. When I see an attractive woman I consciously know that I should be attracted to her but it feels like that animal inside me is asleep. So only thing I can do is to force myself to interact with her without any natural urge to do so. Well... it's probably pretty obvious that it doesn't work that well. I even had one case of serious ED - but I must add that I was pretty drunk.

The first time I remember being aware of this is probably 2-3 years ago. It is also the time when my porn usage dramatically escalated and I got into extremely hard-core porn. When you switch to softer stuff just before ejaculating so you won't feel like a crap afterwards you know there's something wrong with you.

Before that I was always the guy girls liked and I would enjoy their attention and definitely would be considered alpha-male in my group. Now I just don't have that drive I used to have.

I also think that porn has taken its toll on my appearance. I have a trouble gaining weight despite being built like a mesomorph.

*I have been going insane thinking that my sex life is over. I have a question. I am 15 years old and I've been masturbating since I was 12. It started out as just simple videos but now I have been getting into more extreme stuff. ... I'm hoping to recover and get aroused more around girls. Can you explain to me the basic steps I need to take to recover please? ... I have to ask this so that my mind can rest and I can feel confident. Is there any permanent damage done to me? If I successfully quit porn will my limb stay up when I become sexually active in the future? Or will I have ED issues?*

Well firstly I'd like to explain some details about myself. I'm a student, in very good shape. I'm from England and currently attending my first year of university here as well. I started masturbating when I was about 12/13 after discovering it myself in the bathroom but daily to porn for about 6 years.

Now I never really cared at the time about how much I masturbated as a lot of my friends and males were also masturbating to porn and it seemed normal doing it daily. It never seemed like an addiction but more of a normal thing. Over the years the porn that I have been watching has advanced from the more soft core, normal and then to the hardcore/fetish porn that is a bit shameful even this never bothered me as I still got the

same kick out of "mainstream" porn . I never saw it affecting my sexual health as my penis was working fine and I was able to orgasm in a reasonably normal time.

I was a virgin before university , had my first kiss roughly last year with my first (only girlfriend) whom I broke up with before university we never had sex ( she was not ready) Before uni the only sexual thing I've done was having sex via hand job.

I started university and my confidence was high as I was recently single and generally feeling good about myself. The stories of uni students having sex meant I wanted to be a part of it , It didn't take long to pull a women. In my room we tried having sexual intercourse but my penis was not responding, she tried stimulating it with a blowjob but again no full erection just (semis). I put it down to anxiety as it was to be my first time and being intoxicated ( not heavily though). I did not put it down to ED as I was able to masturbate with a full erection. I never saw her again.

After a week I had my chance with another women ( whom I'm still seeing) ,went for drinks and came back to mine this was pretty much an exact repeat of the last time . Again I put it down to intoxication after having one glass ( Felt completely sober). This women still wanted to meet up with me a week down the line where I went to hers and I lost my virginity. This night my penis was at 90% we had sex (in a few positions) and after 40 mins I did not orgasm. (This didn't seem weird as I was under the impression that I could last for ages.) However on the night there was periods of losing the erection. I realised that I can only get erection whilst kissing/fingering her and then have intercourse. Not to a blowjob or her hand stimulating it.(this did seem weird) A couple of weeks after this women came round to mine and it was a repeat of the night where I could get it up (same method) but no orgasm this happened 4 times that night after 20/30 mins of each session we just stopped.

This is when I first checked out ED and came across porn-induced ED , the symptoms just screamed, "me, me, me." I stopped PMO'ing on the day I found out about re-booting which was 19 days ago , I tried having sex with the female around 4th day of my reboot but my erection was at 70% at its peak and we were unable to. The women has been very patient and we really have a connection , we both find each other attractive and have been talking to each other since the first day we met the only department that is lacking is the sexual one, so I want to get over this as soon as possible.

I am a 27 year old male whom has been using pornography on a daily basis on average 1-3 times/day for the span of approximately 14 years. Unfortunately/fortunately, like many here, I hit puberty around the same time the internet really began to take off coinciding with the dreaded easily endless accessibility to pornography. I've struggled with ED in every single relationship I've ever been in and for YEARS had no idea why. I thought there was something physically wrong with me at first. I went to urologist probably 4-5 times to get a battery of medical exams done only to find nothing physically wrong with me. I was always recommended drugs and took one only to break out in hives with an allergic reaction. I then turned to sex therapy thinking it must be psychological

since I get nocturnal erections, strike out again (I was actually encouraged to use porn and to masturbate). What's some what comical now is I used pornography likely 2-3 times a day and masturbated to orgasm the whole time this was going on and I "just couldn't figure it out". I am an athletic guy in great physical shape in good health with this one illusive humiliating problem.

Deep in myself I had an idea of what the cause was though, but I didn't want to give up my ONE way of escape and pleasure, the one thing that was totally mine, my time in front of the computer with endless streams of pornography to "get away from it all" and "feel good". No one online would judge me, I need not be nervous or fear rejection, it was all too easy. It actually worked to hurt my confidence and self esteem by further isolating me I've later learned. I prayed, got rid of computers, taped reminders up to walls, did this, did that, nothing, for years, I would/could not break free. I mean I would stay up for HOURS viewing pornography and masturbating, missing much needed sleep. When porn time came it's like nothing else in the world matters. Then, I found this site recently. Amazing...being as my expertise is in the physical sciences I really appreciated a biochemical approach to this issue (and a very well explained one at that). Knowledge is power. My hopes is that this theory is accurate and that I will begin the healing process.

I've been masturbating since I was 5 or 6. I don't even know how I started doing it since up till that moment I never had any sexual desire at all. Hell, girls probably disgusted me at that time. lol

All I know is that I found those very suggestive, sexy ads in a magazine and... Touched myself down there, I guess?

It felt good so I obviously started doing every time I could. It went from those simply ads to actual Playboy, Dial up internet porn and now infinite options with high speed net.

As I look back to my life, my biggest problem was never feeling like doing anything and never feeling truly alive. People kinda bored me and when they invited me to do things I *honestly* never felt like going out.

I always thought that was just the "way I was" and there was no easy solution.

For years now I've been suspecting that PMO was one of the causes of my depressed state. And YBOP finally made it very clear for me.

I'm 21 years old now and I live a life that was build without any kind of true effort. I think the only thing that made me accept it as it's was PMO. After all, after a long day at work I could just "forget it all" by mindless browsing the internet for porn.

Now... The ever present negative voice in my head just keep saying that it's not PMO the problem. I'm the problem. Yes, I could change a little by dropping it but I've been "this guy" for so long that no matter what I do, my life will keep sucking. People won't suddenly forgive me neglecting them.

My biggest fear is that I've been masturbating to fantasy for so long that I completely screwed up my brain and that I'll never see life as people with balanced brains see it.

I think the longest I went clean was 5 days. Lately I've been on and off PMO like crazy. I can tell that I feel different but not exactly changed... Usually I go back because like I said, it seems like it doesn't matter.

I'm in my mid 20s. I have M'd since I was very young, about 10 or 11 years old. I'm not sure when I first started looking at porn, but the first time I started using P to M was sometime around 18-19 when I first left home to go away for college. The addiction came a couple of years later.

First of all, I'm hesitant to call it an addiction - I can go a couple of months without porn with relative ease, but I NEVER would've imagined in a million, MILLION years that I could go without M or O, even for a day or two. I think it's safe to say that I've MO'd at least 7 or 8 times a week ever since I was in the 5th grade. What made me give it up and stop was yet another failed attempt at intercourse a couple of months ago. I found YBOP the next day, and I went without PMO for 16 days after discovering this website before going back into a month-long PMO binge. Now I'm back on the saddle.

A little bit about my story? Well I've tried to have intercourse with 4 or 5 different girls on as many occasions. The best time was the first time, at age 19, when I was able to maintain erection long enough to get it in, but I definitely couldn't maintain it. Every time since then has been worse, and the only way I've been able to leave girls \*somewhat\* satisfied is oral sex. Speaking of which, I have yet to enjoy having oral sex performed on me.

Anyway, I say all of this to say this - I'm really starting to think that it's either P, M, or both that's causing me to have ED issues. I'm technically still a virgin, and the last time I had a girlfriend was 4 years ago. When we tried to have sex, I was so unstimulated that I literally had to jerk myself and pretend that she was starring in one of my favorite porn clips. After an entire weekend of unsuccessful sex, I told her I was a porn addict and not surprisingly, we broke up. When I look at porn, I feel addicted - it's a TOTAL dopamine rush, and I absolutely feel like I'm shooting up some kind of drug and getting high off of it. But the fact that I was able to go months without P (but definitely not with MO) with ease before binging again makes me wonder if it's the porn, or the MO, or whatever.

In any case, I'm willing to give this a shot. I've got nothing to lose. I'm on Day 23 now. For the most part, I've been flatlining since day 1 but I had my first spontaneous erection the other day. Other than that, no feeling whatsoever. Really hope this works. I don't even have positive sexual experiences in the past to remind myself of.

I accidentally discovered MB when I was very young, I don't remember how old I was but I think I was between 10 and 12. I didn't fully understand what I was doing at the time, just that it felt good. There was no orgasm involved either. This continued on an almost daily basis up until age 19. I'm 22 now. I realized my problem a couple months ago, and since then I masturbated twice in the past two months (Before I decided to quit however, I found myself MB much less. About once a week, if that, for two or three months prior to my official quit date). But it has been over a month since the last time.

I've had sex with decent amount of women, and with all of them gaining an erection was very hard (Ironic, right? It usually required manual stimulation from me or her, and I could get hard enough to go for a while. After a couple minutes I'd lose it, however). This had taken a real hit on my self confidence, I really didn't understand why it wasn't working for me at first. Once I read this website, literally everything just clicked. It all made complete sense. Since I've stopped watching porn I've been having morning erections for the past month an a half pretty much daily (which from what I've read is good!). I've also felt much more socially active. When I go out I feel the desire to have sex with women, which I didn't before. I would see a girl and know that I was attracted to her, but I wouldn't feel the urge to have sex with them. It was like my brain was thinking that, even though this girl was attractive it could find better and more stimulating with porn. Now I find myself actively trying, and succeeding, with hooking up with girls at parties. It feels much more natural and fun than it ever has.

My history is quite simple. 24, no relationship experience, still a virgin. I remember growing up my first introduction was between ages 8-12. During those years , I remember my 'cousins' would go downstairs in my Grandmothers living room and turn to channel 99. This was a pornographic channel but it was scrabbled up. Meaning the channel wasn't clear because it wasn't included in my grandmother cable subscription. I remember hearing the moaning sounds from the woman on the channel and could see the woman somewhat breasts and facial expressions. It still wasn't clear but I did get a reaction down in my pants. It wasn't like I knew what was going on, on the screen. But the moaning and seeing breasts (something I wasn't exposed to growing up) really caught me in an astounding way. I never asked my mother or told her about my observation. My cousin told me to keep it a secret. So I did (bad mistake because that fueled my brain pathways). During this time my older cousin would playfully show me her breasts (sick, disgusting just remembering it). She allowed it which was very surprising.

During this time my step father had a "black box" that would get all the channels including the pornographic ones. I walked in on my step father watching the pornographic channel. He told me to leave and shut the door and he locked it. I remembered the exact channel number though because it was the channel that was not available on my grandmother TV, which was channel 99. Every time my step father and my mother would leave I would go into their room and switch to channel 99. And would sit there for hours until they came back. I never played with myself (masturbation) or knew what orgasm was or what to expect. All I knew was this is something I never seen before and it looks amazing.

That carried over into my early teen years. I began to experiment with my sisters and my friends who were girls. I was so curious about what I saw on pornography that I wanted to see what I saw on pornography was true (again sick and disgusting now thinking back on it). My sisters and friends didn't know what we were doing. I would or they would just lift their shirts and skirts up and they thought were playing so they played along. Played this little game called "house". Where we would play out who the Father (Me or one of my guy friends/cousins) and Mother (one of my cousins/girls as friends). And the Father and Mother would lay together and show their body parts to each other. Eventually all that stopped because my mother found out.

This led to me being sexually frustrating in my mid-late teen years because of my raging hormones. My mother was very religious so she told me and my sisters to stay away from relationships and sex until I graduate high school, college and get married. Even to this day that same lesson is with me.

So being though that was bothering me I would isolate myself in my room and would use my imagination of all the girls I met in school and would have fantasies about them. Masturbation slowly but surely came into play. I remember laying on my belly on my bed fantasizing over this one girl in my freshman year. Beautiful girl. She liked me and I liked her but the lesson my Mom told me, halted all progression on a potential relationship between me and her. So as I was laying down on my belly. My penis was erected and I remember making slight movements back and forth while fantasizing about this girl. And five minutes of the movement I felt a sudden explosion in my pants. Something I never felt before. It was a very awesome experience. I loved every minute of it. But hated the clean up. I did this every single time.

Even into my Sophomore year in high school I began to hang out with my cousin more who introduced me to porn at my grandmother house at the age of 8 and now. I was over his house and he had a huge library of porn on his computer. I remember cycling between all the different videos. I was at first looking at African American woman porn only. I believe part of my attraction or obsession with them only, started with my cousin library. I remember going back every weekend to his computer to see if he had any new videos. Then he had some Caucasian woman doing porn. (I than began obsess with Caucasian woman only). It started

off with normal sex then came oral sex. I began watching video after video of oral sex and would only get off seeing oral sex. During this obsession I still kept the technique of rubbing my erected penis back forth on the ground or bed. And explosion after explosion (orgasm). I just kept running back.

When I wasn't over my cousin house I would be home fantasizing over all the videos or using girls at school for my masturbation and fantasies. I never would pursue a woman but began to be obsess with specific body parts of a woman now. Especially became selected on which race I liked (I believe porn did this because I was never like this). I wasn't no longer admiring the whole body of a woman or simply trying to get to know her. My natural physical attraction switched to the pornographic attraction. I felt that the girls I would see at school or in the mall or park didn't live up to the expectations of what the porn woman looked like or acted like I would just remove them from my life or ignore them. This made me anti-social. It really took a beating when it came to finding girls as friends and meeting new fiends.

I noticed this and was hurt and didn't know who to turn to. I tried religion and tried to ask the Christian God to help me and cure me from this obsession with porn and objectifying woman. The Christian God was silent and didn't offer me nothing that I was looking for. I was so hurt. But what I did notice when I was seeking out the Christian God. My mind or brain was more focused on the Christian God than porn. It's like I didn't care for porn for 3 solid months. I remember deleting all my porn videos. But I did develop an attitude for all those girls in real life I "used" for my fantasizing appetite or new ones I wanted to pursue. It didn't help at all.

Religion didn't answer the question. Not until early last year did I run into "yourbrainonporn" website. I was typing in the google search engine "brain and porn" and what popped up was that website. I looked at all the information and it didn't register at first. It took me awhile to accept what was presented.

I was still bingeing on porn even while reading the articles and the many different people experiencing what I experienced. But I was still showing symptoms of isolation to myself and my social life.

I personally believe I have damaged many friendships, relationships or potential relationships and friendships because of my obsession with porn. I was never like this in my early years of my life. Not until I discovered pornography that my life changed.

Present day. I started the abstinence program in Summer 2011. It worked a little but failed. It would work for a week and then I would crave in. Porn was so addicting. I just kept going back. Even in the fall of 2011, I got really upset and started to cry because it was really hurting me in the inside and outside. People have always knew and viewed me as a very social/happy person days or weeks

when I didn't masturbate to porn (Something I began to notice). But as soon as I masturbated. The anti social life began to take its course again.

However as I soaked all this information in about how the brain works and what the brain does when you orgasm and that we need to have more social gatherings and more touching (hugs and kisses) in life to relax our intense stressful moments we encounter in life or even in general because it's healthy for us humans. I then began a serious approach.

On November 23, 2011, I began the program. I have since been clean from orgasm, masturbation, and porn since that date.

I encountered for the first since my early teen years "wet dreams" these days:

12/10/11

12/11/11

12/20/11

12/29/11

1/1/12: Didn't wake up to wet dream but boxers were wet.

During this program. I noticed a HUGE improvement in my social skills again. I noticed my confidence took a shot up.

I want to really get into a relationship. But I'm too afraid to tell the girl what I'm doing now: abstaining from porn, my history of porn, that I'm a virgin and never been in a relationship and that I'm trying something new and don't want to have orgasmic sex immediately. I really want to take the cuddling, caring, holding, kissing approach for a girl. That has always been my desire if I got in a relationship. I never wanted to hit it and quit with a girl.

I started masturbation pretty early, at about then years old, and did it almost daily since then. When I got a girlfriend at 18, I had no problems getting an erection, but it took extremely long to reach orgasm. I guess I was just used to masturbation to get pleasure from real sex. It was easiest for me to get an orgasm when my partner gave me a handjob or when we had sex doggy style. I never had an orgasm in missionary.

About two years into that relationship I discovered internet and porn. My partner was getting less and less interesting for me and I masturbated more than having sex. When we broke up after 5 years, I pretty much binged on internet porn daily. In retrospect, it was a horrible time. I thought I was extremely weird for not being able to orgasm from normal sex, so I avoided a new relationship.

When I fell in love with another very very hot girl at 25, I had some little erection problems at first (though I could have sex even with a condom on), but the biggest problem was my delayed ejaculation again.

After a one week vacation without pmo, mo or sex, my libido suddenly disappeared completely. I was crushed. It was definitely ED, but it started with zero interest for sex, either real or virtual. I didn't know what was going on. My erections never got firm enough for intercourse, at least with a condom.

It got a little better after about a month or two, but I only had enough erection quality for oral sex and handjobs. Normal sex just didn't turn me on enough, and of course, the anxiety played a role too. I got checked at several urologists who blamed it solely on performance anxiety, because my hormone levels and my penis were all right. I had successful sex with cialis, though, but no orgasm.

The relationship ended (for non sexual reasons, strangely) and I did watch porn like before for some time. Because of my sexual problems, I really avoided any new relationships. I cut porn out of my life completely a year ago. I relapsed once or twice, but I don't have any urges. I have a vivid fantasy though, but I tried to use only "normal" fantasies with women I know or knew.

I had no or very sporadic morning wood for almost 10 years now. My erections aren't as firm as they used to be when masturbating and I masturbate more out of routine than horniness.

I think I definitely have/had anxiety which played a big role in my problems of late. But it always seemed to me that there was more behind it because of my de, low libido and the loss of firmness while masturbating (no performance anxiety here...) without a physical reason.

I'm 28, and have had a couple hand-holding relationships, and one kiss when I was about 15. Then I was in porn mode, mixed in with occasionally going after girls but not getting anywhere between like 17-23. Although I did get really close to a girl when I was 19, but she was in a relationship with somebody I knew, so I respected it. But we were still close. Then I was still a virgin at 24, and I was in must-have-sex ASAP mode for a while. I eventually abstained from porn throughout a 3 week relationship that went quickly through the whole courtship dance, but ended due to ED during sex. Then I went through a few years of not even trying, up until now. So I do know a little bit of what to do... but I'm really firmly established in some anti-social behavioral tendencies especially these last few years, and I think the rewiring to real girls part is going to take a lot of effort on my part. I realize now that I have to get rid of the P first though. That's why it didn't work when I was 24.

Lucky me, I belong to the generation that had no Internet access during puberty. So I started with soft porn magazines, watched soft porn on TV, etc. Nevertheless, during puberty I was always anxious and had a lot of complexes.. thought it was natural in this period. Also thought it was normal to masturbate regularly because "everyone" does at that age.. I think the bad

thing was that my brain started to develop those described pathways, something like "if you want to get comfort > just masturbate and you will feel better".. it was like a vicious circle: The more I masturbated to (soft) porn the more I got this social anxiety. The strange thing is that I was very good at school, but on the other hand I had very few friends and social contacts.. when I got 18 I went to the video store and started with hardcore videos.. It was still a hurdle to get these videos compared to the following years. Internet porn started when I was about 20 years old, when I bought my first PC. This was directly after highschool. With a 56k modem I watched hundreds of photos but it was still not that bad compared to the following age of highspeed internet porn. The first time I had sex with a girl was at the age of 19 and I suffered from ED, not knowing that it came from porn consumption, thought it was because I was too nervous etc... (what I actually was of course 😊).

During my studies I got free highspeed internet access directly in my student hostel, that was when it all got worse..

I remember isolating myself from the rest of the world.. my relationship also ended because I was always in a bad mood and very cruel to my girlfriend at that time.. I watched nights and days thousands of videos, pics, etc. forgetting time.. instead of going out on parties with my student fellows I preferred to stay in my room, binging in front of my PC.

I'm 17, and I keep thinking that maybe I am just gay. As a kid I was introduced to porn at a young age and always wanted to be with a girl since a kid never thought about guys or that kinda stuff, when I used porn I would use it a lot, start small but eventually get to 3-4 times a week of heterosexual porn and eventually I would get bored of that and I did tranny but more gay porn. I tried it once and was repulsed but something made me do it again cuz it was "out of the box" which turned me on. I don't like the kissing part or the body of a man I just like the anal part or the picture of a dick. Every time I finished to gay porn I would feel depressed and ashamed of myself, I just did it over and over because it felt so good. In real life, I have had numerous occasions with girls and they all went relatively well, I had a girlfriend always got hard for her and stuff but never really ejaculated with a girl because it took so long and she would give up. I would still stay hard but I could never climax this started to freak me out. She didn't like oral so all I got was a handjob and it wasn't that great so that could be part of it but we tried sex and I was so excited got rock hard but I couldn't fit it in because she was tight and when I went to try it again I was soft and it wouldn't go back up, I tried to get it up again that day but it just wouldn't happen. I started to get thoughts that were telling me that I was gay, I would freak out start crying in my sleep just get terrified. I stopped looking at gay porn for a while because I thought that was my issue so I would only look at heterosexual porn, I could still finish but not as fast and it would take me longer to get aroused. I then found this site and

am proud to say I have stopped looking at porn and masturbation for 13 days, it's extremely difficult. I have these days where I'm super horny and all I picture is gay porn or a dick, is this supposed to be happening? I still get hard from thinking about girls but occasionally in this reboot process, I usually just get a little wiggle but that's about it. I am on a hockey team and there are showers and all the guys are naked so I see a lot of dicks but I really don't get turned on by them, it makes me feel good that I don't, it makes me feel like it's all in my head. But the thoughts sometimes are just so over bearing. And I love girls, I love to flirt with them and when I'm talking to them I feel so good I feel attracted and I want to marry one I want to love one, thinking about kissing a guy is gross and thinking about marrying one is a turn off. But my head tries to convince me that I will end up kissing them and marrying them, it's so hard but can anyone tell me if they eventually go away? My biggest fear is that I will go through this process and either nothing will change or I lose my attraction to girls and become gay, it freaks me out to think that. Also I should add when I was really addicted to gay and tranny porn and doing it nonstop I bought a dildo and would stick it up my butt to see what it feels like, it felt awful at first and painful but I became aroused by it and started doing it more often, but I hear that some straight guys do that. I haven't done that for a while and I don't have an urge to do it, but when I think about it I get aroused. When I have a gay dream I don't picture a guys face or kissing them it's just the dick I picture. I just want to know if it gets better? I know in real life I won't want to fuck some other guy it's just in my head, it's a fantasy really, but I want to have sex with a girl more than anything but I get scared because it doesn't turn me on that much as gay porn does. I just want it all to go away, if porn wasn't invented I would be thinking only girls, I have been so depressed and get scared every time I hear the word gay being used or when I see a gay couple, it frightens me to think I could be there. But hopefully if I fight it I will be better. One last question, if I start fantasizing about a dick in the middle of a day, should I try and block the thought or would it be better to just let the thought pass until it has totally gone away?

I think I was around 14 when I saw my first porn. I came from a somehow dysfunctional big family (3 brothers, 5 sisters), and by the age of 13, have already been sexually molested by my brother several times (oral sex only) who is just 2 years my senior (who I found out later on was being sodomized for years by an older relative living with us). My brother also introduced me to porn. He got this magazine from a friend of his, and we watched it together. And lo and behold, the first porn image I saw was a bestiality scene with a woman and a horse, and a guy and a chicken! I remember exactly what I felt when I saw those images, I felt so small and useless to see the woman doing the horse, and looked down at my package and thought I will never be able to satisfy a woman! And even after all these years (I am 36 now), that thought still remains, though I have an average size penis.

I grew up in a poor country in Africa, and in the late 80s and early 90s when I was a teen, it was very hard to get any kind of porn (I still wonder how the bestiality porn got into my brother's friend's hand). So I was using everything as porn...magazines like

cosmopolitan, mainstream movies on VHS (I don't remember how many times I saw basic instinct), romantic novels, etc... but finally my brother discovered a video store where we can (illegally) rent porn videos.

First we were watching them together.. each covered up in blanket, not looking at each other, pretending as if we were not jerking off (we stopped the sexual thing between us when I was 14, some time before we saw the bestiality porn magazine together). He was interested mostly only in one to one straight sex, and sometimes fast forwarded the lesbian and orgy scenes, while for me after few times, I could only get aroused by the lesbian scenes. So usually, I woke in the middle of the night to watch and masturbate over the lesbian scenes (as far as I remember, almost all of the movies had one lesbian scene or a threesome with two girls).

During my university years (1992 - 1997) I became friends with the wrong gang, whose main activity consisted of chain smoking, doing a light drug called khat that is common in east Africa, get drunk, and visit hookers if we have enough money. And it was to one such hooker that I lost my virginity. Actually, the sex was not that bad. But after that, I became kinda impotent. None of my friends knew this, I was still going to the brothels with them and pretending to do it with the hookers (we were just going for quickies, so after we enter the motel room, I tell the hookers either I don't feel like it anymore or I try, I couldn't get it up, the nice ones will say something like you shouldn't drink too much, some of the rest make fun of it, etc..but I pay them a bit extra to shut their mouth about this because it is very likely after 5 minutes they will be doing one of my friends). There were also several time where I went prowling for street hookers, with the same result. Once the hookers are gone, or if they were spending the night with me, I masturbated, still not able to get full erection, but still orgasmed. Terrible, Terrible times. I fell in love for the first time during my third year in college, she was also deeply in love with me, I stopped watching porn or going to hookers. We were meeting and making out every day, but was scared shitless that I might not get it up if we go all the way, so never progressed it any further. After six months of this, I think she got frustrated and dumped me.

I started my first job as a programmer in 1997 in a small consulting company, and we had a modem Internet connection (that was the first time I started using internet and email). Of course, few days later, I discovered it was a heaven for porn, and I was watching lesbian porn images during most of the work time. And I was reading a lot of erotic stories too (mostly I print them, take them to the toilet, read them and masturbate, then take them home and do the same). Sometimes, after taking the printed sex stories home and masturbating, I felt so bad, I tear down the pages and throw them in the garbage, but few minutes after that, I will be working like a mad man trying to reassemble the pages and read the story again. Then there were periods where I was going to the office on weekends, and spending up to 8 hours in a row, without taking lunch break, watching at lesbian porn. Then feeling somehow sick from hunger and the multiple masturbations, going to my parents to visit them, feeling like shit.

In 1998, I met my second girl friend (and till now my last girl friend, I reunited briefly with the first girlfriend from college in 2006, and we finally had sex after 10 years, but it

didn't last that much). Anyways, with this girl, first it was very hard to get her to bed, it took me almost six months of insisting. And when she finally agreed, guess what, no boner. But she was nice to me, and told me that I am just too anxious and she is not gonna leave me for that, so I should take it easy. It was not easy, but after about 4 months I finally got over the impotence, and we started having sex. But still, when I think back, the sex was really bad. The erections were not that strong (and my penis was maybe only 2/3rd of the maximum length and girth of its full erection), and I was not very confident. Anyways, we stayed together for 2 years and was thinking of getting engaged, but I got a scholarship for my masters in Europe and left (the plan was for her to join me later, but it didn't work out). I must say that during these two years, I watched very little porn, I think not more than five, six times.

In Europe, things changed drastically. Now I have a fast internet at home, I was lonely, a black person in small redneck town in north Europe, where almost all the other black people were refugees who have not so good relations with the locals, and I completely become isolated. And it was during this time I fell deep in the porn hole. I watched porn for at least one hour almost every night. And this time, I escalated into many different forms. Lesbians were still interesting but mostly only in scenes that also include S&M, watersports, rape, incest etc... and finally I stumbled into she males, and I was hooked. For two years, that was basically how I spent my whole spare time, no real sex, not even a date.

*Well I am 25 years old I don't really know at what age I did start watching porn but I was very young it started when I found my dad's stash of porn magazines and he had a lot of it I was watching a lot of it. I have only had sex 3 times in my life and it was with prostitutes I also lost my virginity with a prostitute it was about 3 years ago but at that time I was ok I didn't have any of these problems the sex was ok and I did have a good erection it was not 100% but it was pretty good.*

*But at that time I wasn't viewing porn that much my problems begun when I started to watch porn all the time I was unemployed at that time I was on the computer all the time watching porn all day sometimes just because I didn't have anything to do. I was in front of the computer all the time I didn't go out didn't talk to friends because porn and being on computer was more fun for me I think I am also addicted with computer.*

*It became so bad that I have got premature ejaculation too and I could barely get an erection while I was watching porn one time I also saw blood in my sperm but I wouldn't say I was masturbating a lot. Never more than 3 times a day. Usually it was 1-2 times a day.*

*I was always a little bit more shy as a child too but I think porn only worsen things because porn made me feel bad about myself I think it was because of the porn that I didn't approach girls because I always thought I had a small penis but in reality it isn't it's normal but when you look at the guys in porn it is small compared to them and I always had this I head and that the only way to have sex is to perform like the guys do in porn.*

I'm 19 years old and started PMO at age 12. All the way through middle and high school I've been shy, introverted and suffered social anxiety - I didn't connect to anyone even though deep inside I wanted to make good bonds. I've always thought I was abnormal and blamed it on genetic causes up until I came across this website.

During my later years of using porn daily (aged 15-19) my tastes for porn have progressed to more extreme material which I've been increasingly disgusted about. It went from pictures of naked women to fetishes and even to the shemale material which has caused me to develop anxiety that I'm gay, but I only like women in real life.

I have had relationships with girls, and had sexual experiences with them except for sexual intercourse - I'm a virgin at 19 and feel odd. I have ED - I couldn't get it up for 4 separate occasions for 4 different girls. This has all added to my anxiety. I feel down every day with thoughts running through my head at 100mph I don't feel myself. I feel hopeless.

Age 20 - Like most, I discovered masturbation around 11 or 12. Very young, but it started off with images in sports illustrated and victorias secret. Soon, around 13 or 14, I started my porn escapades. I thought nothing of it as it had been portrayed as normal and many around me were doing it to. It did not seem bad. There were no repercussions, no speculations, just a horny young teen looking to get off the most stimulating way he could find: Porn. I noticed strange things when I started having sex around age 18. I was completely flaccid and felt like not even a horse pill sized Viagra could get me up. I blamed it on the heavy amount of alcohol I consumed. The next few times were strikingly similar. But all these instances had one thing in common: I was HIGHLY intoxicated. So I went about it as if it was all because of the alcohol and continued my habit unknowingly.

I am now 20, weeks away from 21. Last year, I landed the most important job of my life and everything has been on an uphill climb ever since. I have a 5 bed 3 bath house, competed in the men's health urbanathlon 2011, been on several trips, talked to many girls. I don't have a bad thing to say about me. I'm in incredible shape for my age, athletic, confident, I play guitar extremely well, have many friends, can make anyone laugh and without just sounding outright cocky love myself. I can find one thing that I am missing in life and that is a meaningful relationship with a women. Masturbation I think has subliminally cut off my desire for feelings for a girl. It has been hard to develop an emotional attraction when all I can think about is if this girl looks like she is gonna suck and fuck me dry the way I like. But after these 53 days of abstinence I finally see what I've been missing and why.

Desensitization is a funny word. It really takes finding out you aren't pleased or aroused by something that used to, to know that you have desensitized yourself. It's not something you progressively feel. I had no idea I was addicted, had a problem, or even had given myself ED until I had no feeling at all. It feels like I just went from functioning to out of service. It took actually getting physical with a

girl multiple times and failing each attempt to realize: "fuck, is there something wrong with me?"

I'm 25 years old. I discovered what my dong could do at age 13 and from then on was a daily user. I was hooked, like any boy that age. I would masturbate to fantasy of girls I knew from school or ones I had seen on TV that I put in the spank bank. And I'm pretty sure most of us remember a movie or two that we took into slow motion just to catch a slight glimpse of something...been there. I stayed this way mostly until age 15-16ish when I first actually masturbated to porn. I remember how much more intense it seemed, and I thought to myself "man, this is the way to do it." I still masturbated to fantasy most of the time but whenever I got a chance to look at porn when the house was empty I would masturbate to that instead. I did this for the next few years. At age 18 I got my own laptop and thus was able to crank one out to porn in the privacy of my own room. I lost my virginity at age 19. It went OK I guess, but I could tell something was wrong. I was always so horny and ready to go with porn, but it seemed like my erection was a little weaker during this encounter and as much as I knew I liked sex, for some reason it just seemed not as exciting as I had thought it would be. I put it off as performance anxiety.

Fast forward two years, just after I turned 21 I met my first real girlfriend. Things were going great. I quit looking at porn when I started to date her simply because I felt it was wrong to do while I was in a relationship. The first couple times having sex were a bit shaky, but after those few times it was smooth sailing. She and I dated for a little over two years. In the last six months of the relationship things were rocky, argument after argument. I started drinking every day to deal with my stress, and I was also a smoker (cigs, not weed). During my depression I also began to masturbate to porn again. I was unhealthy as could be...drinking and smoking daily, living on junk food, PMO every day...I felt like crap every day of my life. I was a zombie. Tired all the time, high anxiety, total forgetfulness, there were a couple times that I almost screamed at my boss and walked out because he would get mad at me for screwing up even though he had every right to, the mistakes I made were ridiculous. As in, trying to back a car up while there was another car parked behind it (I worked at a collision repair shop). I was mad about something and just hit the gas hard, not thinking, and then CRUNCH. Anyway just stupid zombieness like that every day. Then came the first time I failed to complete sex with my gf. THAT was a blow to the ego. I remember how I felt that day....tired, brainfoggy, not in the mood for sex even though in the past I had sometimes practically begged for it. And it would not be the first time it happened. It happened several more times with her, and after we broke up, it happened with a few other girls over the next year. This led to me being almost afraid of sex just because of the thought of failing. I knew something was wrong I just didn't know what. Throughout this time I have still been PMO, not necessarily every day but never going more than 3-5 days without doing so.

I've been to the doctors a few times, figuring it was an organic problem. Funny thing is, for the most part I can still get a decent erection to porn, but it fades in seconds if I stop manual stimulation. I had my blood tested for testosterone levels, and they were indeed low, 321 ng/dl. I also had an enlarged prostate. I also had it tested about a month later at

another doctor, and although I never received the actual numbers, they told me my testosterone was "just fine." My penis is also pretty numb to pleasure sensations. It's not numb in the sense that I can pinch it and won't feel it, but just feels not different than touching your knee or face. There's no longer any "WOO!" sensation.

Anyways, here I am now at day 28 of my reboot. I will say though, that there have been a few encouraging signs of life. Over the past few weeks I have been stretching the pelvic floor every night before bed (trying to help my chronic prostatitis/pelvic pain) and then meditating for a few minutes before lying down. Two or three times since I began the reboot, while doing some deep belly breathing meditation, I have gotten an erection. Not just any erection, but the kind that has all of its feeling back...that extremely relaxed, touch-me-and-ill-go-crazy sensation. They only lasted less than a minute but I certainly haven't forgotten them. It's odd...for two years I have been used to numb emotionless erections but these were the first legitimate boners that were actually tempting for me to take advantage of.

*Here is a little background to start things off. When I was about 13 or 14 I had my first experience with porn. My cousin and I went to a sleepover at a friend's house in celebration of the friend's birthday. There were a about 10 other guys there. My cousin and I were best friends at that point, and we ran around with a crowd that was always up to no good. That night we were sneaking in all kinds of contraband, including alcohol and weed, and apparently somebody got a hold of a VHS tape with about 6 hours worth of porn on it. Anyway, long story short, I believe that was the start of my addiction.*

*Through the years, I remember always trying to gain access to porn. It was difficult to access though, as it wasn't easy to come by, and viewing it was always difficult with the family around. When I turned 18 years old I moved out of state. Between then and now, Porn became increasingly available over the years. I started sheepishly visiting adult book stores to get new movies. Then I would get tired of the movies, or disgusted with myself, throw them out, and swear off porn forever. I doubt it ever even lasted longer than a month though before I found myself back in the adult bookstore, shamefully buying more porn.*

*I should also mention that during my teen years, and my twenties, (what was supposed to be the best time of my life) I never dated, and I was very self conscious. I was a very skinny kid, and I was made fun of for it. I was also bullied in high school and I just never felt any self worth. Basically, I just never thought any girl out there would want anything to do with me.*

*As the years went by, porn was increasingly available on the internet. This meant that I could indulge in the privacy of my own home without the shame of having to actually go out and buy the stuff. I've basically been watching internet porn since internet porn has been available.*

*Eventually I started to bulk up and fill out physically. My confidence got a big bump after that because I started to realize that people weren't making fun of me for being so skinny. But I still had a lot of emotional scars.*

*Eventually, I was able to go to college. I started undergrad at 25, which meant that I was older than many of the seniors and many of the grad students. I was able to keep my grades up, and I eventually got into law school in my home state, where I am now. I came back home to go to law school, and by then I was feeling a lot more confident. I was 30 years old by the time I started, and I managed to meet a girl who was 23 at the time. Up until this girlfriend, I was a virgin. I remember when we first started having sex, I was fine. But after a few months went by, I totally lost interest. In retrospect, I think it was a sort of flatline. I stopped watching porn for several weeks when we started dating. I was getting my high off the novelty of actually having sex with a real person. But once the novelty wore off... splat.*

I'm officially starting my reboot over today with a stricter attitude. I'll still be having sex with the girlfriend infrequently (and that's fine... if I notice it causes any flashbacks or anything I'll try and cut down even more)... I can't yet orgasm anyways so there's no worries of that happening at the moment. One thing I've done lately is tend towards more gentle sex... and overall it feels more fulfilling. I always found those scenes of passion in movies boring... must be what porn taught me.

Up until the age of 16... I had hormones, urges and what have you but never really thought on acting on them. My parents never made sex taboo... but never really talked about it either. I almost feel like that attitude worked successfully from their side (to a certain extent) until I moved into the basement by myself. After a year or so down there, I made my first steps towards getting into viewing erotica and would later develop that habit. I guess I feel like I started out of curiosity... and peer pressure. There was nothing wrong with what I was doing... I didn't want to get caught but that was just the awkwardness more than a fear of being scolded.

The strange thing is... until that point in my life I found myself attracted to women... but only certain women. I wasn't attracted to every girl I saw, I was attracted to a certain type of girl and that's what made me happy. My friends were attracted to every girl... and I felt like that was weird. Of course, I felt that made me weird too. Over time, and through watching a lot of porn, I almost feel like I moved from being attracted to a woman for her beauty to just looking at women to eventually objectifying women because of pornography. I was capable of finding an attractive feature in most women and the desire to just have sex and get it done with it grew.

Sex wasn't important anymore... it became disposable... something to be tossed away at the first instance possible. The idea of sex in my head wasn't even one of pleasure... it was one of getting off and watching porn. I almost feel like (in my head) I disconnected romance and sex. I had an attraction towards romance and an attraction towards pornography. Romantic sexual attraction became an impossibility... the two became so

disconnected in my head that I could never really connect the two as what was supposed to be an entity.

I loved the idea of being in love with someone but could not connect it to sex... sex was something done on TV screens... in vids and in 30 second clips you'd string together. Sex and love were separate in my head... I just never knew it. Porn taught me this. Porn reinforced it through almost seven years of viewing videos one to three times a day. Hundreds of women... some I'd never even find attractive but their slight differences was novel enough. All those porn star names... all those threesomes... foursomes and skipping to the hottest parts. Of course I didn't understand sex... I understood porn.

Porn is weird. In fact, I noticed often after masturbation that porn was rarely hot anymore. The idea of cuddling my girlfriend after sex was weird... but eventually I liked it. Porn really is processed similarly to donuts, ding dongs and other foods to trigger a massive release of dopamine and satisfy some weird biological craving... I really believe this now... all of it makes sense in my eyes (I say this with a bottle of coke on my desk... none the less). The path we are headed on in society is one of excess... it's not about porn just as much as it is about dopamine hits. Porn and other dopamine hits are delivered in a wham, bam, thank you maam fashion to our brains all day long.

As an aside, I looked through the cupboard the other day and found some blueberry crisp bars... flipping over to the packaging I read the long list of processing ingredients. I tried one and it tasted fairly bad... kind of chemical yet good enough for a snack. 100 calories is marked the package... flavored with artificial sweeteners and other things... processed down to a 100 calorie product to help people lose weight. Yet, the sweeteners and products used are far from fulfilling, are far sweeter than normal products and are essentially processed to the point of nutritional deficiency. This bar is crap but it fulfills that urge...and it's guilt free too. 100 calories, it's perfectly normal even. Everyone should watch their weight... you should eat some yummy blueberry crisp bars... while you are at it go watch some internet porn too... everyone should do that too. It's healthy, normal and good for your "health". What do you mean you feel cravings after both of them? You just haven't scratched your itch enough yet.

## Background

-Age 23

-Started using porn heavily around age 18 after a bad break up.

-Used to have successful sex with my high school girlfriend no problem.

-After not dating for 2 years I finally started seeing some other girls.

-There were 3 girls total that I made it into bed with, all really attractive young girls.

-Couldn't get hard. Even if I did get hard I would lose it pretty quickly.

-This sucked. A lot. Huge blow to my already low confidence. Severely depressed.

-Led me to start seeing escorts (expensive prostitutes I guess you could say).

-This was party to test myself, and partly an extension of my addiction.

-Problem persisted with the escorts. Could not stay hard. They had to use their

hands to make me cum.

-Google led me to yourbrainonporn.com.

Reboot attempts began in November 2011

-After a couple of relapses after single digit attempts, I relapsed in mid-December after a 3 week run of no PMO.

-During this 3 weeks I felt AMAZING! I was no longer stressed, angry, anxious and everything else that I had become. Felt like I was on track to beat my addiction and I was incredibly happy.

-I don't remember what happened exactly, but I remember peeking at porn and decided I would rather go see an escort than watch porn. Went and saw an escort, had the same ED problems, wasn't satisfied so I ended up PMOing.

Well that happened on December the 16th. For the next few days I PMO'd a couple of times and then got back on the train starting December 21st. Made it through Christmas and everything was going great! Had plans to go to a New Years party and I was excited to flirt with some girls with my newfound confidence and outlook on life! I was so excited. Of course it had to get messed up.

New Years Eve I woke up with a cold sore on my lip. I've suffered from cold sores since I was a child (I only get them on my lips, I've thankfully never contracted genital herpes, I would probably end my life to be quite honest). I used to only get them about once a year or once every 2 years growing up from what I remember. But recently it's been like one every 3 months. I think I can definitely link the increase to my immune system being down from SO MUCH masturbation and SO MANY orgasms. But anyways, I decided I didn't want to go to the party with this on my lip so I was home all alone to ring in the New Year.

Now old me would have just watched porn and masturbated all night without even thinking twice. Instead I decided to fight it. Smoked a bowl, drank a bottle of champagne to myself, curled up on the couch and watched Dick Clarks Rockin New Years! I was pretty proud of myself for not PMOing! However, the temptation got too strong and 2 days later on January 2nd I masturbated and watched porn. On Friday January 6th I watched porn for the last time (I have not watched porn and masturbated since, making today Day 22 no PM!)

Now what happened next is where things start to get a little crazy. . . .

I decided that I needed to see an escort one very last time to give me the motivation to get through this. I said this would be the absolute last time seeing an escort, I would delete my account on the escort site with my safety ratings so the high end girls would no longer see me if I decided I wanted to again. I made an appointment with a girl that I'd been wanting to see for a while for Wednesday January 11th.

After making the appointment I noticed something on the escort site. There was a new girl. A very gorgeous beautiful new girl who happened to be a porn star. 'Wow', my addict brain said, 'maybe that's what I need to end my porn addiction, to fuck a porn star!' But I couldn't cancel on the other girl could I? Of course not. Appointment made with the porn star for Thursday January 12th. It would be sex one day followed by sex the next day and then reboot time. So far this plan has actually, surprisingly worked (I DO NOT RECOMMEND THIS PLAN!)

On Wednesday the 11th the first girl came out to my house (this was the first time I had a girl come to my place and not me going to a hotel). Well, I won't go too much into detail but this girl was only 5 feet tall, my age, super cute, and a really chill laid-back personality that made me feel comfortable. Holy shit.. I was able to get hard... And stay hard... And I was actually able to orgasm while inside her (with the condom on of course). Oh my god!!!! I know it was with an escort that I had to pay, but this was the first time I was able to orgasm with a girl without her having to use her hand! I was so so happy.

The next day I went to visit the porn star at her hotel. A little more nervous than the day before but wow once she opened the door... I thought I was dreaming. I probably shouldn't have done this because she was the most beautiful girl I've ever seen and will no doubt compare girls to her in the future. Definitely my dream girl. We chatted, made out and of course had sex. My erection strength was not as strong as the day before (I would say 70-80%) but I managed to stay hard and came inside her as well. I left with a giant smile on my face and I haven't had an orgasm since (making today Day 16 no O)

Age 22 - What's up guys. well this is the first time I have ever spoken to anybody about my porn and masturbation addiction, let alone my ED. I am 22 years old college student. I'm generally healthy, I am pretty social. I've been told I'm attractive and charismatic by women, so I have no problem communicating with girls. the problem is, I have been masturbating and watching porn since I was about 13 years old. I this continued through all of high school. junior year I had my first girlfriend, and so I kinda stopped watching porn for a while. when we would be making out and fooling around, I noticed I didn't have a full on erection, even when she gave me manual pleasure. this continued through the months I was with her. I told myself that my lack of erection was due to the part that I was bored with foreplay( she wasn't ready for sex) and that when it came time to have sex, I would have a raging boner. fast forward too when I was 18 years old. I went to hang out with a friend of mine at his cousins house, and I had my first opportunity for sex there. we were drinking most of the night, and one of the girls made it clear she wanted to have sex. I didn't necessarily find her attractive, but I was eager to lose my virginity. again, I started getting an

erection but lost it and when it came time to have sex, I couldn't. the next for yours I have pretty much avoided any kind of sexual situation, due to the fact I couldn't get aroused enough for an erection or maintain one. I also have had a fear of starting a relationship with girls because eventually I know we will need to have sex and I won't be able to deliver.

when I watch porn, I do get a dopamine rush and I can generally achieve a good erection. sometimes better than other. when I was way younger, looking at porn and masturbating was probably my favorite thing to do at home. throughout the years, I have solved my sexual frustration with the masturbation and porn. no one knows about my ED, so it causes me a lot of anxiety. I'm a regular on ED forums to try to see what was wrong with me, causing myself worry as to what is wrong with me. I haven't gone to a general practitioner due to no insurance, but like I said I'm very healthy.

when I came across this sight, I immediately knew that this might be the culprit of my ED issues. the times that I have made out with girls or the times I've had sexual encounters, I don't get nearly as excited as when I watch porn and masturbate. not even close. I do like women, and find them to be attractive, but somehow my brain doesn't register any kind of excitement. also when I masturbate using fantasy. I never fantasize about me having sex with women, I usually fantasize about two other people having sex(hence me being use to porn). my erection quality is pretty good while watching porn, but if I get bored or don't stimulate myself through masturbation, I lose my erection.

I'm ready to reboot and stop watching porn/masturbating. I'm tired of not having a sexual healthy life while everyone around me does. I actually had started a reboot but relapsed to PMO, which made me feel like shit after. I will be updating my blog as much as time allows me too. This website has already made a difference.

Last night I felt like I took an emotional dive into darkness. I felt so overwhelmed I felt like I was an airplane pilot in a storm with no navigation system. I met a girl I've been seeing last night. I drove over to her place looking forward to see her, and it was difficult to concentrate throughout the day because I was thinking of her. We spent the night talking. Some parts felt good, and then other parts felt disconnected. I keep questioning if she likes me. The problem is I can't feel anything. Sometimes I feel really connected to her, and then other times I feel completely empty – like I couldn't care less about it.

So I don't have an emotional compass for close relationships. I know this isn't healthy or normal. I feel like a yearning to connect, but I can't connect. I feel

numb. I don't know if I have feelings for her, or if my brain is just longing for some chemical stimulation. You see, I didn't start having relationships with girls until about 23; I'm 25 now. I grew up in a strict home and I was prevented from developing relationships with girls. Since there was nothing else available, I just watched porn endlessly. I always felt like something was missing. I felt like other guys knew something I didn't because it seemed to me that they didn't have these problems. I eventually believed that I was defected.

My success and relationships negatively correlate with my porn use. At age 14-17, I was shy around girls, but normal – I was attracted to them and stuff.

Whatever problems I had with them had to do with my upbringing. I was homeschooled. I had limited opportunities to be around girls. Any crushes or relationships I had had to be done in secret. There was a lot of guilt. My porn use was very heavy during these times, especially since I was home all day. With no social outlets, I just watched and watched. But, this was before high-speed, so I only saw pictures. Granted they were many, but I had more limitations. At 17 this all changed. I was on the computer for hours upon hours a day watching porn – the “good stuff” - videos and stuff.

It was still limited though – I had to share the computer with other family members. I did very well in college during the first two years. I was focused, dedicated, and would give up anything that stopped me from succeeding. I received prestigious awards and scholarships. This continued into my third year. This was during the time I got my own laptop – and I went into “hard” mode with porn. I was on it all the time. I paid for numerous sites and just watched and watched. I still felt like I couldn't connect with women. I still thought I was defected. This caused me to get really depressed which led me to watch more porn – thus starting a destructive cycle. During this time my grades dropped. I couldn't focus on anything, my work was terrible. What's funny is that I would study endlessly in the library, but nothing would “stick” like it did before. At the time, I just thought this was because I sucked. However, each semester I would try to give up porn – and it would work out for a few weeks. During those weeks, I would ace my exams, flirt with girls, and be socially active. During the middle of the semester, I would give up, get depressed, and start watching porn again. My grades at the end of the semester were always lower than the beginning. I'm convinced that the porn addiction had everything to do with this. I was foggy-headed all the time, and I just felt stoned.

I've been watching porn on and off for the past six years, usually MO'ing on a daily basis, and sometimes multiple times a day. It was sort of a routine for me as a younger kid: I'd get home from school, boot up the computer and proceed to browse porn websites until my parents got home. I didn't really think PMO had any negative impact on my life at the time, and as many posters on this site have noted, it seemed like the normal thing to do for my age. It's only now, at 20, that I've seriously noticed the problems excessive PMO have given me.

Aside from a year of a long distance relationship, my long term relationship experience is pretty much at a zero, and consequently I am still a virgin. That being said, I have had

sexual encounters with girls, sometimes almost leading up to sex, but I've never been able to really take it all the way.

Up until this past week, my PMO usage had gone through the roof; A mixture of frustration with not being able to really interact with girls in college to various problems in my personal life drove me to retreat into my addiction. I used PMO as a smoker or alcoholic use their fixes: to make myself feel better for the moment.

I've felt numb for the past two years of college (and some say this is the best time of your life...). Never feeling truly happy, never feeling truly sad. I've just kind of "existed". And I really think that PMO has contributed to this lack of sensation and vigor for life.

I am a 19 year old straight American male and porn/online sex have taken a huge toll on my life, the way I think and function, and how I view myself as a human being. I want to get better so badly and I want the plastic of my brain to go back to how it should be...but it's hard to stop fantasizing and craving that dopamine rush...

## **1. Mental Health**

### --The Beginning

I have felt extreme, extreme guilt ever since I was a child. Around age 6 or 7, a friend of the same age offered to touch and suck my genitals while I was sleeping at his house. Although orgasm was never involved, every day for a couple months we would strip to our underwear and touch each other's penises. My dad caught us once and sent him home immediately and picked me up and carried me to his bedroom to talk and told me never to do that. I was sobbing but he was still understanding. He and my mom told me they still loved me but to never do it again. Even though he never accused me of being gay, I was confused albeit I didn't understand sexuality at that age. From the age of 7 until age 14 or 15 (I'll explain those dates later) I felt utter guilt, worthlessness, and confusion. Was I gay? I enjoyed touching a boys penis but I had ALWAYS been attracted to girls. Ever since I could remember. But every day I would think about that and think about how I didn't deserve to do things other kids did because my parents knew what I did and that was terrible. I think this really started my OCD, sexual confusion, and addiction problems.

### --OCD

I did not know WHAT it was until 3 months ago, but at age 13 I started developing HOCD (homosexual anxiety disorder/obsessive compulsive disorder for any layman out there.) I remember my first experiences with it were sitting in a classroom. This would be a mental conversation-

-You're gay.

-No I'm not I like girls.

-No you're gay and you know it. You've seen pictures of naked men online and you got aroused. That's gay. you're gay.

-No I'm not. Ok fine I'm gay now great. Wow look at that boy he's hot. That boys hot too.

-What the fuck? These are boys. I see no attractive to them. I'm not even seeing attraction I'm just looking at them saying "you're hot"

-I'm not gay.

-Yeah that proves it. You aren't gay. Too bad you're a fag.

Over and over. The next year it only got worse. I'd sit in class not being able to pay attention because my mind would be running "are you gay? Are you gay? What if you're gay. What would your friends and teachers and family think? No one would take you seriously. They'd look at you and say "look at that fag. What a fag." I started getting groinal responses when thinking of homosexual things. I'd test myself over and over again. I actually, to be honest, thought I was gay and this is what all gay people felt like but I ALWAYS knew deep down I was straight. No matter how muffled the voice is, you know when it's there. No matter how many articles you read saying "You can't change this" you know deep down that you can because your brain is yours. I talked to my parents about it and told them about the guilt I had from when I was younger. They said I was just confused. That relieved the tension a LOT. But it still went on.

This OCD started my porn addiction I think because that's when I started online sex to feel something from women...it started giving me extreme sensations of pleasure that I could only get from the mental testing/ocd/anxiety (there was a good article about that in the article about shaving pubic hair)

Currently, I have the pure OCD again except with kids (this stemmed from my porn escalation) It is basically identical to the HOCD. I have an anxiety disorder that stems from that and have constant panic and anxiety attacks when I think too much about it or anything else. I also have depersonalization/derealization disorder which comes from the porn addiction, I believe. Everything is connected in a complicated ball. Like someone took a bunch of pieces of paper and crumpled them up together. Some layers of the paper are on top, and others are on the bottom; that is to say mental illness stems from one thing which stems from another which stems from the first thing due to some other thing which also stems from the second which stems from the first. It all works together in such a confusing pattern. I am confident that I will feel better, more confident, and less anxious as my addiction settles.

## **2. Online Sex**

This is where my porn addiction started. I have a skype an msn which I use to add girls I meet online. I have accumulated hundreds of usernames and have about a handful of girls I regularly talk to and cyber with.

It all started with a chatsite. I went on it once and went to a room with a plethora of "horny girls." I added one and "cybered" for the first time. At this point in my life

I had never had any sexual experience and refused to do anything with girls because I wanted to wait for someone I "really liked." I think this is why cyber sex was so appealing to me. I wanted that first time to be "special," and obsessed about this. Sort of noble, but I turned to online sex; I could chat, express my sexuality, maybe even see boobs on webcam ALL without going out and making out with random girls. It was also hard because I was an extremely late bloomer and girls weren't interested in me.

Anyways, the first time it was just normal sex cybering. I was shaking (dopamine rush) and sweating, my head was light, I felt like I could cum at any time. It was so exciting. Over time, this regular cybering didn't have the same excitement. I had to roleplay, pretend the girl was younger, older, a monster, stuff with urination, stuff with animals, anything that would deliver that original rush. Although I'd sometimes roleplay with kid roles, I didn't think ANYTHING of this. I didn't think either one of us was a pedophile; I wasn't attracted to kids in the slightest. It was the taboo nature that just sent me going. I still find myself visiting sites. It add girls and ask for their msn/skype, maybe finding 1 every hours, and finding 1 good one every 10 hours. But it can suck a whole night away. It was more of the excitement of finding a girl than the excitement of chatting after awhile.

I would also spend hours on sites like chat roulette looking for girls to take their shirts off. I thought this was normal. Some days I could get like 6 girls to do it, other days would be hours without luck. I would get girls skypes and try even more to see their boobs on webcam. It was taking over my life. All free time on the computer was dedicated to this. But when I couldn't I'd move on to porn, and that is where the problem mutated even more.

### **3. Porn**

I used to look at anime porn. That really turned me on when I was around 14. Then I moved on to real asian porn. I didn't really watch porn later until around age 16. I started watching regular porn but then got turned on. I moved to weird insertions, then to peeing, then hardcore fisting, a little bit of bdsm. Then I was searching something about brazil and saw pictures of brazillian shemales. I wasn't even sure what I was seeing but it turned me on for some reason because I already had that HOCD. I loved boobs, but penises were always confusing to me...so a girl with a penis made sense. I was so confused. I thought I was only attracted to shemales and that I'd have to marry one. This obsession lasted only about 2 months when searching pictures I came across another brazillian speciality: girls and horses. This was always in the back of my mind and now I needed to see pictures of that. Then more animals. Then it the panicking started again. What kind of messed up freak was I? I needed all this stimulation. Why couldn't I just like girls and only girls (I DO like girls, but emphasis on the only) I felt guilt every day. Every morning and every hour but I couldn't stop watching and fantasizing.

About a year later I was reading erotic literature and the theme of the under-aged came up. I had never been attracted to children (but now I doubt that I never was due to my OCD because I remember sometimes looking at younger girls thinking they might be hotter when they grow up or thinking they have nice faces...I'm still confused but they were never close to a "preference") I read these stories and would get extremely turned on. It's weird; I would read stories and get aroused and then when I was finished I wouldn't think twice about what I was doing. Many people describe this "depersonalization" while watching porn...like something else is controlling you. You aren't really yourself. That's what happened when I was on a site and I saw a video which looked like it may have had an under-aged girl in it. Out of addiction and curiosity I clicked it and I couldn't even comprehend what I was seeing. I looked at it for about 5 seconds and immediately exed out of it once I realized I had done. From that second, my life has not been then same. I didn't masturbate to the video because while I watched it I found it disgusting yet it turned me on AFTER I exed out of it and came after. I could still feel the squirt of dopamine from the taboo surging through that body. That feeling of your blood rushing, shaky knees, lightheadedness. But back to what I was saying...my life has never been the same. Constant panic, anxiety, fear that I am a pedophile. I can't look at kids the same anymore. That is the POCD it has given me. I am SO terrified of harming a child. I can't think right, I don't know what to believe. I feel I can never have children, something I used to dream about when I was younger. I ALWAYS wanted to be a father. Now I'm terrified. I know I would never hurt a kid, but I am terrified something would come over me and I wouldn't be able to stop myself. I don't think I would...but what if? The question plays over and over in my head. I didn't realize I had a problem until I started going to OCD forums, where I found out I matched those symptoms. From that forum, I was directed to "yourbrainonporn" where EVERYTHING they said related to me. I felt so relieved yet so terrified. This is going to be a long journey, but I am confident that I can change.

#### **4. Where I'm at Now**

Terrible OCD. Terrible anxiety and depression. I have a girlfriend who helps me a lot but I can't tell her about my problem. I have sex with her and enjoy touching her, but I find myself "testing" while having sex with her, i.e. fantasizing she's someone else or younger or anything to see if it feels better or to see if it gets me off more. It's like normal sex can't satisfy. It's awful, but I love her more than anything and I feel so guilty that I think these things sometimes while having sex, but the obsessive checking stems from OCD.

I will begin therapy after my reboot if things persist. I am not sure about the law...if I told a therapist that I viewed illegal material do they have to report me? I know if you admit touching a kid they have to but I've never and would never do that. But I am confident about starting and it will be good to sort my life out.

I always thought only old, hairy, pathetic men could get into this sort of shit but to be honest I'm a young, extremely intelligent, talented, and attractive young man (I feel like I can brag a little bit after stating all the terrible shit in my life above, right?) Luckily, through my problems I have found some light. After my HOCD, I accepted and started supporting homosexuals. Since I knew what it was like to have something I couldn't change (the OCD) I felt that they all must have felt like me. Although they don't have the extreme thoughts, I realized they are people and deserve to have the same rights. I have educated myself over brain function and mental health, allowing me to view individuals on a more scientific basis instead of "oh that kid is weird" or "oh that kid never talks." I have so much empathy for the world now...I guess I need to find a little light in this situation.

I am a 20 year old white male and full time student in the United States. I am also addicted to pornography & masturbation. I have been aware of my addiction for a while and have had many failed attempts at breaking my addiction. As I get older the more apparent the side effects of this addiction become: less interest in real sex, isolation, weak erections, less pleasurable orgasms . . .

I am a 20 year old white male and full time student. A brief history: I began viewing pornographic material in elementary school. Me and my friends would sneak onto the computer and go onto sites that contained explicit images and videos. From a young age I frequented "shock" sites and I have continued this trend up until now. I started masturbating around 12 and have probably averaged once-a-day for the past 8 years. For the past several years I have repeatedly told myself I was going to stop, but I just couldn't go through with it.

I have been perusing Yourbrainonporn.com for several weeks and I feel that I am mentally prepared to conquer my addiction. I spent last week abstaining from masturbation as a sort of trial run. The week long challenge was extremely difficult but I succeeded. Now, I am determined to truly put an end to my terrible habit.

I'm a 22 years old student, addict to porn since I have access to internet in a private room (16 y.o. maybe). I have discovered masturbation really early (7 or 8 y.o.) and didn't know what it was. I remember scratching my pant in class when I was stressed. I didn't even know it was something sexual. It's a pity that no one explained me what it was , because they were a lot of shame behind that. Two years later, I stopped doing it in public , but continue when I was alone. I have always link masturbation and stress relief. It's only around 12yo that I discovered that it was masturbation , and that it was "normal".

Then I discovered porn around 14 year old. I was subscribed to a porn newsletter, I don't even know how, probably because of a forum I was subscribed on). They sent me a free porn video every week. I started to watch porn weekly, and then in progressively escalated, especially after I had my own computer.

Today, I'm 22. After some attempts of reboot (8, 12, 5 and 25 days), I realized how porn has important consequences on my daily life. I have no ED, but I have delayed ejaculation. But the worst thing for me, it's that I don't spontaneously want to meet girls when I masturbate to porn. My libido is not focused on real life.

I went to the mountain for skiing with my university. I was on day 17 to 25 of my last reboot. And I felt really great. I met a lot of girls everywhere and I spooked spontaneously to them. I kissed an Irish girl in a pub, a some girls from my university were really interested by me. I did things I would never be able to do before. I entered in most rooms of the hostel with a few friends and my ukulele and made sing everyone (while some mates stole their toilet paper :P). I was really funny and I felt great. I was flatlining the whole 25 days.

Then I went back to home, I spent my last day of holiday on my computer, and.... I relapsed! Soooo stupid! But the good thing is that a light touch felt really, really good and I have never been as hard. They were definitely an improvement.

I'm 32 years old and from Germany. I suffer from ED since more than 10 years now. Since I've read a lot about this issue - especially in the last weeks - I'm sure that I can call it a porn related ED, because I found myself in so many posts describing the problems occurring with porn-overkill.

At age 15 I found two hardcore-porn-VHS under my parent's bed and wondered - I had a look and was totally stunned at once! wow!!! Couldn't believe the intense horniness shivering my body! I used to watch these tapes as many times as possible and masturbate to them.

Then, when I was 18, I used to visit a video rental store with a friend of mine regularly and we rent porn VHS and copied them for at home. My collection began to grow. Also the movies got relatively more and more pervert then.

Then I remember that another friend of mine sent me a VHS with SM-porn, and I was again totally astonished AND I remember that I thought "yeah finally something that can raise my penis without manual stimulation!" I was 22 at this time I think!! So at this time I was already unable to get a spontaneous erection even while masturbating to most of the usual porn I had!!!

No need to say I had no girlfriend all the time. I had some One night stands but I was not able to get it up, just not getting aroused. OK one of the girls was really nasty and a bitch (sorry...) and I was slightly disgusted, but the other one was my dream girl at the time!!! Also my first real girlfriend I had with 24 was unable to get me a proper erection.

When I look back in time I am really a shame. I asked her to watch porn with me so we were able to have sex, because with porn on TV while being in bed with her made it easier to me getting aroused... how bad is this?

Now since a longer time high-speed-internet is available every time and porn, porn, porn. In the time between I had another "girlfriend", I think in that time I already thought about the problems could be occurring because of porn, and I made some lifestyle changes. I don't remember exactly, but I had some levitra from a doctor and eventually stopped looking porn and did sport, and after a while I was able to have some sex, but it was strange anyhow, not really fulfilling.

OK, we're in today now... I managed to have a really loving and loveable girlfriend since four years now, she's wonderful and I really love her!!! First tries to have intercourse where really ugly. I had to force an erection by hand and that's no fun at all, then having intercourse it's all the time hoping that the erection will not go away.

Well, through the years we have been able to adapt ourselves to the problems, and it has been easier sometimes. All the time I was really eager to be alone so I can have my daily shot of porn, of course.

Some time ago there was a time when we had really good sex, I remember that we were doing it like three times a week, it was very cool, even on the couch and the floor, and I was getting like 60%-erections from kissing and being aroused by her body just seen naked and so on. I am not sure but it must have been a time when I again tried to stop porn and also smoking (I smoked again in between but now again stopped..)

*I'm a 29 year old guy who has had porn induced ED for about the past 8 or 9 years.*

*I used to be able to get hard without a problem. I remember being in high school and making out with a girl or even hugging her and getting a boner. I'd have morning wood all the time. In fact, it seemed like it was impossible for me NOT to have one when it came to anything beyond superficial physical contact with opposite sex.*

*So where did I go wrong? What happened? In a nutshell - the internet. More specifically I went away to college and for the first time in my life I had my own computer and (sort of) my own room. My freshman roommate often hung out with his girlfriend and was never there. I came into college single and getting over a bad breakup and, like most 18 year old guys, I was horny all the time. So what was the answer? Porn! This was in 2000 so my university had a decently fast connection and there was a lot of content out there even though it was over a decade ago. If I'm being honest, I was probably looking at it everyday.*

*Freshman year things still worked. I remember coming back home on break and hooking up with a few girls (but no sex) and definitely being hard and not noticing anything out of the ordinary. But I kept up my habit. I was never that outgoing so porn provided an easy way for me to get my rocks off as opposed to meeting real women. It got worse as time went on. I remember when I lived off campus that sometimes I would spend all afternoon looking at porn, oblivious to anything else and unable to pull away from it. It seems so obvious now but I didn't realize anything was wrong. Masturbation and porn for a guy in his early 20's was normal, right?*

*Then I started having problems. I would lose my erection trying to put on a condom. Hey, must be nerves right? Lack of sleep? Condom too tight? The porn continued. It kept happening. Sometimes I could manage to get hard enough to get it on and even have sex but it definitely was not working correctly.*

*The porn and the ED continued even after I graduated. I just thought I had a strong libido and to be fair maybe I did. But the masturbation, porn, and orgasm began a crutch when I was stressed and a drug when I wanted to escape for awhile. I did it every single day. Of course, the ED kept happening. I'd have a beautiful woman naked wanting to have sex with me and it wouldn't get hard to save my life. It's beyond frustrating. I've missed so many opportunities.*

*I went to a urologist who did the standard once over, tested my testosterone levels, declared me normal, and gave me some cialis. I was 28, fit, and using Cialis. In the back of my mind I knew this couldn't be the answer. A google search led to your brain on porn. When I read some of the user accounts and stories it was almost like I had written them myself. I was glad to find out it wasn't some sort of health issue, that I wasn't alone.*

*The final straw came two weeks ago, the Monday after the Superbowl. I had a gorgeous petite girl on my bed, completely naked, and I didn't want to go get a condom because I knew what would happen and she only wanted to have safe sex (which I support 100% btw). So we stopped early and I knew she was disappointed. I was beyond frustrated. WTF was wrong with me?*

*So it was then that I committed to actually giving this reboot thing a go. I haven't jerked off or orgasmd since then and the only "porn" I've seen are the occasional random link on youtube when I'm watching a surfing video (I maximize the video playing so I don't have to worry about those side video links anymore).*

*It's about day 14 (15?) and I feel good. No morning wood yet. Haven't had that in forever. But lately I'll wake up soft and get hard just laying in bed. Also, I had a vivid dream about an ex of mine and I woke up soft and immediately got hard. I may be getting better with women too as I just had a great first date with a woman who (imo) is waaaaay out of my league and we're going again this weekend. The goal with all of this? Be able to have normal sexual relationship with a partner where I don't have to take a drug to be able to perform. I want this part of my life back and I'm going to get get it.*

I'll introduce myself quickly. I am a 23 year old male, currently studying. I have been PMO'ing for what seems like forever. I think I was 12 when I was first introduced to internet porn by a friend, I'd never masturbated before that, although I had had a few day-dreams before that (I think) where I fantasized about sex. I'm not really sure about the last part. In essence, porn has been with me since the start.

I lost my virginity at 16, awkward as hell, hard to ejaculate even then. I had to have very intense sex for way longer than I thought, which was comical since I thought I'd cum immediately. I thought it was just the way I worked, since then I've had sex with quite a

few others, always more or less without orgasming, suffering from delayed ejaculation, in some cases outright ED. I've had one good experience with sex, when I was about 18-19. It was sensual, caring. It felt good afterwards, the only time I can think of when the sex didn't feel like heavy guilt on my part for not being able to cum.

I am a 28 years old male. Started masturbating at a very young age. When I was about 13 years old or so. Lost my virginity at age 15. I got hooked on porn when I was around 17 years old. In that time a never had got a big problem with my erections. At least none that I remember though.

When I was 18 I started to smoke marihuana. And have become addicted to it heavily.. For the last 10 years, every single day I pmo'd with my tool in one hand and a joint in the other before I got to sleep. Never got really into hardcore stuff porn though. From what I could tell I became more aroused with just simple armature vids than all the other..

When I was 25, I really fell in love with my neighbour. With the "usual" start up problems I had great sex with her. Though I always needed some manual stimulation to stay erect. I always thought that it was just me, the way I worked..

Last year things were bad. My smoking habits where really paying its toll on my relation. Cancelled family days in order not to having to sleep over there, cancelling this, and that..just to make sure I got my smoke and PMO every evening.. I wasn't a very fun guy now I think of it..

My relationship was as good as over, and I came out the closet telling her about my smoking habit. And promised her to stop immediately. And so I did.. After 10 years smoking that stuff like cigarettes, I stopped cold turkey. Without any help or counselling. A big milestone into my life!

But it had a really big impact. I became depressed. Never laughed, or had fun with all kind of activities for like a halve year. It was a very difficult time for me. But eventually I came through it. And I saved my relation too.. But my pmo habit started rocketing through the roof so to speak..

And about that time my ED really started to develop. And it got me scared.. I mean, really scared.

After stopping smoking, even with porn I had trouble getting erect. When I was about to come, it started to get bigger though. But definitely not near big enough for having intercourse.

I would like to share my story as well as some things that I have noticed during my rebooting attempts. So I have been looking at porn since I was about 13-14, it started off with really short clips I downloaded (streaming porn wasn't available yet, thankfully). Eventually as internet speeds

increased I began to watch porn more and more frequently. When I was 21 I had a chance to lose my virginity, but because of anxiety and probably porn induced erectile dysfunction I was unable to perform. About 3 months after this I had an encounter with another girl and the same old thing happened, couldn't perform multiple times, had weak erections etc. and so began a deep depression and even worse porn addiction. Over the next 4 years I was unable to have normal sex, occasionally my erection would be strong enough for penetration but it never really felt very good.

When I turned 25 I began dating a girl, I had the usual problems and I associated it with anxiety (which I believe is still a component to this issue for most of us), she was very understanding, I got a prescription for cialis and through lots of patience and trial and error I was able to have somewhat normal sex with her. I attribute this to the anxiety issues subsiding, my porn use lowered a lot (hard to look at porn a lot when you live with a girl) and my penis eventually becoming sensitized to a vagina rather than my hand. Anyways, we eventually broke up, I went back to porn and the same old problems resurfaced.

Last year I stumbled across this forum and your brain on porn and I decided to reboot. I made it 35 days and noticed some big improvements, I was able to have decent sex... usually assisted by Cialis. But, I fell back into PMO and had the same issues come back again. So I figured I would cut porn out completely, but I still masturbated. I have looked at porn twice in the last 7 months, but up until recently I still masturbated to fantasy frequently. For me, masturbating to fantasy caused the same problems as using porn and I attribute this to the fact that after so much porn viewing my mind can recreate porn pretty well so basically I feel that fantasy=porn until you let your mind get back to having a healthy relationship with sex.

So now I am on day 22 of no PMO or fantasy, I'm noticing improvements and I am committed to never watching porn again, and not masturbating for 90 days and then see where I am at. I'll try and keep everyone posted. Thanks again.

**CLIFF NOTES:** In my experience fantasy and masturbation have the same effects as PMO.

I'm a 25 year old single male. Most of my life I've been single with just 2-3 short lived relationships. My story with porn began 15 years ago, when I was 10 years old. One day

when my parents were out to church and I was alone at home. I found a VHS porn tape and watched it. That day left a big print on my young impressionable mind. I can still remember that day in vivid details and it marked the beginning of a 15 year porn addiction.

The first 9 years I didn't regard it as an addiction but just something I was MB-ing to regularly for 1-3 times a day, 7 days a week, sometimes for hours. Then I grew older and wiser and at around 19 years I tried to quit porn and realized I couldn't. I tried once, I tried twice, I tried a hundred times and failed every time after a few days. I still don't understand why it has been so difficult. I'm not the kind of guy that has any problems with motivation.

I've always had a strong motivation and ambitions and when I set my mind to do something I don't stop at anything to succeed. In that period I managed to go through college with straight As and performance scholarships. Also, after college I had a great fast track career and got a high-profile position but there was always this porn addiction I could not shake, no matter how hard I tried.

I tried so many things in the last 6 years but I would always fail after a couple of weeks and then indulge in porn a few weeks, then try again to quit. It was a vicious cycle. The things that worked for at least a couple of weeks for me in these 6 years were: aversion therapy, literally burning lots of money every time I slipped and making a daily promise to the Devil that I give him my soul if I slip in that particular day. The last one is silly, I admit. But it worked when I was a Christian. Then I became an agnostic and I obviously couldn't use that technique anymore.

The problem with these techniques was that the addiction was burning me so hard after a few weeks that I would stop using any technique completely, just to get my daily porn dose again. The last year I had the most victories with the addiction. I was alternating between 1-3 weeks of freedom with 1-3 weeks of porn. I also managed to stop watching hard-core and I was just watching soft.

Then came November 2011, when I went a month without porn. I relapsed after a month and in December 2011 I decided that I will not fight my addiction anymore because I felt it was stronger than me. I felt I was growing weak and tired because of this constant psychological struggle. In fact I was so emotionally wrecked because of the battles with porn in the last 6 years, that I felt I was going to die soon, so I reconnected with God - me being a long time agnostic. I asked him to forgive me for all the wrongs I did in this life, crying my eyes out. I also remember one particular night when I asked him to give me strength so I could go forward with my life.

Then something amazing happened... the next week after that day I felt so strong that I thought I could literally take over the world. I saw perfect solutions to every problem I had and for porn I made a vow of never watching it again and that I would allow myself to MB but only to clean fantasies of regular sex. (No strange fetishes allowed.) And so I

did for a week. The act of MB-ing to clean fantasies felt very mechanical and it did not bring me any satisfaction. In fact the satisfaction was so low, that I decided I could drop MB-ing for good since its without value. It seems it was porn I was addicted to, not MB. From that day I felt I won the battle with porn and with MB.

I always wondered during the years of battle with porn, how do you know you really quit porn for good? The answer is easy: you no longer have a battle inside you. You no longer feel any kind of craving for porn and there is no effort in fighting porn since you're no longer addicted. No porn thoughts are hunting you anymore. You don't feel any need to watch nude women on the Internet and when you see accidental triggers you can dismiss them effortlessly without your mind remaining locked on them. You no longer see women as sex objects and your social anxieties are gone. You actually feel a natural need to go out and meet women. You have a good sense of well being and you feel confident and relaxed.

So the keyword is "effortlessly", since you are no longer addicted. To really understand the feeling of a porn free person try to imagine a neutral fruit to which you are not addicted, like apples. What is your feeling towards apples? Do you need to make any effort to stop yourself thinking or craving apples? Do you go crazy when you see an apple and can't stop thinking of it after you see it? Do you often find yourself thinking of apples? Are there any draining psychological battles in your head regarding apples? Nope. The same should be regarding porn when you really become porn free.

So it's been 56 days without PMO, erotic fantasies or anything related. I feel I can go my entire life like this, since my thoughts and feelings towards PMO are the same as the ones I have for rotten apples. I don't want to touch them or have them near me for the rest of my life.

*I had a serious porn addiction. When I went to have sex, I simply wasn't able to receive the same stimulation that extreme porn provided and as a result, was unable to maintain an erection.*

*I gave the suggestions in the documentary a try. I refrained from watching porn for 2 months. Let me say now that it worked an absolute charm. My brain, having not been overstimulated by porn, was now easily stimulated by sexual touch. I was able to keep an erection for multiple sessions of sex. I found that the opposite sex were far more attracted to me. My sex life improved ten fold.*

*This video has absolutely nothing to do with religion. It is based on neuroscience and explores the effects porn has on the dopamine processes in the brain.*

*I understand you're going to get a lot of up votes, because your comment is really just a circle jerk. I'm not a religious person at all, but I down voted you, purely because the comment you made has absolutely nothing to do with the content of the video. There IS such thing as a porn addiction, as*

*there is such thing as a drug addiction. The effects of it may not be as physically harmful, but mentally, porn can destroy a person.*

Had a serious porn addiction as well and when I started noticing ED when sleeping with women, I started getting really worried (I'm in my early 20's). After only 2 weeks without it, I can safely say that it has changed my life. I feel more confident than ever, women are more attracted to me, I'm seeing great improvement in the bedroom. Every day it gets better and I'm noticing how ridiculous I was being by being so attached to porn.

I never thought of myself as someone with an addictive personality because I eat well, almost no junk food, I never got hooked on any drug or anything but it's fascinating to me that I never -ever- considered my usage of porn as addictive.

Watch this documentary, it'll bring positive change in your life and if not yours, at least the ones around you. I've shared this with close friends and we're all doing the 'challenge', it's amazing the amount of positivity it brings.

I started when I was about 13-14 and it was totally normal back then maybe 4 times a month or so. When I got into high school I did it even less as I took up sports and other activities. Then after high school I started dating a girl and I was so excited to get my penis touched all of the time that I didn't see that I was starting to get an addiction right under my nose. It wasn't long before I wanted it every day 2-5 times a day. I wasn't going to school anymore and I was dizzy constantly but I just wanted sex. I broke up with that girlfriend and started dating another girl about a year later. She was one of those girls that had never had a boyfriend and she just wanted to "please her man" and so she was giving me orgasms 2-3 times a day and I felt horrible right off of the bat but I couldn't stop letting her do it. Eventually I was begging this girl that I didn't even really like to give me oral sex or just give me an orgasm any way possible and even if she just did I would want it again in 15 minutes. I was never happy. We broke up about 2 years ago after dating for 8 years and I have been still masturbating 2-3 times a day since then. I realized I may have a problem so I have tried to slow down and I am down now to about 2-3 times per week but my brain still feels fuzzy, I can't get back to work. The longest I have been without masturbation is 3 months and I have to say I did feel absolutely wonderful but then for some reason I did it once and all of a sudden I was doing it every day again.

It seems like every time I try to get horny, I have to go to the bathroom while I still don't get an erection or barely get horny. I'm changing though. Starting right now, I'm quitting porn forever. I've been looking at it since I was 12. It all came crashing down when I was 18. I'm 19 now by the way. I

had problems getting hard just fantasizing. I just thought it was all in my head, so I tried fucking this girl. She was naked right in front of me and I didn't even feel anything, so embarrassing. Then about 3 months later I tried again with another girl, she was soo good and I couldn't even get hard or feel anything. So embarrassing. I kept saying how it couldn't be from porn. So I decided to give it a try about a few weeks ago. I went a whole week without PMO. I felt great, I even came close to getting a boner just looking at these girls doing yoga in my class. When I was talking to a girl, I started to feel aroused. But then I fell right back into the trap, back to porn. And I still didn't feel it when looking at porn. It's just so addictive. So now I'm calling it quits.

I am onto day 5 today. I am 19 years old, male. let me start off by saying I've been watching porn since I was 12. never really had any good sexual experience. the 3 times I was in sexual positions, I couldnt get hard or aroused at all, so embarassing. I was always wondering what the fuck was wrong. I used to be obsessed with porn when I was younger, used to watch it for hours and hours it seemed. over the last couple of years, I'm not as obsessed with it but it seems I cant stay off of it. I would view it at least once or twice a day. I definitely have noticed a change in my social behavior, I'm always running away from social scenarios. don't get me wrong, I have a lot of friends. I really need to fix my ED problems for sure. I'm a really good looking guy and really built. I play tennis 6 times a week and weight train about 4 days a week. So my physical condition is excellent. But at ASU, I'm going to have soooo many opportunities to get laid. So I really need to change guys.. I'm determined this time. I went 8 days of no PMO just a few days ago before I relapsed and binged for a couple of days. It's just so hard here at my college because there's nothing to do. But I'm really thinking how much better I could feel. I was on the acne drug accutane about a year ago and I was always wondering if I lost my libido from there and got really depressed about it. but then I found this website and I though this could definitely be it. Even on DAY 3, I was at Golds Gym and these 2 sexy girls were next to me bending over and shit. and my dick was actually responding! not fully hard but it was fuckin moving and I could feel all the blood rushing up.

I'm 30 years old, I live alone and I'm a full time student. The first time I ever masturbated to porn was when I was about 13 years old when I was on holiday in America with my family. The place we were staying at had cable TV and scrambled porn channels. I remember being incredibly aroused by these images, even though they were scrambled and I remember barely even needing to touch

myself to have an orgasm. I don't remember being a chronic masturbator until the age of around 16 when I got a dialup Internet connection in my bedroom. From there I discovered static porn images by the ton and I also discovered sex chat rooms on IRC. Yes I loved looking at porn and masturbating but I also loved going on IRC and having cyber sex with women (probably some men masquerading as women too but that's IRC for ya!). It was so thrilling for me, I was always a bit shy around women so being able to interact this way was, to me, almost like having sex and I found it just as arousing as porn, if not more so. In essence I replaced interacting with real flesh and bone women to interacting with words on a screen typed by real women.

I developed an addiction to IRC and this has carried on throughout most of my 20s. Sure I had girlfriends but none of my relationships have gotten past 3 or 4 months, except for the most recent one that lasted just over a year. I did of course have sex in my relationships but I never felt as stimulated as I did when having cyber sex or looking at porn. I never really gave this too much thought, I just put it down to me being nervous in bed because I wasn't overly experienced. Anyway, throughout my 20s my addiction to IRC grew, I would spend whole days online having cyber sex and alongside this my porn use grew too. I should point out that I did have periods where I had a break from IRC for a year or two and just looked at porn. There have been times where I spent entire days looking at porn but not as much as I spent on IRC. However, my porn use did escalate to more extreme stuff even though I hated the way women were being treated in these videos (porn actor had the last name Hardcore to give you a clue) I couldn't help myself but watch it and I felt ashamed for doing this.

Still I never really considered myself as having a problem per se, just that I had a high sex drive. I guess this is typical addict logic because if I had a high sex drive why was I more turned on by sex chat and porn as opposed to the real thing? A couple of months ago I had sex and, like all the other times I've had sex, it was great, really great but still not quite enough. I didn't get fully erect but erect enough for penetration and I also found myself going really quickly to cum as soon as possible. I don't know why this is, I can only relate it to my porn use because with porn I don't last much more than a minute or two and I repeat that process several times during the day.

I should also point out that I have suffered from depression throughout my 20s. I wouldn't say I'm socially anxious but not exactly in it. People tell me I'm great to be around and that I'm funny but I've never felt like I was firing on all cylinders in social settings. I get told I'm great to be around but I also have a tendency to look on the negative side of life, not so much that I bring people down and they don't want to be around me but enough so it's noticeable, and these people are right. I also tend to prefer my own company a lot of the time.

Some key info about me:  
male, 19

freshman in college  
started looking at porn since I was 12  
had 3 troubled sexual attempts (ED)  
tried 3 or 4 times rebooting, but now's the time.  
I've gone 8 days of no PMO, but failed.

during some of my reboots seemed to be successful, but I always fell back into PMO when thinking about women in general, just my mind dozing off into fantasy, I've had this problem since I was 12. I would constantly fantasize, watch porn, masturbate. looking back at it I was so addicted its fucked up. I'm too the point where porn doesn't even arouse me anymore. when I think about fantasizing, I can't even feel anything down there.

All my life, I turned down girls because "ehhh they're not that good looking" (I was comparing girls to porn.) I never realized this until I found YBOP. everything seemed to make sense, I always thought it was because of accutane, but I highly doubt it. I'm 19 and I have normal testosterone which I got checked by my doctor about 3 months ago.

I tried rebooting. I've made it to 5, 7, and 8 days in a row but I always fell into the trap. I saw some positive changes like increased change in mood, stamina, libido, even talking/looking at a girl was getting me a little bit aroused. I definitely felt a huge change. Real life women to porn women, HUGE DIFFERENCE. I was being selfish and disgraceful, but I'm so done screwing up my life. I'm a good looking dude who has a body anyone would want, so I'm up for the challenge and will get back to real life women.:)

### **Age 15 - first comment -**

Ok I'm 15 and I know specific science has not yet outlined the recovery from my age group's problem but I just have one question. Ok for my background I have been masturbating to porn for about 3 to 4 years. Now I have been on a no PMO streak for exactly 4 months. Today I thought I would try a little innocent stroking, so I cleared my mind and only focused on feeling. I didn't orgasm at all and I was close but incredibly I was able to control my climax. This was all in the shower. I used some Avon body oil my mom had and stroked, clearing my mind. I was holding a semi but pretty good erection. I hardly had erections like that in my 4 years of abuse.

### **second comment**

Yes I know I may seem very young to be having these problems but I've searched this website and took the test and my problem proved to be from porn. What made me stop and completely give up porn was when my girlfriend let me touch her and we got familiar with each other's bodies, and I felt nothing. At that point I knew porn messed me up. So these last 4 months it wasn't hard to avoid porn at all. But results aren't really strong. One time we tried to have sex and I couldn't get it up. At that point I knew it was serious and I started questioning my self-esteem. And I get semi hard then lose it when we're making out. I just want

to know if there are any methods I should use, and should I continue to avoid harmful stimuli? It always feels like a brain fog when it comes to intimacy, but deep down I know there's hope. I just feel there is way I can allow myself to get an erection after all these years of having semi next to none. So if there are any things you can recommend I would be happy to follow. I know I'm young but guys 17 to 20 aren't really alone....

*Collected by [www.yourbrainonporn.com](http://www.yourbrainonporn.com)*