

Here's a sampling of the comments of heavy porn users about life without Internet porn. Some have been sharing their progress for months. (Font changes indicate new speakers.)

I am 24. started masturbating since I was 16. the frequency varied, I have sometimes done it 7 times in a day, and used it to run from things that made me sad. I used to get a temporary high after masturbating and would find it easier to sleep. I came across the TED talk by Gary Wilson and decided to try this.

I have been simultaneously abstaining from porn, masturbation and meditating for half an hour a day (15 mins before sleeping 15 mins after waking)

here are some of the benefits I noticed

-definitely a deeper and more manly voice

-feeling better about myself in general

-words come to my mind quickly instead of searching for the right word when in a conversation

-I am more coherent in my arguments and can identify quickly if the other person is going off-track

-dark circles under the eyes have reduced a lot. eyes feel a lot more alive and healthier, I used to be sensitive to the morning sun, it seems to have reduced a lot

-better digestion

-deeper sleep, I wake up feeling as rested as I used to when I was a teen, have been having sleep problems since abt 4 yrs.

-way better memory. Almost photographic, the kind I used to have in school

-I am reasonably intelligent and would solve puzzles and riddles in my spare time but sometime back, the will to do things had decreased, after abstaining I feel like challenging my brain again.

-finding happiness in simpler things like having a nice meal, watching national geographic, listening to music, or simply walking around

-the erections that I get now are much more "tight" I feel..like really hard, I could break something wid it..haven't experienced such strong erections since quite some time

-more energy..this one is definitely noticeable, I don't feel drained out all the time..as the day passed I usually used to feel more and more tired. Now I feel I can live through one more day without sleep

-a change in skin complexion.

-the meditation sessions have also become more relaxing and focused

-a renewed desire to see movies

all these effects may be real or perceived..I am not sure..it may be placebo..but it works for me..and something that is required to create life surely has some sort of power with it and wasting it seems contrary to common sense..I don't know how much truth there is in the whole "masturbation is healthy and it helps you know you sexuality and blah"...claim by the medical community...but to me it seems the opposite is true...I plan to go as long as possible...haven't set a deadline like 90 days or something..will keep you updated about changes.
and thank you to the author for starting this discussion...it is really a pressing problem but society at large doesn't seem to care

The real take-home from PMO for me was about willpower. I've been a 10-15 a day smoker for the past decade. Whilst drinking alcohol I used to practically chain smoke. Basically the type of smoker who'd smoke it right down to the butt and then eat the ashtray. Mentally, I was a million miles off being able to expel this habit from my life. But on day 50 of PMO I had a realisation. Why am I engaging in behavior that in no way serves my health and happiness? That is, in effect, killing me? I kicked that bullshit habit out of my life there and then, and it was easy. What I realised was that abstaining from PMO seriously strengthens your willpower. Go ask your peers if they want to quit PMO. They will look at you incredulously like you asked them if they wanted to quit breathing. This is because quitting PMO is *insanely* hard and the willpower required to see it through is mind-boggling. If you have a streak of any serious amount of time then you will have strong willpower because this faculty has been utilised and developed, not unlike a conditioned muscle.

So I just hit day 25 today...I feel amazing. I feel so content doing whatever I'm doing. It's cloudy, rainy and cold out. However it feels like a sunny day to me. Everybody at work must think I'm on crack or something lol...my ambition has returned. I feel grateful to be part of this. My life seems like it has turned around in an instant. I was stuck in this anti-social, depressive and emotional cycle. Every day I was going on youporn and polishing the pewter like it was going out of style. It felt good temporarily but afterwards I felt worthless. I felt like a loser...forever stuck in this cycle. I wanted a real woman!

It's unbelievable that a few short months ago I had anxiety and panic attacks while doing simple things such as going to the store. Now I feel like I can speak in front of a crowd of people. Then, I was barely on any female's radar. Now, they smile at me on the street, or even preen themselves within my vicinity. Being able to pick up little social cues is mind-blowing. The other day I was walking downtown and got turned on by the scent of girl who passed by me. Before, that rarely ever happened. Women are trying

to get my attention now. I'm really shocked. I've been out of the game so long it's like it's all new to me. I finally feel like I can go on dates, or even ask a girl out...I'm still in awe.

I feel like I just woke up from a really bad dream. I feel strong to the core...like I feel like nothing can phase me. I am just being me...a man who is comfortable in his skin. It feels good to have this kind of swagger!

8 weeks - My social calendar is getting really full. People are inviting me out; I'm inviting people out. I'm connecting people with other people. It's all pretty fulfilling. For the first time since my freshman year in college, I am feeling extroverted. I actually want to go out and mingle rather than stay inside. I still have some anxiety going up and talking to complete strangers, but I feel that anxiety is slowly disappearing. Making eye contact with new girls used to be a struggle, but I feel comfortable doing that now.

6-Month Update

So it's been 6 months... Wow time flies. BTW that's 6 months of no porn and no masturbation. I still feel like I'm recovering psychologically and physically. Some observations:

1. *no masturbation = motivation to meet women.*

Guys, if you're shy around women. You'll get a lot less shy when the only way you can get off is to have sex with a real woman. You'll still have those butterflies, but your sex drive will provide a counter-force to overcome the butterflies. You'll be more assertive guaranteed.

2. *more turned on by touch than by visual*

When I "was on porn" I'd see a hottie and want to instantly bone her. It's not exactly like that anymore. Now I'm more turned on by the interaction and the physical touch and less turned on by the visual. Now don't get me wrong. I'm still a male and looks matter a lot for my arousal, but they play a lesser role now that I'm off porn.

3. *real women have flaws*

This is related to porn and media in general. Real human beings have physical flaws. You don't see these flaws on your screen. When I'd interact with real women I notice them and consider the women sub-par. Now it's starting to hit me that flawless women don't exist. I date some of the most beautiful women this world has to offer (toot, TOOT!) and they all have flaws. I always knew it on an intellectual level, but now I'm starting to feel it on the gut level. Flaws now indicate to me that this is a real woman that I'm connecting with, which makes her even sexier.

I've just reached 5 weeks of abstinence. That means no porn of any kind, no masturbation or orgasm for 5 weeks. I'm over the flu-like symptoms, which is good and I've started hitting the weights again. It feels good to be squatting again. ROAR! 🦁 The insomnia has gotten better, though there are still some restless nights, but my quality of sleep has improved dramatically. I've also noticed some morning wood, although I'm not as hard as I'd like to be.

I feel again. I feel emotions again. Having cut way back on porn viewing (over months), I notice I find it less stimulating every time I see it. I actually fell asleep during an adult movie the other night! My interest in women has heightened; my confidence is up and gives me motivation again. I'm 28 now and until the last couple of years I felt I had the maturity of a 15 year old. But as I heal and recover from this addiction, I've felt emotions I've never had to deal with before. It has helped me grow up.

My boss said that I seem much more in control and something else really positive. I honestly HAVE been off of self-stimulation for longer than any other time in my adult/memorable life. (REALLY! Man. I can't believe that.) But, anyway, I think more clearly, and act more efficiently and my focus LASTS. I can follow through, solve problems, even multiple things in a row for extended periods of time. Additionally, reddit seemed mindless, banal and stupid to me today and normally it's the time-suck of all time-sucks.

It feels good to make the two-week mark w/o porn, masturbation or orgasm. One thing I definitely notice is that women in general are looking more attractive. It's like I can see pass all the sexual cues, and see the essence of what I like about a woman. Some of the best benefits are that my voice feels stronger and conversations with people seem so easy.

Porn was easy excitement. I didn't interact with others because it took too much work, I had to think too hard, and interaction was "boring." I was numb and my senses were dulled. And I feared they would continue to be that way even after I quit using porn. I'm dating a woman now for the first time since quitting (months ago). It's amazing! She's not supple and "perky" like the girls in the videos, but I'm more attracted to her real body than I ever was to porn. I never imagined that would happen, and it is so exciting. I had to stop orgasming and keep off of porn for an extended period of time. That got easier. Eventually I looked around and realized that the colors were back in my life!

I really like where I'm at now. I am so much calmer. I am losing my rage and anger which I am glad about. I have found out that the temper I had was linked to this addiction.

Social anxiety was the problem I faced right from my childhood. (I was too much interested in science, unlike normal kids, so I always had a feeling that I was not "one of them.") I experienced huge improvement in my confidence and self-assurance since cutting out porn. I have more energy now and I am exercising daily. (I never did before.) I now perceive myself as a self-assured, successful guy, rather than some introverted jerk.

Daily exercise and porn abstinence really seem to help. I am enjoying my new lifestyle now. In contrast, after I started watching porn, my social anxiety was boosted.

I just generally have more fun and enjoy my life so much more without spinning my wheels aimlessly in endless sexual fantasy. The free mind time (or CPU cycles for us geeks) is now available for so much more productive endeavors! Even now, I sometimes just stop and realize I have nothing to occupy my mind. This never used to happen. I now have the time and inclination to read novels again. I am more productive on home projects. I have more hobbies.

One week after quitting porn and masturbation I met a new girl, which even a month ago would have been unimaginable to me. I also find myself appreciating my friends and family and really enjoying their company on a whole new level than before. Last night I listened to a beautiful song, and I can honestly say that music has never before had such a profound effect on me.

It's just crazy. I also find myself getting aroused by simple things like a hot girl walking down the street, for example, and sometimes for no reason at all, which can be embarrassing but hey, what can ya do?

[Weeks later] I did it! I passed my previous mark of 11 days porn and masturbation free! Almost two weeks now, I feel fantastic. I'm quite proud of myself and my drive to beat this has skyrocketed beyond belief! 🤪 My mental state towards the addiction is strange, its like I'm conquering it for the woman in my life right now. It's she who is giving me the power to push through. Temptation was strong at first, but now I shrug/laugh it off when it comes back, it's growing weaker and weaker.

One thing that isn't growing weaker though is my desire to have sex. I keep getting random erections that are probably the strongest I've had since starting puberty (I'm 20). It's rather odd for me. It shows just how weak my real sex drive was before.

Another thing is the extra attention I'm getting from the opposite sex. I've never really had a problem talking to girls and they've spoke to me in the past of course, but it's incredible how often girls start random conversations with me

now! At a recent wedding I went to, for example, there were few people on the dance floor and I decided to get up and have a dance with my aunts. Then all of a sudden I was surrounded by women who were all grabbing me and wanting to dance with me! I'll be honest; it felt good to have that attention! hahaha 🤪

I was complimented quite a lot as well. I have been in the past, but this is very strange. Could it be because I'm more outgoing and not concerned with the addiction anymore? I've accepted it's there and I just laugh at it now really. Or perhaps it's due to the 13 days of abstinence? Maybe it's something to do with pheromones or increased testosterone or something? I've noticed that all shyness in social situations has practically vanished as well. I mean I wasn't really shy before, but now, I don't know, it's like I don't give a damn what anyone thinks!

My life is a million times better now. I can't believe how bad this addiction actually made me feel, honestly. I haven't conquered it yet, but I feel I'm improving at a very fast rate!

[Weeks after beginning] It is getting easier to resist. It is hard to explain in words. I think those feelings and cravings are all still there. Maybe even as strong or stronger than ever. It is just I do not have to act on them any more. I just can do other things. I feel other things. I want and desire other things. I am no longer always seeking my next fix. Do I still need to be careful? Heck yeah! This stuff can suck me back in a heartbeat, but these things don't have the power they once had over me, nor are they draining my self worth, nor am I a lust ball all day. I am starting to finally have a mind that has the concentration to think about other things besides sex.

Anytime I've gotten past two weeks of no PMO I've felt increasingly... *powerful*. That's the only word I can use to describe it. Getting to know one's body without porn is a huge step in the right direction for real life interaction with women. I've noticed the longer I stay away from porn that it's easier to talk to them, flirt and get into conversations. These things I could do while still masturbating to porn, but my attitude is so much less interested in getting her panties off. Of course, I'm sexually attracted to them, but the difference is the lizard brain is in its cage where it belongs, while the full breadth of my personality can show itself and take shape before her eyes in a way that is stifled under the crippling emotional blanket of constant porn use.

It really makes you more attractive to women and at the same time you get a rock solid confidence boost out of not caring a wit if she will ultimately sleep with you. It's easier to just "go with the flow." That **will** improve your chances, but as with all things related to women and dating, it often appears in ways you wouldn't think of until it happens.

[Later] I am noticing a big difference in staying away from the porn and binges. The physical cravings aren't as bad, and I'm not thinking about acting out as bad. I know these things can come in waves, but I'm not feeling this nasty pull on me right now. Another thing that I noticed is my vibe is a lot cleaner with women. Hardly any sleaze. I think that sleaze vibe women get from creepy dudes is *shame*. I'm feeling a lot less of it regarding women I'm not involved with just around campus, and it feels really good.

I find that I'm more open and less frantic, scared, and nervous around them. However, it's not that I feel any less sexual, or less of a man, or androgynous or something. It's just that I feel a better kind of dynamic, maybe power or skill or something. I don't feel that I absolutely NEED a mate to be happy or exist. This has plagued me for years now and has caused me a lot of depression. I still get longings when I see a pretty girl who might be my type, but it's not as much of an issue right now.

I'm really starting to enjoy myself a lot more now. I like what I'm becoming and I'm enjoying having some relief from my old head. I'm enjoying finding my own power and center now. I'm enjoying being a man. I'm enjoying the strength and independence and "rightness" I feel from testosterone surges. I'm enjoying not feeling at the whim of a woman because I want sex from her so bad.

I'm in a hole with some things like finances and school and some emotional stuff, but there is nothing in the world like starting to get your mind back after you have lost it for so long, and seeing people acting differently toward you. Not much beats that feeling. Even negative reactions from people are validating because if I'm rubbing someone the wrong way by living according to my core and passion and it exposes a weakness on their part, then I'm doing myself, and them, a favor. It tells me that I'm doing the right thing, intuitively.

All the things that I used to take for granted in my mood and mind are slowly returning. I have not felt normal since the start of my addiction. I get glimpses of clarity here and there. It's enough to keep me going and motivated.

I spent about 2 hours in nature tonight just enjoying being outside. Spending time with family, or talking to a friend—these little things add up after a while and before you know it, life is somewhat normal and doable. [Later] Honestly porn just doesn't seem to be on my mind a lot now. I have had some very sexual dreams and I wake up thinking, "What was that all about?" But I just ignore it and go on about my day. This experience is something that one would have to try and see for himself. I'm happier now, and, well, I'm making things happen in my life.

It's amazing how much of a difference there is. I'm a lot less nervous, more coherent, confident, everything. It really does feel like my real personality can come out. I feel like I have a ton of bricks on top of me when I am trying to function during a withdrawal period. Just trying to keep porn out of my

life has made a big difference. I have slipped a few times and I notice the difference for sure between porn masturbation and non-porn masturbation. Getting porn out of my life has been the single best thing I've tried to do for myself. I've learned so much about myself and my body and sexuality since I've been on this adventure.

The effect on my social life keeps getting better. I'm finding it really easy to talk to people, especially women. Someone made a comment to me the other day at my salsa class. Something like, "You like to talk to the ladies, don't you?" I didn't even notice because I was having so much fun but, when I think about it, he was right.

I'm learning to live without orgasm in my life, one day at a time. I can see more love in the world, hope, and I think I'm more compassionate and less angry. I've tasted what it was like without orgasm for 3 weeks and now I'm longing to go back to it; life can be so much better. There was such a difference after I had a nighttime emission. They still mess with my system, but not as bad as conscious orgasms.

I was more positive, had less depression and the world seems like a better place. I'm still confronted with moments of intense despair and depression lasting no longer than 2 hours. They fade, and there are fewer as more time passes. But some days are a challenge to get through. I have tried masturbation without porn or fantasy and it just seems to make me feel really uncomfortable for the next day or so...intensifies cravings.

[Starting reboot] I think I have lost almost all my ability to socialize with people. I have been a very big loner most of my life. I just get scared or angry with people. I have trouble putting my feeling on this into words. I have so crippled myself with this addiction it is hard to see a complete way out. If I do not get past this, what is the point of fixing my addiction?

[A few weeks into it] I am starting to notice some differences. I function better at work around others now, and actually talk to my fellow workers because it feels better when I do. Before, I just liked my little hideaway where nobody bothered me. Now, I want something else. It is starting to hit me hard I think. I need more out of this life than what those images I have been addicted to so long can give me. I want love. [He soon developed a "pen pal" relationship with a woman.]

[Later] I started doing push-ups at work with some of the guys. When I started out I was at like 15 push-ups, and I was struggling. Well today is the

first time I have been able to do them with these guys since I have gone 60 days with just a couple orgasm/ejaculations. They were shocked at how many push ups I could do. They all commented on not seeing anyone increase from where I was at about 2 months ago to what I am at now. Today I did 200 (not all at one time 😊). Maybe not superman but a big improvement in a couple months.

Had a thought today about myself that may be a sign of a big improvement for me. I thought, "Well I do not look half bad. I look OK." That thought just stopped me. I was in shock at even thinking that. I have not thought of my self-image in a positive way I do not think ever. To just not even really think about it to just have the thought come into me head as if it were the most natural thing or way to think about myself was just well a shock to the system.

[Later] I am starting to find it easier to deal with stress. Things come up that should stress me out and I do better with stress and can handle it. What is more, I do not think of porn/masturbation/orgasm to help with it. I just deal with the stressful situation. I am feeling so much going on in my head.

Another thing is now I am not happy or content with my job. It is a dead-end job with nowhere to go. I was numb and happy to just live out my porn life right where I was before all of this. Now I just do not know if I can stand it much longer. I am waking up I guess and I do not like what I see. I need to change many things. I am working on it.

It would have been hard for anyone to view more porn than I did over the last 15 years. Hours and hours a day every day with very few days missed. To be honest I do not know if it was the orgasms or the porn or both that caused all my social problems. I think it is a combination of the two. I think either will cause problems. Put them both together and you have a real mess. I do not believe that you can use either of these and not be affected socially. To give an example. I work with a lot of guys older than me. I know they have talked about sex a lot the whole time I have worked with them. Now though the talk is really starting to bother me. It hurts to hear some of the things they say. I was never bothered before. They have not changed the way they talk about sex and women. I've changed. It never affected me before. Now they are starting to piss me off with comments they make and how they view women. It is hard to describe or explain really. I just know I do not want to hear the crap any more. I listened to this stuff for over 2 years and

never really cared. Now it bothers me a great deal. So that is one thing that has changed in me.

The other is the way I carry myself. I walk with more confidence. I feel better about myself. I do not feel like isolating myself as much as I did in the past. Well actually the longer I go without porn the more the desire to be with a woman is increasing. It is starting to get almost uncomfortable. I am not sure how to deal with these new feelings sometimes. I am getting myself back in school for another thing. I am doing it now instead of talking. It will be a while before I can get back to school but I am already working on it. I am starting to work very hard at getting some other aspects of my life fixed. It will take just a little while but I will be straight in my finances. I was not working on any of this or even cared to before I started this process.

[Later] Today is day 50 without porn. My body has healed very well. NO ED problems or weak ejaculations like I suffered from just a few months ago. So giving up porn and fantasy and going without orgasm (mostly) for just this period of time has made big steps in healing the damage I had done to myself. I also learned that I have gone far enough that I can recover my peace of mind a little more easily after an ejaculation.

Today is day 34 and I'm still going. The sexual cravings only pop up occasionally and are easy to handle. Overall I'm more centered, and in my body most of the time. But I'm also working on some other personal issues, so I can't make any cause-and-effect assumptions. I can honestly say that I'm making good progress with myself. I notice that I'm looking at women from another angle. Of course my head turns when a hot woman walks by, but I'm more focused on behavioral cues now instead of the overt sexual stuff like short skirt, big boobs, and so forth. I find that I'm attracted to a different kind of woman now. Not the hot and cold, intimidating ones as before, but those that look like they could be nice to be around. You know, the friendly ones.

Most of the time it's much easier for me to hold eye contact. It might also be, that I'm unconsciously actually seeking more eye contact but I'm not sure about it. I have to observe. On Friday, I was talking to a girl friend (just a friend) I've known for several years. While she was talking and I was looking at her, I suddenly noticed a subtle tickling feeling in my lips. When I felt into it, it was like my body signaled me to kiss her. This is so weird in a cool way. Overall I'm more happy with myself and less needy.

When I do semen retention for 2 weeks, I notice these benefits:

- 1) Face looks radiant and energetic (I may get occasional double glances from girls in shopping mall or street)
- 2) Expression looks carefree (not struggling for more energy, or not worrying about negative stuff) More natural confidence without needing to adjust thoughts.
- 3) Voice gets deeper and more charming (This, strangely, makes both men and women like to talk with you.)
- 4) More positive thoughts (The negative thoughts that used to bother seem so minor and irrelevant - I can 'get over' issues easier.)
- 5) More calm emotionally and easier to control myself
- 6) Exponential increase of stamina and physical energy/strength

But I have to be careful of:

- 1) Craving to have sex or masturbate
- 2) Obsession with sexual fantasies (Normal daily activities can seem not important, and seeking connection and sex is more important.)
- 3) Feeling of frustration and depression (because no sexual action).

What I usually notice is, once I reach about day 14, my 'base life energy' is high, giving me bright eyes, charisma, deeper voice, natural confidence etc. I can get tired at the end of the day and yet still feel the base life energy. It is as if my energy has 2 parts, one is semen life force (base life energy), and another is the daily supply of physical energy(?) And when I ejaculate, I find the base life energy being drained with semen loss. I don't know if this makes sense to anyone. Anyone felt the same?

What I usually do is, once I reach a high and then it slowly goes down to monotony and depression, I start to masturbate, or just touch myself without ejaculation. Just stimulate it a little bit without reaching even 80% of the point of no return. This seems to kick-start the feel-good cycle, which will last a few days or week.

[Just recently gave up porn] The previous week was terrible. This week I'm feeling more calm and women are approaching me. I don't know what it is, but today I was waiting at a bus stop. Then this very pretty woman comes out of the mall. I look her way and then back, taking an occasional glance. She came over to where I was. And she started talking to me! So we ended up talking for maybe an hour. Before she leaves she tells me she might stop by my job tomorrow.

So, today I rode the bus and I noticed so many attractive women. There is something attractive about all of them, no matter what body type. Forget porn,

there are so many women out there to converse with that I don't want to see photo shopped bodies on my PC. The attraction level is on another field. I see opportunity, rather than intimidation. I have no desire to view porn, or return to old habits. I just want to see how far this will go. And see how much I change as a result of recovery.

The extra energy has been spent on better things, and I, too, have been more sociable, more outgoing. I had someone note a few days ago that I had a very positive aura about me, and that it was in stark contrast to my past persona. I like that. I'm more interested in spending time with friends, exercise, enjoying good food, taking up activities I've forgotten about, especially enjoying good music, traveling. I sleep less.

One "odd" thing: at times I'm crying recklessly to moving music, which I haven't done before, but it feels very soothing to me! I never even thought about things like grief until I started this experiment. These emotions and feelings surfacing from abstaining have shown me that I am a much more coherent and emotional person than I thought. It has been crucial to come across these feelings.

Months ago, when the time came to have sex, I couldn't respond. The woman I was with tried everything, but I just wasn't into it. It was really embarrassing for me, and made me really anxious. Like "Why isn't anything happening?" "What's wrong with me?" I went about 2 weeks with porn and masturbation. Then I was with another woman who I'd been seeing for a couple weeks. This time I was so nervous I was shaking. Yet I was able to perform once we got down to business. For some reason I then decided I was "cured," and that it was ok to go back to porn and masturbation on an everyday basis.

With my brain coming back into balance I can get aroused by lighter stimuli instead of hardcore porn, and this is definitely a good thing. But whether I can get it up or not, I just don't want to be so nervous before sex. I want to enjoy it. I have now gone almost 4 weeks without looking at porn. I have masturbated maybe twice. I feel a lot more responsive right now as far as sex drive, and I know it can get even better.

I'm happy because at this point porn is not part of my daily routine anymore. I'm starting to get used to living without it, and starting to appreciate everyday women more. Fantasies and old videos still pop in my head, but it's a lot easier to get them out now, it's a lot easier to not associate daily events with porn scenarios. I notice it's a lot easier to be aroused by little things (not that I spend all day fantasizing, just an observation). I truly believed that watching porn and masturbating has also had an effect on my

confidence. Going into a potential sexual situation knowing that I still had a problem, I would masturbate several times a day...and make myself more nervous. Now, though I'm confident that I'm taking the steps to help myself.

[Months later] Honestly, 10 months ago I couldn't go 2 days without masturbating. Through trial and error I have gone as much as 2-3 weeks several times. However each time I learned more about my triggers. Now to me 14-21-28 days isn't insurmountable at all. When I come home from work, porn and masturbation are no longer the first things on my mind. I really don't need them. It's easier to stay away and do more productive things.

One other thing that has helped me resist porn is what I've heard from others. I thought it was normal to masturbate and look at porn multiple times a week. But I found out that a lot of family members and friends don't do it a lot, some not even at all. That was a huge shock to me, and a huge wake up call. I want to be able to find a significant other, and porn and masturbation just ruin my desire to do that. They ruin my desire for real women.

So I have been clean now for the last 6 weeks. No porn, one or two dream orgasms, and I did masturbate twice with no fantasy or anything. The biggest thing I have noticed is that I really don't have the urge to masturbate so much anymore. It's one of the coolest things ever. I feel like I have broken through. I don't even think of it. When I used to come home from work, first inclination would be to masturbate. When I used to feel depressed, first thing I would turn to would be to masturbate to feel good, when I would maybe have a couple beers, first thing I'd wanna do when home was masturbate with porn. I don't feel this way anymore, when the urges come up I can quickly push them off. I believe masturbate controlled me, but now I control it. Its power over me has weakened significantly. Things still do trigger me to want to masturbate again, but they're easier to stop. And I believe things will get even better.

What I have learned, it's not about just stopping masturbation; it's about changing your lifestyle. Once you go a long time without something, your body gets used to not needing it. That's why I guess the first couple weeks are the toughest. It's about breaking that cycle of addiction. It's funny. I had a friend of mine tell me he was masturbating to porn only about 4 times a week, and he was losing desire for his partner. So he stopped doing it and things turned back to normal. Then I thought of me doing it like 15 times a

week, and it just wasn't good. There are just so many cases of porn addiction popping up now that porn is so much easier to access.

I'm starting to believe that [sexual] performance anxiety is becoming a product not so much of fear, but of people's abuse of porn and masturbation. Like me almost a year ago, they have no clue it's contributing to problems they are having. I've been reading online, and even individuals in their early 20's are experiencing this problem. These are people whose hormones should be raging; yet they're having problems after looking at too much porn. I have read a lot of things about people being able watch porn occasionally and then still perform with a significant other. However if they went a long stretch without any type of sex, and watched a lot of porn with masturbation then they had difficulties, difficulties they didn't previously have. I think it would be better if people had all the facts. I'm glad this issue is becoming more and more recognized in society. In the future I think its gonna help prevent a lot of problems.

Weight training is fun now. I found I can lift more than I ever thought! That also makes me even more confident.

It's the 14th day now!!!! I feel happier and more confident. I realize that since I stopped porn, my friends, and girls in general, seem to want to hang out more with me or have an increased tendency to hug me much more often, 75% more maybe. Porn seems to be debilitating and paralyzing in its ease and access. It is a trap in emotional and social development.

I went for 7 days, and then I had a sexual encounter [with orgasm]. I did notice my performance in bed was very powerful because of 7 days of retention.

I did not (until recently) try abstinence from ejaculation. Very cool. Now, I want to get out of bed, and at a more appropriate time. I feel physically stronger. I see rapid gains in a highly physically demanding pastime. The best part is that I don't get nearly as intimidated by female presence and touch now that I know that I can exercise control and regain my balance.

When I first started recovery from porn, the withdrawal symptoms were so intense that I couldn't last more than 4 days without masturbating. But I kept pushing forward, and the withdrawal symptoms weren't as bad over time. 4 days turned into a week and a half, and it just went on from there. I used to have really bad OCD but now I barely get that, unless I relapse.

An important thing I'd like to mention is I feel extremely... fresh the last couple days. My brain feels more alert and alive, and I felt more social today when I was eating dinner with my family. I also only spent a short period of time on the computer and instead was watching TV and outside most of the day. I honestly love feeling that my brain is more balanced. I think I just gotta keep remembering it's not worth an hour, or less, of pleasure for days of brain imbalance.

I just considered myself a cynical person, and thought that my dark outlook on life was the realistic outlook, and all the happy bubbly people were just fake. Now that I've discovered this whole thing of cutting back on orgasms and pornography, I feel like one of those bubbly people. And I notice that the cynical sulky people are just boring, haha.

I notice that I'm feeling less intimidated by attractive girls. The other day it was raining, and I saw three hotties walking towards me with their shades on. This used to scare the crap out of me, but I smiled and nodded at them, and thought it was cute that they were wearing their shades in the rain. In the past, I would have averted my eyes in fear, and thought that it was lame that they were wearing their shades in the rain. So, little shifts in attitude and mood.

I still feel like my homeostasis is returning. Like, I'm still having mood swings, but I'm getting better. I'm feeling energetic, talkative, and creative. Being more talkative is a huge improvement I've noticed since taking on this experiment. I used to be a "man of few words," thinking that that made me have more depth or something. But now I feel more conversational.

[Later] I've now gone a week [again] without p/m. Pat myself on the back. It was pretty easy except for today. I had some cravings and porn flashbacks, but I decided to sit down, and meditate and wait them out. I'm still feeling pretty anti-social, but have been making small efforts to be more social. Smiling at people as I walk down the streets, making small talk with people I see from classes. Feeling pretty energetic. I've been looking back on my days, and thinking, "Wow, how did I get so much done?" I've been getting into a zone with my studying lately...it feels like my attention span is growing.

Today I worked with a friend on my shy bladder syndrome. It was a great success. I truly believe that my abstinence was a big part of it. It's as if all the bad

things in my life that manifested from my masturbation addiction are falling apart. What a great feeling! I feel optimistic about the future.

When I succeed in not ejaculating for more than 10 days, I notice several changes: my voice gets deeper and more charismatic; my personality gets more magnetic; men and women liked to communicate with me more; my eyes brighten; my skin complexion gets better, and overall I have more energy and feel more positive emotions, and have my emotions and thoughts more easily under control.

I am starting my 19th day of abstinence and have noticed numerous changes in both my physical energy level, and the level of my emotional turmoil. I have been angry and scared for so long that starting to lose that state feels pretty strange.

So much in my life has changed since I woke up a year and a half ago and decided that I needed to quit masturbating to porn (after more than 20 years of heavy use and escalation of material). It has been a long road, but I am ok with the whole journey, even the stuff I would label as “bad.” All of my pain, struggle and mental mess made a big leap forward. I still have things I am working on, and I still suffer social phobia, but I will get through that as well. Learning to deal with my porn addiction and masturbation addiction allowed me to receive someone in my life. Yes, I am in a relationship with a wonderful woman. Those who read my blog can probably remember how much I beat myself up because of my addiction, and never having had a girlfriend, and being a virgin at 37. I let being a virgin eat at me so much. I am no longer a virgin. My partner and I are trying to practice karezza. So far I think we are doing well with it. It is getting easier not to think of orgasm as the goal. I can see getting to that point now after this week. I think it understandable that I was having difficulty with that at first 😊. This week was much better. A lovemaking session lasting for a couple hours and ending with not wanting an orgasm was an amazing experience. Actually, I have had several long sessions without orgasm, and it does feel very good and the mood and feelings stay with me/us. I have had no solo orgasm in about 78 days. I do not see having one in the near future either. Porn is no longer even difficult to stay away from. I do not even think about it much any more, if at all. I have viewed porn 6 times in about ten and a half months and for a total of less than 2 hours. I have no desire to view it. Today, I see myself as someone who doesn't view porn rather than as a porn addict who is just not watching it. Sounds like a small difference but it really is a huge step. Masturbation is a little more tricky. I am not having trouble not masturbating, but I do get urges and desires to do so. Lots of cuddling and

touching of all kinds helps with that. Orgasm is a lot trickier. I conditioned my brain to want orgasm very much. So when sexually excited, I still have strong desires at the start. They are getting easier to deal with the more we practice karezza. A good diet I still believe is one of the best things to help with addiction. I feel much better with my new organic diet, and think it is completely worth the effort and expense to continue eating the way I am now.

Yesterday (day twelve) I was all shaky and anxious and feeling fidgety like a crack addict for an hour. For the most part, though, my life feels totally different. I treat people differently. Things are MUCH, MUCH, MUCH better socially for me now. It's easier to joke around with people at work. I'm becoming popular—that's how different things feel for me all of a sudden! I'm happy ALL DAY LONG instead of just for a few minutes each day.

I have to confess that I don't enjoy socializing most of the times. Do you know totally asocial/timid children, who don't look into your eyes, and don't talk at all? Who go watch documentaries instead of playing? I was one of these ones until I was 10 years old. My flirting and chatting with girls while in high school was very limited, and even today, I usually prefer to do research, read a book and do computer stuff rather than passing time with others.

Why do I tell you all about me? Interestingly, my social contact with sexually attractive girls (and with other people) is getting far better since abstaining from porn for more than 2 months. Now, for example, I am exchanging smiles, looks, etc. with all the cute girls, whom I now see for first time in my life, in metro, bus and streets. Actually, I am doing what I think of as “fast-food flirting for fun,” instead of reading papers and listening music while traveling. I felt a *thrill* for a short time for a girl in the library last week, when I accidentally touched her arm (first in years). It was very short, but I paused to talk with her about hairstyles and other boring stuff, instead of going to cafeteria to talk about work, sports and other things that I like to talk about with my friends. This new hunger for social exchange with real girls has affected my relations in positive ways with other people as well. I pass more time with others. Many people have noticed my recent changes, and they act more positively toward me.

In short, even an extremely asocial person can become better with girls. You can take some of these steps with every cute girl around you, like I am doing

now. You will see that your burden to keep away from P/M/O becomes easier when there are girls around you. (Really) 🤔

When I was 13, I was a very popular guy. A lot of girls liked me and I had nice friends, almost no problems with schoolwork, and high grades. I never had much depression, regret, fear or sorrows. Girls seemed to me nice, beautiful, and attractive, but not to be feared.

The following year I began to masturbate a lot. Now, girls seemed arrogant; I was fearful of them. Schoolwork became hard, and I barely passed over to the next grade. I liked less to hang out with friends. What could I do with them? I preferred girls, but now they were so hard to get... I experienced many problems and sorrows as well. One girl began bullying me. For the first time I suicide came up as a passing thought. How weird, considering life was so blissful the previous year.

I decided to do a lot of sports to get my confidence back. It helped a little, because if you work yourself "to death" in sports, you can relax somewhat afterwards. I began looking on the Internet how to pick up a girl. Some "girl pick up" site said you needed to restrain yourself sexually to make some hormones, which could help your quest. I did it. It helped, a lot. I fell madly in love with a girl and I remember lying in the grass in the sun (after 3 weeks of sexual abstention), kissing in the sun and being MADLY in love, etcetera.

However, afterwards I began masturbating because I had boring homework and didn't want to think about my girlfriend all the time. My 'love' disappeared. The next time I met with her it was boring. Kissing was boring as well. No bliss, no love. Only a little lust. No deep conversations. No warmth. I could not 'feel' into her.

I wanted to have her eagerly sex me, because I became such an unfeeling, yet needy, person. In fact, when she had a car accident, I couldn't even feel sorry for her or provide a deep connection.

I began experimenting. It seemed that some sexual restraint was necessary to feel love for a girl. I tried to explain it to her to save my relationship, but it was too late. LOVE is what everyone wants and a degree of restraint is what gives you access to LOVE. However, it is hard for people to hear this. They look on the web and read that sex doesn't hurt you at all, and is actually good for you. (The more the better.) This is what confused me as well until I made my own experiments.

Can't experts do some kind of experiment with couples and see if their love life improves when they exercise restraint? Or measure memory or sport performance of people who abstain for a bit? Or IQ? Or attraction for the opposite sex?

This addiction, all of it, the withdrawals, the weird emotional stuff, is losing its power. I feel like I'm unclogging a drain. I'm pulling out one hair, but it's pulling everything connected with it out as well. I wish I had known this one hair was the culprit to all my mental maladies years ago! I am feeling myself get better too.

I have been spending way more time with real women, introducing myself to women, having conversations, and some romantic encounters that required being very close, and lots of physical touch. The better I am at interacting with women, the more I want to do it. The next day I get these nice feelings of inner calm. Which is so different from porn. At one point I could watch porn for hours. Now, my body and mind have adapted to being around real girls. I'm not aroused by a 2-D substitute anymore. It's just not interesting - all body parts and anonymous people. Even when I wanted to be aroused by it!

Looking into someone's eyes, hearing their voice say your name, feeling their hands on you, seeing the curves of their body in real life, that is amazingly different than porn. It just FEELS better to be around real girls. I would suggest to guys who are watching lots of porn and who don't have partners, to just get out and at least BE around women. Being around people in general, and women especially, will take care of some of these addictive tendencies. We're supposed to be with others. That's why it feels so good and the more you do it, the more you want to do it.

The first 18 days starting approaching horrible at about day 6. I realized I hadn't gone past 3 days without masturbating in 7 years. Physical discomfort, a little bit of sweating in bed, killer insomnia. I started feeling like I was strung out all over again! It was that powerful. By the start of the third week it became tolerable.

Sometime in the second week I noticed perception changes. I discovered Internet porn at 16 or so. At first anything got me off, but over time my tastes starting getting more specific to the point of forming fetishes. I assumed that this was somehow a natural effect of getting older, not linking it to the porn. Without my noticing, it obviously seeped over into my views of flesh and blood women and what turned me on. I couldn't have believed it until this recent experiment. In the second week I began to notice women's faces and voices more. A LOT MORE.

After even more time (4th week?) I began to that "feeling" back in my throat. You know that feeling? It's that feeling I used to get as a 14-year old

when I'd think of the girl I loved, or when I'd get close to a woman I desired. That feeling when you touch a woman's skin for the first time? Touch it with intent? That feeling was so powerful as a teen it almost made me throw up once LOL. That feeling almost made living worthwhile. And the funny thing is.... (something I still don't understand) is that that feeling in itself isn't always a purely erotic sensation. I didn't have to have skin contact to get it. Just the thought of the person you love in a non-sexual way produced a similar sensation. It's the same feeling that follows the one in your chest. I thought that was gone... Dead and gone. In fact I haven't experienced a glimmer like that for 3 years, since I turned 17. And that was just a glimmer. It sickens me to think that my addictive behaviour has interfered with one of the few things I've held dear: My ability to love.

I also noticed a wee jump in my energy and ability to focus. I questioned it at first expecting it to go away, but it didn't. It's easier to sleep when I don't view porn.

Another thing I noticed was a small emotional "freeing". Being able to feel that throat and chest sensation (even though it's not as strong as I remember) put some of my emotions in line. I very much regret, and mourn, a past romance and I've been confused for years as to why I haven't been able to "feel" it right. I'm still lost for the most part, but this was a very relevant piece of the puzzle. The link between the emotion and sensation is fascinating... a gift to experience again, even in a weak dose.

Unsurprisingly, my horniness level is through the ceiling. After 40 days or so though, it came under a bit more control, and it only happens if there's an environmental trigger, or I initiate it. It no longer takes my past fetishes to get me excited. (Less than 2 months... wow!) A certain glance, a giggle is all I need.

My empathy seems to slowly climb. In the last month, I'm a little disturbed or ashamed of my rape-porn fetish. The dehumanizing aspects of this... and the taking of pleasure at someone else's (simulated) pain, humiliation, vulnerability/exposure have been getting to me a bit. And frankly that hasn't happened at all until now. Not once, even for a moment, in 7 years.

I was told empathy was my strong suit as a teen (before fetish porn, before drugs)... It can be difficult to look in the mirror and see someone worthy of love at times (edit: all the time). Like I said earlier, I'm getting that "I want

to make you happy" feeling, and it's not mixing well with these "tastes" I've built up. It's shining a light on them it would seem 🤔

When I was younger the pleasure I got from my relationships was greatly centered around the pleasure I gave. Making her feel special/fulfilled made me happy. That faded, and I assumed it was age or bitterness (not saying it partially isn't). It's like rediscovering the potential to love... you remember when you loved somebody so much that you would do something to make them happy even if you didn't get rewarded? Not even a smile or two minutes in their presence...yah that feeling...

I was masturbating too much to relieve stress rather than from actual sex drive. I am trying to work on stress relief that has longer lasting impact (better eating, exercise, better relationship). It is too easy for me to rely on masturbation as a coping habit rather than more healthy methods. I was using masturbation to sleep and my wife misinterpreted this as a passive aggressive attempt to guilt her into sex. I also noticed that although I would fall asleep easily, my sleep was disordered and I woke up frequently. I have a lot of stress in my life, which is getting better with better habits.

When I was growing up *Playboy* was porn, but the "new thinking" about masturbation was very much in vogue. It made my escalating porn/masturbation addiction seem "normal" to me for years. I can't imagine the long-term effects on society brewing in the generations behind me. What if Internet porn had been available to me when I was fourteen? I shudder to think of the consequences of being exposed to such things when your sexuality is developing. Ugh. I, at least, formed healthy crushes during my teen years and experienced romance. I don't think I would have had those experiences if I had had easy access to Internet porn. It's a few months since I quit masturbating, and I am just getting back in touch with those romantic feelings I had as a young man. But what if I had never had them to begin with? That is what makes me feel bad for younger people facing this problem.

After 5 weeks of no porn and shifting to making love without the goal of orgasm, I'm happy to report my struggles with delayed ejaculation are over. For me it was simply a matter of 1) stop using porn and 2) start making love without worrying about having an orgasm. I seem to easily reach orgasm at a frequency of about once a week or so. Learning about brain plasticity has made me confident that I can learn just about anything -- even emotional and sexual intimacy. I'm practicing mindfulness and acceptance in my relationship and I find this is helping me improve in these areas.

A few words on how life is after almost a month without orgasm. I am amazed! I feel more confident than ever especially at work, with its many demands and stress. I have been able to keep lucid and cool, despite a heavy workload and pressure recently. I manage to socialize effortlessly, while normally doing so is effortful for me. In general, I feel as if the world at large is nicer to me; people tend to respond to and interact positively with me

[Later] In these months of long-distance relationship I have clearly noticed how, when I do not masturbate, my affection and love for my girlfriend increases. I can see that in the way I write to her as well as a very nice overflowing feeling of love tangibly felt in the area of the heart. But after masturbating there is a change in that. The feeling of love (albeit still there) gets less, and the way I write to her changes, too. I sort of become more aloof, and that is reflected in my words. After about two weeks of not masturbating things change back again.

[From forum member] Here's a cool graphic for seeing how glucose metabolism declines in an addicted brain...and how it slowly recovers with abstinence. This example involves cocaine use. No one yet knows what the same sequence would look like in porn users, but judging from what guys on the forum experience as they recover, it's likely there would be some of the same changes involved. Pull the slider across the bar to watch the action.

<http://www.time.com/time/interactive/0,31813,1640235,00.html>

I've now been cold turkey (no porn) for a week. To begin with it was really difficult, as I struggled getting to sleep. But with the help of my girlfriend and a stubbornness to succeed I'm winning through. I'm just amazed at the difference it has made already! I think I'm getting some withdrawal symptoms as I get really intense bouts of irritability, but this is outweighed by everything else. I have so much more energy, I'm less moody, I have more enthusiasm and motivation for work, I don't feel drained all the time and I feel a deeper sense of connection with everything around me. But the biggest change it has made is in my relationship. My girlfriend and I feel so much closer to each other already.

It has been a long time since my last orgasm (three + months). I'm also two weeks free from smoking. I noticed one thing since I quit smoking. I have more energy. Sexual energy too. I believe they said that smoking can cause impotence. Either way, I feel much better and I'm starting to see that healthy living is far more important than addictions. I am going to take a holistic approach

to life. Working out again, eating right, staying social. Can't believe I've gone this long! I'm definitely getting that horny feeling again!

Woke up very clear, as though I've been in a dream. Porn has become a temptation, rather than the overriding compulsion it was. Yesterday I met an adorable woman. If I could look into her clear and gentle eyes each day I would never need to look at porn again . . . because the beauty of actual magnetism that is felt with another goes so far beyond anything an orgasm in front of a PC can give. I feel like I'm reclaiming my life.

It has been about six weeks of not a single bit of porn 🙄. I've tried to abstain from masturbation also. The longest I managed was two weeks, but I'm finding it tricky at the moment. Anyway, I find the hangover period after ejaculation much shorter and more bearable when I don't use porn.

Before quitting porn, I just wanted to be home alone. Last night I experimented with going out alone—and had an absolute blast meeting new people and having conversations and kidding around. It appeared that it was much easier for me to just lose myself in the conversation and have fun, and not be so "in my head" like before. I am very used to isolation, but now my body and mind are saying more and more "Get out, get out! Be around people, talk to people. We're social creatures; you need social contact. Go out and have fun! Be social." The change seems to be taking on a life of its own.

So here's another guy not afraid to experiment. I'm also looking forward to trying some sexual control with live, breathing women now. The really kinky urges I was having a few days ago seem to be replaced with images of just bonding and all that mushy stuff that guys don't like to type out online. LOL.

Isolation is one of the root causes of addiction. I don't attend any recovery groups, but what I do attend is social events within my school, and I've also gained a social circle, something I've never had. So, for the first time, I have a group of people I know who actually care about me. Now, I find I'm finally willing to remove every last bit of the negative sexual stuff from my mind. In fact, I've lost my taste for porn and nasty fantasy. To my surprise, I've been clean now for five and a half weeks, and hopefully for the rest of my life.

After a few days I noticed increased energy, increased attention, and higher self-esteem. After a month—although it took several tries to get there—

those improvements were all through the roof. And before the second month was over, I had had real sex for the first time in ages. Steps I took:

- Cancelled my “porn” credit card
- Cleaned my computer with an ad ware removal program
- Deleted all links
- Purchased and installed a comprehensive porn blocker
- Kept a journal for the first three months, just typing my feelings and logging improvements
- Called friends and family nightly, even old friends. Engaged people socially. Went to a corner coffee shop. Stopped watching the tube or biting my nails and did something!

The porn I used is all a blur now. It is nice to get aroused by little things, like a revealing blouse or just a woman’s flowing, shiny hair and fragrance. The best change is a far improved self-image and much better self-esteem. All this makes my complete abstinence from “burping the worm” SO WORTH IT.

One week ago I noticed something. I have almost completely stopped thinking of porn. And also stopped the feeling that it will be terrible to not orgasm for weeks. Now I am comfortable with it. Best thing is that porn images are not popping up in my head anymore.

Over the past week, women were attracted to me. There was this really cute girl at work. She got out of her line just to walk over to my line. Even though I had a few people to wait on, she still waited. She was quite shy, which I made her even cuter, so I had to make small talk. I was having a tough day but, this one event made me feel great; I didn't care about the day. Wish I had left my number on her receipt, next time I see a girl that likes me I'll do that.

Also people have been talking to me more, and wanting to hang out with me. I've been getting out more on my own. There's a bar that plays live music across the street from my place. So I go there and socialize or just relax. I've been mindful of triggers. If I do come across a sexual image or video on TV, I change the channel or think, “I don't want to watch this.” And then I just move on to something else. I'm also becoming less nervous and anxious at work. Conversations with customers feel more natural rather than forced.

The sexual urges do become quite strong, particularly at night. In which case, I just take a shower, listen to music or do something to divert my attention. Still, the urges suck. I notice I get shallow breathing and I get shaky when the urges they come. It’s a tense feeling. Despite the aforementioned, I can tell that I'm getting better.

The interesting part is the mind-shift that is taking place since I cut back on masturbation. I've gone three to four weeks now. I feel I'm working with a "new neurochemistry," in which I interact with other people on a whole new level, because I NEED to. I absolutely NEED to. The urge has dissipated, and my satisfaction from interacting with people is much greater.

I desperately wanted a girlfriend but I was painfully shy and embarrassed. Looking back there were lots of girls who really liked me but I was unable to flirt, as I didn't know how - and I was terrified, literally, of being told I was a sex fiend. I used to get so wired after a porn binge. I had to have everything *now*. I made crazy, irrational decisions. I ate more, put on weight, and didn't want to socialise or talk to people. It affected my entire life. I used to get so angry with everyone and everything. I couldn't hold a job or a friendship. I'm only just learning how to flirt now, and actually it's a completely different feeling than what I thought.

I am more at ease with myself and can look people in the eye, with kindness and a superhuman confidence. I had two women introduce themselves to me yesterday, shake my hand and HOLD IT. Wow. I was so comfortable talking to everyone—not my usual chicanery of waiting to speak or trying to hustle someone with what they think is a cool guy. I have the beginnings of a resolve now, and my groin feels solid and "peaceful"? I wrote two pages of a script that went in an even deeper direction than I was aiming for. Exercising is through the roof.

After the 90-day period of abstinence from porn/masturbation, I noticed that I was more sensitive than before, and that I didn't need any other stimulation to make me horny. Also the semen leakage stopped. I have been the most interested in women and have ended up in bed with them during my experiments with low frequency of masturbation.

I am now almost 4 months porn-free and even masturbation-free. Everything is continuing to improve slowly, but surely. After work, I used to not even have energy to leave the house to go to the gym that's nearby. Then I started going to the gym regularly, but would run out of energy right after. Now I go to the gym and then go to hang out. Working out now gives me energy like it used to, instead of sapping me of energy. I'm still only able to workout 50% as hard as I used to, but that's up from about 20%. I am able to get more work done both at my job and in my part-time business. I can concentrate for a bit longer.

My sex drive is improving. I've been getting erections for no reason these past couple of weeks. Haven't had sex in a while, so can't fully gauge, but I'm confident that I'd be fine. 🤔 This wasn't the case before. I remember not too long ago being very nervous before having sex for fear of not being able to get it up.

Symptoms that are probably related to low dopamine/low receptor count still come in waves. My moods and energy levels are still not steady, but are much steadier than they used to be. Here's what I found after searching for "low dopamine" as symptoms of low dopamine:

Do you often feel depressed, flat, bored, and apathetic?

- * Are you low on physical or mental energy? Do you feel tired a lot; have to push yourself to exercise?
- * Is your drive, enthusiasm, and motivation on the low side?
- * Do you have difficulty focusing or concentrating?
- * Are you easily chilled? Do you have cold hands or feet?
- * Do you tend to put on weight too easily?
- * Do you feel the need to get more alert and motivated by consuming a lot of coffee or other "uppers" like sugar, diet soda, ephedra, or cocaine?

Not sure as to reliability, but it sounds reasonable. I have EVERY ONE of those except for easy weight gain. But as I said - things are improving day by day. I am excited because I think I finally figured out why I've been so fatigued and unmotivated for the last several YEARS. I am now pretty sure it was my several addictions/habits: marijuana, caffeine, and porn. Porn was the last one to go and I'm hoping it's the final piece of the puzzle. Porn is a sneaky little bastard. It was tough to make the connection.

Day 9. Is it just me, or am I becoming more bold? Over the past week I've been able to say "Hi" to women. Or make small talk with them. Now usually I'd be too afraid.... Someone at work told me that another girl thought I was really cute. I have not met this girl yet, but I will! LOL I don't know what it is, but I do find that women appear to be more attracted to me. Maybe I'm being crazy, but I can see hints and subtle cues that I didn't notice before. That and a female friend at work told me I was cute. I also feel that I'm changing. I'm more bold and a bit less inhibited when speaking with people, whether making a dirty joke or stating my honest opinion....Talking to cute girls is more thrilling than watching the latest porn scene.

My buddy also started his experiment (no porn) about 3 weeks ago and has abstained from all orgasm since then. He has noticed a major difference in his mood and perception of things. He mentioned that the "fog" has lifted from his brain and that he is able to interact with people a lot better. These are not uncommon with those who are able to go through the experiment for about 2 or 3 weeks. The clarity is pretty noticeable if you have been in a fog for a while. I would encourage anyone who happens to be reading this to abstain for a full 3 weeks to fully get the benefits from this exercise. It seems like most people note these same changes; this has been my experience as well.

It's exciting to hear about my friend also experiencing these drastic changes. He definitely has a taste for this feeling and mentions that he has a craving for being social again. This struck a major nerve for me because since I have started to do more of these healthy things, I have had "cravings" for healthier things. It's a little like a dehydrated person drinking more water and becoming thirstier. Most people are dehydrated, if they start to drink more water, they start becoming thirstier again.

It seems like it's the same for healthier ways of living in general. I can relate to the craving for a social life. It feels healthy. I am interested in seeing where this leads him because he is already pretty healthy minded to begin. He has some compulsive behaviors and has used porn to medicate in the past, but he also has a pretty strong resolve and has a lot of natural virtue. I'm starting to find it fascinating how this process benefits individuals.

I realized through trial and error that quitting masturbation is, for me, the most effective way to quit porn. Once I stopped wanking and set some other priorities in my life, it was easier to stay away from porn. This is the heart of the issue in my mind: going on an "orgasm diet."

25 days! This is a great achievement for me because I was fighting cravings, which started again following my job loss. But my determination to find a new job and not to lose my control this time made me stronger, and now here I am first time in many years no porn, no masturbation for 25 days. [He did find a job.] For someone who could not imagine life without porn even for a single day 25 days is no mean achievement.

Another blessing was that I had problems with my laptop, which effectively severed my ties with Internet leaving me with no other option but to spend

my time on other activities. In the last week my cravings have subsided to a large extent. I am still getting flashbacks but they don't have so much power over me now. My withdrawal symptoms have also ceased now, so I feel a lot better these days. I am also practising meditation and self-hypnosis to feel more relaxed and everything is helping. Life feels good again.

I have less need for masturbation. (It's kinda boring compared with porn.) No porn fantasies. I tend to imagine more about the girl's face and kissing. So much less extreme.

After 3 weeks of freedom, I have to say it's been a very long time since I've had such a decent period of mental and spiritual clarity. I felt much more aware and at peace with myself over time. The urges for porn seemed to have switched gears towards real women. I've never felt so strongly to want to initiate and talk/ be around women. I found these things quite refreshing, and they are a big motivator to want to keep on pushing the limits to how far I can cut the addiction down.

Oh, and the withdrawal symptoms definitely persisted throughout the 3 weeks, but running helped, praying and reading helped as well. So did hanging out with friends, and also thinking of other reasons to quit other than yourself. Think of the potential benefits that the others around you can gain if you can overcome this and live life with all its' fullness once more. It's a nice thought for me to dwell on once in a while. Last night while hanging out with friends I was told by a good friend I've known for many years that she's so happy where I am in my life and how much I've changed. She does not know about my p/m/o...it was a nice feeling hearing that gives me strength to keep up the fight.

Three years this coming October for me with no porn, not counting a slip about 1.6 years ago. Occasionally I still feel a slight pull, not very much now. About a month ago I came across a porn site, saw the various links and noticed that I really had no desire to click any of them and follow them. I was quite surprised because the links had some very graphic photos, but the huge mega-magnetic pull that once existed around those images just wasn't there. That was a really nice feeling.

During the middle years of our marriage, I quit worshiping my wife. Instead there was plenty of yoni to worship courtesy of the porn industry. Always young. Always beautiful. Always horny. Always new. Always able to get an orgasm. And never fulfilling.

I recently unplugged totally from porn, and I have returned my wife to her pedestal where she deserves to be. We have adopted karezza lovemaking. I love her and her yoni and my goal in life is to do my best to keep her happy.

[Day 16] I feel much better mentally and physically. I'm not carrying weakness or guilt on my shoulders; I have good clean energy, and my sensual perception is more evenly distributed. I am still single, still sort of introverted, and still kind of awkward around women, but I'm much less concerned about it. When I think about sex these days, there is an emotional component that wasn't around before, if that makes any sense. My brain has opened up a lot of space for other thoughts, too, now that I'm not obsessing over p/m/o. I'm seeing a lot more.

[4 weeks] While none of the changes have been over the top life alterations that have magically appeared out of nowhere, I do notice that I'm more assertive, I take more risks, I'm more willing to do what needs to be done to get my life together, and my humor is through the roof.

[During week 3] The constant desire for sexual gratification has been this white noise that has been in the background constantly, and suddenly it wasn't there for a period of time. I was amazed and how enjoyable the silence was. It's kind of like living near a freeway with constant noise and then one night you wake up in the middle of the night and the noise isn't there, and you realize what you have been living with on a daily basis. I've also been making some really good progress on addressing some old hurts that I consider the core of my addictions.

[Two years no porn, two months no porn fantasy] I'm really getting as good as new, I never felt better, I can feel how the old networks are just getting weaker and weaker, just not activating. I'm building new healthy networks that are being in charge, I'm just returning to a healthy sexual life. My social life also improved drastically. Before there was a mist in my mind. I've become very creative, very sharp minded, and I can absorb much more information; I can read a whole book for 4-5 hours and not get tired. I'm able to focus and filter very well, and remember the needed information. Before that was absolutely impossible for me.

The last couple nights I've had huge shots of energy, and I haven't been sleeping well (but still seem to have plenty of energy throughout the day). This has been something of a problem because I've also been feeling very horny and struggling in my bed. This last night I tried something a little different: I tried to observe my body in this state, to put my awareness into the actual physical sensations. I figured that, if nothing else, I'd be focused on my body and distracted from fantasies.

Something unexpected happened. I started to feel pockets of emotion, almost as if emotion was stored in different areas of my body. I'd feel great pain, or anxiety, or something like it. If I focused on my heart, I'd feel waves of sadness. I actually started crying. Then I started to feel an almost primal need for love, particularly the tender, physical (but not necessarily sexual) love of a female. It almost felt like I needed to be healed of the emotional battle wounds in my body through physical touch. Then I wondered how many women would be attracted to a man crying in a fetal position in her arms.

Well, I started thinking about this woman I've known for a few years. I think she used to have a crush on me. She's married now, so she's not available. But I started to realize that I kind of didn't want to leave her presence at an event earlier in the evening. I realized why. She's a beautiful and sexy woman, but beyond that, she represented a kind of emotional fulfillment that I'm feeling a need for. She's starting to represent a new ideal for me.

In the past, my female obsessions were very biological - I would obsess about some girl with an amazing body who was much too young for me. This other woman, however, feels like less like an obsession and more like a new ideal. She's around my age and seems to be more of an emotionally fulfilling person - a loving, open person. I felt much more willing to overlook any physical flaws she might have and even appreciate that she looks like a mature woman. Here was a woman who was softened by age, and better for it.

This is not to say I don't find myself still attracted to those young dancer body types. But I feel more open to the idea of finding satisfaction with a woman closer to my age. After mulling all this over in my mind I suddenly felt much more relaxed in my body, as if I had let out years of stored tension.

I'm still full of the jitters and feeling full of desire, I still painfully feel the need for that loving touch, but this does represent a new perspective for me. One that feels less biological, and more about what I need in my soul. It feels good to even be aware of this need.

With regards to my own situation - the correlation between porn and ED couldn't be clearer - ED hit me from out of nowhere and devastated my psyche. However, I'm glad to say that after cutting out porn and masturbation completely for the past month, everything is returning to normal and I've seriously never felt better.

I think I'm on day thirteen or so now. I feel very focused and can concentrate better than usual. I keep eye contact when talking to people, and socialising feels more stable. I think my voice is deeper and sounds less "bothered" or "troubled" and more clear. This is good but also a little unusual. Sometimes I feel I'm a little

too straightforward or stable when speaking. I hope I don't make people want to back away from me because of that. I think I'm a pretty sympathetic and nice guy so hopefully I don't send out any unpleasant vibes. It's probably just me who is not used with it. I feel more confident socialising and more relaxed and happy doing it. So it's all good at the moment, and I feel motivated socialising. I have some good places doing it too at the university, some bars and at work. I'm pretty motivated and optimistic at the moment. It's pretty funny that I've never in my grown up life been at this state. So it could just get better from here. It's definitely not worth leaving this [mindset] for masturbation to porn.

I have a mild stutter, which became worse after I started in my first job one year ago. I was searching for some tips for self-treatment, and three months ago I found a thread at stutteringforum.com by a guy who acquired full control of his speech after two months of abstinence from masturbation. It's an established fact that adults who stutter, as a group, have excessive dopamine in the striatal (sub-cortical) regions of the brain (=overactive regions that modulate verbalization). At first, I looked into some dopamine antagonists, mainly anti-psychotic drugs, but the side effects scared me. I'm currently using something called Zenbev, which contains tryptophan to stimulate serotonin release, which in its turn should dampen dopamine levels, also very relaxing. Btw, I was masturbating around 20 times a week at that time. I tried to quit this habit and saw a huge improvement after one and a half week of abstinence -- a record, which I still have not beaten, because I keep relapsing. Anyway, I'm interested to know about long-term endocrinology of abstinence, not the two days effect of prolactin fluctuations etc, but what actually happens after 6-8 weeks of abstinence.

<http://www.reuniting.info/node/4695>

It's strange but this is the second time I've gone over two months and this time I feel like I can go on forever. My libido comes and goes but I definitely know its there if I need it. Porn, ultimately has no value. I don't consider going back all that much although the thought comes back from time to time. I think of it like smoking. Would I try one cigarette after years of quitting just to test to see if I am still addicted? Of course not. Porn isn't all that much different. Those neuron pathways are so strong that one image can send you back to bingeing.

[Strictly speaking, not a benefit, but fascinating] I'm right-handed and have been my entire life as far as I know. But coming out of porn/sex addiction, is well, like starting life all over again for me. I've been wanting to write with only my left hand and have pretty much entirely switched over to it for daily activities. Writing with my left hand feels good. It feels like...like I'm free, like I'm being me, whatever the hell that is. This has happened before when I

went three or so weeks without porn and relapsed again. But I've made it out now, and am wondering has anyone here experienced a strong desire to write with your non-dominant hand (as well as actually pick up on it and be good at it really rapidly)?

[A reply] I have noticed some weird things too. I don't think I am "dulled," because I can still manage to be sharp if I have to be, but I think there was a manic component to how I thought before that might have been associated with my depression. It feels like a pretty fundamental thing to me. It's difficult to describe, but I notice a difference. It scares me because it feels like I lost something, but then I realize how much sanity I've gained. Also, there are aspects of my motivation and intent that seem to be different too. I am less clear on this, but it feels like my motivation to do things is more grounded in "bigger picture" type of thinking rather than going after what feels good in the moment.

I was just talking with a friend. He wasn't a porn addict, but he looked at porn. He didn't need to abstain from orgasm for a period, but he did just as an experiment. It was interesting to hear his experience from a non-porn addict perspective. He simply said that he felt super focused and felt more like the person he wanted to be. He works in a stressful, fast-paced job that requires leadership and creative skills. He mentioned that he now feels like he is able to do his job effectively and thrive in the environment. He loves self-help and go-getter stuff, so he was thrilled to have been introduced to this. He mentioned that since his experiment, he doesn't masturbate anymore just because he is bored—because he knows the consequences now. He is having sex with women right now just because his dating life is a lot better and he doesn't really need to rely on porn. He also says that he doesn't waste as much semen just for the heck of it anymore. He used to release every single day. Now it's more like every 3 or 4 days and he notices a difference.

Regarding abstaining and music: My hands are able to move more freely, they're less tense and shaky when I play guitar. I can improvise a lot better with certain scales and what not. Also creativity flows out of me when I'm drawing or playing guitar. I learn songs faster than if I were all dull-minded from watching porn. Being honest porn doesn't do much for me. I've come to the point to where I'm just not excited by it. There are times I do slip, but for the most part the cravings aren't as bad as when I started. I think it's more mental for me since I need actual physical touch; that's something that satisfies me. I'm not talking about sex...just holding a girl or something innocent like that.

It's getting close to 2 months (60 days) now...without orgasm or masturbation, or even looking at porn. A change in my environment (I moved out of the house and left the computer desk and chair I would

masturbate in at home), helped considerably. Also support from friends has helped immensely. The emotions and feelings have just been pouring out lately. I've grown close to an amazing girl whom I care for deeply and she's very supportive.

It's really cool to get some space away from orgasm. If you can manage at least 3 weeks, you'll see how powerful all of this is. That's all the taste you'll need to keep wanting to keep trying. The clarity and lack of depression for me was extremely noticeable and you will likely feel like a different person. It gave me some hope that there is nothing fundamentally wrong with me. Just having that experience of clarity and lack of depression can be a powerful thing. It's worth it, but it can take a while to get the hang of it.

For a month I abstained successfully, and noticed an exponential gain in my relationships, in forming new ones. I was focused and determined to set goals and accomplish them, and was finding pleasure in the little things in life. My Achilles heel was that I thought the fight with this thing was over and abandoned what got me to one month.

I 'stopped' masturbating about almost two years ago. Of course, there were 'falls' all along the way, and many temptations. But now I have almost entirely eliminated even the desire to LOOK at pornography (this, I found, was just something I found myself doing in idle time). As everyone here is saying, it gets easier and easier. Each 'fall' means you understand that much more. Gradually you realize it isn't worth it.

I get tastes of clarity, lack of social anxiety, better thinking habits, better response from women. I feel like I become the person that I am/want to be when I touch this feeling. That's what I want to keep continuing. This depression cloud took years to descend on me, it gradually took over my thinking and feeling without me realizing what was happening. To see this effect start to reverse itself has to be one of the most amazing things I've ever experienced. To see the shame go down and the confidence rise is mesmerizing. I like watching the garbage drop off me, and the dead weight lift.

This is the second time I've made it past the two-month mark and this time it feels different. I feel more secure about it. The libido is there along with the occasional morning wood. One thing I noticed is that when I see a beautiful woman I don't necessarily fantasize about having sex with her. Instead I get more curious about her. Who is she? What's her personality like? Believe it or not, I didn't find some physically beautiful women I've interacted with as attractive. I actually just forgot about them. I'm really enjoying this changed perception about women and I've

also realized that porn really messed with me a lot. Seeing "live" beautiful women would amp me up immediately and I had only one thought in my mind, porno sex. Boy does this screw you up. It's really hard to see what you find attractive about a women. And I've realized that those sensations were really not my feeling of attraction, instead, they were feelings of craving that my porno addict mentality desired. This clarity is what I attribute to my success of quitting porn. When I think about going back I realize it's just not worth it. My desire to view porn has diminished although I won't ever say it is gone.

Male -23yrs old- single - have masturbated everyday since the age of 13 - frequency 1/2/3 times a day. About July this year I decided to kick the old habit of masturbation. Having read many sources (mostly online stuff I'd found) about the harmful effects excessive masturbation can have on your body, I related to a fair few of them, i.e., lethargy, moodiness, depression. It motivated me to stop completely. COLD TURKEY. The benefits are pretty amazing, to say the least. My attitude to life has completely changed, I am more upbeat, happy with myself, a lot more happy around others, more sociable, more energy/vitality and more motivated to do things. (I did my first ever 10k run the other week. Never thought I'd have the energy to do anything like that!) I notice some physical changes as well. I seem to grow facial hair a hell of a lot quicker then before. My skin looks more healthy, and what is also unusual is that the hair on my head has gotten a lot thicker?!?!?! Has anyone else experienced this? I also had my first wet dream (have had 4 altogether within 3 months) since quitting masturbation.

The biggest change that occurred since I stopped using has been an increase in engagement with my immediate present. Instead of checking running to the internet if a relationship problem (or success!) arises, I have begun either to reflect at length on the development or to actively communicate about it with my wife. Whereas I had typically been working through issues with the aid of forum comments, now I resolve things 'offline' or in conversation. [Read more of his earlier story in the second half of this post:

<http://www.psychologytoday.com/blog/cupids-poisoned-arrow/201004/porn-and-perception-is-your-limbic-brain-distorting-your-vision>]

When I first heard about this idea I was immediately excited. It made absolute sense and I was completely convinced that the way I was feeling was because of this problem. After a couple of months of abstinence, I have found myself to feel less needy in regards to women. I feel much more confident in my skin. Is my life perfect? Not at all. However, I now have the building blocks to move forward in my life and handle the other issues in my

life I need to address. It's not an easy road but I can say this, if I was still using porn I wouldn't be able to do things I've done.

Porn creates variety and makes you believe that having lots of sex with lots of different people is a good thing. After being porn-free for a month, I am noticing improvements. During sex with my girlfriend, I feel myself loving her more, if that makes sense? I feel so nice just lying in bed with her, cuddling her. I never got that feeling before when I was with girls while looking at porn frequently. In response to your other questions, the longer you go without viewing Transgender porn the less it appeals to you in real life. Another thing, arousal for women has increased by 100%, I was able to have sex with my girlfriend three times last night, we were in bed since 10:00 still awake at around 2 in the morning! The ED has almost cleared itself up, on the third time my erection wasn't as strong as the first, but that is sort of understandable, what with me having sex twice in a row before. Things do change for the better, I promise!

My brain and thought processes have, over the past year [of cutting back on compulsive masturbation], gone through lots of different stages as I have made the effort to shift into a different realm of being, away from porn and masturbation as my primary source of pleasure. I have experienced much more pleasant and lucid social experiences and clarity of thought. The growth chart is not linear...instead, it consists of peaks and valleys, but if you zoom out on it, it does go up. As I sit here, six days without masturbating and after a phenomenal day with a friend, I became inspired to write this post, to both reaffirm to myself that this is soooo worthwhile to pursue, and also to give others a boost if they may need it on their own journey. To play on that whole video campaign going on right now, let me say, "It gets better!"

For those concerned about erectile dysfunction, I would let you know that I woke up this morning with a full on erection that didn't go away for a half hour - even though I wasn't doing anything special to "inspire" it. It took over two months of abstinence to get to that point - all I can say for those who have this concern is to be patient and keep trying to abstain.

Well, I made it to end [of a three-week experiment]! But more than that I've begun to see results from not masturbating. Far-fetched though it sounds, I have found girls approaching and speak to me far more than normally and I feel better about myself, healthier and 'clearer', although that's probably not the right word.

Once I realized that I had to go through withdrawal, I accepted it and stopped fighting it. I know my recovery may not be over. It will be a life long choice I make

not to return to the drug of porn. But I have more confidence now because I see it gets better, and the cravings and urges start to lose their power.

16 weeks porn free. Here's what's been happening: I've been making an effort not to masturbate and I haven't in 8-9 days and I do really notice the difference. It definitely makes me more outgoing and sociable. I might as well stick with it some more. I don't think masturbation is the enemy, but I do see a lot of benefit from cutting down drastically....Something else that has stuck me is how my internal focus has shifted over the last month. It's no longer about kicking porn. I kinda feel like I've overcome that and now I'm working on other aspects of self improvement. The remain issues to tackle are insecurities about sex and relationships, which I've already mentioned. The other day it just occurred to me, and I just said, "fuck it, I'm just going to stop worrying about it." I am making good progress and I believe good things will happen. It might happen next week or next year, but I'm going to meet an angel. I can feel it. I don't know why, but I feel it. It's this weird feeling of peace, that I've never really felt before.

Last night, I was feeling incredibly happy, in a way I haven't felt in a long time. My whole attitude felt incredibly positive. This feeling is still carrying over to this morning, although not quite as powerful. But last night I was starting to understand how joy comes from within and nothing external, including women and sex, can ultimately satisfy you. Life is more about loving than being loved (although being loved is certainly a plus!) Right now, I wouldn't go back to porn for anything. There are just too many positives, most of them mental. For example, I've been in love with women in general lately and really enjoy their presence. This isn't a lust filled enjoyment, but a real appreciation. I enjoy looking at their bodies too, but it feels like so much more than that now.

88 days was an incredible amount of time for me to have gone P/M/O free with only one nocturnal emission. It did many things for me: I was able to curb other addictive cravings like cigarettes, marijuana, sugary foods and overeating. I also had way more energy and found it easier to exercise. I am a songwriter and I had way more creativity during that period than I have had since. Overall, I was more inspired about life and more engaged with the people in my life. That's why I'm back.

I actually have been abstaining from masturbation and pornography and I already see the benefits it provides. I notice women tend to check me out more and are a lot more responsive when I abstain. In fact I experience everything described in the article you've linked. I don't know whether I should try to stop until I find a mate or if I should just cut back significantly. Ejaculation can change my personality entirely; maybe I just need to find the right frequency.

I've now gotten past the 3 week mark without letting myself orgasm. I've really felt an increase in energy, and I find that I'm better able to talk to girls and stuff.

Day 17 - As days go by, I'm feeling healthier and more confident. Anytime I'm tempted to masturbate, I turn to something I enjoy doing - playing my guitar, listening to music, watching sports, etc. It's working out well so far. I'm having fun again.

I had a drama class to attend, and had to act in a short thing. I find I get more stage fright after a relapse. Even though I had just seen a Psychology Today article about my favorite fetish, I took a walk to avoid masturbating. In the drama class I was really on point, and felt hardly any stage fright at all. The scene went over really well.

One major change I've noticed over these 3 weeks is my speech has improved. I speak more confidently and clearly. Over the past 2-3 years, I've noticed many times I've had trouble "finding the right words" when conversing with someone, and even slurring my speech from time to time. This created some embarrassing moments as I'm a finance manager and speak in front of people often. I had no idea porn/masturbation addiction could be linked to this problem.

Quitting masturbating was the best thing I ever did for my sex life. I still have a lot to learn but I've noticed some very positive things in regards to premature ejaculation.

It has taken a long time, but I am finally beginning to understand how to live with the libido, as opposed to resisting or ignoring it. And I feel great. The libido is not gone. The desire for sex with women is not gone. But I've learned to live with it, accept it, as opposed to simply discharging it on compulsion. I'm sure I'll discharge again, as all humans are want to do, but the past 2 months I've finally grasped how to just constructively channel it.

I'm on the verge of completing 6 full days without PMO. This is a big accomplishment personally. My mind is exponentially more clear; my focus has largely improved; my attitude toward life in general has improved for the better.

[A year or so into no porn, except for the occasional slip.]

My penis seems more sensitive, but so does all my skin. I've noticed that sensitivity is better distributed along my penis. It feels nicer just to put a hand anywhere on myself or even to just put my hands together. I enjoy feeling the simultaneous touch from both sets of nerves...hands plus wherever I touch.

I am in around about week 5-6 of recovery and I can feel myself resuming normality again after using porn for on and off 6 years. Thankfully my libido is returning once more and I am feeling the benefits, so for those of you on the fence, kick the habit, you won't regret it.

Besides the return of libido I have noticed many other positive effects:

- Firstly, there's the obvious one that I feel sexier in myself and this leads to
- I get a lot more attention from girls now, confidence really does seem to shine
- I also seem to get along better with people in general, again, due to the confidence that freedom has brought me, me and my friends have only gotten closer over the past few days.
- I feel more energetic, When I go to the gym I can always push myself further without.

Now note that I have aimed for abstinence (no orgasm) to try and reboot, and I must say, I think it's working.

I feel more grounded and more directed, have more to give to more people. The times I spend with my mate, I feel full and happy. I practice holding that, not seeking a next step. In fact holding myself back from “next steps” that present themselves to my practiced brain. An analogy is that while giving massage, if/when I feel aroused, I don't use that to jump-start a fantasy, I hold onto it and put it back into juicy massage.

After six weeks of passing up orgasm, I do think I am able to decide for myself whether to orgasm or not. That is something I couldn't do a few weeks ago. I suffer from anxiety generally and find the more relaxed approach to sex really helps, as does limiting orgasm.

I started cutting down my porn consumption and masturbation five months ago. I slipped and moved on, slipped again, felt frustrated and binged, moved on even further and felt happy about it, slipped and felt bad about it again, and so on. But the thing is that I made progress. My brain was experiencing new things. After going for about two weeks without porn or masturbation I felt great changes. I felt so calm and comfortable socially. I spoke firmly, confidently and calmly. I laughed and smiled with my whole face. I grew charming and could flirt. The feeling of lacking sex appeal was gone, and I even noticed better response and reactions from the people

around me. I had better connections with my friends, family, co-workers and, of course, girls. I finally knew how it felt to have a balanced brain.

"Not having to do it any more" - That sums it up. While addicted, I had to p/m, even when I didn't want to. I know it sounds a bit odd, but there were times I could see the addiction was in control and I was following its path against my will. Having come through reboot now, there is a wonderful freedom because I don't have to p/m any more. It's like leaving a job I didn't like. There's the relief that I don't have to go back there.

I am totally abstinent from masturbation. My life in general is much improved. My brain is not consumed by lust. Physically, I now much prefer long sensual non-orgasmic intercourse to traditional sex. All this has happened in the last couple of years. Used to masturbate 1 - 4 times per day, sometimes more. Don't even give it a thought now. It is so liberating and empowering.

Day 40 of no masturbation/orgasm. I feel ok...I've had light bouts of anxiety lately...and munchies (interspersed with times of not being hungry at all). I sleep better. One unexpected thing that I have noticed, which may or may not be related to reaching sexual homeostasis, is that my handwriting has improved...lol. It's less "chicken-scratch-y." (woman)

40 days - Yesterday, on my way home sat myself down in the bus, waiting for it to start. Then all of the sudden, a girl sat herself next to me. I usually get uncomfortable when there are other seats available and someone sits next to me. (It is usual in Sweden to avoid sitting next to someone, if possible). This time, I kind of appreciated it. She then started talking. At first, I did not really know what to do, but I talked back. Cracking jokes about our train system (It is terrible during Winter), talking about what we are studying, doing during our spare time and such. She told me after a while that she usually finds someone to travel with whenever she has to take the bus. I told her I usually am shy and don't talk much to strangers, but that I wanted to change that. We talked for the next 2 hours, just enjoying the conversation. Seriously, I was amazed. Only afterwards did I realize I actually enjoyed the conversation (I usually get a slight bit uneasy). Seriously. This stuff is working quite well. Pure splendour!

Day 17 - one thing I noticed is how nice people are towards me. I got a door held open for me; someone let me go ahead of them in the supermarket; strangers start random conversations; and people in general are much more happy around

me. It's fascinating. I think it definitely has something to do with not viewing porn/orgasm. Maybe it's a pheromones kind of thing? Who knows?

5 weeks: My libido is there now, but it usually fades away after a few hours. The time has increased as the abstinence period gets longer. There was no life in my little guy at the beginning. Today, the libido-feeling lasted for 5-6 hours. I'm slowly rebuilding myself.

Day 8 - I am starting to get my usual ambition again, and can notice women looking at me more often. I don't feel an overwhelming urge to pursue them at the moment, but I'm giving that time. It is amazing to me how it seems like other people can almost sense that you are a porn addict. They almost won't even make eye contact....but just after several days that changes. I do not know if it something I project or my overall emotion or what. It is weird. But nice being looked at.

5-6 months - I'm on day thirteen (again). I have never made it farther than this, though I have made it this far several times before. I'm usually feeling very sexually frustrated at this time. But this time it's different. I just feel "normal". I do get horny if I think about sex and I can get the "blue balls" feeling. But, if I choose to think about something else, I can pretty easily direct it and just feel normal again.

I feel more deeply rooted in myself and I'm not as easily aroused and stimulated now. Its hard to find words for the feelings and sensation but the only nearest would be calm, focused, normal, balanced, happy, confident, stable. But these feelings aren't strong or overwhelming as if one would have taken a drug, or something else. They simply are.

I partied with friends this past Saturday and had a blast. Normally I would just lie in bed the next two days, eating junk-food and having anxiety after I have been on alcohol for a night. But Sunday I felt good and had the motivation for normal things like cooking, cleaning etc. I've never experienced that before. I take it as a sign of a more balanced brain. I spent some time with a couple of friends on Sunday night and I noticed how relaxed and confident and nice I am with my friends now. It makes our connection better and the socializing much more pleasant. We watched some YouTube clips of a stand-up comedian, and I laughed so much that I got cramps in my stomach and tears poured from my eyes. Hehe, I loved it. I don't remember the last time I laughed that much.

It's really awesome to feel deeply happy and calm at the same time. It just makes life so much easier. I wish all guys who use porn and masturbate regularly could feel how it is to have a balanced brain.

A few months in, I have experienced many of the benefits people here have written about: clearer thinking, better social interactions, more emotional stability, more energy, and more wholeness. It is very nice to see results so quickly.

I have a new perception of a pretty girl being just a pretty girl, not a sexual object for my gratification. It is a simple kind of admiration. I definitely find that I admire women (as human beings) a lot more now. I also admire all their details a lot more too. Just watching a woman smile is so enjoyable now.

I've experienced "superhuman" increases in mental and physical energy and a much improved psychological state. But three weeks into this, my ED still hasn't recovered.

Today is day #17 of NO PMO at all for me and here are some noticeable changes.

-My acne has seemed to have gone away... I've been suffering mild acne since I went through puberty to present day (26 now), and my skin seems very clear. I have read that sexual exhaustion can cause acne and it seems it may have been my problem for a loooooonnnng time.

-Also I have noticed the hair on my face is growing faster? LOL... Sounds weird I know but seriously my "beard" looks really long and thick as if I haven't shaved in 2 days. Normally I could go 2 days without shaving without looking like a bum. It has been less than 15 hours and I have to shave again.

-It appears my sex drive is slowly starting to come back physically. Since quitting PMO I literally had no arousal for the 1st 2 weeks. In the last 2 days I have noticed I'm starting to get random erections just from thinking about woman (real woman not pornstars). I'm hoping soon I'll get back my morning wood.

-This is going to sound really stupid, but I swear my eyes have slightly changed shape or something? They seem more "awake," with more "life." Has anyone else noticed that?

-As I said in my previous comment I was going to cut back from pot to 1 hit a day to sleep until January 1st, when I planned on quitting 100%. However my mind has seemed more clear in recent days. I decided to quit early! I

have been sober from pot for 3 days now (hadn't gone a day w/o pot in TEN years).

Day 16 - I'm feeling so good. I'm feeling, like, so cool-headed. There have been a few moments when people could have gotten under my skin, but I didn't let them. Also, I've been being a lot more social. Have been visiting with a lot of friends, and feeling comfortable as I do so.

I had a fantastic Christmas and Boxing Day with my girlfriend. The sex wasn't planned at all. It really just sort of happened and it felt the best it ever has in my entire life: no ED problems, my girlfriend even commented on how stiff my penis was. It honestly felt like it was throbbing at times, seriously! That was the first time in a very long time when I didn't feel "down" and "drained" after an orgasm, I'll be honest, part of me was a little skeptical this worked, but I now believe in this [rebooting] process 110%! If after 26 days I felt that great, god only knows how amazing I'll feel after 40, or even 60 without porn!

Throughout the reboot I have noticed my overall sexual energy has seemed more stable, and there have been various other benefits as well. I feel this entire rebooting process has been extremely beneficial and plan to continue without orgasm and keep learning to focus my energy in new and improved ways.

I'm 26. I have been about 4 weeks without PMO, and I must say, even though I am actually LESS horny than I used to be, I feel MORE masculine, more in control, more stable, more ALIVE, and consequently, in a weird weird way, more 'virile'...? I'm not sure how to explain it. It feels amazing. I actually had been seeing another man for 6 months, which is around the same time I've been on this bandwagon, at least intellectually. Frankly, this is the LONGEST relationship I've had. I'm feeling REALLY REALLY great about my life right now. I have amazing friends, and had (til recently) an amazing lover with whom I had some of the best sex of my life, and I'm feeling really damn optimistic about the future. This is the longest I've gone without cumming since I was 13 years old... and the effects are stunning!

I notice that my facial hair is growing a bit faster too! Now, I recognise that the amount of facial hair on a man has as much to do with genetics as it has to do with hormones, so I will precede the following with the expression that I do not have a lot of facial hair in general. My moustache, during the times that I've tried to grow it in the past, has been wispy at best... This has been a minor source of anxiety in my adult life. Yet, now, after 4 weeks, I find myself needing to trim my moustache every 4 or 5 days, rather than every 2 weeks!

Also, another really positive effect is that I'm wanting to hang out with people more in general, and not just potential sex partners! I mean FRIENDS. I think there is too much emphasis on sexual relationships, and not enough on the issue of companionship and camaraderie that can exist between friends.

I tried quitting when I was 24, and after 1 month clean, I had my only relationship since starting porn use.

I will admit that I go through periodic episodes of abstaining from the mighty O. A few times a year, I will go on a pretty good streak. I will end up in a better mood, more energetic, more focused, and have more fun in my marriage. I do not do this because I think orgasms are bad. I don't at all feel like I am trying to overcome any addiction. At most, I feel more disciplined.

So 71 days without porn. Last night I had intercourse (twice) for the first time since Feb. 2004. It's been a long 7 years and I couldn't have done it without making the life changing decision to give up porn.

The way I am interacting with people has definitely changed without even trying to act different. I (naively) never thought that PMO would have such a big effect on my personality. I like this new me.

Before I began this whole ordeal I always needed time to myself and tried to isolate myself as much as possible. Now I WANT to get out and be with friends, family etc. Also normally I never wanted to be touched or touch other people. Now lately I see myself more and more wanting to make contact with people. I always thought I was weird or something, and not part of the human race. But now I can see more and more that the way I used to live was very unhealthy. Staying clear of porn is doing wonders.

Day 21 PMO free! I had non-orgasmic sex with my spouse a couple of times, but this is not hyperstimulation in my opinion. The last 2 days I noticed major improvements regarding my HOCD and depression! Now I don't obsess and worry all the time. The feeling of freaking out at the sight of men is 50% less. At the same time, my attraction to women is surfacing more and more. I have more sexual desire towards my spouse too. I think my main withdrawal symptom (anxiety) in this moment is in a weak phase, and this makes my perception of reality less distorted.

Life was more "dull" when I was heavily into the p/m thing. I just thought that's how life was, and p/m was a temporarily relief from how life was. Now I'm getting more pleasure out of the reality of life: a good conversation,

a good song, a nice workout, a feeling of accomplishment after doing schoolwork.

My goal when I decided to give up porn on 10/29 was to last 90 days while at the same time jump back into the dating pool and hopefully have my first sexual encounter since 2004. Mission accomplished. There's no turning back - the desire for porn simply isn't there anymore. There's always a risk for relapse, but I'm in a very good place right now. I was an absolute mess for many years - long term sexual damage from SSRI use on top of that porn addiction. Exciting times!

Well I made it 10 days. For the first time. Next target is to maintain it for 10 days again for several times. With passing time, this fight is less about porn/orgasm addiction and much more about a holistic change in general perception about life. It's beginning to become almost like a spiritual journey for me. I have started to feel love for myself. Slowly but steadily.

4 weeks - In terms of personality/emotions I am feeling better. I am generally skeptical of most remedies whether behavioral or medicinal, so I say this with confidence. Things I have noticed: decreased anxiety, less mood swings, more social, more confidence, more ballsy when it comes to girls (still have a ways to go in this dept), urge to improve myself (weightlifting, kegels, reading up self-help stuff), better concentration, smoother talking, good jokes: bad jokes ratio improvement, you get the idea... In terms of the ED I am going to be honest and say that I haven't noticed a change, *BUT* this is what I expected.

45 days – It's almost magical the way that I can turn around my moods and not get caught in the depressive episodes and downward spiral thinking.

Week 5 - Somewhere along the way you start to notice a new 'positive you' hanging around. And he's an awesome guy. I like to imagine my positive side as the man I really want to be. He shows up more and more, each time getting rid of the negative, anxiety-filled me a little more. Almost like a metamorphosis. It may sound silly, but it's really how it feels.

4 days - Today I felt much more in balance at work I was much more friendly and straightforward. Tonight I went to the gym I saw a couple of people I knew there, and I felt more talkative. Then a girl was walking nearby and kinda stopped for a minute and noticed I was there and then walked away. I actually worked out nearby her on a few different occasions but was afraid of having an interaction. Today I actually felt like I wouldn't mind if we struck up a conversation! All in all today was a nice smooth day, and I like the benefits I'm seeing so I'm gonna continue on my path.

The last 5 years of my life have been puzzlingly numb for me. I tried everything - changing my diet, trying different girls (sorry to them..), working on thinking more positively, changing my work/leisure balance, changing my profession, changing some of my social habits, making sure I exercised regularly, trying to be tougher by doing some martial arts, getting a little into a fetish/bdsm community. Some things made some difference, but nothing really made much difference. There was always this feeling that there was just no spirit in me. In fact, I hardly ever realized the feeling was there because it never went away.

But now this. This is very different. This is moving the needle hugely! This is the spirit that animates everything else, that brings the juice, the joy. I've been killing it every day with M and P, to where there was a tiny trickle of desire. I thought I was keeping my desires under control in a beneficial way, but in fact it was like someone who is afraid to lose at football, so he runs every day to tire himself out so that he has an excuse for not playing. I was doing exactly the same thing - M to avoid sexual frustration, but the key was not to M it away, but to get out there, and meet women and keep the sexual spirit for when I interact with them. It seems so simple and obvious, but P is such a seductive outlet - free, easy, highly charged..

A few weeks in, I am having no urges to go and look at any porn, and I've curtailed masturbation to once per week. I actually may try pushing that back even longer as I did start to see some definite changes in mood, overall physical health, mental clarity, emotional control and a comfortable relaxed confidence that was truly unshakable. I found that approaching women was so much easier and the responses I received back were more positive than usual. I've found that over the past few weeks, I've had much more time to do the things that we all have to do every day; my apartment has never been cleaner LOL.

I think music is linked to sex. I enjoy it more and play guitar better since quitting porn.

Around the time I started using porn a few years ago, my memory began to fog. My whole life since then seemed like an unidentifiable blob. Now, a few months into recovery, past memories are coming to me. At first, I was in disbelief that they even happened because they are so joyful and carefree. Yet finally, after being frustrated with this for so long, I feel like this IS my life, and those happy memories are real. I have been struggling to feel any connection with my past life and actions. Now that my past is flying back at me, and it all feels terrific. Also, dreams. Even dreams that happened months ago are coming back to me, and it is also quite enjoyable.

4 weeks - I've completely cut P out of the equation and have been tracking M and O, specifically the POIS symptoms. I have also been carefully observing the benefits of abstaining from O. So far I've been going (or trying to go) a full week between O's and I have felt remarkable changes. This being my fourth week, things are getting easier to control as far as urges are concerned. There are times where I can get very aroused, especially morning. But overall those urges have been getting easier to control through willpower alone. This week I am attempting to push to the two-week mark. Even at this point, 4 weeks in, I became aroused in the afternoon while by myself. I didn't touch myself and I wasn't thinking anything erotic at all. The TV was on and an action flic was playing and even at a relatively loud volume (which in the past was enough to distract me and cause a loss of erection) this arousal would not go away without intervention. I was so happy about that I was like a kid at Christmas! I'm taking it as a sign of progress, that I am definitely heading down the right path. Another observation that I will share for those who, like me, are looking for more balance rather than complete avoidance of O. When you do allow an O, the feeling is much, MUCH more pleasurable and satisfying than in the past. I can only surmise that those feelings would be intensified even further if I were with a loving partner. I was also able to sit and watch an entire movie without becoming distracted as easily. I was finding in the past that I would not be able to concentrate and enjoy a movie at home: always getting up and doing something else while the movie was playing. I am curious if resetting dopamine levels and sensitivity restores the pleasure felt in those activities, would the AD/HD symptoms be reduced or eliminated?

I felt great until I relapsed. I saw so many improvements during my 90+ days free of porn. Such as...

- Confidence
- Energy levels
- E.D. definitely went away
- Felt happier or more "alive"
- Focused
- Gym everyday (cut body fat down to 9%)
- Saved money
- Quit cigarettes (60+ days now)
- Quit marijuana (70ish+ days now)
- Better skin complexion
- No more frequent urination
- No more excess sweating

20 days - I am delighted with the way I am starting to relate to women. I've always noticed and appreciated female beauty, but the thought would move from beauty to raw physical action sequences in my brain in a flash. This is changing quickly. I am so reminded that women have much to offer besides their body. I

want to learn/relearn to tap the whole package. I am feeling hopeful and really intrigued to notice the changes in my own brain, instead of just reading about how others brains rewired. Aristotle wrote extensively 500 years BCE about the power of human habit. We generally are having the same conversation today, except we have better graphs and props to reiterate the truth.

[Age 24, after months of cutting way back on masturbation and porn] I feel like I've matured so much since starting this. Like, last year I was still kinda in dreamy, extended adolescence mode. But now I feel like a grown up.

I have noticed I am FAR more caring to others lately. I am more relaxed and I relentlessly crack jokes. I'm also more willing to touch friends, man or woman, in a comforting way. For example, I'll rub their arm or pat their shoulder briefly and without hesitation when I talk to them.

I'm happy to say that I've been PMO-free for 16 days now and haven't felt this alive in ages! Suddenly the world has its colour back. I can laugh again (All of last year I had only a handful of genuine laughs). The social anxiety has almost completely gone, and I feel I can follow conversations better? Sounds strange but I had lost the ability to really understand what the hell people were on about for so long. Most importantly my libido is back, and in these past 2 weeks I've been talking with a lot of girls and I seem to have manufactured a couple "opportunities" 🤖.

The benefits? Erections in the morning and better mood overall. I'd say more guts with women but I'm pretty gutsy there anyway - even prior to this abstinence period. There is a sense of accomplishment - you are not feeling empty and you know you can stay strong for something important. More optimism about getting laid soon and about life in general are other positives. And more warmth down there.

I feel like my brain is definitely changing for the better, today I was looking at pictures of Kate Middleton on yahoo, and I was just appreciating her beauty nothing else. That was the first time I think in my life I looked at a pretty woman, and just enjoyed her beauty, not in an animalistic way.

On day 24 now, and my brain is really starting to get the message that real women are the source of the sexual pleasure, and not my hand once I get home. As one guy said, "The longer I stay away from porn and orgasms, the more sensual my thoughts about real women." Absolutely agree. I'm getting sensuous thoughts about women, and my mind is somehow focused on real women much more now. I look at them and want to interact with them, rather than storing a mental picture and going home and beating off.

Some of the benefits I have experienced: I am more sociable, I can retain and remember information a lot better. I remember events in my past life a lot better. I am not irritable, and am more focused. I can execute tasks a lot faster. And I am sure if I keep writing this will probably become a book.

10-days - I had a really good experience with a girl last week. We didn't have sex but I had a strong erection during the slow kissing and touching 🤗 This is a real eye-opener for me as the benefits from staying away from PMO happen so fast. My psyche seems to be much stronger as well, and I'm more social and outgoing than before.

Day 10 - I am finding myself a bit more outgoing towards women, mainly just simple talk with even cashiers or the woman who cuts my hair. I swear women can almost sense you are a porn addicted creep when you are within hours of your last or next binge. I like the way I feel so much more when I am away from that crap.

[After suffering from ED] Day 16- I've definitely been experiencing really hard erections...clenching. Yeah, feels really good - I never had that, or at least not since I was 15 or so - 40 now 🤗

Yeah, I understand what you say when you describe it as clenching. It's like a different type of erection, much more powerful. I feel like I could do some demolition work with it LOL. I was having flashbacks from my teen years, it was really cool to experience that again and know its not gone forever. I never thought I could go 16 days without masturbation before I found these forums. I am quite amazed it has been so long, and I now have the confidence that I can really complete the entire rebooting process.

I was in such a good mood today. I literally don't think I have been in such a good mood in 7 years. And I don't mean because anything particularly great happened, but just for no reason at all. It's been so long since I've had that buoyancy. I used to have it, and I haven't seen it for 7 years, and had more or less got to thinking maybe life is inherently gloomy and uninteresting. Historically, I've been a very positive person, and the last 7 years have been so weird because it felt like nothing I did would make me feel cheerful inside. Patches of joy here and there, but always short-lived. Today, finally, I was socializing with people, chatting with people because it felt good to connect, to commune. I've missed that so much, and I only realize how much now that I've had a taste of it again.

I'm 100% sure the problem was the PMO thing. Quite simply, it made everything else boring. The M by itself was bad enough to make me lack-luster since I was 18 probably, but the broadband P I think finally killed any chance any real-world stimuli had of capturing my interest. Maybe I'm exaggerating a bit, but not that

much. I've been going through the motions of being sociable and interested for the last 7 years, knowing how it was supposed to look, and doing it because I felt like I should, but all the while inside not giving a shit.

43 days - A milestone reached the last few days. I actually feel back to normal. I'd got so used to feeling craving, or sad for no reason, or unbalanced, or anxious, or massively horny, or completely dead, or combinations of any of these at one time the last 40 days that I'd forgotten that I hadn't always felt that way. Then 3 days ago it all just stopped. Just like that. In my journal two days ago, I wrote "Wow - I feel what I can only describe as 'normal' today". That feeling has stayed with me, and none of the craziness has returned. I read somewhere that the craving chemicals may clear out of your brain around the 6-week mark. Well, that was exactly on the mark with me - it's been since Wednesday, the 41st day, and today is Friday, the 43rd day. I am clean!

I am definitely seeing a woman as the source of my arousal now, rather than seeing her as an image that I can store up for later use 🧠 I see a hot girl now and think 'That's what I want', and try to take steps to meet her. It's been a gradual flipping of the switch. I'm probably about 90% there, but I can remember being 10%, 20% etc.

45 days - I definitely feel I'm more loving, more forgiving, and more able to cope. I remember a time when any kind of setback in my emotional life, like a woman's rejection, could have devastated me. Now, I go through the emotions, dust myself off, and move on. It's not particularly easy to move on, but at least I feel capable. That's some progress.

I'm 34 years old and have tried various experiments in the past, such as 14 days, 30 days. I have done 14 days non-ejaculation various times. The effects I experienced are:

- feeling more natural confidence
- more charisma
- less sleep yet feel energetic
- less laziness, can get more things accomplished
- people like to talk and chat with me more
- noticed a few girls on street giving me an admiring look
- muscles on upper body gets really toned after 1 week (no extra exercise!!)
- a general well being inside

27 days without any PMO, which needless to say, is quite a dramatic change from the past. It has been quite a dramatic POSITIVE change. Without the PMO zombifying (made up, but applicable word) trance, I've been more comfortable in

my own skin it seems it's been of great help in interactions with the opposite sex. I'm very happy and encouraged by my personal experiments with abstaining from PMO, as well as inspired by others' progress. Here are the changes brought about in my own life from the "rebooting" process: The results are 100% real and palpable, and they permeate all aspects of my life. I also get excited because so many other people have noticed the same effects: increased sexual attractiveness to women in more subtle situations and increased desire to read and give responses to their cues. Also increased desire to socialize, and newfound confidence. This is no placebo effect, and for any skeptics; the only way to be convinced is to try it. You'll see.

5 weeks - I've experienced many benefits, some of which come and go, but it helps to remind myself that the recovery process isn't linear. I get to sleep quicker, sleep less and feel more refreshed, less anxiety around other people, more laughter, less easy to irritate, generally in a better mood, funnier and there's probably loads more. First three weeks or so I had little libido, apart from some really sexy dreams. However, lately I've actually been enjoying spontaneous erections and the sexual energy they bring me rather than fearing them. They also feel "fuller", which I think is quite common. It also feels like I'm more in control.

I have always been a very shy person. I don't know why because if I think about myself I think in a really positive way. I am convinced that I'm a smart and nice person but when I'm around people I don't know so well, I'm very anxious all the time and I can never be myself. I care too much about what people think about me. Now I was reading that social phobia is tightly linked to a lack of dopamine or a lack of dopamine receptors. Maybe the rebooting process will help me to be more confident because I think masturbating 8 times a day is not really healthy for a balanced dopamine production. And indeed I already feel more confident around people just after 3 weeks. One benefit of quitting masturbation I can definitely see already is the impact on my acne. I have had a mild acne since my teens. 3 days after I quit masturbation my acne stopped completely. That's really nice. I can imagine that masturbating 8 times a day caused a big mess in my hormones.

Day 15 - I am back to social, mostly calm, and relaxed. Naps and sleep are better. And I have my fire back to tackle life's challenges.

40 days - Something that had annoyed me for the past few years was how irritable I had become. The only advice I could find was along the lines of "just don't let it bother you", but that's a lot easier said than done. Now I'm finding I can just shake most things off that would have bothered me before, like I used to be able to do. Never in a million years would I have related the problem to porn. Not saying I never get irritated anymore, but now I don't hold a grudge on that

person. I can stand up for myself more, which I could always do in my younger days, although I'm still young. I also feel more empowered in arguments and stuff, like I'm the one in control. This is an improvement I really value in myself. Also, feeling more confident and projecting that to others means that people are less likely to try to annoy you and rather just be more friendly. I also like having all this sexual energy flowing in my body rather than constantly having to be released. My mind is learning that a having a boner doesn't equal having a wank and it's learning to enjoy it. It's like I'm a completely different sexual being. I read that abstaining from PMO was like pulling a hair out of a plug and once you pull it out, you start to unplug all the others. This is exactly how I feel. I feel like this is just the start to a better more balanced life.

For those of you men out there who fear you have killed your penis for good via furious masturbation: Fear not. It really does come back. Good god does it come back. He swears that I "made his penis bigger or something," and yes, it is a massive and pulsating wonder. As flattering as it is to hear him say it is my doing, it is simply a product of a healthy sexuality and heightened sensitivity.

Speaking of sensitivity, I am going to make a disclosure on his part, because it was kind of a milestone in his recovery. A week or so ago, we were, you know, making out, and um...he came in his pants. It wasn't the cause for disappointment that most men fear it to be. It was actually kind of beautiful in and of itself. What that showed is that IT'S WORKING. His brain has successfully rebooted and rewired certain circuits, and increased the amount of receptors available to receive the neurochemicals floating around in there. I mean, we KNEW it was working, and it wasn't like we needed this event to recognize that making love to each other has become exceedingly more and more amazing. But it was definitive, solid evidence that very profound changes have occurred in his brain. Years of damage have been reversed. It was proof. A moment of reckoning. Something clicked, and we both understood: "Holy shit! It's healed. Something's really happening here." All of you recovering porn addicts out there should take note of the fact that he has gone through his entire recovery process with me, within a loving relationship. Do not be afraid to enter one, there is no better time than now. Be brave. It's worth every second of awkward vulnerability you will feel. 😊 Absolutely beautiful.

4 months, no PMO - I think the social benefits of no PMO are cumulative. I think it's established from the people that try this that they immediately become more social, outgoing, caring whatever... I'm finding that the longer I go without these things without caving, the more harmonious my relationships with others become. My social skills are getting sharper and sharper and I'm becoming less

and less afraid of vulnerability. Jokes arise spontaneously and I often make people around me laugh even if they're just acquaintances. When my walls come down, theirs come down a little too. In my opinion, this is PRICELESS.

60 days - I feel like I'm back to my old self, in fact better than my old self - my old self + spirit + a penis. I'm meeting women frequently, and when I do, I'm strongly attracted to them, I'm sometimes getting erections even just in the initial stages of flirting proximity, and I'm loving checking out their breasts, which is something I have not felt in years and years. So I think PMO and its nasty effects are nearly gone. History 🤔

My eyes are definitely more vibrant, and alive-looking. And, this next change I find hard to believe, but I feel like I'm gaining mass and shape in my upper body. Specifically, my shoulders and neck look broader and more toned. It could be a perception-deal, but whether real or imagined, it can't hurt right? I've read others have experienced this physical-mass thing too. And, also, my skin definitely has an even, healthy, tannish look to it.

I'm a 23-year old athletic guy. 11 days ago, as I was putting on a condom, I became too soft to penetrate my girlfriend. But after a mere 11 porn-free days (during which I suffered from insomnia, headaches, fatigue and depression), I was able to have great sex with my girlfriend!!!

I had a view into what recovery would look like this past summer when I was backpacking for a month. I didn't have a computer and logistics for PMO were pretty impossible. While I'm sure the thrill of seeing the wonders of Europe played into this, I never felt better in my life. I only masturbated maybe two or three times in the month span, and went a good 2.5 weeks completely free. I can't remember having such a strong, natural attraction to the opposite sex in my life. Not only was it a sexual attraction, but it was really a romantic/companionship feeling that just permeated my being. I so deeply wanted to be with a woman during that trip. When I'm binging on porn, I never feel like that. It felt new and yet so natural, like that is how I should have been feeling all along.

About a week into a reboot period, any joke I throw out there is pretty much funny *because* it starts with a smile, and a true understanding and enjoyment of life. It seems as if I can't stop smiling and something RIGHT is going on in my life, others see this and enjoy being around me. Any sexual innuendo seems to always be directed correctly, and understood, and it always seems to work and never be weird. Today at work I saw this girl and I was like, "For *you* the price is \$10." The price wasn't the point. I wasn't giving her a deal or anything. The point was that I said something that

sounded genuinely "nice," and she kinda looked up at me like "Aww...that was cute," and felt a little turned on by it.

I just finished my 5th week and it does seem like I am attracting (or at least, I think I am) women like never before. I don't want to jump to conclusions, but it definitely seems like it. Also, I'm not nervous like I used to be. It's great!

I have never felt stronger, healthier, or more in control of myself than I have in these 3.5 porn free months. I've been more of a leader and I accomplished so much. I even am pursuing a girl I am attracted to for the first time in my life. Being porn free is excellent.

24 days- I have to say that the ED issues during sex have improved measurably already. I'm no longer having issues getting an erection or maintaining one during sex. I am still; however, not experiencing any spontaneous erections. I woke up this morning to a sex dream and a partial erection, but overall I'm not experiencing much of anything in terms of the good ol' mornin' wood.

Day 14. Overall, I feel more balanced, less agoraphobic, physically more energetic, more able to carry on casual small talk. It's nice.

My relapse moods haven't been as horrible or long lasting partly because my orgasms have been so far apart lately. A lot of the times recently they've been 14 days apart.

I even saw at the end of day 1 that I felt totally different than a usual relapse. It's as if I was on like 10 days or something and I was seeing the benefits of it when I was only on day 2. My relapses are not as bad as they used to be. They just come quickly and leave.

I really didn't binge this time around when I relapsed, which surprised me. I mean I MO'ed the one day twice no porn. I was able to avoid porn the whole day. Then on my so called "screw up day", I only PMO'ed once! I'm back on the wagon right away again, and on day 2 already.

The improvement is not just about women, it's also about people in general. I see myself having a spice of life again. Just with everybody, I love it. Honestly my life, socially speaking, is changing, and I see it even when I have an occasional relapse.

Thirteen days - During the abstinence I felt different when I was in public. More solid as a human being. More confident. I'm generally anxious and look at the ground. But I was just walking around with my head high, talking to folks, etc. I had to avoid looking at pretty women at the mall too much because I was starting to notice that I was about to react each time, and it's been so long since that happened, I wasn't sure what to do.

[10 days after quitting porn] I got hard during foreplay, just hugging and kissing, which felt very natural. That was never happening before I quit looking at porn. Score. I also had no trouble maintaining an erection during oral sex, which was a problem with this partner before I cut out the porn. In short, no erection issues to speak of. I did get a little softer at times, but it was fairly easy to get the erection back.

25 days - My ED got so bad from porn when I was with girls the only way I could really get it up was thinking about porn movies. Now, I have noticed that my morning wood is extremely hard for a long time, which is nice, and there are times when my libido surges. I am planning on never watching porn again.

On a brighter note, I started feeling positive effects quicker than my first attempt. I'm starting to get very strong morning erections, which I never or rarely had during the addiction. I'm noticing that I feel more comfortable in my own skin and more confident overall - it's easier to make solid eye contact with people, my voice is clearer, and I'm less anxious. I'm also much finely tuned into the simple presence of an attractive woman. I'm starting to notice nuance now that I didn't before.

Things are much, much better now. For a start, the extra drive has caused me to go out and meet girls. Actually having sex and having more opportunities on the way has vastly cut down, maybe even eliminated frustration. But also, I think that my brain has adapted, has changed its expectations. Part of the reason that you get so frustrated post-PMO is that the brain has been used to a HUGE diet of 'sex' (OK, actually wanking to porn), so it thinks that level of stimulation and sexual activity is the norm. After it has thrown its temper tantrum for a while (rebooting), it gives up and adapts to the new amount of sex in your life – i.e., once in a while - and the frustration is not nearly so much. PLUS you modify your social behavior to take into account the stronger sexual desire you are feeling, so you still come across as cool. It's a process i.e., it takes time, but trust me, TOTALLY worth it 😊

[To another site member] I really like how you mention "swagger". It's something I'm really starting to notice myself, and it feels great! It's a masculine energy that I previously didn't have... a confidence... feeling like a man instead of a kid. It's been one of the most positive side effects of abstaining (and I haven't even gone that long... a stretch of 11 days, a binge, and now on a stretch of 9 days). Good to hear other people are feeling the same energy.

I'm starting to notice I want to be around girls more, as well as a healthy reaction. Another thing I have noticed is that things in porn that may have aroused me before now horrify me! Eeek! How the hell did I look at that stuff and like it?

2 months - I don't feel suppressed. I feel liberated. I feel like I have had the chains broken off my arms. I feel better, but I personally know my body so I'm pretty sure that it's going to recover more. I have already noticed a big difference physically - more youthful skin, glowing skin, much less acne, more sharp brain, more motivated to get things done and more ambitious. I have also noticed that I am more prudent, logical and thrifty with my money than before. I think this has to do with dopamine. My reptilian brain less in charge and therefore I am less impulsive. I try to think and reflect what I am doing to make sure the outcome will be good. Even though my body is recovering I notice I am getting in the way by becoming too picky over the most minor and menial thing: sensitivity of the penis and duration of sexual experience aren't yet exactly where I want them to be. LOL

Week 7 is finally here and I have to say week 6 to week 7 has been pretty great. I don't think there was any depression at all, except for a few spurts that lasted for maybe 10-15 minutes before disappearing. I don't think I could ask for anything else, but other benefits have been noticeable as well. I am way more confident at work. I speak my mind when I feel like it, and I'm much better at communicating problems and possible solutions to my bosses. That's not to say I've turned into an arrogant ass, I'm still quite polite. Mixed in with social confidence and assertiveness it's a deadly combo I'm finding out. Social anxiety is still there but it keeps decreasing. More importantly I don't get down on myself when I build myself up to say something and fail to follow through. That doesn't happen as much either; I usually start talking right away. Where a few weeks ago I was getting erections but not really "feeling" them, I am definitely more sensitive now. I'm pretty confident I can perform now, as the sensitivity alone would be enough. I also had a pretty solid boner a few days ago, which lasted for quite a while.

I went outside for a while today, and I literally felt like I was breathing gold or something; I just felt amazing. I also realize that I don't remember the last time I was depressed, or engaged in my usual "I'm so tired of the same situation I'm in" self-talk that I always used to. Triggers are actually having less of an effect as time goes on, and real life girls are becoming more and more interesting. I really felt "abundance" today. I feel like I have knowledge, and experience, and success to offer to people, instead of being an energy sucker.

55 days – I've started dating again. I notice I'm very relaxed, confident, and having fun. This is a big change from what I wrote a few weeks ago. I think the painful associations are disappearing and they're being replaced with the

idea of sex/relationships as something fun and positive again. Awesome. I have been fantasising a fair bit over the last few days about 'date girl' and was surprised to find I had achieved a full erection while fantasising about her without any manual assistance. That has to be a good sign that my ED has healed.

80 days - I have been doing pretty well lately, feeling pretty confident. My attraction to real natural women has definitely improved. I used to be only attracted to big fake breasts on porn stars; now I am more into real women. I haven't had a chance to try and have sex yet, but I am working on it. I am very curious to see how I would respond (I arrived here with severe ED). I think I really turned the corner once I started going out more after work and socializing with people. Also this is kinda weird, not sure if its related, but I used to wake up at least once a night to go to the bathroom, now I haven't done that in weeks. I can't explain why. Now, I wake up in the middle of the night most nights with a huge boner, but it goes away pretty quickly once I get out of bed.

Months of no PMO – Now, it's like something is telling me to just be me. It's like my sub-conscious is slowly trying to let itself out of this cage that's been holding him in captivity for as long as I can remember, and it's finally ready to be let out and ready to enjoy life and its adventures. It's not caring what people think and just wants to live. Just knowing that its ok to be myself and not care about other people's opinions is a great start and a great mantra to follow. It's like, "Why haven't I done this sooner!?"

Today is my first week free of porn after about 12 years of daily use (I'm 26) ... I'm avoiding anything sexually arousing while browsing on the net, and I'm cuddling more with my girlfriend. We had sex one time since then and it was a lot more personal, sensual and rewarding than it used to be. It's interesting to realize that it was my porn addiction that eventually ruined my previous relationship of six years. I don't really mind, because my current girlfriend and I are much more suited to each other. I'm with her since 2 years. But it was frightening to see that even though number two had a much better and healthier mindset about sexuality than my ex-girlfriend, our relationship was deteriorating in the same pattern as my previous one.

This whole thing has been interesting. I give up porn and suddenly interesting things happen. I realize that I was using porn to avoid issues in the marriage. I feel better and have more energy. People start hanging out with me more often. I meet new people. The transformation that has taken place in me has been incredible. I used to be ashamed of many things such as my erections and my body. I've been taught that sex is bad. Only have sex with one person in your life. Don't ever talk about sex with anyone. And so

many more taboos. I'm transforming and at least now I feel great about my body and erections and sex. I have issues in my marriage, but I'm shocked to say many of them have gotten better since quitting porn because I am no longer willing to hide from the issues but I'm still not emotionally or sexually attracted to my wife. The next couple of months could be interesting for me.

The biggest thing I've noticed, is that the less porn I watch, and the more distant I become from porn, my desire to be with a woman becomes stronger and stronger. Not just sexually, but just wanting the company of a woman is desirable.

Day 33 - One thing I noticed just today I put the radio on and I played some music. It felt energizing. It felt great. I was in such a good mood. On the days of PMO, I never felt that way!

As the brain becomes more sensitive to the world around, you really start to value important things such as funny conversations, unexpectedly meeting new people, warm sunny rays, and the simple joys of physical exertion. Re-sensitization splashes colour in the continuously portraits around us. It springs up as confidence and initiative to not simply remain viewers, but become actors/actresses on the world stage.

Speaking of cute girls, I've had a recent epiphany. The older I get, the more I'm starting to look for girls who make me say "aww" instead of girls who make me say "dayuumn." Haha. Perhaps this could be a brain balance thing too. Also, went out for a walk. Saw this guy who I met at a party once, and we chatted, and I thought to myself, "Wow, it's nice to not be cripplingly socially anxious again." Like, at first it was awkward because we didn't remember each other's names and stuff, but then we got that out the way and had a nice little chat. If I were still in no-swagger mode, I probably would have seen him and gone the other way to avoid any awkwardness.

I just wanted to post, again, on the social benefits I'm experiencing with no PMO. Before, I thought I might have been exaggerating how much more social I became once I started experimenting with all this. But now I realize the benefits are quite real and perhaps cumulative. That is, the more I abstain from these things the more loose socially I become. The great thing is that I don't really have to try to be outgoing; I don't have to push myself to go and flirt with a girl. I just do it and it's natural and spontaneous and fun! No pickup community nonsense; no canned lines or gimmicks -- just authentic, playful human interaction. You only need one pick-up line really: "Hi, my name is _____ *smile*".

I'd urinate like 10 times a day when I was whacking off to porn. That's not natural for a young man, but neither is such a frequency and intensity of masturbation. Also, my stream was growing weaker because of it, and standing up I always made a mess. So at the end I used to sit down to pee. A couple of months into my recovery (with some relapses), I've noticed great improvements in that department at least. I urinate normally again, and I stand up.

So today's day 40 of no PMO. Not much too new is happening, but the days are flowing by nicely. My balls feel completely normal. This time around, I never got that kicked in the balls feeling that I used to get when I first started abstaining from porn/masturbation. Real life girls seem very intriguing to me lately. Women I KNOW I wouldn't usually be interested in...I'm finding little things about them that are cute LOL. I feel ready to approach girls, and there's no self-doubt at all. Like I feel like if I approached one the situation would be fine unless there's something wrong with her, and most likely she'll find me charming.

Now, I think I'm feeling progressively different about the girls I look at. The images of their bodies really stay in my mind. They are getting as strong as the flashbacks I used to have from porn, or even stronger. Although this is a craving, I can't help but think that this is a good thing. Seriously, I didn't feel any need to watch porn these last 18 days. I block any flashback the second it shows up in my mind, the flashbacks rarely trigger any ecstatic response from my body, but even if they do, I can block that too. And yesterday I realize I could do the same about the girls I saw. I felt it was an option to look at them or not. And I made the option not to look - because I don't need, nobody needs to fantasize to any images in their brains. We all need to have a fulfilling sex life, that's what we need. And I have a girlfriend. So, yesterday I felt **I was in command**. I could make the choice: to think, or not to think, to look, or not to look, to orgasm or not to orgasm. I don't now if this feeling has come to stay, but I think it's a good reference point for me to keep. Even if I relapse, I'll know that at some point, I had the control.

16 days -Reduced irritability...I feel more emotionally connected to people
-Sleeping earlier, better, and longer
-I don't feel alone and isolated as much anymore
-Sex is not the top thing on my brain anymore...I'm not sure if its in my top 5, and I prefer it this way

So today starts the beginning of week 7 no PMO. This morning I woke up with piece of mind. It's crazy. I feel some inner sense of security. It's pretty damn cool. I'm very relaxed right now while writing this.

Discussion on bodybuilding forum (not ours)

When I first heard of [stopping masturbation for a month] I thought it was a silly thing to do, or not do. It kept showing up on the misc so I decided why not? Nothing to lose apparently. So I tried it.

Started seeing the effects during the first week. I felt more alert, awake, energetic, and outgoing. Everything seemed more positive and the people seemed happier. Girls became more attractive. I just felt relieved by the end of the month. Felt less stressed. You'd be surprised what not fapping for a month can do to you. You'd also be surprised how many times a day you find yourself thinking of sex/fapping... something I've noticed since I completed a no-fap month.

I say do it. If you can control yourself... feelsgoodman

You'll be amazed by the differences, especially if you watch porn regularly. Obviously you'll want poon more, but also because you're horny you'll be far more active in things.

I think men have incredible drive. Our drive to succeed and do things is probably based on attracting females. Porn tricks us into thinking we have bishes, plenty of them, and thus we get demotivated and less active.

That's just what I think, either way, when I did a few weeks of no porn...Holy mother of god, it felt good. I became better at everything.

Dopamine receptors will get fried when you are marinating in porn and fapping (semi broscience). So real sex will become less and less interesting (happened to me)

To reset brain, best not to fap or view any porn. Not even edging which is even worse for dopamine receptors. And no fantasizing when you return to no-porn fapping either which I'm finding the hardest

I stopped for 23 days and during this time I felt major improvements. However I masturbated without orgasm several times during this period, which I felt hindered my progress. My erections were stronger; mentally I was in a better state and I would approach women instead of rejecting their advances as I had done in the past. After this spell unfortunately I slipped back into my old ways of porn and masturbation daily. However now I am on the 10th day of abstinence and I feel brilliant and very confident that this time it's different. The 1st few days were really hard for me and I found

myself being really down and depressed which may have come as a result of my brain not getting the dopamine levels it was used to, but after that it has been smooth sailing. I have noticed significant improvements in my confidence. Strangely whenever I stop it seems as though women are a lot more attracted to me and I talk to them a lot more.

2 weeks - Today I've had a much fuller feeling in my penis, almost as if it's strengthening, but still no erections or morning wood. I'm feeling a lot more natural in terms of the way I act and the things that I say. It seems that my natural sense of humour has come back, something that I haven't fully had since about the age of 14. I act spontaneously instead of thinking out every word and action as I did prior to quitting M+P.

Things seem to be happening in ways they never have, and I'm enjoying the ride so much. It is such a different roller coaster ride than the passion cycle, but way more enjoyable. Rather than going through the great ups and downs of orgasming every day, I am much more even keel. I'm finding great joy in the little things in life, such as "coincidences" like [the one that happened last night](#). Day 22 and I'm so happy to be where I am. Excited to see where all this leads. Life is so complex, beautiful and fun.

Week 12 - I'm actually totally impressed how HUGE I get. It's been kinda hard to ignore. I mean, my erections are ROCK HARD and ENORMOUS. I remember asking other guys here who went before me about when they noticed the return of their full erections - well, I think I got mine back.

So today I was ready to post and tell you that I am 30 days without PMO. But I failed. I'm 30 days no PM. Are you ready for this? Are you sitting down? Because last night I had sex with my wife for the first time since starting this program of no PMO. It was not planned. She initiated it. And get this ... drum roll please ... no ED problems!!! If this were Christmas time I would say that it was a "Christmas miracle!" At first I did not get an erection. But after reading all that I had read about karezza, I thought to myself, "If it happens, it happens. If it doesn't it doesn't." I decided to take my time, enjoy my wife's embrace, kisses, etc. I tried to remember as much as I could about Karezza and I think it helped. But I did orgasm. So did she. And my erection did not go limp at all. It stayed firm and hard. Over the last year, this never happened. The good news too: Instead of 10 minutes of "Wham and Bam" ... our session of love last about 45-50 minutes. This was by far the best sex I have had in the last 12 months. At the end, my wife asked me, "What got into you?" That is when I told her about kareeza sex.

She wants to read about now herself. Yeah!! For me personally, I can clearly see how internet porn has warped my view of real, god-given, genuine sex and love between a man and a woman. Even before last night's great sex with my spouse, even if we had not had sex, I was really starting to feel so much better about myself as a person. I got more work done. I spent more time with my wife, doing things with her around the house - not wanting or looking forward to when can I go to the computer and watch porn. Dropping porn from your life is so freeing!!! These past 30 days have been challenging, but also very educational and very freeing.

3 weeks - It's strange! I never imagined that stopping this addiction would open up so many other doors and help me in other aspects of life. I always envisaged it would just be my sex life that would see positive changes. I think after this experience I'm going to take the careful-gardener approach to my reward circuitry. It has been very eye-opening to say the least. I seem to have been flirting with girls a lot more often without having any thoughts about it. It just seems that since stopping I'm a lot more attracted to them and I genuinely want to interact with them. In the past I've talked to them and hooked up with them simply to try and prove something to myself and my friends, as the desire hasn't been there. It feels completely different now though, and I actually have a strong desire to hook up with them. [Day 23] Erections are getting firmer and firmer as I progress. Something else new: when I've been having the odd fantasy it has been about the thought of hooking up with real girls and not related to porn in any way.

22 days. I'm convinced that girls can sense if a guy is jerking off and it turns them off or something. In the past couple weeks I'm getting attention from girls everywhere I go. Smiles, eye contact, touching etc. That part has been awesome, and I've seriously been funnier and more charming than I've ever been in my life! Mentally my life is getting better every day and I can't wait for the physical part to follow.

I am finally learning to see women as something besides a means to orgasm. There are three I've been e-mailing with through match.com, and I think I'll be going out on dates with each of them sometime in the next week. Unlike previous times when I've gone on dates, there won't be the end goal of getting the girl in bed so that I can get off. I used to justify that kind of behavior because I was a good lover and my justification was that I was wanting to pleasure them. That's like one addict saying they really enjoy another addict up with heroin- what good does it really do anyone in the end? So with these women that I'll meet in the coming week, the emphasis will not be on sex. In fact, sex will be the very farthest thing from my mind if I have it my way. I'm excited to see how differently things could go since I've finally gotten my head out of my ass. Nothing but potential. I never thought of myself as the type to ever have any sort of

meaningful, long-lasting relationship, but now really anything is possible. I'm excited to simply put myself out there and socialize. Get to know some new people and who knows, maybe one of them will turn out to be the love of my life.

[day 11 without viewing porn and day 5 without MO] The thing I notice the most so far in my rebooting is how much clearer and less foggy my mind is. I'm waking up easier and falling asleep faster.

Day 31 - Yesterday, during my 3-hour nap, I dreamed that I was laying on that very same couch, awake, and listening to music. I heard 3 songs. 3 songs, one after the other, in their entirety. 3 songs that were not anyone else's songs (that I know of). They were 3 songs that are deep inside my being somewhere, just waiting to be released. As a musician who has struggled with songwriting and creativity, this has huge implications. Women seem to be almost flocking to me. There are four women who I've been in touch with, and all four of them seem like they would make great partners. Of course this is just based off what we have shared via e-mail. It will be nice to get to know them in person. I'm having coffee with one tomorrow night, lunch with one on Sunday and still need to make plans with the other two. When it rains, it pours!

Finally made it to one week. My confidence levels are definitely up. The place I work at has some pretty attractive girls working there as well, and I used to keep to myself because I never really felt like talking to anyone, but lately I've been actually wanting to talk to them. It's paying off and I'm making new friends.

Today marked the 3rd month of no PMO, which also happened to be my goal! I think I will continue with this as well, as I believe I still have healing to undergo. The last 3 weeks weren't bad at all, and in fact I was/am feeling really happy about life. I'm not convincing myself that I will never find a girl again, but instead am actually looking forward toward my next encounter with the opposite sex. Depression and most of my general anxiety seems to be gone.

2+ weeks - The combination of finally understanding the physiology at work here (namely, that this is not a harmless indulgence), combined with having a real connection with someone and wanting fuller, closer intimacy has made the difference...along with a filter on my computer to block impulsive behavior. I am also reaching out to my friends more and getting out of the house more and feel more at ease in social situations generally. Education and having a vision and goal of something better and socialization seem to be the keys...at least for me.

Before I quit I urinated a lot. It was weird, and the stream was also very weak. Since abstaining there is a much less frequent urge to go, its much better now I don't feel like I have to pee every freakin' hour!

I am currently on day 36 without PMO, and I can't even believe where my life is heading right now. I had two dates this week, and both women were wonderful. This is such a foreign world to me. I'm used to fantasizing about women and looking at pictures and videos of them online. I'm used to keeping a distance between myself and actual women because I fear intimacy and commitment. I'm used to thinking that women aren't interested. I'm not used to several of them wanting to spend their time with me. I can't believe everything that is happening in my life right now. Two things I have always struggled with - money and romance - seem to be coming at me in waves. This past week was the most financially profitable week in my life. Work, although very challenging, is going extremely well.

22 days of no PMO, 32+ days since my last orgasm. So far so good. I have really not experienced any additional craving or uptick in libido since I last posted here about 8 days ago: no wet dreams, but I have woken up with some strong erections recently.

Getting rid of PMO is not a panacea, but it is helping me to become more extroverted at a time when I really need it. I think that PMO made me self-absorbed. Getting out into the world and becoming more engaged with other people is important any time, but I am looking for work right now, in a tough job market, and the ability to get on with people, make connections, and focus on their needs, not mine, is very important.

The calm and confidence I was feeling with women is still there, but I am getting used to it. I have met some attractive women in the past week at various events, and I have just enjoyed their sense of humor and positive energy. In tandem with this sense of calm I am also experiencing a greater appreciation of beauty in women in general. I was speaking with a woman at a club meeting last night, who I would ordinarily say was "not my type", but I could appreciate her beauty more than I might have in the past: the way she was dressed, the way she had done her hair, her approach to life. I felt that we were both enjoying the conversation and taking time over it.

What has helped me is that I had to move for work, so was taken out of my place of former problematic ways into a fresh new place. I've been putting my spare time into more creative outlets. Also getting back into fitness, which gets me on a natural high with endorphins. It's so satisfying when running around beautifully fit women, and I'm actually not undressing them in my mind, just appreciating them

in a pure, natural, human sense I guess. This has been increasing the confidence in me, and now feel ready to meet that someone special in my life.

I am now on Day 28 of no PMO. These four weeks have been some of the best times I've ever had. I am noticing that when you withhold yourself from PMO, and especially masturbation, that everything around you just...gets better. I am noticing intense strides in my confidence and ability to do what I want to do. That's one thing I wanted to change. I always was the one who was easily swayed whenever my friends wanted to do something. That has changed. I make my own decisions and it's becoming harder to take me off of my position.

Also rejection amongst women is still prevalent, however it stings 10x less. (I'm only 28 days in...I wasn't too bad an addict...but mostly a one orgasm a day - but after an hour or so porn binge). Giving up PMO makes you realize that there are so many beautiful women around. So many that you start to forget the ones that ignored you or blew you off. Because as one falls out of pocket another sits right down.

After not getting morning woods for about...a week or so, they made a triumphant return in the last three days. I think this is a sign of me starting to leave the flatline stage. However, although I get morning woods...those are the only erections I get all day. I do not get any spontaneous erections. Also, touching girls and meeting ones I am into does not arise any attention or feelings from my penis. It's almost my brain registers that "she's cute" but my dick just sits there lifeless. I remember having a chubby whenever I met a girl that I liked...However this has allowed me to have better intent. When I approach these girls they are more receptive. Plus girls are starting to be more...blatant. Saying things that are so obvious. It's awesome.

Regarding my addiction recovery... I really do believe that I'm no longer a porn addict. Seeing sexual images on TV or elsewhere used to cause me problems even when I had been abstaining for quite a while, but even if it gets me aroused, my brain no longer considers porn to be a viable escape from sexual feelings.

Day 19 no porn - My line of work and the social circles I'm in lead me to meet many, many beautiful and new girls, but I could never score with them. Now I understand why - Porn addiction. So [my recent sex with this beautiful] girl was a confirmation that I'm on the right path, that my rebooting is working. I'm not inhibited in approaching girls I find attractive anymore, and my soon-to-be former porn addiction doesn't interfere with the natural attraction we feel for each other. And to find THAT out, my friends,

was a f***ing great relief 🙌 The most astounding thing is that now I've found the root of the problem, it's so simple...

Day 20 - My friends lately have been saying how funny I am and that I crack them up. I've always been a social guy but while I was PMOing I had to consciously think of something funny or witty to say. Now, it just seems like it comes out natural. Also it seems like people are drawn to me...kind of a weird observation but I swear it's true. I feel like I give off a different energy or vibe or something now.

I'm completing one month, three weeks and one day of no PMO. Today - thanks to everybody's support, this challenge and the good habits, I can say that the HOCD doesn't matter anymore. The thoughts and situations that gave me the spikes of excitement just don't cause me pain anymore. In fact, their effects seemed to get even weaker as time passed. I remember one day being obliged to go into the backseat of my friend's car - with 5 more people. And as a result, I needed to carry a male friend in my lap during all the trip. It could have been the most frightening/spiking situation if the HOCD had still affected me. But it wasn't. I felt no "fake sensations" as I would have felt months ago. Meanwhile, I got my semester results at university. I never got so many 10 notes (the highest note you can get, the same thing as an A+) as I got this semester.

[20 days] Positives:

- the improved self-confidence and energy around social situations that appeared a few days after the re-boot and which was such a surprise, is still there.
- I seem to have more resilience and am able to bounce back better than I would have been in the past. I am going through some tough personal things at the moment, and somehow this re-booting process is preventing me from getting despondent.
- I find that I am appreciating movies, novels and other art a lot more.
- The troublesome "triggers" that I had written about a few weeks ago in mainstream media seem to be losing their potency. I can see provocative images/headlines without my mind wandering too much.

[After a month, with a couple of mild-porn relapses] I found a personal mood pattern: the day I masturbate and the day after are great, lots of energies and very optimistic. Then the 2-3 days afterward are terrible, headaches, tiredness, laziness, mild depression at times. If I get through these (which, in the past I always failed to), I sort of balance in a "normal" mood, not too upbeat, but not depressed either, at times willing to engage in difficult tasks. The only big difference is in having more energies for physical activities, that's a sure improvement. Another small change is that I'm more willing to try new things, I'm thinking of changing my hair and buying different clothes, of different styles. I'm getting morning wood every day and some spontaneous erections too, sprinkled throughout the

day. But I never suffered of a lack of potency. Even when masturbating each day I always craved more even after a few hours. I didn't have morning wood though. So, that's a real change.

Adding to the list of benefits, the newest one I've seen is feeling life differently. A woman recently turned me down for a date, (no, not at all a big deal, she'd never met me in person). The big deal was that I noticed myself feeling an appropriate level of disappointment. It's weird to say, but I don't remember myself ever feeling that feeling before. Also, feeling new bonds of friendship, feeling sad about something that actually is sad. Appropriately, in a real way. It's hard to describe, the best metaphor I can think of is that it's like the cellophane wrapper's been removed, or like my hands aren't feeling through gloves anymore. Also, yesterday, I did my training routine, something called "Tabata Sprints." These things are designed to be brutal. Called "guerrilla cardio," they come with warnings, "consult your doctor". It consists of running full-speed for 20 seconds (which is something like 150 yards), pausing ten seconds, then repeating 7 more times. I've done them in the past, they were grueling. I usually couldn't finish them, almost always lost any speed halfway through, and felt like I was going to die afterward. Well, yesterday, biggest shock yet, the sprints were easy. I had kick in my legs through my last sprint, and I felt like I could have done more. Coming out of the brief rests, my legs recharged noticeably, quickly. It was just so odd.

[Age 21] I come off more confident...well increasingly so. I have gotten better at talking to women exponentially as the 35 days have gone on. I also admire beauty a lot more. Girls have me in awe lately. Also, while I still look at them wanting to ravage them, a growing voice in my head just wants to be with them. I don't experience it all the time, but sufficiently to affect me. It's weird. Never really felt something like that before. But I guess that is what porn does to you.

[2 weeks] I am actually starting to enjoy the abstinence from masturbation. As others have noted, my voice is back to sounding more resonant and deep. I feel better. I'm better able to focus on my work. Now that I haven't been masturbating, I have noticed my desire for my wife is coming from a very different place. It seems more related to physical desire for her, which I think is the point.

[For a couple of weeks prior, this man was complaining that he was compulsively scratching his genitals.] Haven't touched my penis in a while. 5 weeks no M, 1 week no P. I feel soo mellow. In a good way. My OCD is gone. I think I had restless leg syndrome. I've stopped moving my legs all the time as well. I was unknowingly doing it to touch my penis. I am so chill right now. Everything is slowing down for me, and I'm more calm when I talk to people. I am soooooooooooooooooooooo relaxed, and I don't need a

substance to do it. Man, I'm on top of the world. I WANNA CALL my x-girl and tell her I still love her...haha...I do. We broke up cuz of porn. My passion is gone when I'm on it, but when I'm not, I am on top of the world.

I'm still fearing relapse, cuz I just do. Always will. But this rebooting experience is finally paying off.

First, I read somewhere that your human brain (neocortex) is what you think, but what you feel is part of your mammalian brain. This explained to me why even don't wanting to watch porn, I felt that's what I wanted.

Second, that in order to recover you have to form new habits, new pathways in your brain. Suddenly that second idea got very clear for me. I understood that in the past, when I was abstaining and felt all that sexual energy inside me I thought that masturbating (to porn) was the only way out. So, after years of reinforcing that neural path, for me it is an automatic thought. But, and this is what I grasped yesterday, in order to recover, I have to form a new pathway. When the sexual energy comes, I have to use it to do **something else**. With this idea I thought about the things recommended in the list I'd seen in this site in order to spend your "excess of energy", but none of them sounded like a good plan to me. I didn't fancy any of them. And that's when the first idea I wrote earlier came to my rescue. I was in a situation where I **knew** with my reason that I had to go out and do some exercise or something because the risk of relapsing was very high, but I didn't **feel** like any of that. In that moment I understood that not feeling was my mammalian brain/paleocortex talking and that I had to do it even without fancying it. Finally, I called a friend and played some tennis with him. It was very good, and I felt excellent afterwards.

[1.5 weeks] Observation: the rise of my porn habit/addiction coincided with my acquiring a taste for extreme metal (music). I wonder if this is because I needed a stronger music stimulus to get a rise out of myself, what with my brain chemistry being out-of-whack. Perhaps. Interestingly, I get much more enjoyment out of my music after a period of abstinence. I could seriously listen all day, and to whole albums (not just certain parts of songs that I especially like).

Another result of abstinence: my writing has gotten much better. I don't mean handwriting (though that gets better too)--I mean word choice, sentence structure, etc. During my first year of graduate school (which I just finished), writing was a real chore. Now, after no-PMO, it's a pleasure. So easy and free. I have more words at my disposal, probably because my memory has improved in general.

Day 25 - I felt so confident, attractive, full of libido, on top of the world etc. More stable happiness with occasional dips. I'm hitting the weights at the gym a lot harder, and am noticing increasing muscle mass. I weighed 70kg of just light muscle, bone, skin but have put on 2 kg in a week! Muscle definition and strength is definitely increasing. I guess this is both a positive and a negative, but I've become aware of how unaware I am mentally, emotionally. A lot of my life was life living on 'autopilot' and stopping PMO made me realize how distorted my mind really was.

[10 days no PMO] There's this cute-as-a-button girl who works at the place where I get lunch, and today...I flirted with her! Well, it may have been a cross between flirting and being folksy, but in any case, I haven't acted like that toward a girl since SHORTLY AFTER I STARTED COLLEGE (about 5 years ago). It was unplanned and very natural. In time, I think I'll return to being the smoothy I was in high school. And I can now conceive of myself having a girlfriend (whereas before, I couldn't even imagine it). This is so much better than the introverted, masturbatory lifestyle I was leading.

I now have a snuggle buddy. We just watch a movie together once in a while, while holding each other. It's a good situation because there is no pressure. And I really have to say, real women are so much better than porn. It feels so great. I think it's what I've been craving for most of my life.

I seem to be able to handle setbacks better (looking for work, in a tough market), and I feel that I am better able to communicate with people. I am more tolerant, more generous, and more relaxed, and more confident. I had always assumed that forgoing orgasms would result in an uncontrollable libido, but five to six weeks in, I feel quite balanced.

Every time I reduce the porn habit I consistently get more pleasure out of life and my friendships. So effortlessly.

As you may or may not be aware I've been without porn for at least 3 months now, but have orgasmed quite a few times with the aid of my partner (I think I may have M once or twice on my own in the early stages), completely porn free anyway.

We hadn't had sex for about a week, and she mentioned earlier last night that she wanted it. Even though I kinda wanted it, I wasn't looking forward to it, as I want to be O free for as long as possible. Anyway, she started playing with me and I started lying with her in bed, and it was really enjoyable. So much that it didn't take long before I was on the brink of O, lol.

Anyway, I inserted it in her whilst it was nice and hard, and I couldn't believe how awesome it felt inside of her.

I remember saying to her through my very worse days of P addiction and impotence that it didn't feel like I'd had sex yet. She didn't really understand, and I couldn't explain myself. But last night, OMG it felt so good. I could feel everything, and it was great.

My success rate is becoming very good when it comes to sex, in fact I'm worrying more about finishing quick than getting an erection in the first place. My penile sensitivity has increased loads and for the 1st time in all my life, it feels like I've lost my virginity. I feel one step closer to beating this.

My social anxiety also has improved tremendously, and I've focused lots on eating healthy and exercising. I didn't consciously start exercising because of PMO recovery, but just kinda felt like I wanted to. Maybe it's linked.

[Day 7] This morning I woke up surprisingly upbeat - my spirits seemed a little higher than yesterday. My thoughts are slightly clearer and look towards a future. Not so negative. I have struggled with OCD like tendencies while driving at my lowest times, and I now know that these are ALWAYS after a binge etc. The difference 7 or 8 days on is that I was really, really relaxed during a two-hour drive to a family reunion yesterday. And things that might have triggered me typically were like water off a duck's back. So I guess to sum up: I have been feeling very relaxed. Like I can slow down a bit and smell the roses! I think it is all tied into my progress.

[Day 9] Once again, very relaxed and calm today - no anxiousness etc. of any sort. Everything is just water off a ducks back so to speak. It really is a powerful side effect of no PMO and one I am quite taken with. When I say calm and relaxed, I am not talking about the brain foggy, semi conscious type of calm that you can get from binging! With this calm and ease I am totally and utterly present. It's a huge difference.

One thing I also want to mention is spirits - this however is going to be very hard to describe. As I have noticed other times when I have gone a week or more with no stimulation, my brain seems to be in high spirits. What I mean by that is even when I have been quite depressed, my brain feels physically different - it feels like anything good, stimulating etc. that comes my way my brain will react in a very positive way. So it feels like it actually has the capacity to feel good very quickly.

Day 45 - The urges don't come nearly as often and I have so much more free time in my day and can get a lot more accomplished. I can also tell the sensitivity in my penis has returned because now I can just caress it and it starts to get erect. Also I'm having more random erections at the thought of anything slightly sexual as if I were in high school again. The erections are harder and last longer. I've been working out to expend my sexual energy. I think that is the one thing that has kept me sane. While at the gym now I see the beauty and sex appeal in

everyone, both men and women, and am no longer afraid to make eye contact with anyone I pass.

[Day 42] My motivation for quitting PMO was that it was negatively affecting my self-esteem. However, I could never have guessed that the impact would be so obvious and immediate. For many years I have suffered from mild depression and moodiness. Since starting the reboot, I seem to have a new, higher baseline and I am able to bounce back more quickly from depressive thoughts or feelings, instead of wallowing in them. I wonder if indulging in MO had affected my dopamine reward circuitry.

Certainly I think PMO made me selfish. Giving up PMO has made me into a better person to be around. If I was functioning socially at 80% before, I am now much more at 95-100%. I seem to have a little bit extra energy for social interactions, and that makes things so much better.

[Day 10] My penis is looking better!! Us Brits generally don't go the circumcised route, so I'm happy to say that my foreskin is now looking really SMOOTH, it's got that waxy *shine* back!!! No longer this scabrous, unwelcoming, dermatological aberration, it's now something I'd be proud to show to royalty. Never thought I'd see the day...

Once you begin to quit PMO the realness of life starts to dawn on you. It's like a reality check. And all your emotions start to show. I as a MAN, I never felt any type of emotion until I started quitting PMO.

[Day 14] I'm still getting healthy morning erections, but I also continue to flatline [no libido]. However, I've noticed a sudden burst of creative energy, with a strong desire to do translations. I also suddenly have the motivation to write poetry again. Furthermore, I've found that I have the attention span to read more highbrow writings, something I hadn't done in quite some time. In short, although I am flatlining, I am not depressed.

I think it's taken this abstinence for me to become emotionally stable. Visiting my injured granddad in a home today was really emotional for me. Although I never cried, I felt quite overwhelmed as memories of the happy times I spent with my him through my childhood came flooding back to me and I realised how much I'm going to miss him. My recovery to date has enabled me to become less selfish, and I think I've started to become more considerate towards the feelings of others. I feel as though I take a lot less for granted now than I did before quitting PMO. I never imagined quitting would have such a big effect on most aspects of my life but it really has, I've matured a hell of a lot during my recovery so far. I completely agree with

you regarding the little things meaning so much. It's completely true, something as little as seeing someone smile or laugh can be so memorable.

[Day 12] I don't care what others say, it's obvious too much exposure to internet porn is not very efficient. I am noticing women more now and even getting excited more. I even M'd but not for O, just to see if blood flow was returning, and guess what? It was. I was able to keep it up for a while longer than I had for years. I wasn't Ming using porn or for stimulation. Just to see if not being exposed to the P really affected my brain. It was. SO now I know I'm definitely no longer getting ED. I know reprogramming is working. The need to see P is not even there now.

Day 56 - Had an intellectual discussion with my Dad today on a topic I thought was out of my depth. But once the conversation got going I found myself making very relevant and noteworthy comments on the issue, which really surprised me, as I didn't think I had it in me. My Dad seemed surprised at the knowledge I had as well! I really believe that abstinence broadens the mind and makes certain pieces of knowledge a lot easier for you to access rather than having a clouded mind when PMO'ing regularly.

Now, two weeks in, I'm doing better. All of those benefits other recovering addicts are talking about have started for me too. I've lost a lot of my ADD-like symptoms, I'm not as anxious anymore or worried about other people, and I have more energy overall. A lot of the depression is gone too. I still have my days and mood swings, I nearly relapsed yesterday, but I'm getting better at impulse control and using that part of my brain. I went out to a small beach park yesterday, and even though there were beautiful/sexy people everywhere, I didn't have that painful lusting twinge in my chest that I normally got. And it WAS painful, it felt like a burning knife that said, "I need that. Oh, but you can't. Oh but you want it, etc, etc."

I've been experiencing some very welcome changes in balance, perspective, calm, as my reboot progresses (day 71).

Day 16 - Today my observations of women have also taken a positive step forward. As with what other guys have mentioned, the opposite sex is certainly seeming more attractive at the moment...and even more exciting....I feel attracted to women! I start to see glimpses of who I feel I really am. I get feelings and flashbacks to a time when I was strong, confident happy and felt the world was my oyster. It's like I jump right back to where I left off a few years ago. The past few years make no sense to me anymore. It's a

great, but scary, feeling. It makes me feel like this rebooting could change me for the better forever, but it also makes me dwell on the years I have wasted.

I am almost 8 weeks clean from porn and masturbation! This has been the easiest part for me. My moods have stabilized and I'm overall just a happier person on a day-to-day basis now. The last bout of depression was some time ago. Never realized how it weakened me emotionally, I deal with rejection and other things in life so much better now, and don't get so down and depressed over the little stuff. Another really significant change is dream frequency or dream recall. I have had, and remembered, more dreams than ever since quitting porn. Don't know what it is. Maybe my brain was exhausted by the porn before bed and didn't have the energy to dream or something?

[Day 17] Main difference today was that I also felt *consistently confident*, I simply was not shy at all, just very clear-speaking, loud, more talkative than ever, took more 'comedy risks', said a lot of weird/funny/unfunny shit that mostly went down well, often to complete strangers. No depression/anxiety (no horniness, either!) but a definite, marked heightening of mood. Was talking LOTS today, I've never been like this before - crazy!

Abstaining from PMO (though I had a bit of a slip with P a little over a week ago) has drastically changed my life, in less than a month. Now that my brain feels back in balance, I'm brimming with confidence. I'm not slouching anymore. I'm comfortable with myself. I love interacting with people. I think quickly on my feet. I'm funny! I've bought over 200 dollars worth of dress shirts and nice shorts. This will be my regular wardrobe, replacing metal t-shirts and workout shorts. Girls are giving me looks now. Hot girls have done double-takes. I notice girls glancing in my direction, twirling their hair, and all these subtle "look at me" signs. Over the past week, I've thought about porn for about 10 seconds. I've reconnected my home internet and haven't felt tempted at all. I can only think about real girls. How they look, smell, walk. My random make-out session (see last entry) shocked me into life. I want real girls/women. My sexual future is looking infinitely more promising than it did a mere 3-4 weeks ago.

I'm finding that I'm more balanced and happy with what nature intended humans to use reward circuitry for - healthy, joyful social interactions, physical exertion, positive self-talk. My feelings of sadness, doubt and inadequacy have been mitigated lately. For the first time, I'm chilling and facing the feelings rather than running away. => I feel like once my brain starts to solidify this pathway, I'll see exponential advancements as the older pathways correspondingly exponentially decay away. I toned down my pot smoking a bunch, stretching out what I used to do in a week over the course

of three months. Earlier, I honestly wouldn't have believed that I had control over either of these addictive behaviors [pot and porn], but I'm learning as I go that I do.

I'm probably not even halfway there, but it is improving my mood! I am now a lot more focused, and can get up in the mornings. I am addressing issues with myself and feel I'm on the right track. Also all the wild porn fantasies about what I wanted to do with women are disappearing, Now, when I think about them, it just seems kind of immature. Sex education needs to be tackled here in England. There must be more like me. After spending time with them on holiday recently, I am sure porn adversely affects some of my friends and their confidence with women as well.

[Day 20] I feel way more confident in social interaction and also more aggressive (in a positive way) in general. I get a good amount of eye contact with girls and that's a nice boost for morale. Also, I continue to have more and more fun doing sports, and I think about starting running, dancing, shooting and/or boxing. I am considerably surprised that I was easily able to quit another addiction in my life, World of Warcraft, easily after quitting PMO, because real life feels good again. Playing online seems a waste of precious time now.

It is a great pleasure to be without porn. I get more time for myself and my family. I can think properly. I can hear properly. I can speak properly. People who thought I am an easy-going person, now realise that I also have my own good attitudes and self esteem.

I have been on this "Quit Porn" crusade since November 2008, and this is after a 4-year addiction to it. I've tried many experiments, and while I learned and grew from them all, I have been met with plenty of failures. I don't feel bad about any of it as I've grown from every attempt, and that's an important factor to realize. The longest I've ever gone without porn is close to three months, and I can attest to all of what people here claim. It's like one day you wake up and someone turned on the world. Suddenly I'm dancing on trains and smiling at girls I don't even know, and it's all natural. Masturbating was so amazing around the third month. Here's the interesting part though: I consistently masturbated every day during the three -month period... Because of this though, I don't think I ever really broke the connection to porn, and when introduced to suggestive material by chance, the pull was still amazingly strong and BAM! Relapse... Since then it's just been trial and error with this whole thing, but ever since finding this site, I've been on the best role ever. I don't even think about porn anymore. If anything, I just gotta worry about masturbating and fantasizing about girls I

want to get with. I really think you guys are all geniuses for finding the missing piece in masturbation. I've always been so obstinate in stopping masturbation, though I knew I had an addiction to it. Today is the end of the eighth week for me, and I feel very calm and relaxed.

My record so far is 10 days without either P,M or O and I started to feel more confident and happier as a person. I was getting more attention from woman, developed a more positive outlook on life, concentration powers were returning, moods swings less severe and generally a more happy person.

I have noticed that my attitude toward the idea of sex and women has changed. I believe that this change has allowed me to connect more deeply with my girlfriend. Also, it is a little easier to focus. I don't feel as much mental "clutter" as I did before.

It's nice not having mental clutter huh? I noticed too, being able to easily shift focus because there was nothing in the way of my thoughts.

Yesterday I was at a festival with my friends. There was a tent with a bar, which was very crowded. The good thing is that you are "forced" to get very close with several women when you want to make your way to the bar. I started to enjoy those "encounters." One time I coincidentally was with one sweet girl in a very close face-to-face position and I barely could hold back the desire to just press a soft kiss on her lips. Another girl looked in my eyes, smiled, waved and said a very cute "Hi". Instantly I had this great warm feeling in my stomach. When I was on PMO I never had such feelings. I even got a semi-hard erection when I observed a cute girl dancing. Now I feel this hunger to go out and really get in touch with the girls, because I start to feel love and sexual tension for them again. Can't wait to have a girlfriend again to live out love and passion.

I am on around 40 days without masturbation and I can definitely notice that I am more focused and have better mood. Other things I seem to notice is less shyness, less need to argue with other, don't get obsessed about details, less nervous, better eye contact with girls. I need much less graphic/vision stimuli to become "hard" than I needed before when I was using porn daily. And this feels great. Also girls respond more positively to me than before without me doing anything special (as far as I know). Also I feel that other addictions I have had have had less grip on me than before. It's like I can choose to quit using addictive substances more easily now, or limit my consumption more than I was able to do before (caffeine, nicotine, alcohol).

It's striking the amount of energy one has, and the willingness to get out and do things once the dark cloud of PMO has lifted. I do feel much calmer and a greater sense of well being. I'm coming out of my introverted shell and really getting on those important things in life.

Ever since I have started this process, I have got more pleasure out of life's smaller pleasures. Another note, positive day today - I felt confident walking and just more confident in general, maybe I even attracted a few female glances? I hope so. Would so love to have a girl to hold right now. It's been so long and I feel like I'm wasting these years every day without any female's presence in my life.

Hitting the clubs and just going out and having a good time is paying off. I'm getting phone numbers left and right, and have dates lined up for the weekend and next week. I think quitting porn and masturbation definitely forced me to quit cowering away from women and start trying to understand what makes them attracted. Success with dating and relationships can be learned by anyone I realize. I've had successes in the past (coincidentally when I've abstained from PMO for a couple days) and realize it is all stuff I already knew, just forgotten. This was similar to when I was learning how to snowboard, and after not doing it successfully my first 9 tries, I just learned from my own observations and trial and error. Other observations:

- Definitely more aware of when I'm being fake in order to impress people or get them to like me. Also more aware of impulsive physical actions.

- Muscle mass is getting a lot bigger after working out. My skin is starting to get stretch marks so I have to stop working out for a while! This never used to happen

- Sense of well-being is steadier, although I notice a dip in mood towards the end of the day. Music is helping me cope.

- There is more of a sense of "I am attractive" rather than "other people are attractive."

[Day 50] I feel like since last week a seed has been planted in me and now I'm simply YEARNING for companionship. I've never felt this need so strongly before, and it's causing me problems!! I used to be perfectly OK being alone, but now I want a date every night of the week!!! What's going on with me??

8+ weeks - I relapsed and started surfing porn one evening in response to some trigger or other. Luckily, I stopped myself before I went too far and did not masturbate to orgasm. I had been away from porn a long time, but surprisingly, I found it a bit boring and predictable during this return visit. Rather than being the super turn-on it once was, it seemed more like a

second rate surrogate for the real thing (which it is, of course).

I went 97 days without porn. Today I looked at porn, not to get off, not for any reason other than I just heard a girl some of my friends know is a porn star. I was trying to find this girl and couldn't. I did see plenty of naked photos and plenty of sex photos. But I didn't "indulge" at all. Didn't masturbate, and was really not turned on by the photos. In fact it really didn't have much of an effect on me at all.

[Day 14, 2 years into recovery, with many relapses] I feel better physically than I have in a long time. Before I was aware of what was happening with PMO's effects on the brain, I felt like I always had migraines and was tired. I thought I was sick, but I was depressed. I feel better than I have in ten years.

[Day 20] I am running in nature every day. This definitely helps kill stress. My fitness seems to be improved since no PMO and I don't seem to get tired as quickly when exercising. Also doing my usual bodyweight exercises. Pressups, situps, pull ups. I exercise regularly anyway so this is not a change, but the additional energy is really intriguing.

What seemed like an exciting parallel universe of potential turn-ons, now seems more like a collection of 2-D images and videos which are remarkably similar, and in fact not as varied as or interesting as what goes on in the real world.

I never enjoyed being around family so much before. I always wanted to be alone and do my own thing, but not yesterday. One of my sisters is usually the life of the party (especially when she's drunk!), but yesterday she had to share some of the limelight with me!

[Day 28] The fact that I was aroused by a patently less erotic form of touch than that which failed to arouse me over a year and a half ago is a very good sign to me that my brain, and consequently my erectile health, is steadily recovering. For the first time in my life, I feel so alive, positive, and on my way to feeling complete!

What I have noticed for myself is that abstaining from orgasm has dramatically improved my memory. I have talked about blood sugar affecting my memory as well. The interesting thing, which I didn't even realize until just now, is that my blood sugar has been much more stable since I have not been experiencing orgasms. There is a connection between memory and high glucose in the brain or low. I just didn't think about how stable it's been since NO "O". Perhaps dopamine has an affect on how the brain processes sugars.

I've noticed that I'm much better able to resist the tempting lure of junk and fast food, which are well documented as sources of energy crashes. These foods are also connected with anxiety and stress, probably because your body is not getting all its required nutrients from these foods. Stress and anxiety have the potential to hamper thinking and creativity, along with memory.

Since giving up P I have seen my interactions with girls dramatically change for the better. I now love spending time in female company and go out of my way to seek it. I am definitely a lot more confident. The fact that this girl [he just met on the train] was really good looking didn't phase me. By contrast I would have been shy and nervous when I was a PMO abuser. The effects of abstaining have really surprised me. I feel like my whole attitude and relationship with sex and women is changing. I want to spend time and bond with a great girl I like and care for. I want to be intimate rather than just get off! It feels far healthier.

I am becoming much more physical and love to give close people a hug and a clap on the shoulder. Other things I can mention is a lot better stamina when coming to aerobic exercises like jogging swimming etc. This is not just a physical phenomenon but also a mental change with huge improvement in the will power. Another side effect are the girls 😊 This year I have gone through months without real sex and it's quite devastating to the self confidence. But in the last couple of weeks I have had a lot of sex. All my anxiety towards sex has changed into confidence in my sexuality. I experienced a bad breakup a couple of years ago and this seems to have pushed me towards an isolated place. The devastation of experiencing ED a couple of times with real girls just pulled me down to a darker place. I can see things more clearly now because my head is above the water:)

This is the longest I have ever made it, and I don't plan on stopping. I feel good. Very rarely do I slip into a depressed state, and if I do it is short lived. My libido is definitely returning. I can feel it kicking. I don't think it's 100% YET, but I have urges to be with women, and seeing them in real life turns me on. And when I say turned on, I don't mean I start getting hard. I just get a feeling in my groin. A good feeling. I used to think I had to start getting hard in order to prove my attraction, but I don't think that's right. Surely you don't need to walk around with a boner all the time to know it'll work. I've also noticed that I don't get as turned on by women on TV/internet. When I see them in real life, that's when my libido starts getting worked up. I guess it's just part of the switch from 2d women to 3d, real life women.

[Day 32] Over all, my mood is getting better. As the days pass, I'm feeling more optimistic, confident and determined. I'm more comfortable during social interaction, which sometimes was a problem before. During the second week I noticed my speech changed. I talk more slowly, but more relaxed. This helps me get my message across with more clarity, and I did have problems speaking clearly at times. Interest in women has increased, but seems to vary a little from day to day. I feel like I have more of an eye for women when I haven't had strong cravings for a while. I'm seeing some improvements when interacting with girls though, which is a real confidence booster right now. 🤔 Occasionally I feel like this is all a revelation for me. A lot seems to run more smoothly. I am way more positive-minded then before.

[3 weeks] I met an attractive woman, we clicked, got along and well, we intercourse. The moment was there and it happened. Despite performance problems with three prior efforts, I had no problems whatsoever this time. I was surprised I was able to get to attention so fast and for so long. Didn't lose my erection or anything like that. The experience was very wonderful, and I had no problems whatsoever at all. For me, giving up masturbation as well as porn was the key to recovery. It is worth the wait guys. It's worth the resistance and willpower to avoid P&M as much as you can.

[Day 53] I can feel parts of my personality that I've repressed come out, namely the extroverted, expressive parts. I just naturally am outgoing and social! I never realized it, and used to think maybe I should just bottle all of my emotions and thoughts inside. It's kind of frightening to just put myself out there. But I'm finding that I have gotten in contact with people I haven't talked to in years! This part of me that was repressed was a bit wild and socially unconventional which is why I repressed it. But it's me I guess. Finding myself to be funnier and more off the wall for sure. I find when I tense up in a social situation when I want to participate, I get angrier/more nervous. So, might as well put myself out there!

Also, I started thinking about my interactions with people. If there was an awkward pause, or no connection, I used to think there was something wrong with me and I had to be someone I was not. Now I think that me and the other person just don't feel a connection and there is nothing wrong with either person. Or maybe that other person is boring. haha. Maybe I'm becoming more patient and seeing interactions with people on a longer timeline now.

I have a date tonight. I also want sex. I really like this girl and want her to be my girlfriend. For some reason, I'm getting less action than I did before

starting this, but also dating girls I'd actually want to date long term. Funny how that works out.

[Later] We went out on the date. I tried to bring her home, and she gave me the look and asked, "Why? Because you want sex?" I got kind of thrown off. Our interaction was friendly, great, positive, and I think she digs me. We are supposed to meet next week again, so that question didn't ruin my chances. She says she's had 4-5 boyfriends and never had sex, will wait for marriage. Part of me says that is BS, as she's 25 already. Whatever, it's cool. I just liked spending time with her and I'm not as needy for 'it' as I used to be.

All this time without porn is great. I feel like my old self again, its crazy how I thought smoking too much marijuana put me in this fog but after cutting out pornography not only have I become more extrovert daily. But I can also smoke even with people I don't know and feel comfortable, with no fogginess to speak of.

All around I feel stronger, healthier, quicker at thinking on my feet too. After 10 orgasm free days me and my girl had sex in Monday... She says she forgot about our agreement to go a month lol. Good news is I got a pretty good erection, like %90. I was kind of surprised and she was too, it wouldn't even fit! This is a huge step from when I started this process. 2 weeks in when I tried sex I had to manually stimulate to achieve and half hard dick, then orgasmed after like 10 seconds. This time it was very slow and passionate.

[Gay guy] I've been on-and-off practising abstinence from PMO for about two years now. I've got to a sort of 'balance' in my own, where I'm usually about two weeks in between PMO. I know that I don't want to watch it in the long run, but I'm not currently too fussed about it because I'm feeling some equilibrium around the whole process. That is, that I don't feel self-blame for relapsing or for peeking. I kind of see it as equivalent to sneaking in a bit of chocolate cake every once in awhile. My ideal, of course, is to be free from porn in particular indefinitely. The longest I've gone without P is a few months. The longest I've gone without O is about 6 weeks.

I'm currently at 1 week since my last PMO. Feeling good. I don't drink alcohol, smoke, or do any drugs at this moment in my life (although I used to), and so I generally feel the most amazing I have ever felt. I like feeling less dependencies on extraneous / exogenous substances for my own sense of pleasure and well-being.

Of course, the one exception would be relationships with other people. I have noticed that my relationships in general have improved since I started this journey. Additionally, since giving up coffee, my new vices have been hot cocoa + bicycling --> I feel great all the time!!! The hot cocoa does fill me up with a lot of loving feelings, and creativity throughout the day. And

bicycling keeps me fit. I cycle to and from work each day, which effectively gives me about 30 minutes of cardio 5 days a week without even trying. I have a lot of different plans and goals for my life. One of them, for the first time ever, is to really work on a romantic relationship. I'm also considering monogamy in a serious way for the first time in my life. Basically, I think that a lot of the pressure for things like 'open relationships' and 'polyamory' are related to the neurochemical fallout and the lust for novelty. Of course, I don't think that open relationships and polyamory are INCORRECT ways to address this fallout (far better, I think, than a 'monogamous' relationship based on lies and deceit). However, I am slowly allowing myself to imagine a future of monogamy. I actually appreciate/cherish this as a possibility for myself—after years of simply assuming that monogamy was a failure of the imagination.

So I've been off PMO for about five months now. Never thought I'd make it. I feel great, and have definitely noticed changes in my mood and libido.

I've started playing musical instruments again. The interest seriously awoke about the time I stopped PMO.

10 days into this and I'm having no trouble at all. The benefits have been really obvious - increased confidence, alertness, ability to focus on tasks and do the best possible job. Increased strength during weight training. I think I'm giving off some sort of aura now too that is attracting more women and most notably women of high caliber. I could have probably had sex this weekend when I went out to this party, but I decided not to because I want to do this right. It feels like I'm just kicking ass at life at the moment. I'm seeing more gains from the weight room than I have in a long time.

[Day 37] The last few days things seem to get more stable and positive. I get good morning wood, have a sensible penis and could get an orgasm easily with only gentle touch and no fantasy. Social anxiety has reduced considerably and I feel more "worthy" for possible mates.

Day 59 - positive observations on changes:

-much better at building an emotional/spiritual connection with a woman. Less afraid of expressing interest/love/smiling at women. Better intuition about which women are date-able. Basically if they drain my emotional energy instead of increasing it, I realize they aren't worth my time.

-predominantly attracted to a woman's face, and "radiance" rather than just the "porno, model" type of woman. Don't get me wrong, I'd LOVE to date these types of women, but now need a connection. Looks alone just don't cut it although it is a big factor still. I feel more attraction for a woman with a great face but so-so

body who is sweet and loving than a narcissistic gal who just wants to be worshipped for her looks. Is this a positive or negative? Maybe this is just a defense mechanism/denial for frustration haha.

-less desperate sexually. Absolutely no interest in masturbation or porn.

-more energy, generally happier, etc

Negative observations on changes:

-sex drive has changed from "crazy" to situational. I still get morning wood every other day. I'm a little scared because this is unknown territory for me. In the past, if I felt a lack of sex drive, I'd look at porn to try to redeem it and then O. Now, I just have to live with the fear and the "unknown." We'll see what happens.

-awareness that a lot of my self-esteem comes from my interactions with women. Basically, if I have women who are interested in me, I feel great, confident, manly, bla bla bla. Without women, I feel rejected, angry, sad, etc. I could go out on a date, and be on this "high" after it goes great, but if she doesn't answer my messages or cancels our 2nd date, I feel horrible! I think a lot of this has to do with my ego and probably some self-acceptance issues. Maybe I'm not really ready for a relationship if this is the case and might just need to get comfortable being alone.

-Still smoking. The brain is latching on to any sources of dopamine after quitting PMO. I stopped eating sugar, so the brain doesn't want to give up this last thing. I cut down to a lower nicotine mg dose and it has helped the addiction become more manageable. I'm going to cut down to 1mg cigarettes and wean off it. I know I can quit (quit before), and just need to stay away from the clubbing/partying scene for a while.

[Day 30] It's been a tough ride but now I start to see the improvements! My mood is very different, a more calm and relaxed default state that's different from anything I felt in the last years. Confidence is slightly up. Also when I think of girls, I long as much for bonding behaviour (touch, affection etc) as sex. This feels way, way more normal.

Did 90 days of No PMO. Decided to M once on the 91st day, and then I did it one more time about 10 days later. Since then I'm on Day 17 of a new 90 day streak. I continue to eat healthy, meditate, and hit the gym. I'm getting in extremely good shape, and it's been fun to watch that transformation. My mind still feels sharp and clear, no more brain fog. Been unemployed for months now, but I'm about to return to work in a job that pays really well, but will require a lot of domestic travel. I'm hoping that returning to the workforce will boost my confidence and self-confidence even more. I feel bored and isolated not having anyplace to go most days. It will be nice to be around other people again.

[Day 10] This is the first morning I did not wake up with a raging woody. I actually woke up an extra hour early without my alarm clock. I never do that. I woke up feeling very energized and ready to start my day. Very

optimistic. I feel stable, whole, and complete. Very grounded. I was a vegan for two years and stopped for a year and a half to try and gain weight. I am going to start cutting out stuff from my diet again. I noticed if I eat meat or sweats before I sleep, my erections and woodies are more intense and I get super antsy. I also feel a lot of energy in my head. I don't feel as nervous around large crowds anymore and I don't feel as self-conscious. I also feel a lot more focused. Like laser sharp focus. I'm just me and it feels good. I feel really good. Could it get any better than this?

[Day 12] I feel GREAT! I keep waking up earlier than my alarm clock ready to take the world (I still get woodies but as soon as I get out of my bed and start my day it goes away).

I went to the library two days ago and approached two girls. I never do that unless I'm at the club. Even then it takes a lot effort for me to do it. The first one I got her number (she was really cute and had a really kind personality) and the second one had a serious boyfriend but she was still flirting with me the entire time. I don't know what came over me. I saw them, got up from the computer desk, and approached them like it was second nature. When I finished talking to them, I have to admit I felt really proud of myself and happy. It was a huge adrenaline rush lol. My interaction with them was awesome. I wasn't looking for sex. I was looking for some awesome company and they just so happen to be pretty. I felt like a kid again.

I have also been really introspective. Normally when I am around women I feel intimidated or looking for one that will give me attention or I will look for one that is down to do the dirty. So basically I used to have three categories of experience with woman-

1. Who is down to do some things? If so, pleaaaseee give me attention. You maybe? You? How about you?
2. Intimidation. I used to feel really intimidated by woman. I would feel weak and inadequate. Like I did not stack up to them.
3. I am a man and I am higher than you in a very a\$\$hole way.

Now it's.....equal. I don't want anything from them. I am enjoying myself and just being me. I usually have to go to a doctors office and the woman staff there have been...dare I say it?...nicer to me. My voice is deeper and I have a more commanding presence. I feel separate from everyone else's drama. I went to the food court and it was packed with college students all my age group. The old me would be high to numb out my social anxiety but I quit Mary Jane. The old me still would've been nervous around groups of people even w/o MJ. But not yesterday! I was just so calm and sure of myself. It was aweesssoommmeeee. There was a girl that kept looking at me while I was sitting down. I normally get looks/glances but she seriously kept looking at me. It was an ego booster but at the same time really weird because she seriously kept looking at me lol. I don't know if she was conscious of it or not lol. Whenever I go out of the house, I feel like I'm huge. I feel big and larger than life. I have this swag and aura about me. I feel more

manly. The "voices" when I go out are all gone. I feel like no-one is judging me at all.

Being fully whole and sharing love is so important. I was so blind to the importance of it before until starting this journey, but life is really about that I'm realizing. Definitely becoming more patient, generous, etc than before when I was in my porno-world, satisfying only me. It's funny because as you transform good things seem to *magically* happen more.

[Day 74, with one slip] There's this girl in one of my classes. She's gorgeous. I've never had such an easy time flirting (while sober lol). Everything that came from my mouth was golden. If there was a silence or break in conversation, I just sat with it. And most the time she would be the one to start it up again. I used to feel like I always had to be saying something/keeping her attention. Not now. I was calm and confident. It's been a while since I let myself pursue a girl. I forgot how fun it is. We're hanging out Sunday. Pretty excited.

(Day 67 now): [Reply from another guy] I no longer mind silence, in fact I purposefully let some slip into every conversation. It's weird but I have this feeling that silence has a way of bringing people in sync. Then the conversation flows much more naturally. It's amazing how many things abstinence teaches you. More than books, more than teachers, just awesome.

Yesterday, I went to the gym for the first time in a while and I felt it really calmed my nerves. I loved it. I will go again in about an hour or so. :)

Also, I'm thinking of trying to get out to the city each day to a place where I'll see women. I've found lately that I feel more joy than I did pre-reboot when I see real women. And I'm noticing women whom I probably wouldn't not have paid much attention to before the reboot.

Last night, I went to a concert. I find that people are much more at ease in my presence than they were with me before I began the reboot. This holds true regardless of my mood. Maybe I give off a less desperate vibe or something like that. Also, when I go out, I meet people much more easily. And I am generally more flirty by nature than before. Even when I am not feeling happy, the people I encounter find me pleasant.

At the concert, I caught sight of a woman who was probably in her late thirties. Despite being a number of years older, she bore a considerable resemblance to my sweetheart in body type and facial features (hair too!). I didn't get to talk to her, but the fact that I found her amazingly attractive seemed to me to be a good omen of how I would respond to my sweetheart when we reunite. When I woke up this morning, the memory of her gave me an erection after a minute or so. On the bus home today, I saw a girl who was fuller figured with rather thick legs (like those of my sweetheart) and I found the sight of her to be reasonably stimulating. Both of the above episodes make me think there must really be

something to the idea that falling in love has the effect of making others less attractive. Earlier, I was worried that I might have problems becoming aroused with my sweetheart since she is not the type I have generally preferred in my past. Now, I'm noticing girls who have physical features in common with her and moreover, I seem to find them attractive BECAUSE they share features with her and NOT in spite of it. 😊

[3 years of cutting back] Zero cravings for sugary foods and alcoholic beverages. I'm still "sensitive" to porn and visual stimuli, but nothing like before. And, what's important: I seriously find JOY in initiating companionship/relationship (I STILL have problems staying in them!) NO JOKE: I'm beginning to really enjoy elders and children, and appreciate their wisdom/experience and spontaneity, respectively. Where before I was more like "meh, get off me." I had NO patience. In the past I've been SUPER shallow as well, but now I'm more "aware" of the "inside" in people. Oh, one more thing: I'd have slight anxiety around people before. This is almost non-existent now.

I'm seeing that I'm not objectifying women anymore, looking at them sideways, comparing them to that lesbian scene I watched last night. I feel calmer. It looks like my penis bigger, which, in all honesty, is probably true, but that's just my view on it.

My brain made its switch last night into its 'restored confidence and focus mode.' Such a better way to think and feel. It's really amazing to me how it's like your brain is living in this haze while PMO'ing. By abstaining I literally have control over my moods and my perception of life. With me it is a drastic change in thoughts and view of my purpose. With all this does come a sense of remorse of all the lost years, but my logical thinking brain when I'm clean knows that I can move forward from now and make up for the bad years. Lastly, feeling like this, I can really see how females can pick up on males that are out of balance. Today is day 25 with no O, but a couple of minor PM sessions during.

(After rebooting) I've experienced a good amount of hair regrowth myself personally. It could also be because I got off accutane 6 months ago though.

(Reply) Me too. The sides of my head have been thinning for around 2-3 years. (I'm 21) There isn't much history of male pattern baldness in my family, so I went to the doc. He said he thought it was just my natural hair-line coming through and could possibly be male pattern baldness in its very early stages.

Since beginning abstinence from PMO around a year ago, my hair line has grown back and my hair is a LOT thicker (I used to have it cut once every 2 months, now it's once every month). This could be a few things:

- Maybe I had a short bout of alopecia
- Stress around that time caused hair loss (My cousin went 50% bald from stress, but it grew back)
- Too much masturbation caused the hair loss and reversing this caused hair regrowth

It could be any one of these. I'm skeptical to say that not masturbating can make hair grow back, but with all the other cool benefits some of us get during abstinence, why not? It's only a small majority of people who practice abstinence if you think about it, especially nowadays when sex is less and less taboo, so hair regrowth in people who abstain is unlikely to be documented.

The only bald guy I know around my age is, ironically one of the same people who lent me a large number of porn videos when I was in school. Could be a coincidence, maybe not.

The re-boot IS working well: I feel better about myself, I seem to be making more friends and enjoying life more, apart from some down phases. I have not had any dates recently, but I am continuing to join clubs and going to events to make new connections. I am also working on myself: buying new clothes, taking care of my appearance etc.

(Day 19) Well my moods have definitely been up and down but in general I feel more positive. My energy levels have increased and my mind at times feels clearer. In the past I've had a very mild stammer/ stutter. It's only there sometimes and I think it's brought on by anxiety. It's like in my mind I know what I want to say but I can't get the words out. Well in the past week I've been abstaining there has been no trace of my stutter at all!! It's actually quite amazing 🤩. I've also started reading. Up until I started this reboot I've literally read 3 books my entire life. The past week I've read 3 books alone! It's like I got a great urge to expand my mind instead of programming it with harmful junk like porn and reality TV.

I had the same issues with the stammering. I could never get my head around why it was. I ended up just accepting it was me, but deep down I knew there was a stage in my life where I wasn't a nervous wreck, and I was full of confidence. Although I don't think porn was the only reason for my lack of confidence, after quitting it, my speech totally fixed itself, as did my confidence, so I know it was playing a massive part in it. I also started reading and am obsessed with cycling now, especially in the countryside. 🤩 Oh, and as a bonus I can get it up with my girlfriend now.

I forgot to mention I also feel a lot calmer. Especially around family members. In the past I was prone to random outbursts. The littlest thing would set me off; I would curse and become threatening. Definitely not something I'm proud of. After, I would think, "Did I actually say that?!" It was like I was not in control of myself. The past couple of weeks there has been no sign of that at all! I feel a lot more mellow and I think I'm becoming more caring and have a lot more self-control.

Another thing I've noticed is that my taste in music has suddenly changed. I've always been into hardcore hiphop music, but since abstaining I feel the urge to listen to happy, love songs! lol. It's strange. I definitely feel a shift happening in my brain like I'm becoming a different person. The true me perhaps? I'm absolutely obsessed by the plain white T's - rhythm of love - at the moment lol.

(one year+ HOCD, ED) ED is LOADS better, but it's been a gradual recovery over the last two years, plus I'm super-comfortable with my gorgeous lady. Just taking things slow and sticking to bonding behaviours for a week or two after you meet is an excellent idea. It's almost like you become in-sync together and when it comes to sex your bodies just combine naturally, with no anxiety or worry. It's just plain awesome! Two years ago I thought I had no idea I would enjoy cuddles this much, or as my partner and I call them "snuggles." 😊 But now I realize that the feelings and connection I get when holding my girlfriend in my arms is unbeatable, and it feels even better the longer I go without porn. So things are going VERY good right now, I'm exercising fifteen minutes every single day without fail. I've lost weight, gained muscle, my complexion is superb, the black rings under my eyes have practically vanished, I'm more confident, stronger, faster and above all else.: happier! 😊 I drink lots of water now as well, I don't know why, but it puts me in a really good mood and is way better than the sports drinks I was taking before, as there is a pretty noticeable come-down period with those after the sugar wears off.

I'm over a month now and I feel so much better. Sometimes when I get into bed at night now, I just remember how tired I was and how much pain I was in when I used to go to sleep after my binges. It brings such a huge smile to my face now, that I can go to bed pain-free. It must seem so pathetic to people who have never experienced this.

I really felt better after that incident [an attractive woman obviously flirting with him] than I ever remember feeling after a PMO session, even though there was no sex of any kind. I just felt manly and confident and full of life force!

[Reply] It's pretty amazing how that works, but it does. I'm experiencing something similar. It's some kind of magnetism! I swear, when I am keeping

my hand off my dong, I can do no wrong. I can say something bad, I will still manage to make a girl smile or laugh. It's a vibe thing and it's a shift that happens in a deeper way than we are used to. Plus, since we are not spending hours in front of the computer, we are out actually doing things to improve our lives. Those things add up over time and are attractive in and of themselves.

I am at 5 weeks being PMO free. The trouble falling asleep has gone away and I am pretty sure I am over all my withdrawal symptoms. I had a nice surprise at the mall just the other day. There was this hot girl walking in front of me and I started to get a full blown hard-on. Now that has not happened in like, forever. It was a nice feeling and gave me confidence that this whole process is actually working. The best part: the hard-on lasted for a good five minutes. It just made me feel great the whole day. I have also been waking up with morning wood almost every day not full-blown, but just enough to let you know it's there. I have been getting the urge to jerk one out lately, but I keep telling myself, "You made it this far so don't ruin your streak." I am still seeing that girl I meet a few weeks ago and things are going great with her. Life is a whole lot better and brighter now that I have started healing my self.

[Three weeks no PMO] 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.

[Day 14] So far my emotional being is at the best it's been in a while. I rarely have anxiety. My depression is gone at the moment, which is really good. I was stuck in the past for a while, living in regret. Now, for some reason these thoughts do not bother me anymore nor do the triggers that start them. I feel more motivated to do things in life and I'm actually excited for them to happen. I actually made great eye contact with women holding a conversation. I bought a hard case for my phone and was asking the sales person some questions. Usually I get the urge to twitch and get real nervous, but this time I was looking into her eyes and actually able to hear what she was saying. She didn't seem hesitant to look away either! I usually get "eh" to rude reactions when dealing with cashiers or front-end people, but not today. I'm going out with a female friend Saturday, which usually gives me confidence in talking to another girl. Going to practice conversing more often.

Day 65 - I didn't enjoy flirting before I gave up PM, so that is a big change. I used to see the game of picking up woman an annoyance, and just wanted to get off. Now I enjoy meeting girls, finding out what makes them tick, teasing, being teased, chasing, being chased. It's great 😊

Another guy: I've noticed the same thing, this reboot actually puts you in a position where you will appreciate qualities of women that you otherwise would 'skip' in the process of picking her up.

3 weeks - On the positive side I guess I've noticed a few improvements in things. My acne, which has always been a pain in the ass, seems to not bother me anymore. All those hormones constantly being stimulated. I don't have the strong urge to urinate frequently anymore. I can go a full night's sleep without going. I still get semi hard erections during the morning and night but not full. My memory is a lot better. I don't have those brain-fart moments like I use to and even typing on this board at first gave me issues. Now things come to me easily, which is good.

(1 month, one slip) - My porn fantasies have diminished largely and are increasingly being replaced by actual people. If this isn't a sign that abstinence from PMO, especially P, isn't leading to a more healthy sexual appetite then I don't know what is.

I am on day 30 and have experienced the following benefits in general (keep in mind that the process is not linear and there will be bad days and times when the items in this list do not apply): Return of frequent morning erections, spontaneous erections, better social life, better general well being, anxiety now plays little to no role in my life, more attractive to women, stronger, smarter, funnier. Haven't decided to have sex yet but I have no worries that I will be able to when I decide. Things are functioning the way nature intended.

The changes that I've noticed is that I let things drop easier, and I'm quicker to laugh about things. My thoughts are quicker, smarter and clearer than in the past. I care less about worldly issues. Politics, economics and the like. I'm finding that a voice of a woman is what attracts me the most to them, to me it's that which carries all the character/personality traits that I find attractive now, and not just the looks. Physically, No longer having random spots break out on my face, my skin is shinier, I have more energy, I get less rashes, I've had a few headaches because of withdrawal. My eyes seem to have changed strangely. Like a different shape and have more life to them, very shiny. I feel no anxiousness at all, and come across as very calm, because I am. Mood wise, this week I've had some angry days, a day of feeling worthless and like an underachiever, followed by blissfully 'upbeat for no reason' days. Still don't feel 100%.

I'm on day 5 without an orgasm, and I swear I have like a superhuman sense of smell today. I could smell the perfume from a couple women who walked by like 15 feet away. I also noticed so many different smells outside, I even smelled the rain before it started... weird. Maybe I'm just noticing details in life more

After being PMO free, give or take, the past 2 months. I have realized that the little things in life are great and the most important part: like conversations, like finally being able to get my life in order, like interacting with women whether or not it leads to sex or a relationship. I am in college and for the first time I enjoy doing work.

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, I'll give a full report then. So glad this actually works

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.

So here I am on day 64 of my reboot (never imagined I'd make it). My penis and my sexuality is more alive and well than ever before. The difference is that I can now focus on other things and use the energy (I used to waste) on trying to do well in school, finding a suitable mate with whom I can experiment with Karezza and paying more attention to my personal goals. This is a new lease on life in a sense because I feel free from the sexual compulsivity that plagued me after I made the decision years ago that it would be best for me to quit porn. I'm amazed at how easy it is now to knock away the urges and improve my mental state without using porn or masturbation. That's a brain that is waking up to things *other* than a penis. I'm learning how to put out the fire in my crotch, which has been so manipulated - and not just by our own hands - but by the designs of others who seek to capitalize from our slavery to our sexual desires. Nothing is scarier than being a sexually responsible person for the first time in my life and in an historical moment when downright reckless irresponsibility is promoted as normal and as commonplace as the now all too frequent weather disasters.

Even though I've had a couple of relapses with masturbation and porn in the past few weeks, my brain is overall much sharper. There is a huge difference from when I used to watch porn every night. I'm getting so much more done at the office it's amazing. Big decisions are coming to me much quicker. Even my boss has started to take notice (I just get the sense that he's impressed with what I've been doing lately.) I'm starting to feel like Neo in the Matrix in a way. I can sometimes sense a solution almost before a problem comes up. It's almost like there is a whole other dimension to life that is emerging.

I got there once (90+ days). I did notice less anxiety, feeling more at ease with people, more balanced moods, eloquence, telekinetic powers, etc. There is definitely a rhythm to the libido. I now have spikes every two weeks. But if you can manage a long period of abstinence, it's a pretty nifty experience.

Day 92 – It's freshers [first week of university] for me. I've noticed that I am so much more confident now, and can attract girls. A flatmate of mine even pointed out my confidence a few times. I'm different! May I note that this is a success in itself? Confidence was something I definitely was searching for from abstaining from porn. Abstaining has enabled me to focus on doing little things, improving my image (buying clothes that fit, using facial products and drinking more water to make my skin look better, etc). I definitely can feel more sensation down below when I'm with a girl. I've met a really great girl this week as well. Hoping to have a quiet night in with her instead of going out in the student madness tonight.

[Month into reboot] The girl behind the counter was SMOKIN! The second I walked through the door our eyes met. I was instantly turned on. I didn't want to be a creep but I was definitely enjoying checking her out and I don't think she minded lol. I felt strong, passionate, sexual feelings both physically and mentally. I just felt great. The only way I can describe it is the feeling that I would get when beginning to look at internet porn, or better, the feeling I would get in my teens and early 20s when I saw a sexy lady. (I'm 29 now.) The sensations were so strong and energizing that I am content with it being my sexual experience for the day and leaving the fantasy behind. Porn and porn fantasy pathways are slowly dying in my brain and they are being overtaken by real arousal pathways. This is so cool! I don't care if I stay in flatline for a while, as far as penile response goes. This is awesome and totally worth it! In my days of PMO I really found the courtship process, even for a fling, to be way too much trouble. I am now finding great pleasure in noticing when a girl is checking me out. Eye contact with an attractive, interested woman is almost intoxicating. Not entirely sure, but I feel like I am much more able to read women now. I am getting this strong sense for whether or not a woman is interested, and how much. It's like I can literally feel

their subtle cues. It's actually kind of surreal. [A week later] The ripples are subsiding and I am attaining a new, more natural level of sexuality and desire. Women are REALLY starting to turn me on now on a much more consistent basis. I have noticed that with minimal fantasy and minimal physical stimulation I get an erection within 2-8 seconds. No death grip. Actually no real grip at all. Just light touch. I didn't enjoy oral sex at all when I was hooked on PMO. No penile sensitivity. I haven't had a BJ post PMO yet, but I have no doubt that a woman can do a lot better job than my hand at this point.

I've become a much happier, more confident person within just 2 months of TRYING to reboot. I can't wait to fully kick this thing for good.

Day 5 after a slip - On the plus side, my voice is super sexy again 😊 I've been noticing that around 5-7 days of the reboot my voice always gets extra deep and smooth sounding. Sometimes I talk just to hear myself talk, which is totally not normal for me!

Day 9 - Today was one of the great days. I had so much more confidence at work today. I keep recalling something that I said to myself about a year ago. For some reason it stuck in my brain. I remember saying to myself "Why am I so timid? I am like the shyest person ever. How come other people can just talk naturally and be happy? I can bench press over 300 lbs, but yet I'm so scared of people. What the heck is wrong with me???" At the time I was watching porn for a few hours every night. I had no idea what it was doing to me and how much it was depleting me. Well not today! I felt awesome today. I have insane amounts of energy. I got up early, worked a long 13 hour day at the office, then went to the gym for an hour, went grocery shopping on the way home, did some cooking tonight. At some point I thought "Wow, is life really this easy for most people. I can go and go and go all day." I'm so used to being wrecked by a porn addiction for the last 15 years, I don't know what to do with all this energy. I used to be constantly exhausted, had to force myself to do things, was in a mental fog, I had trouble concentrating, and everything in life was just a drag. Today I found myself kicking ass with little effort. I also found myself flirting with girls at the gym again no problem. It was just so natural, I didn't even plan anything. There was this one girl walking by and I was sitting at a machine, so I yelled hi to her. She walked over, we started talking about how fast she was running on the treadmill, I made some jokes about flying off the thing if I tried to run that fast, etc. She was all smiles, and I think I was making her blush. I seriously could not believe that was me. Yelling 'hi' to a random hot girl at the gym I didn't know, and getting her to walk over to me to talk... Seriously!?!? I couldn't imagine pulling that off a year ago. Also, back when

I was masturbating for hours daily, my penis was pretty much worn out most of the time, like rough and calloused... Now it's the most sensitive it's been in my entire life. It's even so sensitive now that subtle things like my pants rubbing on it if I move a certain way will start to turn me on.

I just had the greatest conversation with my wife about a number of things that are going on in our lives and it was really great!! I felt calm and present, confident and secure like I haven't in a long, long time. I'm on day 13 today and the last few days have been good and bad, up and down, feeling so so, then miserable then not bad and a few times actually pretty good - like today with that conversation. I was actually there in a very different way than I have almost ever been with her before and I think that we both really kind of liked the change, although she didn't openly acknowledge it. But I had the sense that she was feeling something different, and really good, about our interaction. And for me, it was just glaringly obvious to me how much better I felt, and with such calm and clarity that I can't actually recall experiencing and being so conscious of. This feels good . . . !

I'm now at day 37 no porn and no daydreaming mentally I can feel myself changing. I am more focused and am no longer irritated all the time. My energy level has increased and I feel I have a general underlying feeling of confidence I haven't felt for a long time. I have been having sex with the wife every week or two, which has triggered a small chaser effect but not for porn. The morning after sex a few times I have masturbated (mechanical only, no porn no fantasy). But all in all I am quite proud of what I have accomplished so far. Physically I never did lose the nocturnal erections, but can't make myself get an erection. I take it as a good sign that making out with my wife DOES give me an erection.

(Two weeks no wet dreams and months of no porn) I'm making more eye contact that's for sure. Girls sometimes look intimidating, but not these days. I'm like: "Baby, you have no idea what fire lies in my belly!" LOL. There was this girl in the library today. She was checking me out, and when I left she was busy pretending not to notice me. I never realized how obvious those things are. It was pretty funny.

One thing I love about no masturbation is the sleep I get. I can always get to sleep faster. Instead of nervous thoughts or insecurities popping up in my mind, I have wonderful thoughts of my future mate and am filled with contentment and anticipation bundled into one. I am quite horny, but it is an anticipatory type of horniness. It's not a lustful kind where I can only think about breasts and labia. I feel like I've broken some new ground, and there is a fresh scent to it. I honestly might never look at porn again. I am excited to

again kiss a woman closed-mouth, feel her body next to mine, smell and gently kiss her neck, and courageously give her my arm to hold when I take her out for the world to admire. And I'm excited to have a better sex life after the reboot, even if it's getting handjobs from myself.

Day 30 - **Positives I have noticed**

*I have increase mental alertness. I still have foggy days but they are less frequent and only last for one day or even half a day.

*Morning wood is happening much more frequently

*My relationship with my family has improve dramatically

*I am much more patient and less impulsive

*My magnetism with the ladies has increased. I catch girls checking me out in public, and the girls I already know have been flirting with me lately.

*My nerves are gone or at least in control. I am an artist so in the entertainment industry that I work in, nerves are a choke-hold to creativity.

7 weeks – (arrived with severe symptoms) I have made it to 7 weeks of absolutely no PMO and I am still going strong. I am yet to see relief of the physical symptoms such as fatigue, sluggish digestion, and memory problems. Or maybe I have? Honestly I can't tell LOL. I do feel better emotionally and mentally. I have very little anxiety anymore and have an overall calm state. I talk a lot better in public and have more confidence. Also, I am starting to see things around me in a different way, especially the way females look at me. I am not sure and this is something that has been there all along and I am now just starting to see it, but girls keep hitting on me left and right. Maybe it's cause I am putting myself out there more.

How I feel is amazing - I have slept soundly and feel like the world is a brighter place. My mind is clearer. My head is up. Sometimes living where we do - in the middle of the countryside in a small hamlet of houses I am often the only one around. When things are bad this makes me feel like I am skulking about with my porn secret and sometimes I don't even want to go outside. This is especially odd as I am passionate about outdoor sports. It shows what a grip it can have on you and prevent you from being yourself. If I told people that know me that the drive to 'use' has stopped me training at times - they would find it very hard to believe.

Been thinking less and less about porn, initiating conversation with women much easier, am less socially uptight, more confident when speaking in front of a group, and noticing women who used to seem disinterested in me unabashedly staring at or slyly (yeah right) glancing quickly at me. My moral muscle is also getting strong, prohibiting me from even considering casual sex with a stranger (something I have done my fair share of in the past). I am perfecting an adoration for myself I have lately neglected to

cultivate. I am listening to people more with my heart again, rather than my ears. The increased sensitivity reaches far beyond the penis. My mood is also leveling out and I'm excited for the future. Whether or not I was the victim of an addiction I don't really know for sure, but I KNOW this exercise in self-discipline is returning huge dividends and I am looking forward to continuing past the goal I set. I'm getting back to a self that is confident, vibrant, and downright funny.

Day 14 - It would appear this rebooting has unexpectedly cured my weak bladder issues. I remember the very day when I was a young teen, I was in school I had the desperate urge to go pee. So I went and straight after still needed to go. That was the start of something that blighted my teen years and has been with me ever since. I think in those very early days it was physical from rough masturbation then became psychological and anxiety related which is a vicious cycle. Constantly needing to pee really screws up your day. I did see a doc very early, and got pills, but was so embarrassed with my mum in with me. As I have got older it has not been so bad, but the last week the issue has slowly disappeared. I can be out and if I do need the loo I can wait over an hour or more. This is unheard of for me and I would say I am normal. Twenty-three feckin years of misery *sorted*.

At about 3 days of abstaining I become much more confident and outgoing. I never considered myself as having social anxiety before, but when I see the difference now, I actually might have had it. I just feel so comfortable in my own skin after stopping the porn. I am much sharper in conversation and my jokes land. My ability to attract girls also seems to have increased.

Without a genuine drive to socialize [due to too much PMO], you tend to simply do what you've been told you should be doing, and try to act how you think you should. It's not truly real, like every relationship you have with friends or family is like a one-man show you're putting on out of some kind of obligation. You're always distanced somehow. I'm finding that social dominance, and romantic and social success aren't as important as having an interaction that is 100% real.

The way I feel right now is the best I've ever felt about my sex life. I feel energized and very confident. This energy isn't solely manifested in erections. Actually I haven't really been getting morning erections of late. I think part of that has been a result of lack of sleep because of a stressful exam week. Nonetheless I still feel very aroused and am constantly anticipating "close" encounters with women. I'm especially excited because I'll be seeing my ex again next weekend; we'll be going to a Halloween party together. She's keeping her costume a surprise but I can only imagine that it'll be very sexy 😏 I want next weekend to happen so badly, I can't wait. I made a playlist for after the party and I'm stoked to play it under the sheets. Like last week, this time I have a good feeling about

what's to come. I have literally 0 desire to PMO. All I crave is a real woman beneath me lol. This is a very liberating experience.

10 days - I've already seen some pretty major improvements. My confidence goes up and down by the day, but there's a noticeable upward trend. The sexual aggression that I've always had in my fantasies (and during intercourse before I caused my ED) is coming back more strongly than ever. I've woken up with morning wood a few times (one was even impossibly rock-hard). And the feeling of my penis' head gently rubbing against the sheets feels magical.

Week 11 of no porn, a bit of masturbation - Some benefits I've noticed:

- better physical endurance
- able to lift more at the gym
- much more confident
- less trouble falling asleep
- better, happier mood
- more efficiency at work
- less socially awkward

15 days - I'm noticing that walking around in shops and stuff is far easier now. I never realised it, but I think I suffered from a degree of social anxiety before. When I was out shopping on my own or just walking around, I would feel really awkward, especially when a shop assistant spoke to me. Sometimes after really uneventful occurrences in shops I would get really hot and my mouth would go dry and I would feel so out of place. Weird looking back on it that I never realised that wasn't normal. Now, though, I feel so secure when I'm out doing stuff. It's a nice change. I'm also getting into my music. It seems to sound so much better! My tastes in music swing back and forth between chart/dance/drum and bass and then metal every month or so. At the moment I'm liking metal and it sounds more awesome than usual! My voice is also noticeably stronger, as loads of other guys have noticed. It's a lot easier speaking to people in a noisy place. My voice carries easily through the noise.. Before it was an ordeal speaking to someone with loud music in the background.

After 40 days the positives I have noticed are that my life is no longer ruled by watching porn day in, day out. I don't seem as nervous when making and holding eye contact with girls or even confidently smiling at ones who you can tell think that they are way out of your league.

Day 79 - Since I stopped PMO (excluding two Os, see below), I've done a complete 180. I'm much more of a gentleman, confident, cocky, and happy. The depression I've been battling on and off for years is waning (though there are some spikes, but I feel like they aren't as severe and don't last as long). Even if I don't ever fully recover my sexual health [he'd already had successful sex since

reboot, but didn't feel back to full strength], the personality changes make it worth it (whether or not this is the placebo effect, I don't care! It's real to me). Overall, I'm a much better person than I was 79 days ago, when I couldn't even write an email to a professor or talk to my best friend without feeling anxiety.

(One month) I am walking up to people, spontaneously, introducing myself and being more naturally social than I ever remember. My wife wants to go out for dancing next Saturday at a 30's-40's plus type place and I think I will, never before since about 20. And my voice really is getting a bit deeper. LOL, I thought that was just a joke, but it is true.

(After 50 days of no porn/masturbation, but sex with wife) As my brain comes more and more into balance where porn and masturbation are concerned, my ability to control my drinking seems to get stronger as well...for what it's worth.

I am noticing a lot of positives, like women randomly sparking up casual conversation with me, people seeming more interested in me, a deepening of my voice, a drop in anxious habits, a more self-assured demeanor, and a more positive outlook on life.

I almost do feel like a super hero at times...except I am not wearing tights haha. One thing I've come truly notice is I have this great feeling of abundance. Which could be attributed to higher energy levels. Instead of taking or losing energy through the old ways of pmo, the reboot seems to recycle and transmute it positively.

I'm just enjoying too many tangible benefits to wreck the train I'm riding these tracks on. My voice keeps getting deeper and I am improving athletically as well as academically at a really high rate. Also noticing that the women who show interest in me by looking right into my eyes as I/they walk by are going from pretty cute to definitely hot. The looks are also getting more devilish.

So it has been 33 days of no PMO. It seems that depressions are over, I haven't got any in the last week maybe more. Occasional anxiety, self loathing of low self esteem periods are present, but they usually do not last more than an hour.

I HAVENT LOOKED AT PORN OR FANTASIZED ONCE in 54 days. I have experienced REAL changes in how I feel my brain fog has lifted, I feel more connected with my wife and family. I actually enjoy listening and talking to the grand kids and chasing them around the house instead of wishing they would leave me alone so I could get back to the TV.

Day 125 - Rebooting and facing my ED problems head-on in general has given me a lot of strength and motivation to optimize my experiences in life. I've done a

complete overhaul in regards to my lifestyle (quit smoking, began meditating, started reading more, less television/video games) and I've channeled a lot of my negative energy into creative areas. All of this doesn't prevent me from feeling like I'm not a complete man, though. Some days I have brief, severe anxiety attacks, and it just seems like I'll never be the person I want to be. I don't suffer from any of the psychological symptoms of porn anymore. Meaning weird fantasies, objectifying women, detachment from reality. The only thing left to cure is my erection strength, which seems to have improved, although I can't be certain until my girl friend and I have sex again.

Day 84 - For the first time, I was truly comfortable and enjoying safe, sober and what I considered to be really good sex with a girl I really like. Not to mention it's pretty baller that this is all going down in _____. There is something extremely romantic about the afternoon sounds of a developing country drifting in through the window from the city street with your amazing new beautiful girlfriend lying next to you. I've come leaps and bounds from the shy, introverted, crippled by panic attacks, lonely boy I was only a few months ago.

Day 44 (with one relapse a few days earlier) I managed to do surprisingly well in an interview in the afternoon (I've always been terrible in interviews for jobs etc. I think I have like a 90% failure rate, so this was definitely good.) I was extroverted, had a good conversation and spoke clearly and with confidence. And got the position I wanted (on-site training, not a job, but still good).

Day 56 - [Some sex with wife and a bit of masturbation, no porn] Though I have always had an average to slightly above average penis while hard I have never had much to speak of while not aroused. Since giving up porn and masturbation my johnson has grown in both length and girth. I think you would all put that in the "benefit" column. I don't know if chronic masturbation traumatized the guy and he now feels safe to come out and play or what, but it's nice to have a bit more dangle to my angle.

Day 100 - All of a sudden I feel masculine. Women don't seem terrifying or imposing anymore. I feel attracted to them just by looking, not through fantasy or role-play. It seems worth the risk of talking and connecting now, where before, my sex drive was so warped that it didn't really matter to me whether I got laid or not, except emotionally. I still have anxiety and shyness. The reboot isn't an instant cure, but it's the first step in making everything better. I only had sex once before the first time I talked about here and I barely had what could be laughably called an erection. This time I lasted forever and I had had 3 beers in me! I think I can say I'm cured. Erection was strong from foreplay and stayed strong

throughout. No help from kegels. Went for around 45 minutes until she was too tired to go anymore!

One month - The resulting change in my relationship with my wonderful wife is more valuable than I can describe. Other physical benefits: starting to exercise more, now noticing regular morning erections (and I did not ever think I had ED) and sleeping through the night without waking to urinate following late night PM. These are the plus side of this change.

14 days - Yesterday I was out shopping for some presents and I saw the prettiest girl I have EVER. SEEN. across the counter at this jewellery-ish store. Seriously. She was right around my age too. She had beautiful long brown hair, square glasses that matched her face perfectly, beautiful straight white teeth, slim, and she was dressed kind of "I look like I'm lazy putting on my clothes but in reality I put a lot of thought into it." She wasn't "perfect" like some pornstar; she had little "flaws" that made her gorgeous. I can remember her smile, it was slightly crooked to her left side, it was so cute. She wore nothing revealing but you couldn't help but admire her body at the same time. I'm amazed at how I remember all these details about her, whereas previously I would just be looking at a girls boobs and if they weren't fake, I wasn't interested. But I walked in unshaven, with baggy camo pants, a Sonic the Hedgehog shirt, hair uncombed etc... And I didn't hit on her because I pretty much looked like a bum. I am so used to being alone and not caring about other people, that I just walk out of the house like I'm a total hobo. SO, when I got home, I cleaned out my closet and arranged it so I have all of my best clothes in one section of my closet. These are my outside clothes. I picked the very best, so no matter what, I look good when I'm wearing them 😊. The rest of my clothes are in my dresser so I can just wear them around the house or if I'm not going anywhere women might be. I'm still beating myself up for this. She was the most beautiful woman I've ever seen, seriously, and I have the confidence to talk to her, just not when I look like a bum.

Anyways, it's another thing to add to my list of getting better. Quitting PMO, then starting to diet to lose my extra 10 pounds, then starting exercising again (cardio/weight lifting), then starting a lot better personal hygiene, now working on my wardrobe... And hopefully more and more things will continue on this list so I can be superman, and finally be the boyfriend and have the relationship I've always truly wanted, instead of the lies that PMO pounded into my brain.

A girl in a shop started talking to me today. It was not until I was walking away I realised she was chatting me up, doh! In the past even just talking to such an attractive girl would have my heart racing and I would have had to think hard what to say(probably something smart ass). Instead I had a normal conversation as if with a friend and was totally chilled. There is a definite fundamental shift in my attitude and behaviour towards all woman. I can only describe it as the lust for instant gratification has gone and now would appear a failure. Just realised now I have not done my old habit of analysing why she would even want to talk to me. The ease of talking also applies to men. I have noticed I can retain pictorial information significantly better than pre-reboot. Discovered it by accident when I looked at a diagram in a text book and realised I did not need to look at it again as I could still recall the image in good detail. Can also remember faces better. Text base information is not so good so am going to experiment with more imagery.

45 days - (sex with wife, karezza-style) I'm already experiencing a whole range of benefits, the chief one being clarity and much less social anxiety (in fact it's also gone in most situations).

Before my reboot I think I subconsciously put myself under pressure to succeed in picking up the girls I spoke to and to create a good interesting conversation, making them want to be with me. It made it difficult because I always felt under pressure which made me nervous and awkward. I could never think of what to say or how to say it and my body language would have shown my anxiety. This would make girls uninterested in me, since I was useless for conversation and ridiculously awkward. I tried to remedy this with alcohol but I ended up just being a sleaze. Also undesirable. This happened whether I was in a relationship or not. Even if I wasn't trying to pick them up, I think I subconsciously was trying to anyway and making myself very unlikable.

Last night was different though. I didn't have any pressure and I just let conversation flow. I felt confident and the way that not only girls, but guys too, spoke with me was remarkably different to before. I had fun talking with people. I was never the life of the party or anything, but I gelled with people I haven't seen in a while and met some new, interesting people. One thing I noticed (though I'm sure my girlfriend won't like it) was that girls were definitely more interested in me than they were before. I had good conversations with them, lots of eye contact, smiles and some mild flirting. I didn't reciprocate the flirting, but I was flattered by it and just enjoyed the conversation.

Day 25 - No PMO. It's still 4pm, but I can already post that I'm not PMOing today. It's just amazing to have control over your body. I'm also controlling better other 'addictions' and studying more and doing actually useful things. Really into socializing and meet woman. Normal libido. I just want real sex right now. Another thing that is really impressive is that I can easily maintain eye contact with absolutely anyone. It's easier to socialize, and I'm now more self-confident than ever. I was with this asian girl yesterday and I could easily look into her eyes constantly, but not in an awkward way. And we laugh and there was absolutely no anxiety being with her even though it was only our second time together. No PMO is the way.

We all have our sad or negative patches, but after rebooting, I no longer get stuck in those "un-ending moments of hopelessness."

I've definitely noticed an increase in confidence in individual conversations and in small groups. Today a group of friends were hanging out and joking around in a lighthearted way, which usually induces escalating feelings of isolation and depression in me until I withdraw into my head or leave the situation, but this time my mood was more stable and I even joined in the conversation a little. When I wasn't talking I was mostly listening to them and laughing along and staying engaged that way. Also assertiveness comes more naturally and I'm starting to develop an 'eye' for little opportunities to be more involved in the action, which is something I've noticed in the past when I made sustained efforts against social anxiety.

Day 33 - Prior to my extreme porn abuse and ED, I had very vivid feelings of a certain indescribable sensation with women. This euphoric sensation came from kissing, and lesser forms of physical touch. Holding hands, barely brushing up against each other. Simple touches. Time spent together. Gazing into eyes. I remember this great sensation that came with all this, very different from the satisfaction my brain derived from porn, and altogether more satisfying. I remember how a simple conversation or even text from a girl could send waves of positive sensations through me. About a week or two ago, something interesting happened, when a girl I was flirting with suddenly became touchy-feely with me. Nothing too extreme, just sitting close to me, touching and talking. I started recalling this very vivid sensation from the past, and enjoying it deeply.

I am on day 78 on my quest, still holding strong and feeling great. Went out over the weekend met several women and was just plain social. My intention wasn't to try to meet any girls but just to hang out with my friends. But it ended up happening. I even had this cougar all over me, trying to kiss me and throwing me sexual innuendos...it was pretty funny. However I ended just talking to random people...and met several women in the process...it was the most fun I had in a

long time without even forcing anything. I got couple of girls #'s...ah the chase is fun. However I almost got into another small another altercation with a drunk fellow. However, he was disrespecting a lady friend of mine because she beat him in game of pool. And he got angry because he had never lost to a girl. I told him to chill out and beat it. He eventually did and probably went home to beat it! Seriously though so much is happening, my old self would have been fried with all this social interaction. Now I enjoy every moment of it. It's amazing how much social anxiety has dissipated through this whole process. I am still amazed.

After two months - Improved physical appearance, no more social awkwardness, getting more attention from girls without trying, and seeing girls as people I could be friends with instead of just sex objects.

Hi. I've got good news, I have managed to get a job. I just had the job interview and it was in English and they asked lots of things and it just went well. So then I had to wait some time, and then they finally told me I was hired. Really nice, because my resume was not that good. No relevant experience for this particular job so I basically got hired on the job interview because I apparently made an impression. So this recovery and no-PMO is already starting to work out. I mean I got a freakin job! First time in my life, where I have locked on to my target (it was my decision to apply here) and I done my best, and now I got the freaking job. Feels good, to be back in control.

Besides that, my mind is starting to clear up I believe. One thing I know is, whenever I was in full addiction I would never have pulled off this job interview. I'm truly am a changed man. Three older men sitting against me asking questions about me, why I want to work there etc. And me cool as ice, just telling them, being relaxed, showing interest, asking questions myself. Finally got the word I got hired, shook their hands, left. That's how it went, I was in control, and it felt good. I was a bit afraid because last night there was a point where I truly felt like a crack addict, but this morning I was refreshed.

So definitely I'm going to continue rebooting. Before the interview I thought, "This really doesn't phase me as much. I've been through a lot. Why stress out on some job interview?" And what really got me through it is to just not put so much weight on it, if you don't get hired, you don't get hired and if you do, well you do. That simple, and I wasn't stressed at all, as I used to be with even smaller things. This would have been a big thing a year ago, now it was new, but good.

Day 18 - My penis looks bigger since I've stop PMO (still working on the sexual fantasy). I not saying I've grown a third leg; it just looks healthier, fuller and longer, whereas before it usually looked like a turtle's head. I've notice that my posture has improved, especially when I am walking. I walk more upright. I feel stronger too. Also, today I started getting semi-hard just from sexy pictures with no nudity! That would have never happened before

the no PMO, which means I'm becoming more sensitive...yes! And I felt myself drawn to her which is different from the feeling I would get from porn viewing.

I always knew in my heart that overstimulation was screwing with me because once in high school (I'm 31) I stopped PMO for whole month and it is still fresh in my memory how outgoing and energetic I became that month. After going through YBOP it just reminded me of that one month and like a light bulb came ON. Already dark spots under my eyes are 'miraculously' getting lighter. It's definitely a different high.

Another side effect that I'm 100% sure is due to PMO, ACNE!...my mild-severe acne disappeared completely when I stopped PMO. I've driven myself insane trying to figure out what the root cause was. I've cut out so many foods thinking it was a food allergy and even gone as far as going on an all raw food diet. When I stop PMO all of these side effects disintegrate and I become such a different person, it's like night and day. After a year of struggle, I'm in it for the long haul. It's been a week and I've been all over the place mentally as per usual but this time seems different. My last slip was different as well, I felt nothing...it felt like a joke. It's like I somehow came into this surreal realized where it just wasn't a part of my life anymore. I no longer fear this new territory where my brain is balanced, it's not new to me anymore...it feels like home. I can honestly say this has changed my life completely and I'm glad I went through it. I appreciate life way more now and just feel present and aware. I'm no longer a slave to the dopamine spikes which were causing me to overeat, drink excessively,...ultimately do anything to excess that gave me pleasure.

I'm on day 26 right now. I've noticed many of the benefits most posters mention, more energy, more positive feelings, less desire to be alone, and my interactions with everyone are better. My desire to look at porn now is much lower. I have a lot more energy and my apartment has never been cleaner. LOL

Day 27 - Lovely evening. Watched a film. Lovemaking too. It comes from wanting to show my love for my wife now and wanting to be really close rather than wanting to cum or go a bit mad or from lust. Didn't really want to O as I didn't want it to be 'over'. My mood seems more stable these days - less depressed or ecstatic just more balanced. I have a real desire to get on with things too but in a less desperate way - if that makes sense.

Day 75 - My libido is very enjoyable to have around. It's not like a porn/orgasm chaser effect where I "need" to relieve myself, which almost feels like what a

drug addict craves. I don't even have cravings for sugars/junk food anymore, which must mean my dopamine levels are finally leveling off. I do have a strong urge to orgasm (I feel like I might not have control of an orgasm happening) but I don't even feel like masturbation would do the trick. Even if I were with a girl, if she were to use her hand or even her mouth (well mouth maybe I'm not sure) I wouldn't feel satisfied. I have a need for penetration, but not in a porn like way. I've never felt like this before, but I could live like this for the rest of my life! I think the worst is finally over.

Day 45 - I'm really happy that my libido is rising again. I can now feel its presence most of the time as well as increased personal magnetism. Others have reported a stronger voice. I can feel (hear) that too. Also I think I can say that my meditation practices are stabilising on one 15 min meditation every day. There are still some mood swings and sudden changes, but they usually don't last. Also some self-loathing periods, but much briefer than before.

I actually have not had sex since my reboot (several months ago). Funny thing about a reboot is that you can live without sex, and now I have standards for women. So, I am searching for my queen, and not having random sexual encounters. Not many women are measuring up so far, but I have too many prospects because I am a minor celebrity on my campus. I am positive I could have great sex though.

Day 30 - One thing I have noticed - I am finding it very easy to do all the chores and tasks that I usually find a pain in the neck and don't seem to have the energy for - this is a very odd feeling. I am just doing the right thing without needing to motivate myself or drag the energy from somewhere.

Day 10 - Conversing is becoming such an easy thing to do now. I don't worry about what I'm going to say and how I'm going to say it or if what I just said was wrong. I didn't analyze the conversation afterwards to see if I screwed up and said something wrong. It was just a completely natural and comfortable occurrence. NOW, I'm really starting to feel more like my real self. A confident, attractive, friendly, outgoing, young man with intentions to actually go somewhere in life.

After full reboot: A lot more confidence at work too. My first week I had to stand up and introduce myself to 50 people and give a little intro. Before, I would have choked up and been extremely nervous. Now, it was really easy for me. Got some feedback from my recruiter and he mentioned how

impressed all the execs were and thought I was very articulate, polished, and handled myself well. So that is pretty cool to conquer the social anxiety.

Day 14 - I've noticed that I'm starting to have real, genuine feelings for women again. Feelings of desire and interest. For a while I somewhat questioned my sexuality. Not because I was interested in men, which I wasn't... I just didn't have any interest in women. I'm now noticing attractive features that women have more and more. I've even had a desire to kiss them. That may sound bizarre that I'm noting this... but this is very new for me. I haven't felt that in years. I was talking briefly with a fellow student while waiting for class to begin and noticed she had absolutely gorgeous, beautiful eyes. I never noticed those things. Also I no longer fantasize about potential mates or women I personally know in porn scenarios. I try not to fantasize at all but when one creeps in, before it is dispelled I have noticed that it's all first person, all one on one, and nothing kinky or odd. Also, a change for the better.

A friend of mine was taken aback by my behavior today. I was so happy and outgoing...I even "look better". He wanted to know what was going on with me. Did I get engaged? Well to tell you the truth...I've stopped masturbating, looking at porn, thinking about sex and orgasming. LOL. I didn't tell him that but just said things are good.

Two people said there was something different about me and I was looking good. Cue guessing game of what I was up to . Was tempted to tell them but elected not to.

I have more energy than before, horny as hell but I can control it 😊. My memory has gotten better. And I've got that social guy who once lived in me back. I got my charm back and it is worth every sleepless night and frustrated minute that I spent fighting this addiction.

Week two - I have noticed some benefits:

- a)-The voice has become more virile and manly...as I abstain more, the more deep it becomes.
- b)-Remembering more my dreams.
- c)-Prone to take more risk actions
- d)-Need to sleep less(4-5 hours is enough)
- e)-Have more energy to do things...a lot more.
- f)-Better appreciation for art, specially music.

Day 18 since last relapse. There are no cravings to watch porn, although a bit to MO but I'm fighting it. I enjoy fighting it because I like the urge being there. It's way better than the flatline. So I've been going to parties a lot

lately and enjoy being around people. I can't believe how social I am nowadays. I'm constantly introducing myself to new people, talking to them and totally comfortable in my own skin. I remember being like this once and didn't realize that I had change somewhat to a hermit during my PMO days. I really enjoy being like this and I think people enjoy being around me. I love meeting new women and enjoy the eye contact and socializing with them.

Noticed more fluency in my speech, lately. (I usually stutter a lot.) As soon, as I stay away from PMO a few days (even only 1 – 3), my sleep improves so much ! I lay down and am out like a light ... sleep 6 ½ - 7 ½ hours ... and wake up refreshed. Sometimes, I am still a little bit tired. But in general, my quality of sleep made a big leap forward, due to no PMO.

Day 48 - It's very strange getting used to this new feeling that I cannot put into words. Chilled , unflustered, calm, quiet , reserved don't really cut it.

I am on week 8 of no PMO and I am happy to say that I feel I have made a huge leap in my recovery. My energy level is up, my confidence is back up and I feel at peace with myself. I have micro urges here and there, but nothing I can't fight off.

I don't depend on sleep as much anymore. I can wake up in the morning and not feel over-exhausted or anxious to start the day. I can manage on 6 hours sleep compared to the 9 I needed before.

Day 21 - I am discovering new aspect of myself that I didn't know before. I can be quite charismatic and bold when defending my ideals and the people I care about. Also I am embracing my sexuality that was in constraint because of some issues of my early childhood (bad parents relationship). I was gifted with a huge amount of sexual energy/ching but I have killed it all these years with PMO. Now I realize sex is a type of meditation. A way of been more in tune with our real nature. A way of showing love. I have also made more friends and talked to people who before I would have not even approached. My attitude now is that I don't have nothing to lose...marvelous things can happen when you take chances.

Day 22 - At this point, I can say I've noticed a lot of differences

- I'm less nervous about starting up conversations
- it's a lot easier to have conversations with people and keep them going
- eye contact is a lot less difficult to maintain
- I actually find myself starting up conversations without even noticing it
- I feel a lot more wanted. That's a big plus, I really feel like people look at me, and actually want me now. and I think they find me attractive.
- I care a whole lot less about others' thoughts and opinions about me

- more assertive
- more comfortable with myself, I wore pajamas to work and people tried to give me crazy looks or "talk about me" but I felt no shame.. and I didn't care. I was told I could wear pajamas to work, so I did.
- less afraid to be more myself with people
- I warm up to people more often
- people warm up to me more often
- I find myself actually speaking up with a group of people I don't know as opposed to just constantly laughing and staring

I haven't ejaculated for six days and I do notice some improvements: quicker to make decisions, less procrastination, more confident, clearer thinking, stronger will, more energy.

I'm on day 11 of my reboot. In this short time I really feel like I'm sort of coming out of a weird porn haze. I've got a long way to go - but every day I just realize more and more the far reaching effects of my 15-year porn addiction.

Day 20 - Is my voice also becoming more sexy? Just a guess actually 😊, but I seem to talk with a deeper voice.

Day 20 - I've been more productive and clear-headed in various aspects of my life. Things people were saying on this forum are true -- the P really does overstimulate and reduces our capability to enjoy more subtle and intimate parts of life.

In the past I didn't care to be friends with girls who I didn't feel attracted to. This was never a conscious stream of thought, but I now realize that I missed out on some great (platonic) relationships. Since quitting porn, I feel like I can neutrally talk to women. In a friendly and warm manner, like I tend to interact with my male acquaintances. At the moment there is no initial sexual intent involved on my behalf, regardless of how attractive I find the woman I am talking to. This has lead to far better "game" (for the lack of a better word). It just seems like I am projecting my calmness, thereby making my potential mates more interested. Not watching porn gave me the confidence I need when talking to the opposite sex. Or to anyone for that matter.

I feel more attractive/beautiful. When I see my reflection, I compliment myself (Ex: who couldn't fall in love with you?). There is a glow in my face and my eyes looks full of life..it is like my eyes are emitting love. They are similar to the most beautiful thing I have seen in this life. It is a way of looking that people have when they talk/see someone they care deeply for.

Day 49 - My energy levels and sociability were quite high all week. I've been feeling really good, and my mood has really stabilized. I feel pretty darn happy from the moment I get out of bed to the time I get back into bed. I even find myself looking forward to tomorrow, which wasn't always the case. During the heights of my PMO addiction, I never looked forward to much of anything, dreaded going to work, and never saw socializing with friends and family as all that great, especially in comparison to my PMO rituals which gave me more pleasure and stimulation than anything else. With that addiction absent from my life, all the little things make me really happy, and I find myself laughing often, smiling for no real reason, and just being in good spirits all around. I thought I was a pessimist, but really I was just an addict.

Day 16 - All this added energy has pushed me to do things I've been putting off for a long time. Silly, small things that most people would do as habit but I've been in a rut for a long time now and even the simplest tasks have involved lots of procrastination. Clearing out my bedroom for instance, seemed tantamount to scaling Everest a few weeks ago but I've sorted it all out now. Not big, but big enough for me to realise I've got it within me to sort out the bigger problems in my life. Problems include having to pluck up the "courage" to get a job, and find a girlfriend (OK, I'll try talking to a girl first, better not run before I can crawl, LOL!). You know what though? I really think I'm going to do it and I think I'm going to accomplish it soon. I feel so much better about myself, and instead of thinking about wanting to do things at some mystical point in the future, I want to start taking action right now.

Day 23 - So far I can already sense real changes:

- my balls have gotten bigger. When on porn they were tiny. Not anymore thank god!
- my deep voice has returned! Dammit I love it, my voice has always been loud, but now it just feels so great that it resonates deep in my chest. Very sexy! It really draws women to you when you are talking.
- I'm more at ease again around women. I remember always being a smooth guy but now I'm just more easy and more fluent. My eye contact is also very good.

Day 49 - Here's the benefits:

- more time
- less shame and guilt
- better relationships
- higher self esteem

- better relationships
- lots of new opportunities start becoming 'attracted' to you.

You'll be amazed what happens when you start killing off something that takes up a lot of you, your energy and time. So don't kid yourself.

Day 31 - Before this process I had sometimes more trouble expressing myself in groups, I am starting to feel more confident in groups.

I never thought I had ED...I managed to have sex with my wife. I just wanted porn and masturbation out of my life. Boy, was I wrong. Since my recovery my erections are way bigger, fuller and longer and the head is flared, my wife comments each time. I also remain erect even after orgasm and think I could keep it up for a loooong time. My morning wood is also bigger and fuller, I just shrug and laugh each morning, now that I realize I really had ED and was too caught in my addiction to realize it. Keep in mind I am 50, though in pretty good shape for my age and clean living.

(Age 27 - arrived with ED) First 1-2 weeks was complete flat line with no interest in anything (except porn obviously). Then I began to get morning erections and have had them since which are increasing on level of fullness/hardness. Then I began experiencing random erections during the day on occasion which has maybe happened 3-4 times now. Then during week four I experienced an amazing sense of well-being. I'm also beginning to find it easier to talk to people, I make eye contact where as I avoided it before. I also don't feel the need to laugh nervously or fill quiet moments in conversations. Throughout this period I've found myself being attracted to women to an insane degree. Fully clothed women, just walking around school, down the street, in the grocery store, on tv, etc. They're everywhere and I notice them constantly...how did I not notice them before, it's incredible.

Day 21 - I'm just starting to see consistent positives. My confidence is up, women are more beautiful than they've ever been, social interaction is becoming fun, my outlook on life is great. The positives are very consistent with yours.

As you go deeper into the reboot, anger levels out. You are much more in control of yourself, so dominance displays don't even touch you, because you are THE MAN.

Day 27 - I must say that something just feels different about my energy level: I can work longer, it seems I don't need breaks, my ability to concentrate is huge.... All that stuff. I don't need much sleep at all to function great. One thing

that is very funny is that I talk to a lot of beautiful women in class. Yet I'm extremely calm and relaxed around them.

I notice after more than one week that my mind is more in balance, more silent than before. I can easily concentrate on work and get things done. What I also notice is that I enjoy other things more than I did before. My skin is getting healthier. It looks better. My confidence has grown a lot. I feel much better and confident in what I do and my voice has become heavier. Feels good.

Giving up PMO helped me get through my job search. It gave me great focus, increased social confidence, and an ability to see the "big picture" in life, in a way I had not been able to in years. Perhaps these things came from other factors associated with a life change, but doing a re-boot seemed to be the driver.

I went to a party. There were a lot of stupidly attractive girls there, but I wasn't really intimidated by them. I interacted with them very easily and fluidly. I noticed that I was saying things, smart things, socially "dead-on" things that I never knew to say when I was PMOing my life away. It's really exciting because it feels like I'm a new person socially. The party was a lot of fun. I went to the same party a couple of years ago, with generally the same people, and I remember feeling really awkward and anxious. Last night I was spot on and it felt like the anxiety was being replaced with confidence. It's like my brain is responding to social situations opposite of what it used to. Instead of anxiety I felt confidence and...warmth.

(Mid 40s, Day 30, not a porn user, but experimenting with giving up daily masturbation) Among other things, abstinence from masturbation has given me greater energy, better mood, deeper voice, clear mind, more confidence, better results in the gym, etc.

(Day 65) Met a wonderful girl, got her phone number and started making out with her. My libido feels great. It felt so good kissing her. It felt better than orgasming almost LOL.

Day 10 - My hornyness went down considerably which is a good thing. The sexual tension I felt whole last week is gone and I can have much sincere conversations with females. Also I'm finally able to concentrate properly and make actual progress with my school work and study for entrance exams and I have noticed that after one week of no PMO I have a lot less internal monologue and I tend to think more about present and future and almost not about past.

Day 18 - First off I have to talk about the increased magnetism effect. It really is true! Girls at work have been going out of their way to come and talk to me, hug me, etc. Even exchanging smiles with random women I see out and about. It's crazy.

(Day 10) I'm also starting to notice a greater depth to music. Listening to things like Kings of Leon, there's so many layers to their songs that I never appreciated before. It's hard to explain, but it's like I was listening in mono before and now it's slowly going full stereo. I'm also more aware of natural beauty. Quite odd, like really taking in the view of the sunset and the smells of summer and such.

Day 20 - I am LOVING the benefits of not using PMO. I'm on a sleep schedule finally, making sure I get at least 8 hours myself. I feel more energetic, an increased magnetism with women, better at socializing with both friends and strangers (less anxiety, making conversation, eye contact, deeper more consistent voice, etc.), and more time to do other things.

Day 33 - In these few weeks, I have had occasional bouts of sexual apathy, and have had bouts of extreme horniness. But I have also found myself more excited by the subtler aspects of the women I see and speak to. A tight pair of jeans or a smile will do what it didn't do a few months ago. When I get an erection, it will last longer and be stronger. I feel like I'm retracing my steps back to the onset of puberty so that I can make things right.

Day 40 - What I noticed so far:

- motivation! (I never studied so much for school, the more confident I am the more I want to study).
- confidence combined with energy (when I have it, it feels soooooo awesome, I want this as much as I can)
- working out (I work out 5 times a week now). I have lost 5 kilo last 40 days and gained strength and I look great.

I am curious to see if there are more changes coming!

(3 months, no porn, 8 days no masturbation) Social interactions are much, much easier, I'm way less paranoid about what I should be saying and doing and actually just do and say stuff without thinking. I care way less about what girls think of me. I see them as humans (like I perceive males), just very attractive people. They look gorrrrrrrgeous.

I'm a Ph.D student and at this time of year, I'm pretty swamped with stuff to do. I literally don't have time for PMO. Speaking of which, my productivity has shot through the roof since giving up PMO. I can't even begin to tell you

how much more efficient I've become with time management and getting projects done, at work and at school.

It's nice to reflect back on the 23 days so far and realize that this is the greatest I've felt in a long time. Don't get me wrong; I've had some down days within that time-span, but collectively my mood and life is on the rise. I went out last night with two friend-girls from my hometown and I don't know if it was the alcohol or this extra testosterone built up in me but I was confident crossing over to cocky. I felt invincible.

I had terrible Social Anxiety with very tense physical symptoms when I was deep in to the porn. The good news is the anxiety slowly loses its grip on you as you reboot from PMO. For me it will probably take years to get back to normal after a 12 year PMO habit.

Day 56 - It is damn fascinating! I can honestly say that I am a different person. More calm, relaxed, and when I get anxiety or stress, I can handle it fairly well. The thing about this...before this, I would NEVER flirted with women. No way. I didn't find them attractive, and I didn't have the courage. But now, when I think about it, why not? I am not afraid. I can look women in the eyes. I fantasize about them. I want to kiss them. Would have never even beginning to think about that. When you've got the greatest force in nature flowing through you, you automatically spread your chest and smirk whenever a fertile woman approaches. And they sense it.

Day 34 - I've been feeling more social lately, and overall my mood is much improved. Long way to go, but I'm on the right path.

I'm 20 years old. I have now been away from PMO 33 days, really happy about it, my mood is so much better, less anxiety, healthier lifestyle.

Most of all, I can feel real emotions. Before this I never really cried, or got angry, or anything like that. Now I FEEL, and it's wonderful. I feel more human. More present, and I listen better to people. And I think I will recover from my depression....I hope so.

I also notice that I'm really getting strong fast, before I would train, train and train, and wouldn't notice much improvement, now however I do. I don't know it's because of this process but anyway I'm glad it is so. Also noticed my voice is so low now that I didn't know I could have a voice like that!

Day 45 - I've had a number of days in the last 10 when I felt physically and emotionally incredible. I've noticed my sexual magnetism is increasing and

notice a little bit more attention from ladies. I've been pushing some boundaries with eye contact and touch a bit too.

Currently, I'm 31 days into my reboot (no PMO) and it feels like something out of an Empire of the Sun song, like I'm Walking On A Dream. I have the utmost confidence and find real women almost unbearably attractive. It's a wonderful feeling and I'm dedicated to finding ways to continue the reboot successfully.

I have gone for just over 6 weeks without masturbating and I have noticed that although I have gone through and am still going through the expected flat lining libido, everything that is non sexual has improved. My concentration, my effort, my attention to detail, my memory, my recall, my social skills.

Some of the benefits between 1-7 days for me are:

- *Confidence slightly increases.
- *Comebacks / retorts are more natural and are thought of quicker.
- *I can start to look people in the eye... not for long though.

Benefits between 7-14 days:

- *Confidence increases more - thoughts of wanting to go to college or advance in career.
- *Morning wood frequency increases.
- *Random libido

2 months:

- *Confidence soars - not willing to take b.s, will throw down with anyone if confronted.
- *Cannot trust other males - I get very territorial and cautious.
- *Flirting with girls becomes second nature...
- *Increase of size in penis during sex.. Normally 5" with porn, 7.5" during sex.

(Day 49) I have a bad habit of biting my nails. It has improved dramatically since giving up porn.

Just over a week ago I noticed some red spots on my penis. It felt a little tingly or itchy but not too bad. The feeling would come and go. So to be on the safe side I went and got myself tested. I got tested for HIV, syphilis, gonorrhoea and chlamydia. Blood sample, urine sample and two penile swabs. All very quick and not half as painful as the stories made out when I was a teenager.

One thing that the nurse did say was to stop using shower gel to wash my penis as it interferes with the natural fauna i.e. the naturally occurring bacteria that look after everything. Now before my reboot I would have disregarded this advice as

crazy. I didn't wash my penis with shower gel then it would stink. But I learned a while ago that the stink was basically due to dried semen. Upon ejaculation most of it is sent out of the penis and it's fine. But when masturbating, my penis would be held vertically and some of the semen would always get onto the head of my penis and when left under the foreskin for even a few hours without being washed it would smell pretty bad.

The upside of not ejaculating to porn is that my smell is completely neutral. So for now, instead of giving it my daily thorough and vigorous wash with shower gel (albeit non scented shower gel) I am now just pulling back the foreskin and firing water at it with the shower head. No gel, soap or anything else. It's actually working really well. I feel just as clean as I always did, if not more so, because I am not suffering from neuro-chemical chaos and brain fog.

I'm on day nine of no PMO, possibly the longest I've ever gone since puberty without orgasm and I've been seeing relationships in a new light. I'm viewing the intimacy between people as one of the most beautiful things we as humans can experience and such an opportunity. With my addiction I've isolated so much and when I needed connection to someone outside of myself I would use internet pornography and MO. One of the frightening things of binging on porn is how much I neglect and harm that relationship part of myself. I've felt like I had killed that piece after a binge. Eight plus hours a day for a week and yes, I do start seeing women differently (who would have guessed, huh? Go figure), and I can't stand it. Now day 9, here I am clarifying the warped sense I had surrounding sex and relationships.

I definitely am beginning to notice that I genuinely care more about people lately, and I want to know and get to know people. Not just girls, everyone. In the past, connections between me and other people were not strong. I found that I wasn't very interested in other people's lives and personalities. I was more focused on "what can you do for me" instead of "who are you?". Conversations that had no effect on my personal life seemed boring and pointless. I felt as if I was just going through the motions of interacting.

I've had many week-long, or less days, before relapse, and there are times I thought I'd never be able to fight this. That was a little over 4 months ago. Now, after many relapses and many varied periods of abstinence, it's easier now more than ever to resist. My last few relapses have come after longer periods than I used to, and even those weren't to videos like I used to ONLY be able to, but pictures. The idea of pornography gets worse every day for me. Regardless of the erection issue, the other benefits I've seen are

outstanding. I've always considered myself friendly and somewhat outgoing, but have always had some anxiety as well and social awkwardness, ESPECIALLY towards women. Recently though, my head's clearer, I'm more confident, not as depressed/anxious, and converse easier with people and more importantly women.

(Day 68) Something has seriously changed recently. I just want to be out, talking, socialising, etc. It's a bit frustrating, but I'd rather be frustrated in this way, than being asked to go out and frustrated at feeling trapped and unable to go out!!

(Day 40) I've always been happy with (and in) my life, except for the masturbation habit. In the previous weeks I had days when I was even happier, even brighter, even more confident. I also notice some changes in my personality. I am way more interested in other people's feelings. I can listen to what people are telling me, instead just nodding and act like I am listening. It feels great. I do not meet girls often, but now when I meet them, I see they are truly interested in me and I in them. I also noticed girls don't have to be that perfect like they are in porn movies. Girls are beautiful, every girl in her own manner. I met a girl a couple of days ago and I kissed with her for the full night (we were in a bar). Everything went just naturally, and I had a great night. I had not expected things would change that dramatically (in a positive way).

I used to be depressed all the time, a loner with no friends, which caused me to keep relapsing. I've been struggling with avoiding porn/masturbation for almost two years now. These days I feel amazing when I'm not PMOing- healthy, no more depression, confident. I sleep well, have more energy. About 1-2 months in, I feel clarity and so focused...like who I really am. However, wet dreams, sexual dreams without orgasm and night masturbation always seem to lead to a relapse the next day. I like to feel good again so I'm going to keep striving.

I remember about 9 years ago, in the summer... I stopped masturbating because a cousin was staying with me and I didn't have a chance to do it really.... well all of a sudden I had like 4 girls in the course of 3 weeks into me and I was just always buzzing feeling good about life. Can't explain it, I just didn't have that negative/down feeling that I usual have unless I'm hammered. Well, of course things went back to usual when my cousin left and things eventually went back to before. Also, as I mentioned in my original post, before I got with my ex about 8 years ago, I stopped and the same thing happened. I had great sex with her for a few years until I slowly got back into my masturbation phase and slowly our relationship dissipated about 4 years ago. A few months after that, I stopped again 'cause I was

living with a friend.... I was picking up women left and right during those months and never masturbated once. It used to piss him off haha. It just makes SOOO MUCH SENSE to me now.

I survived a whole semester without any porn, and it was the best semester I've had in my 5 years in college. I had a strong focus on my future, and others complemented me about being ambitious and more relaxed. Aaah, I felt so good.

I use to be selective when it came to woman. I would want a girl with big buttocks or big breasts or nice thighs, dark skin, pale skin, blonde hair, black hair, coarse hair, soft hair. I was a picky kind of guy. And honestly I think porn did that to me, because before I wasn't selective. I would just look for a healthy looking lady and would want to start a conversation. Now, I'm glad my mindset is back to my default view. It's an amazing feeling and I wish it stays like this as long as I live.

(Months after reboot) I continue to feel amazing. Confidence is great especially when talking to women, no more "What will she think if I say this??" anxious thoughts while interacting. It's awesome. I feel amazing. I'm glad to know all that my personality stuff wasn't from smoking weed. I was feeling like a real druggie. -_- I do feel like I don't NEED to smoke as much, which is probably a result of removing the other "drug" in my life.

(Day 7) Today, I feel more confident. Even, my skin complexion is getting better.

7 weeks. I'm taking great care of myself, exercising, eating well, reading, socializing, and overall I feel happier and healthier. Abstinence has increased my confidence, made me more outgoing, and decreased my anxiety. I definitely feel more connected with people. I've always been the type to look people in the eyes, but now when I am talking to someone it feels more real. But, my libido is still nonexistent. The hardware works fine, but the software seems to have some bugs in it.

Whenever I communicate with women I find cute they seem to notice it and seem to look at me differently or, stated differently, I can feel some connection between us. Either they like me or it's just my changed perception that lets me feel this way. Another change is that I have more confidence talking to those who I find cute. Interestingly, it's different from my old definition of "attraction", which was focused on physical appearance, favoring cues from porn, i.e. model like appearance with a perfect body. When I think back to the girls I chased in the past, I realize in retrospect

most had a atmosphere of shallowness around them. I didn't care about their personalities at all, only sexual things. And now I see they indeed had no character traits fitting to mine. After no porn for 1 1/2 years and no MO for half a year on and off I value personality over appearance. Interestingly when I get to know a girl for a longer time and notice I like her (not her body) I automatically get attracted to her body. In other words, I want to connect with the soul inside this body through the body. The body isn't the end in itself. Moreover, I admire their individual appearance. Instead of searching for identical copies of perfect bodies I am much more interested in discovering and accepting natural individual bodies. They are not perfect in the sense modern sexual culture wants us to believe what perfect bodies are but they are natural, an expression of a natural individual person with flaws. At least those flaws are not concealed behind an artificial mask of perfection and beauty, but rather a unity between mind and body.

When I was always hitting p/m/o I used feel people in the area I live somehow 'knew' and gave me judging looks when I passed them in the street. This feeling has passed after 100 days abstinence, and I'm a lot happier walking to the shops now. In fact I don't care if they do know and judge, because they are judging a past version of me, and not the person I'm becoming. One other thing, and this happened a couple of years back when I managed a similar long abstinence, is that my wife suddenly took an interest in sex again after several years of having no interest at all. Can't have been a coincidence - obviously when I was addicted, I wasn't very appealing, even though she didn't know I was looking at porn. It changes us in ways others can sense, even if they don't know the cause.

(Day 59) Depression is gone, confidence is there, and anxiety is going away. Making eye contact with women and presenting myself in a confident manner now takes no second thoughts; it is just who I am now.

Two weeks without PMO felt great! I could tell that girls were checking me out and I was being more assertive around them. Also I've been feeling depressed over the past few months and this depression all but vanished during those two weeks.

After the 34 days I could masturbate to orgasm without thinking about anything for the first time of my life. And erection came much more frequently and stronger. At the same time I knew with absolute certainty that the process wasn't finished yet.

I quit a decades-long addiction to PM almost 100 days ago, and really like being out and with people now. It is one of the many benefits of recovery: our true personality comes out.

I had some voice problems a while back and a beginning stutter. I highly recommend the book *Change your voice, change your life* by Morton Cooper. You may need voice calibration and training anyway after your stuttering period. Also, voice has a lot to do with psychological aspects. Abstinence and meditation have undoubtedly been helpful for me. I had a break through one day when I managed to let my voice go, it was like I was scared of it before.

I didn't notice very strong withdrawal symptoms, though they were there during the first 2 weeks. I also have to say that the "porn free cycles" were longer in the last few years, maybe that has to do with it.

But the POSITIVE things I've noticed during this reboot period are simply AMAZING!!!

I was always kind of an "intelligent" guy but what I notice now is SO MUCH more focus, much more positive energy (I never feel tired at work and after very hard workouts), I'm so happy in a way. And there is this HUGE confidence, I can't believe it. And (what might not please my wife) I noticed some kind of sexual "MOJO" around me > all girls look at me, at home, outside, they give me "signals", I can really feel and see it, it's so funny.

Also people are much more positive with me (men and women) and I don't fear them anymore, au contraire, I'm searching for social contact! (think that is the famous positive "chemistry" between people).

Now I notice how worth it is, at the moment I don't miss porn AT ALL! As someone said in this forum, I also feel like I was constantly driving in the 3rd gear of a Ferrari and now discover the 4th, 5th and even 6th gear in my life! My wife also noticed my transformation and really likes it. My complexion is better, my eyes seem to "shine", etc.

I notice that the "little" things in life start to please me, things I wouldn't have noticed in the past (music, nature, social contact, exercises, books, philosophy, creativity, etc.).

(Day 15) - Positive Attitude

- Motivation to do everyday tasks (and do them faster)
- Sharper memory
- More productive
- More creative
- Desire to take on and embrace responsibilities
- Clearer head
- Better ability to see the steps necessary to reach an end goal and to

implement those steps

- CONFIDENCE RETURNING, and continually increasing
- General enjoyment of life
- More present/attentive in conversations with others
- Quicker wit, finding everything more humorous
- Greater desire to socialize with others

I have been doing Ballroom/Latin dance classes over the past year, but since stopping PMO, my connection with the people I dance with is much more intense and enjoyable.

It is ridiculous how drastically my luck with women changed. I went from no women in my life and no sex to multiple different girls I am dating. Obviously, I'm not sleeping with all of them but they all seem to be interested in me in one way or another. This would have been unthinkable only a few months ago!

Something that I am very happily surprised by is that my eyes somehow could stand the outdoors (didn't get tears in my eyes) , even though the weather was bad I'm not drawing any conclusions but it's interesting to see that after 10 years having eye problems (for 10 years everyday tearing of the eyes when there was bad or cold weather!), that this happens!

I noticed so many changes during my first reboot. Changes in perception, this deep admiration for life and the world. I even got a glimpse of this super peaceful feeling I would sometimes get in my dreams. It's too hard to describe this feeling with words, but I consider it 'divine', better than any other feeling that exists.

It seems like my skin is clearing up and becoming more lustrous. It's day 12 and I'm already sincerely not exhausted anymore.

(Day 13) I went out with her last night and had an amazing time, we talked for 3 hours and I made a shit excuse to avoid getting her back to my place. But I kissed her when I walked her to her car. Let me tell you it was one of the most amazing kisses, I have never actually realized how amazing kissing is till now. The best part was that I had some life in my penis even though the kiss was not that long. She texted me later that she would love to see me again soon.

(Day 11) It's starting to get easier to talk to people, I am a bit less nervous and distracted than before when I talk to people I don't know well. Whether the problem was porn, masturbation, depression or just performance anxiety, my mood is becoming better. I'm feeling far less empty and more confident in overcoming challenges.

ZERO problems with my CPPS [prostatitis]. I guess it would be a lot worse if I was horny all day without ejaculation, but my pelvic floor feels good and healthy at the moment, better than with frequent masturbation.

(Day 7) I'm starting to gain lots of purpose and internal direction. I'm starting to sense that I trust myself again with regards to my future and my dreams.

When I relapse to masturbation after a break of 5-6 days, my fantasies are more manly and aggressive. And yet they are usually with someone I have an emotional connection with and I can feel the warmth. I don't feel that way when I masturbate on a daily basis, It's just mechanical. There's no warmth or passion; It's just about getting an orgasm.

When I look at myself in the mirror, my gaze has changed a little bit. My eyes are less open than before. A little bit like bedroom eyes. It's less aggressive and more sensual. I had noticed that in the past attempt too.

(Day 10, woman) It's already a bit easier even when withdrawal symptoms are difficult. This is because

- 1) I'm dealing with more things, rather than switching off with masturbation.
- 2) I'm not experiencing the same extreme emotions or the crash after orgasm.

List of benefits I saw during my long streak:

1. Felt calmer
2. Enjoyed everything
3. Was witty all the way!
4. Girls would notice me
5. Had a deep urge to be outgoing and talkative and to converse and socialize.
6. Better focus
7. Deeper voice
8. Smelled better!
9. Coherent during conversations
10. Stood up for myself.
11. Self Esteem high and also my confidence, I would eye contact the shit out of you.
12. I noticed that I could present myself better.
13. Looking forward to the next day everyday!
14. Music sounded better
15. Felt more creative.

16. I had energy, everyday when I woke up I didn't feel any mind fog or headaches.
17. Oh yea I stopped thinking about doing every girl within the first 42 days I would say. Got harder around 87 or so as my libido came back.
18. I look better
19. Gym feels great specially the pump
20. You get in-tuned with your emotions and see the real picture of your life.
21. More hard drive space :p (I know)
22. I'm not scared of my friends to use my computer.
23. Real girls look so attractive!
24. My flaccid penis looked longer and I felt amazing about that, oh yea and your penis will look and feel smooth.
25. My face had less imperfections and oil buildup. I had nice looking skin.
26. I stopped biting my nails for the first time in my life.
27. Education: When you're in class you actually feel more focused at what the professor is saying.
28. You will have more understanding of your surroundings, you'll notice emotions and behaviours around you faster. It's like having a super power.
29. Risk taking felt easier.
30. Don't give a fuck attitude (Doesn't mean you will be an asshole)

(Day 4) I am single and the girls are looking very attractive to me right now. I think I'll probably be in a relationship by the time this 90 days are over. I find myself automatically sitting next to the hottest girls in class. Normally I would shy away and sit in the back but not anymore. Also I am much more aggressive when I play basketball and a way better player.

(Day 32) As far as enjoying daily life... first and foremost I've noticed the fog has just about lifted in my head. I can focus on my projects. I'm more productive. There are good and bad days. In the past couple of weeks there have been wild mood swings. But overall, I feel happier and more confident as time passes.

One of the most amazing parts of re-balancing your brain is the clarity of thought and sense of well being that comes along with it.

(Day 41) Pluses: face is looking more clear and healthy, a bit more confident (subtle), energy, vivid dreams, penis sensitivity up, better night and morning wood, attraction to a bigger variety of women, especially curvy types.

I have personal experience with both ADHD and compulsive behavior with daily porn viewing. I have ADHD (inattentive type). Not to go into detail about my life history, I, based on research and personal experience, believe that the condition of ADHD predisposes one to addictive behavior that gives "dopamine hits". ADHD is a condition of low dopamine, hence, motivation

in general is a problem. I used masturbation to self-soothe (I'm guessing) as a kid and continued to use it and porn as an adult. I have stopped using porn completely, and yes, I still have ADHD. However, I feel way better about myself. My confidence, in terms of feeling much more in control over my decisions in life, has improved substantially. Now, I can address my ADHD more directly.

Currently on another streak of day 14 of no PMO and things have been great ... I want to keep it this way as long as I can especially knowing the social awkwardness that starts to come back lil-by-lil every time I MO Kinda on a mental high right now, been very happy, loving, considerate, aggressive, direct, and socially inclined as I've ever been and I want to keep it this way.

This is the first time I have been able to just do 23 days of no PMO, then a quick 3 min MO release (just sensation) with no relapse whatsoever after 5 days and counting. Really beginning to feel like I got this under control. No porn whatsoever this year. It feels awesome to reconnect with my more balanced neurochemistry. Life is just more manageable. In the past, for example, with PMO full blown, I always looked for the easy way out. I would never raise my hand in class for fear of being wrong. I wouldn't be active in conversations for fear of what other people would think. It's difficult to explain in many ways unless you had a taste of clarity and time away. My dedication to working out and health has produced a more lean and muscular me - something I'm not only proud of due to how I look but also the way I feel.

Sometimes, I second guess my decision to No PMO, but then I look at how my life has changed for the better. I got a good job, good friends, I am a better socializer, and I appreciate myself more than ever. I am digging deeper now than ever to make my dreams a reality. I am glad I am not masturbating my days away, or sitting on my bed zapped out because I masturbated four times back to back. This is a tough road but it is so worth it.

Day 10 My voice is deeper (when I resist masturbating or having sexual thoughts it is even better) and powerful. Also my acne got better! I'm really loving it!

Honestly, I feel like a totally different person when I talk to girls now. Before, I felt like I was climbing up out of a pit, fighting an uphill battle that I would not win while I was trying to "woo" a girl. Now, I feel like I'm looking at the whole situation from a pedestal. Like I'm some sort of a puppet master wordsmith controlling the situation.

(Day 30) Cravings to look at porn are minimal and I haven't really been tempted. The real test will be when my libido comes back with a bang but the thing is, when I've glanced at porn over the last few weeks, I see these ugly male porn stars talking filth to women and treating them like a piece of meat and I just think, "eugh, I don't want to watch this." My interactions with women have been better. I'm making good eye contact when I see attractive women on the street rather than putting my head down and I feel much more confident when interacting. I used to get severe anxiety at work, a crippling pain in my stomach and feeling of sickness. I have not had a hint of it.

(Day 54) Had a flu during the weekend.. however I felt quite strong and somehow the illness passed much quicker than in the past. Today at work I felt stable, relaxed and at the same time very productive. My mind was very clear. During the last weeks I also noticed that it seems much easier for me to PRIORITIZE. In the past I sometimes had strange "neurotic behaviors" concerning a lot of things (e.g. at work I focused on unimportant tasks / details, in private I focused on unimportant time-consuming things like researching for the best PC monitor ever, etc.) Still have this confidence towards other people, men and women (strong but natural eye contact) And yes I forgot: I have no more dandruff in my hair, anyone else noticed this???

Sex is much more personal now I've started the reboot. I feel a more personal connection where before I felt like I should be an observer, lol.

- improved attention and focus
- more positive attitude
- improved sleep (problems may have been caused by stress)
- more energy through the day
- reconnection with people
- more productive (time away from browsing P will naturally do that)

I used to never be able to lift weights for more than a couple of weeks at a time - it always felt like a chore. Now, I look forward to it. I think one of the most overlooked benefits of rebooting is the self-discipline and dedication it gives you. My productivity at school and at work has increased exponentially.....whereas before I would always stare off into space at work fantasizing about going home and masturbating to porn.

Lately I have been able to talk to women a lot easier. I have been able to look them in the eyes, and they seem to relax and offer less resistance to me taking the conversation in all different directions.

There is something very strong going on. I value my contact with women a WHOLE LOT more, ah girls.... If you read this, just know that I love you :) Kiss! haha. I'm really having far more deeper contact with women in general. It all just flows so naturally and

even before this I was already A VERY CONFIDENT person socially. Porn really is poison.....

(Day 21) Positive effects I experienced during this reboot:

a) physical

- deeper voice
- less backne

b) with girls:

- girls notice me (or did I simply start noticing them noticing me?)
- less desperate to meet and fuck them, but at the same time less aloof to them (aloofness probably was my shield)
- I love girls! Even looking at them fills me with some kind of sweetness I only felt before when in love.
- fell into a one night stand in a very relaxed way, without any contrived scheming to 'pick her up'

c) emotional

- mood improvements (not euphoria, though it happened one morning, but more like gradual rise of the bottom of my emotional range, not getting so sad as before)
- much less fear
- healthy aggression: don't tread on me!

d) social in general

- I actually made new friends during this 21 days - went out and connected with guys. This never happened
- I am now much more chatty, speaking with strangers etc.

e) awareness

- quitting porn made me realise what other things I am addicted to. Take a brick out of the wall, the wall crumbles. I'm looking forward to banning all other dopamine-abusing stimuli form my life. Already did with sweets, next goes alcohol, coffee, carbohydrates in general. What's next? Now, I feel really proud of myself. I proved that porn has no power over myself, I do not need it! I am also happy to recognize how slippery the slope is (no 'healthy masturbation' for me, thank you), and that I am more hooked on fantasy then porn.

There are two things that sting the most... One girl recently told me: 'You know, back at college, all of my girl-friends had the hots for you'. I did not notice any of that. I was so hooked on the shiny screen. The second is counting the amount of time I spent on masturbation. If put together, it amounts to years of masturbation - and I have nothing to show for it.

The first 3 weeks were real rough, but seeing the positive effects made it worth it.

The positive effects I noticed during the period of 1-4 weeks:

- Decreased apathy
- Clearer thinking

- Feeling of self-respect and self confidence (the most important aspect for me)
- Overall good and energetic mood, random dopamine rushes (most apparent during the first couple of weeks)

Months 2-4

- Lack of interest in alcohol
- Lack of interest in emotional eating (this has always been a huge problem for me)
- Feeling more empathy towards people
- Enjoying social incidents more and looking for them (though I still have lots of walls around me and can't really trust people. Me and my therapist are going through this though).
- Women look prettier, but I don't crave them.
- Lack of libido (this is kind of annoying, but on the other hand at least I don't crave porn/sex)
- Self-trust still increasing, being able to evaluate my past life and talk to myself in a positive way (you have been treated badly and you didn't deserve it etc.)
- Simple pleasures become more enjoyable...eating fruit, music sounds better, walking (unfortunately no running or other activities at least for a month, I had a hip arthroscopy a couple of weeks ago and just ditched the canes).
- Dropped my SSRI drugs (took them for a period of 4 years for anxiety and depression)
- Moved out of my parents house a month ago, rooming with a friend and his buddy (the initial thought of this made me anxious). It's been going really good.
- Have started to actively voice my opinions in class and am getting positive feedback from teachers and other students. I kind of surprise myself with how the words just come out of my mouth in a quick, articulate and passionate manner. This has made myself confidence rise too.
- Enjoy casual conversations with people I don't know that well
- Feel the urge to better myself mentally and most of all psychically
- Want to meet new people, find some of my old relationships unfulfilling and frankly, bad for me.
- People at school are nice to me and I get along well with people in general. Still, I always doubt their motives which is horrible but I hope I can change it gradually.

- Everything's funnier, laughing more
- Way less anxiety
- Less stress
- Sometimes I feel like I'm floating and everything's just working out naturally (this could also be considered as a heightened trust in my ability to carry out daily tasks)
- Pay more attention to my physical sensations
- Pay more attention to other people, whereas before I was just overly self-conscious

I have felt massive memory improvements during the course of my reboot. I feel like I'm mentally switched on and present for the first time in my life. I now have an attention span. I feel like for the previous 10 years I couldn't focus on anything and I couldn't remember anything.

(Day 120) I noticed when I fantasized, my fantasy didn't include any porn scenes. It was a bit surprising to me. To be honest when I was with my ex, to get even a slight erection I had to fantasize about porn scenes. But now, my "fantasy" is more about making out with a girl I know, someone is touching my penis etc. It's not me being the third person, but I'm actually in it, if you know what I mean.

(Day 84) When I do have some fantasy (and I try to avoid it), I've noticed it tends to be first-person more frequently and more focused on the sensations that would be involved more than a purely mental stimulation. I find that I want things like body heat and intimacy. Somehow the fantasies seem more personal and genuine (I heard a guy on here describe his as more "noble" which made sense to me). My fantasies began to be more like this after the first month.

(7 weeks) I feel infinitely better than when I first started this process in the grip of PMO addiction. I'm more energetic, eager to meet and connect with people, confident, focused, and even-tempered.

Now everything feels great. I have a smile on my face when I talk to people, conversation with people flows smoothly. I don't feel the guilt and shame of porn anymore. I masturbate now because I need too. I'm actually horny again almost to a distracting point sometimes - i.e., in my math class with a bunch of chicks when I should be learning new material I have a friggin hard-on instead. Girls love to talk to me now. I think I come off as way more approachable.

(Day 102, age 25)

- deeper voice
- feel stronger physical

- more motivated to exercise, to clean my apartment, etc.
- fogginess gone
- more energy
- more confident/ less social anxiety
- Social skills increased (still room for improvement)
- increased desire to be social (still room for improvement)
- happier
- women have never been more beautiful
- sexual attraction towards real women is low but before it was nonexistent before (still room for improvement)
- feeling more attractive

(Day 21) Symptoms or lack thereof. I've had an incredible reduction in my over all anxiety. Talking to strangers, for the most part, is no big deal. Talking in class, adding my opinions, approaching women casually. I also have been having a much deeper sense of the present moment. I'm still not in a place of zen but compared to the disconnect I had before I'm feeling on my way. It seems obvious that PMOF especially when addicted can really poison your inner world, but at the same time it seems slightly surreal. I've also noticed that I'm out more, where before I would be hesitant and almost a step back all the time, now I'm on the bus and down the road before I even question it. I feel like I'm living in the now and moving in it too.

I had bad anxiety problems, and depression was gradually getting to a stage where it was a problem and I was starting to feel hopeless. I also really struggled with intimacy, to a point where I didn't feel comfortable being touched by another person. I have no idea why. I really struggled with eye contact and carried a feeling of shame with me, which until finding this site I didn't associate with PMO. Now, my mood is really consistent, about a 6 I'd say. Eye contact is so much easier, work is so much better and I even think I'm in line for a coming promotion.

(Day 44) I'm still getting fantasies. But there are some things about these fantasies that aren't so bad. One is that they are changing. My fantasies now are probably 90% about women I have seen out in the world, at school, etc. I don't really fantasize about porn hardly at all. And when the thought of a porn scene I have seen enters my mind, I'm more vigilant about trying to cut it out and focus on something else. Also, I think my fantasies are getting more realistic. In one today, I was just basically fantasizing about asking a girl to have sex. Or I'm fantasizing about situations that might lead to sex with real women.

(Day 27) I am on the 27th day of no porn/masturbation and feel that my confidence has increased. I feel a strong desire to go out every day and meet real girls. I'm starting to feel an urge to talk to them, look at them. Now, I wish I had a girlfriend, to connect with a real woman.

I'm growing hair faster and thicker. Beard hair is growing really fast. My hair on my head seems to be growing out and my (nonexistent if you ask me, but small if you ask others) bald spot seems to be shrinking. It's muy 😎

For as long as I can remember, I've had dark circles under my eyes. They could get huge when I hadn't slept or was studying hard- I called them raccoon eyes. I thought they were the last remnants of a pretty bad childhood allergy that mostly cleared up once I got a little older. Turns out, they were addict eyes and I didn't even know it. The dark circles have shrunk to less than half their normal size (I'm a fair skin, fair hair type so I'm prone to dark circles anyway) and are definitely not as swollen looking. I noticed the change a couple weeks ago (I'm on Day 90 now).

(Day 70) Less oily skin, much better skin and thicker hair.

I too have noticed that after quitting PMO I've been much less interested in spending countless of hours playing various MMOs. Now I prefer good single-player games, where I get to decide how much and how often I play with no strings attached. I've found that playing Skyrim for an hour a couple times a week to be a good relaxation method whenever there's nothing else to do. The funny thing is, usually I just lose my interest after playing for an hour, compared to the days of PMO when I was able to play the whole day without getting bored or exhausted.

- Less oily skin / much better complexion
- Much less bags under my eyes - they seem to "shine" very healthy
- Body in almost perfect shape (due to a lot of exercising and healthy food)
- Hair seems to be thicker, dandruff is gone
- No acne on my back anymore

I smell women a lot better and I love it! Also counts for other things, like smelling the rain.

Same for me, coffee smells sooooo good now. And also women, I just wanna grab one and smell her.

I notice that without changing another variables except quitting PMO my eyes do shine. Wonder why is that?

My energy levels also seem to be up. I was playing soccer the other day. I don't generally play soccer and I'm not very good. I was playing mid fielder. Generally, when I play a sport I don't really excel in, I kinda go through the motions, and usually just play offense because it's more fun. This day however, I felt great, I was playing both offense and defense and was actually getting quite a thrill on defense. I seemed to have this motivation to shut down people on the other team. To me it was a definite sign of improvement. Overall, I do feel great, and life definitely feels "turned on". Some of these positive thoughts/feelings I'm having seem familiar. I think I recognize them from before I started PMOing.

I noticed a huge shift in my intellectual performance as well. Last monday it was just insane for how long I could just keep studying and reading and with good comprehension! I had a relapse around 26 days ago, so I'm still rebooting the moment. But even so I'm already noticing other benefits, such as chest hair growth and hair on my arms that keeps getting darker. Which is 🤪 by the way.

Today is day 98, I decided there's no point in starting my count over because there's been a lot of progress and I didn't binge since my last relapse. Anyways, I feel that I'm still going through some changes these last few weeks, but the changes are not anything negative. I said that I felt good in my previous post, but I gotta tell you guys that I feel even better as I write this one. It's just so damn unbelievable how much I have changed since last year. I consider it a miracle that I even found out about YBOP....My thanks to you guys can't be expressed in words.

Anyways I had some female contact about 3 weeks ago at a nightclub. This girl was so freaking cute, I just had to approach her. We ended up making out and there was a lot of touching. For the first time in my life, I got multiple boners by just simply kissing a girl. I knew it was time I started dating so I got her number in the end. The next weekend I asked her to go a movie with me but she ended up flopping. I was actually really disappointed because we were texting each other all week and I was looking forward to meeting her. She sounded more eager than I was for the date, but the excuse she gave me was complete bullsh*t. She flopped out a few hours before the date so I didn't even request for another one. I relapsed that very day out of sexual frustration. Really bad move on my part but I learned from my mistake, didn't binge and moved on with life. She was a fine girl, but I'm gonna keep looking.

That was a while back though and I felt damn good this entire week.

- 1) Major increase in energy, definitely more energetic than I was in my first post of benefits
- 2) Morning erections are getting even harder and lasting longer (I have to wait a few minutes for it to go away so I can go to my bathroom without anyone in my family noticing it 🤪)
- 3) My friends respect me even more than they did when I wrote my first post. They love

having me around now, I naturally make them laugh all the time and I speak anything that's on my mind.

4) Spontaneous erections occur for no reason sometimes

5) Girl exposing her neck in front of me during class got me a nice boner and extremely turned on. I was extremely pleased with this because it's been about 60 days since this happened.

6) getting lots of looks from girls - (I gotta put this to use and get a girlfriend already!!!)

7) Most important out of all these is that I'm just happier with my life. That's all that matters to me in the end. This reboot will take definitely take some more time, but I am more than ready to be patient with this. I've seen too many positive changes in my life to go back to PMO. I'll see you guys at day 120.

That extra energy is definitively one of the biggest short-term benefits I enjoy the most. I can only imagine what will come out of dealing with this in the long run!

(Day 38) Personally I'm pretty sure things are developing quite well. I am more calm, interested, concentrated, smart etc., just what everyone says. Horniness is back partially, a bit at least. I can feel a glimpse of it glowing in the distance, ready to reach out for it. Some erections, though not yet full. A few days ago I just gave my penis a few strokes with maybe a little fantasy and I suddenly got a 40% erection which felt soooo good. Yes I know that's almost nothing but this didn't happen in a long long time without the aid of visuals or heavy porn fantasy.

Changes I've noticed are improved blood circulation (my hands and feet used to be really cold), calmness and a lowered need to stay stimulated.

Day 42) I can literally feel my dopamine receptors beginning to grow back. I have this warm energy in my chest. Doing literally anything is a pleasure, unlike during the PMO days when my pleasure only came from one source.

(Age 28) After 6 years of porn use, I've noticed what I think is reduced response to my own touch and stuff, and less real desire. More just that fake desire where you feel needy but without a proper erection. Looking back over the last few years, I've realised that most of my sex desire has been this funny not-quite-real sort. But before last weekend after my 12-day abstinence, I experienced very real desire that I've not felt for a long time!

I guess then that P is a no-no. And I think that the M and O really need to be kept to a minimum. It's remarkable actually, now that my mind haze and horrendous anxiety and shakes have subsided (for now). I can feel desire coming and going, in line with number of orgasms, during my recovery process.

(Day 80) I start to understand what the old Yogis meant with "the power of life energy" you get from abstinence. This power is so present, can feel it everywhere in me. Women and men around me seem to "smell" this power and strength which makes them react very positive towards me (esp. women

seem to smell your life energy by nature, really amazing) Feeling much more balanced than some weeks ago, as I already mentioned this seems to be the biggest benefit from all the improvements during the last 80 days.

I've made amazing progress. Some changes:

- deeper voice.
- waking up earlier than my alarm clock even after 5-6 hours of sleep, full of energy and with morning wood. Not always though, but I've had this three days in a row, so I know that it will return.
- feelings of ambition.
- increased hair growth: particularly on my arms and chest
- focus: this one is insanely strong!
- libido: ah my precious ladies, I've missed you

The positives seem to be getting stronger and stronger and more frequent!

I see some improvements. Just the light touch of my partner gets me to a full erection in about 30 seconds (yesterday we were looking to see if it was bigger, not for the size but for the changes. She gets happier when she says I am getting better). Although she only touched it for 5 secs just to see if indeed it was harder/bigger as rested now, the idea of her touching me got me stone hard very fast like I said. This happened a few more times lately. I am over two months no PM. Almost 2 months no O.

My mental clarity, physical and mental energy, and general happiness has increased. I want to tell everyone that this stuff seems a lot more promising than it did. My moods are much more regulated and the girl I'm talking to subconsciously respects me very much because she's apologize for things that are things out of her control. It is starting to make me feel alpha.

I'm on day 8 and going strong. I'm back to that point where I'm getting more looks from girls and I'm holding eye contact and smiling a lot more. Definitely a big change for me. Also, I'm happy to report there's more activity downstairs w/o any triggers. Though it can be a hassle, it's definitely a good sign.

Suicidal thoughts have noticeably lessened as I've gotten deeper into my reboot. I was thinking about that the other day. Happiness really is a balanced brain.

Day 23 - My voice is now almost always deep and low, I'm really happy with that, because it gives me more confidence in conversations. My attraction towards women was never that much of a problem, but it still became better during this reboot. What I noticed recently is that I have much less sexual fantasies about

women and I'm now seeing them more as social beings than before. I never objectified women much, but it still improved. It's kind of hard to explain what I mean. Also my "fetish" is disappearing, if it even was one in the first place. Rebooting is starting to pay off. :)

Just from my personal experiences - there are lots of benefits of not being addicted to porn other than having sex with a partner.

- you will have much more time to do things that actually mean something: Even if they mean something only to you; when I was most addicted, I cut right down on the amount of music, books, films that I watched, stopped going for walks, exercising, playing pool - things that stimulate your mind in ways other than pleasure satiation - because I would basically spend all evening downloading a new porn collection to masturbate to that night (and binging on junk food and marijuana at the same time).

- other things will give you more pleasure: when being stimulated by new fresh super exciting porn every night, nothing else really seemed as exciting.

- you will be less anxious, less nervous, more confident, funnier and just naturally more flirty with women: sounds hard to believe, but it was true for me. stopping porn, I actually started becoming the person I wanted to be but never thought I could be.

- if you do meet someone, you won't spend 2 months trying to fix your ED and wish you never started watching porn: I thought I'd never have any hope of a real relationship and then, when I least expected, I met someone who I could really relate to. That's when I started looking to the causes of the ED - and 2 months of abstaining from porn / masturbation worked.

- if you don't meet someone - sex with prostitutes is still better than watching porn. This may sound like a pretty immoral and irresponsible thing to say, and I'm not recommending substituting porn addiction to an addiction to visiting prostitutes (and all the health risks associated) - but really, its still better than masturbating alone every night.

- what you do with the extra time you have will be better for you: even if you spend it staring out of the window, at least you're not messing up your sensitivity to normal stimulations. Chances are you won't spend the time you now have free for staring out of the window; if you spend it exercising, you'll be fitter, if you spend it reading, you'll broaden your mind and develop your understanding of the world (and become more attractive as a person in general anyway), etc

- and in the end, when you do masturbate without porn, when you feel the urge, you'll actually have more pleasure from it, and feel better afterwards, not worse.

(Age 19) Don't expect YEARS of PMOing multiple times a day to be cured in just a couple of months. I had to learn that the hard way. I just think we are fixated on rebooting accounts of people on YBOP who needed only a short amount of time to reboot.

Honestly, I've been on this no P, with a few instances here and there, for about 190 days, and I am still noticing improvements every day. For one, I don't flatline anymore for two weeks after I MO anymore. If anything I'm back to normal the following day. My moods have just stabilized. I can masturbate to orgasm multiple times in a week and not feel mildly depressed anymore. I just get really weak as if I have a lot of weights on my shoulders.

I also am just naturally all around aggressive and have a superman-like aura all around now. Before, one lil orgasm would send me straight to a more passive-like presence.

I don't even think about tranny porn at all anymore, and I was glued to that shit hard for almost 2 yrs. Even gay porn/gay thoughts are pretty much a thing of the past now. But I'm not homophobic or anything like that; I can tolerate gays.

Can also have strong erections with females, although I can't really keep them for more than a minute, nor can I have sex with condoms. But this is already a blessing, because last year the most I could do was a 50% erection, which couldn't have even been used for penetration. Lots of improvements, and in another 6 months I hope for many more, especially being able to have successful sex with condoms, cuz I already can without.

(Day 109) I masturbated last night with no chaser today, no porn or fantasy, just lube and pure sensation. It's actually amazing, not that I want all my orgasms to be from masturbation, but when you abstain, use lube, and aren't addicted, orgasms feel a million times better than PMOing 4 times a day. I also believe my seminal leakage has stopped which is another positive sign.

I feel honoured that we are pioneering what could possibly be THE most potent personal development tool available to the male population. The benefits of building up sexual energy are quite real. I'm around 25 days into porn/masturbation and am kicking ass and taking names. I'm literally getting shit done I should of done ages ago. I'm conquering my demons, fears and insecurities. And getting lots of female attention while I'm at it. I believe the recurring theme of becoming more confident has to do with the excess sexual energy spilling into the lower three chakras, which are all to do with willpower and assertiveness. This is the single more important thing you can be doing if you're no good with women. It turns you from a puppy-dog into a wolf. Once you get past the urges.. life becomes your fucking playground. I can't believe how good it has made me feel. All guys owe it to themselves to be able to tap into this extra energy.

(Day 22) I have the benefits we expect: My energy, motivation, and confidence are already higher than they have been in years. Now for the kicker: for the past 2 or so years I've developed a small stutter. It's nothing terrible but still enough to bother me. It gets frustrating when I'm talking to someone and the words just won't come out right, as you can imagine. I haven't stuttered for a week now. It's not just a little better, it's gone. I feel confident when I talk now. It sounds small, but for me this is huge. I feel ecstatic. I can't remember the last time I made a change that's impacted me this much.

I used to trip over words all the time and had that "shaky voice" that is so awkward. Now my voice is way more relaxed and assertive.

I enjoy talking to people so much more than I used to now. I love not having the expectation of knowing I'm not going to stutter in the middle of a conversation.

When I fapped all the time I naturally went to more and more extreme material as time went on. My extreme material was young girls. From 10 to 16 years old - hentai, models, CP; didn't matter, I loved it. I often caught myself looking at young girls when they would happen to be wherever I am. But I would never dream of doing anything with them. However I always found myself to be awkward around them (like my niece for example) because I had so much trouble separating them from the sexual thoughts of little girls in my mind. Today I noticed something in myself. Lately my taste in women has been far more mature and developed. I used to look at women with big boobs - Like D's and above - and think "Meh, too large" but lately I've just been thinking "Ooh... Boobies" when encountering the same boobs. It has been weeks since I've looked at a young girl and thought of her as sexually

attractive. I feel great because of it. What I'm feeling right now is enough to make me want to wipe out the rest of my porn collection when I get home.

Because of this shift in my mind I'm starting to feel like my mental age is actually closer to my physical age. (They're about 3 years apart rather than 5 or 6)

TL;DR: I think NoFap may have helped me fix my ephebophilia/pedophilia

Masturbation is a real mystery. People like to talk about how it's healthy and a human need. That may be so for some, but it negatively affects me, especially when combined with porn. Cutting out porn improves my energy, skin and drastically improves the under-eye circles.

(5 months) Still no raging libido, but I do feel better more confident, more competent, sometimes I feel like I can pick up any girl, also the girls r defiantly noticing me more. There is defiantly positives from the reboot, no my track record is not perfect but I'm sure It beats fapping everyday to porn. This girl really likes me I'm sure she'll understand if I need to take it slowly.

I have been perhaps one of the longest cases on this site, which was troubling for me as I recovered, and hopefully can serve as some inspiration for those frustrated with lack of results. First off: getting a consistent partner was what did it for me. Before that frustration was all I saw. Starting at month 7 after reboot I had someone to flirt with, sleep with, cuddle with, and kiss gently before moving to sex. This slowly got me going again. At first I could only get hard for short periods of a time and had to 'rush' for penetration, but after each time my erections got stronger. Also high levels of PE have subsided as time has worn on--practice makes perfect. I now get hard just by gently kissing my lover and have zero issues with erection quality. I have zero desire to masturbate and am sure libido will continue to improve, as well as my orgasms which were nothing of note at at start (but have slowly gotten better). I had sex three times in one night with zero difficulty so I cannot believe how far I have come since embarking on this journey. Get a real partner, take the time to get to connect with someone (not just sexually), and it is an experience too powerful to describe. With everything taking so long for me, I can only imagine the changes a year from now. 9 months later and I am a changed man. I certainly felt obliged to share this final update for all those struggling out there and hope no one ever has to go through what I did.

Just hit the 90-day mark yesterday. Everything has been going so well that I don't even come here much for any support. Doing the challenge was one of the best decisions I've ever made. The benefits I've seen so far: 1) I have had over a dozen people comment on how I've lost weight/look better. 2) I've found more

ambition and got lots of jobs done around the house which makes the wife happier. 3) Happier wife and more free time means a lot more sexytime. (In the last 3 months we've probably had more sex than in the whole year prior to nofap). 4) I can't say enough about how much better our relationship has been since cutting the PM out. It's incredible. 5) General health and mood seem to be much better. I know for a fact that I will not go back to the way I was so I'm going to keep my counter going.

Didn't fap for a month. Gained 30 lbs of weight (no longer underweight) and gained an amazing group of friends. Met the girl of my dreams (our relationship now means I don't have to fap) and I have learned how to love myself for who I am. I didn't realize I was so cold towards life or how something so simple as not fapping transformed all that.

I've been attempting nofap for at least 140 days now, having some success and some set-backs; but this is one thing that I've noticed on all of my streaks, that my vocal range increases. Highs are easier to hit and lows just come naturally. My voice is more powerful and ceases to be shaky as it's been I guess since I started pmo. Whatever anyone says about placebo, this one thing, for me, is a completely measurable, tangible benefit from nofap that goes away quickly after a few relapses. No one can tell me it's 'all placebo'.

When I was PMO'ing I had like this brain fog or this constant hangover-like feeling, which made hard for me to concentrate, talk to people or just do my everyday tasks. After quitting PMO, in about 7-10 days this feeling went away, my mind became very clear, thoughts easy controllable, and I became much more relaxed in general.

The thing about [rebooting], is that it cures the numbness. For me, all of the colors came back into my life. Music started sounding better, movies would make me cry (nobody make fun, or I'll kick your butt! ;)), I laugh a lot more, I have way more fun in social settings, etc., etc..

I too went through a nasty period of sadness myself. But later, everything started falling into place, and it is absolutely amazing how awesome you become. So I think you're finding out that ALL of your emotions become stronger. Don't worry, though, as time goes by, life just keeps getting more and more awesome!

Being about 60 days in, I can confirm that those periods of hopeless depression are GONE. Completely gone. And the moments I am down are usually very fleeting, and are often down to what I've eaten more than anything. (So eat good!) This has cured me of depression.

I was addicted to porn before and I stopped it (since long time). But I continued with regular masturbation all that time. One day I noticed that if I didn't do anything for 3 days I got an extreme rush of energy and everything changed. Still I thought that was the signal for me to masturbate again, so I did, and so on and so on.

By the way, all this time I had a bit of social anxiety, communication with girls and with any people whatsoever wasn't going good. I was anxious, kind of depressed, stupid because I couldn't remember things, wasn't able to express myself in words the way I wanted, wasn't motivated, etc. I had lost the motivation for living. I wasn't productive at all, and I never knew what was wrong with me, I tried everything, thoughts, mind reprogramming, blah, blah, food regimes, fitness, swimming !! NO!!!

I started noticing though that if I didn't do anything sexual for 4-5 days, I started changing so much that I was kind of super-shocked and got kinda scared and masturbated again. Finally, I decided to push it to the maximum and see what happened, since I read the benefits of abstinence.

OMG. I so much regret living the life I lived :(A new dimension opened for me, my brain, my senses. I lost any sign of social anxiety, no anxiety at all. I have energy for everything, no depression at all, I regained my MOTIVATION FOR LIFE, and I know now why I didn't have it before. I didn't feel something deep inside me, something that should push every human being into living and enjoying it. I didn't feel the entire pleasure of anything. Girls, sports, any activity whatsoever was like minus 70% joy compared to anything I do now.

I don't know what happened really. I'm still getting over the negative thoughts that I missed that joy all my life. But I'm enjoying my new life new!!!

I don't know what the hell happened....it wasn't even PORN it was MASTURBATION itself. I didn't masturbate with any porn whatsoever. I stopped porn a few years ago, and I masturbated on normal everyday thoughts about girls etc.

I guess something is deeply wrong with me since the simple act of masturbation can do that to me. Or was it maybe because I was porn addict all my life before that? I don't know. Maybe I had some medical condition connected with a lack of testosterone; I have no idea! Or perhaps not, because before when I had sex with girls, I felt good and everything kind of improved, but only after masturbation I was somehow damaging myself...so it's not about the testosterone itself. I am so clueless!!

Anyway! I just wrote this post to say how amazing life is and that I have this deep profound feeling in me. I feel it in my chest; it's like butterflies from every moment I live. I'm so happy guys!!!!

And my sexual energy is simply, amazingly strong. I mean, I don't have to do anything, anything at all, and I attract girls. A simple HI and HOW ARE YOU? and a smile, and I can clearly see that the girl likes me - not as a FRIEND (like all my life) - but as a GUY. I see the signals she's sending. (OK I'm kind of handsome and have a nice body, but this wasn't helping me at all before.)

What's different? I feel pleasure from any communication I have with everybody. It just feels good. Before I didn't feel that, so I wasn't really myself when communicating.

That's just sick....HOW CAN THAT BE HAPPENING? And that's all accompanied with a strong buzz down there. I get excited from minor details from the girls and wanting to have connection with them, not only sexual by far....by any means, connection, communication, flirting, sex, LOVE, anything. 10 friggin days changed 10 years of weird, depressed, anxiety? I want to see how far this goes. I mean, I feel like I can do a lot of intellectual activity of any kind right now. I just see things differently, as if my brain neurons speeded up 10 times and made all the connections I was missing before. HAHA I almost feel like in that movie "Limitless."

For 3 years, I was unable to cum with my long relationship gf. She loves me so much that she would not care and our sex life was decent but with that major flaw. 2 weeks ago I decided to start this 3 months challenge. 1st week was a complete nightmare: bad dreams, edging, urges, frustration, anger.. fighting with myself every single night.

2nd week I was able to control it thanks to some tips: exercise, running, keeping myself busy, etc. Today, day 12th I had sex with my gf and I was able to perform perfectly. When I climaxed I cried, finally proof that this is working. I feel stronger than ever and have no desire at all to fap. I know there will be days when the urge arises again but this time I know that not doing is more than worth it.

So I relapsed maybe a month ago and then quit pmo and found two cuddle buddies. I ended up having sex with one last night and kept an erection for 90 to 100%. I know I am still healing, but already I don't have femdom foot fetish fantasies since I am not exposed to those things.

The things that helped me the most were meditation, eating healthy, taking fish oils multivitamins and GABA at night (especially if you're quitting alcohol and marijuana) because a lot of dopamine release makes your GABA levels go down. Also exercise no pmo, or fantasy, reading a lot. Finding cuddle buddies helps you rewire very quickly. I started watching porn at 13 and it started off with fetish porn and escalated to femdom and she-male a couple of times. Now I'm almost back to normal. I think it will take between 1 to 2 years more for me to be a bull in the bedroom, but it's not hard after the first two months, it's just like breathing.

(Age 22) Once I gave up orgasm 37 days ago, I immediately felt calmer, happier – just better in every way. Amazingly my musicianship became more fluid and I started getting chest hair (!!) after one week.

About a week into my second run I was invited to a house party. I was enjoying myself with a few beers and a cigar. For the first time in nearly two years I was noticing girls keenly listening to what I was saying. They were touching me, smiling at me. I ended up spending a fair amount of time chatting to one girl in particular. Yesterday I ended up asking her out, and we're getting coffee tomorrow.

Not only that, but for the first time in years I'm feeling good about myself. I'm getting things done, carrying myself better, have a clearer mind and have nearly stopped procrastinating altogether.

I was legit addicted to porn for like 5/6 years. Every day, multiple times a day. Binges like a mofo. Porn took a toll on my life, self esteem, everything. Didn't have sex for about 6 years, but every time I did get into bed with a girl to fool around which wasn't that uncommon [Average looking dude] I couldn't get hard. I'd usually blame it on the alcohol. Or saying I'm not in the mood, blah, blah. I could not figure out why the fuck I couldn't get hard & I never wanted to bring the same girl over twice just in case limp dick happened again. Bailing out one time, okay, two times, questionable.

While Googling 'Why can't I get hard with a girl' Lol.. I came across all these previous accounts of ppl experiencing the exact same thing & then suddenly it hit me. My cock was desensitized by my death grip & heavy porn use. (I would also always start my jerking off over my boxers, for years.. I think I liked the feeling of fabric friction)

Now, I've lasted 6 weeks with no pmo. Early into week 2 I tried having sex & my cock was dead as a door knob even after she gave me head. Then last night, which was my last day of week 6 I tried having sex again & IT WORKED!I got really hard at some points, other times maybe depending on the position it was a little weaker, but a far cry away from what I dealt with for the past 5 years.

I even had to run out of my house mid session half naked to get the condoms from the car & I was still able to have sex, fucking mind boggling. Now I will say... I wasn't able to bust that night, prob could have if I really tried but we were drinking pretty heavily before. Any who,, the following morning when we woke up together we had sex again & this time I busted! I'm happy as hell right now.

I'm deff not 100% cured & I will strive to make that 90 day mark.. But even after 90 days. I will never PMO again [Fingers crossed] I'm telling you, this shit is curable & you should start curing your addiction ASAP.

True benefits I started to realize:

-Over all confidence

-Less social anxiety

-Random boners

-Fullness of penis

-Way way less depressed - I was never depressed externally but some days during PMO binges I felt depressed internally.

-Much stronger attraction to real women

-The need to interact with women, dates.

I think my libido left for a little bit but I was more focused on the goal so I really didn't give much attention to it & just kept moving on.

(Age 32, months into rebooting attempts) I have been experiencing increasing amounts of female attention that seems directly correlated to the length of nofap streak. Recently I have started to have random women smile at me occasionally, but I am not a big socialite and so opportunities to actually respond to the attention has been very limited... until last night when I was out on the town with a group of new friends.

I hope any experienced nofapper will have an idea of where my story is going. Last night I met a girl who literally couldn't take her eyes off me. All I had to do was basically maintain contact and smile back and she was all mine. Of course we had some light conversation, and we did get on pretty well, but it did all seem like a bit of a formality and like she had chosen me or matched herself with me in order to spend a night with a man.

In the end we didn't have sex, we did all the stuff that porn leaves out. The hugging the kissing the rubbing and the caressing. And I don't have any urge to look at porn and knock one out to compensate. I'm not sure if were going to see each other again and I'm probably going to spend the next few days fighting the urge to worry about whether I should phone or text her. But that's a good problem to have.

I wanted to share my experiences in the last few days, because for me personally its been nothing short of stunning. To start off I've had massive social anxiety since I can remember. I always fought it, but it was me always basically faking it.

What I am noticing now is a massive change in my ability to interact with people. Most noticeably eye contact... I'd read this on yourbrainonporn, but its like night and day. Starting a few days ago I just started making eye contact with almost

everyone and it felt natural. I wanted to, rather than what I've done my entire adult life which was either force it, or start it and look away assuming I was doing something embarrassing or wrong. Now I suddenly just don't give a shit.

Its not perfect though, I can still feel the blocks in my head hit after a second or so, but more often than not I just naturally say "no I won't stop" and go on until its natural conclusion. This is with guys and girls just normal human interaction Beyond that when I was riding my bike yesterday, I was passing people and saying hello. I still couldn't naturally/easily smile as well but I feel like I almost wanted to. I was smiling at things I haven't been able to smile at forever, like a guy playing with his dog, or a little happy baby in her carriage. It was just a feeling of... almost euphoria.

And beyond that I was looking at girls passing by me without fear... making eye contact and holding it *almost* long enough. Even flirted with a girl at the cash register and got her to give me an interested smile. Its nothing short of un-fucking-believable.

I'm 27 years old and I've noticed that my hairline on my forehead has receded a little bit over the past few years and the overall having a full head of hair doesn't seem as thick as it used to (at least that's what several people have told me). It has been growing back since I started no PMO about 4 months ago and my longest streak was 31 days. Hair on my chest that has never grown before is starting to grow in. Pretty amazing, but I guess since I've been fapping regularly since 1st grade, I never gave my body the testosterone it needed to develop more hair on my chest. This along with ability to make extended eye contact, rock solid erections, and a new found energy have been the most valuable side effects for me.

I used to get nosebleeds all the time, every day and every time I blew my nose. After doing giving up porn/masturbation for some time I noticed that my random nose bleeding had stopped. Always when I relapsed, I had nose bleeding.

I have a good number of phobias. Leading a sheltered life allows you to have them, I (used to) fear wasps, bees, anything that sounds like a wasp or a bee, spiders, bugs, falling, pain, girls, and worst of all, contents rising from the stomach to the mouth (emetophobia). But since day 15/16, they've lessened exponentially. Bees, don't even flinch, let alone sprint for cover. My emetophobia has improved the most, no panic attacks, no constant worry, even seeing that sort of thing didn't bother me all that much.

I started having these uncanny conversational skills about a month in. All of a sudden, making jokes and puns was as natural as breathing. Eye-contact was

solid, with men and women, especially women. People have commented on me being a good conversationalist. I have a natural and healthy interest in people now, of both sexes. I enjoy finding out about people and what interests them, and that naturally makes interacting with people easier, more fun, and smooth. In my fapping days, I'd have to do a lot of thinking, and be in my head to think of good topics, jokes, or questions. Now it just flows, as if I'm playing a musical instrument. Being able to sit with a bunch of friends isn't awkward anymore. It's relaxed and fun and I feel comfortable around people. For the first time in my life, I feel like I contribute to the vibe or the party, if only in a small sense. I used to feel like I sucked the life out of everyone around me. Now I feel like people want me around more and more. I've had friends invite me out, had deep conversations with people, and met new people with ease, of both sexes, as of late. It's no coincidence that I just happened to stop fapping for a month before this started happening. As ridiculous as it sounds to new guys, I'm convinced no fap improves your social skills.

When having not fapped to porn for a week or more, I genuinely feel much better about myself. I feel a lot more confident when talking to people, I'm much less of an introvert. I become much more assertive in day to day activities, this includes mentality to keep a steady work-out schedule, getting up and to work on time and general motivation to do complete jobs. My abilities to focus on extracurricular activities such as learning new languages, developing my skills in Photoshop and playing piano increase by leaps and bounds.

[This guy wasn't an addict, but experimented with cutting out masturbation as well as porn.] Here is what I learned and some of the benefits and changes I've experienced over my 57 days: Larger, harder erections, I've stopped looking at porn. NoFap gave me more energy. I started being more social to help me find real women so I could get some relief. (I didn't have sex yet but I did recently meet 2 new girls with potential). I made 2 new friends (good ones) as a result of being more social as well. I'm in better shape. I was exercising before but with the additional sexual tension/energy from nofap I took it to a new level. I created a profile on Plenty-of-Fish for dating and have been talking to a girl who is cute, interesting, and I will be meeting soon. I started writing a book. I read 6 books that I would not have read otherwise. I learned a lot about the effects of sex on our brains. I started playing pool with a friend every Saturday night to get out to the bars and meet women. Applied for a new job. Most importantly, I've discovered a new way of life. The benefits from nofap are huge and I like the way it makes me feel day to day. As far as I can tell I will continue to abstain from both porn and fapping for the rest of my life. But now I will fap occasionally for a needed release (I'm thinking once a month) until I get a source of real sex with a partner.

Socially, I never wanted to go out. Never. After going out, I always ended up having fun anyway, but I never wanted to initiate going out. I thought I hated people. I was very anti-social...until after the reboot. My voice became deeper, but also my social confidence skyrocketed. At work and play, I cared less about what others thought, while at the same time portraying myself in a better way. I became more aware of the power and influence of social cues/behavior that everyone else seemed to get way before me. Now, I am able to talk to anyone or any girl at the bar. I'm not saying I can get the number of the hottest female in the place, but I'm not afraid to talk to her. (I also know that the hottest female in the place is hardly anyone I'd want to talk to anyway.) I met an extremely great gal after rebooting. I say this is due to being more socially aware, being more socially adept, being more in touch with my masculinity/animal libido/whatever. And maybe it's also due to the fact that I was open to finding someone who wasn't necessarily a slut, or wasn't someone who wouldn't mind my addiction.

One of the various benefits of no PMO that has come along with my confidence is ability to speak clearly. I always had what I can only describe as a speech impediment... basically I would be so nervous that I would constantly have to trip over my words when thinking of things to say. This would often lead to me saying the start of something, and then repeating myself about half a second later or so when I was sure of what I wanted to say. It was like having my brain constantly filter everything coming out in case I might say the wrong thing in a social situation. It was worse obviously when talking to strangers, but it was even there talking to family members.

Anyways now while it's not gone it's like 100 times better. I rarely catch myself doing it, and when I do I notice it, and when I correct myself I do it with confidence. I find myself using better vocabulary, whereas before I would avoid using words that were difficult to pronounce, as I could never do it. It literally would be hard for me to make my tongue make the right sounds. Like today, I used the word Superfluous naturally in a conversation... I could feel my brain as I was saying it, say " NO you can't do that you'll fuck it up", but then the word just came out. Anyone else get this or something similar? Does it continue to improve? I mean I would say its 85% gone but I'd like more like 99% :D

She and I have been talking every day for almost a week like a couple of teenagers (we're both 34). The only time we've seen each other was the brief occasion on which we met, so we've primarily gotten to know each other by phone. She goes on and on about my voice. She tells me it comforts her and reassures her. We've only been talking for 6 days and have spent a total of almost 10 hours on the phone. She insists we talk at every opportunity we get.

I have never had a woman respond to me so powerfully and so quickly after meeting her. As a singer, I know cutting out masturbation to porn has improved the quality and resonance of my singing voice. Now, as somebody suddenly getting a lot of feedback from one member of the fairer sex, I can attest that it has also made me into somebody that at least one woman can't stop listening to. I can hardly believe it!

I used to not have a problem with loveless sex at all, when I was on PMO. I think PMO shuts down the emotional and moral centers of your brain as well, because I must have been so inundated with pornography images I treated real life like pornography.

Recently, I thought "Hey I can still have sex on nofap! I'll just do that then, no harm done, right?" But I felt so guilty doing it with a girl I know I don't love... and I know in my heart that I can't do it anymore, maybe only once in a blue moon if I'm single. I've had a lot of girls too, so it's not like I need to sow oats anymore, I think it's time I started treating sex like a thing that should be shared between two people who love each other.

What the hell. I came here as a nihilist! What have I become? Anyone else experience this "emotional sensitivity" (for a lack of a better term) along with giving up PMO? so many... confusing.. emotions... arrrgh

[DAY 68 PMO FREE](#)

The benefits of not using PMO greatly surpass the short term dopamine fix that PMO induces in the brain. I feel like my brain is healing. When I started this re-boot, I listed the following symptoms that I felt like weight on my shoulders:

1) lack of motivation

2) irritability

3) brain fog

4) inability to concentrate

5) mood swings

6) social anxiety

Today, I am proud to state here that I no longer suffer from any of these symptoms. My moods are much more "steady". People are starting to notice. The anxiety is GONE...my concentration is crystal clear, my motivation for life is very high. I also eat better and even enjoy getting out of the house, away from the computer. Fishing, hiking, and just walking with the dog has really helped me

get deep into this re-boot without a relapse. These are hobbies I REALLY ENJOY but neglected for at least the past decade since I first got high-speed internet. I have become a leader among my long-time buddies. Fun male bonding with them on the fishing trips "off shore" in the diesel powered skiff. The skiff was the best purchase I have ever made.

WHY WOULD I EVER WANT TO TURN BACK?

Fapping for years and years before quitting has made it difficult for me to maintain an erection during sex, especially with a condom on. However, when I was with this girl two days ago, I was able to maintain an erection for as long as I wanted. We switched to 4 different positions and I was able to stay hard even when pulling out and taking our time with moving to a different position. Also, I was very hard inside her even with the condom on and made her orgasm 4 times in those 4 different positions, mostly with just my penetration and stiffness. Surprisingly, I didn't come prematurely either. I was able to hold back and focus on pleasuring her, and let myself come when I felt she had a couple of nice O's already. The sensitivity even with the condom on was amazing, and it actually took conscious effort not to come so fast.

After we took a break, I was able to get another erection very quickly from just her lightly touching me there and kissing and cuddling. Getting it up so soon after an orgasm like this has not happened for me in a long time. We were able to go another round with a condom on again and it was just as amazing with no ED issues and a mind-blowing orgasm for me that I felt all throughout my body. The whole time also I was turned on by my passion for her and connection with her, not just the visual stimulus of her beauty. It was a slow lovemaking session, not fucking, and I completely gave myself over to the physical sensations of being one with her. I wasn't trying to get myself off, I was making a deep connection with her.

This experience has got me all excited and feeling like the healing process is working. I am 34 yrs old, and I had my doubts before about whether my ED would ever get better, but all I can tell you is 'trust in the process, it will produce results eventually.'

I haven't masturbated or watched porn for about 5 weeks. In this time, my appreciation for everything in this (my) life has increased a lot. I feel a lot clearer about almost every situation. I can look people (and especially girls) in the eye and remain completely relaxed (this has led to a few interesting situations).

In the short amount of time that I've been porn- and masturbatory free, I've experienced more adventure than in several years before. I cannot believe how stupid I was to not discover this before!

I don't want to give the impression that I stopped watching porn, and girls all of a sudden started materializing naked in my bed. It's more like I've been much more comfortable with my horniness around (some) women and

they've mostly responded favourably ;).

At 33 years of age, I'm feeling like I'm heading for new and unimaginable adventures. (Sorry if my English sucks -- I know it's not an excuse but I'm Swedish...)

Acne: Stop consuming milk products, eat healthy (no junk food), make sure your stomach is clear (regularity), get some sun on your face (clears acne REALLY well), do not be afraid to tan. If your acne is REALLY severe then you may need to try a simple acne cream from a drugstore. I did all these things but still had acne. Then, AFTER NOFAP for 24 days, no fucking acne! Cleared right up!

I first did nofap at the beginning of the year and made it about 2 months before stopping for some reason. I think that I noticed a correlation between ejaculation and my skin breaking out. Has anyone else found some truth in this old wives' tale? If so, are they able to keep good skin while having an active, healthy, sex life?

My life without porn leaves me with more time to do things, more mental energy for focus, and the dissipation of lust. Porn really embeds itself into my subconscious. Porn is very impersonal, and an impersonal encounter with a live female is....well...probably not going to last long. When porn was cut out, I stopped simply lusting and became much more proactive about meeting women. I won't say that quitting gave me courage/confidence, but it definitely helped mental clarity, focus, and the loss of lust. I began to talk to people more in general, and along with that came meeting many new and attractive women.

First time I had sex (since my relationship had ended) was about 70 days into no porn/masturbation, 56 days of no sex, and 6-8 weeks of kegels every other day for 10-20mins. Long story short, I had sex 4 times. First session lasting 1 hour, the next 3 sessions lasting about 30mins each, all spanned over 3 hours. I came after the first hour, but stopped the ejaculation mid-flow, and maintained a boner for the next 2 hours. It was insane. I was blown away, as was my lady friend.

While away from PMO and SEX, I decided to read a couple books on tantric sex. This helped rewire the sexual experience in my head, and take on a new perspective of how sex could be, what it could look like, and most importantly what it could FEEL like. This new mindset paired with kegel dedication was explosive - and highly recommended.

The process of the reset is a tricky one when observing any short period of it. However, when you see the process as a whole it is quite simple to me. It is the body's way of taking over what your brain had fucked up. All this exposure to porn and instant-gratifying masturbation had conditioned my body correlate sexual desire w/ visual & mental stimulation. When in fact, GOOD SEX, is about feeling and has nothing to do with these mental/visual images. When you starve

yourself of this level of fantasy, your body freaks out. it goes through stages of weird/unpredictable behaviors. Once it reunites with its natural way of being, all is how it should be: In life, in the world, in the bedroom.

No PMO is not a magic pill. It will not solve all your problems. However, paired with a few healthy-habits, it provides an excellent foundation to a life of your own design. Nothing is more fulfilling than the feeling you get when you're actually thriving and not just surviving.

Benefits. Not an exhaustive list by any means:

*better voice tonality (this was noticed before quitting smoking)

*improved athletic performance. Squash, specifically. (Again, observed prior to quitting smoking and commented on by others)

*increased muscle mass

*better sex. 10x better. I now practice Karezza.

*improved confidence

*improved eye contact

*more self respect / self-acceptance

*enhanced social abilities

*more attention from women

I am/was also a pedophile and reading your post reminded me very much of how I used to be. I used to spend all my free time downloading and fapping to everything from teen models to hardcore CP. To make matters worse, I live alone in my apartment and I had anime body pillows of naked underage girls, girl panties of all sizes that I kept in my bed, and little girl bed sheets which forced me to think sexual thoughts about little girls every night even if I wasn't horny. At the worst of it I even felt like calling a therapist or calling my mom and admitting everything, at the cost of possibly being disowned.

I've been doing nofap for a few months now and my longest streak has been 56 days, and I want to tell you that things get better.

At first I just put away the pillow cases, bed sheets, and panties, disconnected my RAID array with terabytes of porn, and started nofap thinking it would be a fun test of self-control I might try for a week or two, and then go back to how I was before. After 2 weeks I wanted to go a month. And then after that I wanted to

go the full 90 days. After 40 days I gained the strength to delete all my porn, and shortly after that I threw out the pillow cases, little girl bed sheets, and the 40+ panties.

I don't think nofap "cured" me of pedophilia, but I rarely have sexual thoughts about little girls any more. Instead I think more about what I can do to improve myself to attract girls my own age and eventually get a girlfriend, and this has resulted in many positive changes physically (weight-loss from healthy diet and regular exercise), socially (more confidence, more friends, easier to meet new people), and psychologically (no more self-disgust, instead I now have inner peace, higher baseline happiness, and of course self-respect).

Also I haven't needed to let go of the underlying factors that attracted me to pedophilia in the first place. Short small adult girls with small breasts and cute smiles do exist - I've even been attracted to girls 5+ years older than me just because they were physically my type. And I can still enjoy playful innocence in myself and hang out with friends my own age who also have similar carefree and playful personalities.

For me it's all about keeping my dopamine levels more stable. That means no porn AND no masturbation. Every time I masturbate and orgasm, it increases my cravings for all other activities that give me a dopamine fix. Things like weed and sugar. Every time I've had a streak, then masturbated without porn, I have felt irritable the next day and have noticed a loss in my energy and motivation. The increased energy and drive I have to accomplish, and my more stable and optimistic mood are what I like best about the NoFap challenge. When I don't PMO, I feed into other addictions less; I feel more on track with what I actually want to be doing with my life; and I just feel fantastic in general. Far better than when I'm stoned all the time or fapping. I've also noticed a decrease in my social anxiety. New people I meet tell me they like my confidence and they think I'm a good speaker, compliments I would've never expected to hear just a few months ago.

I go to a boarding school, and recently we had a sexual scandal regarding 2nd graders molesting each other (I'm in the high school). As a result, the school is cracking down on people watching porn, since it is what gave these 2nd graders the ideas to do these things. Today a buddy and I were pulled out of our Multivariable Calc class at 8 am and our computers and phones were searched for porn. All I can say is THANK GOD for nofap, as my stuff was completely clean. Unfortunately for my buddy, he had quite a bit of stuff on his search history and he got suspended for 3 DAYS :(.

I identified as an autosexual for several years. I thought that's just how I was. Sex with real girls didn't do it for me after 15 years of PMO. At one time in

my life I *could* have sex with girls. Then ED set in combined with performance anxiety. I thought I would never have sex with another person ever again. Depressing as fuck.

Then some things happened and I woke up one day and said, "No, I want a partner and to have children of my own with a woman I love." That's when I started nofap, and went and got a script for ED meds. I'm not there yet, still use the meds, but I have a SO (significant other) and my life is 1,000 times better than it was 2 years ago. Also note I'm old, 40.

Over three months ago, I stopped watching porn. I can honestly tell you I haven't even had a cheeky peek since then. Any you know what? **I feel great.**

Sex is far more satisfying than it's ever been before. I LOVE sex now. When I used to watch porn, having sex with a beautiful woman didn't really satisfy me as it should have. Sometimes, I'd wish I could just click a button and change the scenery to mix it up. Even worse, when the girl wasn't that sexy, I'd even close my eyes and think about my favourite porn just to bust a nut. Sad, but true. But not anymore! Now, even sex with a 6 is exciting and satisfying! Naked flesh has once more become a novelty.

My libido has increased massively, too. In fact, my libido is almost **too** high. When I walk down the street and see a really nice ass, I can't help but get hard. When I see a 9, I grind my teeth like an angry dog and think about kidnapping her and bringing her back to my man cave. And when I fuck, I fuck like a wild man. The women dig it.

The only disadvantage is now I cum way faster during sex. I used to be a marathon lover, but now I get so turned on seeing a naked woman I'm unable to hold back an orgasm for over ten minutes (without a condom). Unless she's really worth a good dicking, I don't bother trying to impress anyone. But on the plus side, I can go a couple of extra rounds—so it evens itself out.

For some reason, I also feel happier in life, too. I feel I have greater self-control. I feel I'm a better lover. I'm hungrier, more confident, more manly. So my advice: Go for it! Give it up and see the results for yourself.

My wiener size is pretty average/not big and I've always been shy in the gym showers etc. When I was much younger it bothered me to the point of not wanting to go to school on gym days.

Now I do sports with friends and shower afterwards, and totally accept it. My thought pattern has gone from "they are gonna laugh at my small dick" to "penis size is not a hindrance to a good life" or "fuck it, I'm taking this for all my small dicked brothers". A long step away from victimhood!

Not watching creepy sex empty of love with huge dicked freaks, I believe, is beneficial to acceptance of our bodies.

(110 days) I'm 13 now. I haven't really been feeling any urges much lately, and I know why. You see, I've been talking to this girl who I've been really interested in, and so far she has been pretty receptive. As far as I can see, at some point I might actually be dating this girl, as we are both going to the same high school (by coincidence). I really wouldn't have this confidence if it wasn't for the wonderful community here at NoFap. Not masturbating or watching porn has been the best decision of my life so far.

I've found my vocabulary has returned to a level that I remember it being at years ago.

[To another poster who noticed his vision improve.] I thought I was the only one who improved his eyesight after starting NoFap. Sure, I did exercises for that, but they didn't seem to work previously. My 1 diopter is gone and I don't need glasses anymore :)

My sleep quality improve massively.

One of my favorite benefits of no masturbation to porn: deeper voice. Just talking makes me feel alpha.

(Day 90) I do a little now-and-then type of thing listing a few benefits I have experienced since quitting porn.

Before:

Bad Stomach aches on a daily basis

mood swings

ED

mild Anxiety

Mild Depression

Would sleep all day long and wake up feeling like crap

no focus

felt dead inside

felt ignored and invisible

lots of head aches

Now:

No Anxiety ever

No Depression

No Longer have ED (But still not 100%)
Extremely easy to focus and be motivated
I learn and understand things so much more easier now.
no mood swings
I am alive inside
haven't had a head ache in a while
stomach is much better
Still not a social butterfly but everywhere I go now people speak to me,
especially women :D
sleep is a lot better and I can generally get away with less of it
deeper voice
more facial hair

The biggest change I can attest too is the my healthier mind state. I feel a lot less emotional and I am much more in control of myself. People around me aren't able to sway me with every little thing they do anymore. I take things a lot less personal and I feel much more happy with myself, I don't feel the need to make everyone happy or to try and solve their problems. People can either accept me or get the fuck out, and I have told a couple of "So called friends" to do just that. I'm no one's fool.

There has been a change in my views towards sex and women. This whole process has really made me realize how much I adore and admire women. I love them, respect them and I hate to see them be brutalized. However getting off of porn has made it so I will never go crazy over a woman again. I respect myself too much. I will admit to some women in my past I have been a "yes man". I would give them whatever they wanted, anything; just to show I cared. In hopes that they would love me back. but it never worked. I noticed that a long time ago about myself. I couldn't understand why I would always become a wimp when it came to women I wanted. I hadn't always been that way. But now thanks to ridding myself of porn I can honestly say that me is gone. I think women can pick up on that too because I swear they look at me so much different now. I just wish my erections were 100% again then I would really be good.

I've been fap free for 2 weeks and listening to music is so amazing. I've always loved music back when I was fapping, and even composed a few tunes myself, but lately, I've been getting shivers, goose bumps, and even teary-eyed just listening to all sorts of genres. Whether it's a placebo, or my dopamine receptors being rebalanced, this feeling is amazing! :)

I'm glad I came across the TEDx talk back in August! The most noticeable change I have noticed during my current streak is that I don't put myself down anymore! I have way more confidence now than I did before. I noticed that ever since I started, I constantly check myself out in the mirror, and I'm amazed at how good looking I am. I always say to myself "Damn! I'm sexier than fuck! I can't believe I'm even single! How can girls even resist me?!" I know its kinda weird but that's what I noticed, during my streak, I just have this confidence, I like what I see in the mirror, I'm comfortable in my own skin, I feel blessed because of my looks (that's one less problem for me, I can say "hey, at least I'm not ugly, there's always someone out there that has it worse than you, there's kids out there actually committing suicide because of their looks") I can say that small things about myself don't bother me like they used too (body image, too scrawny, too this, too that BS)

During my challenge I also noticed I cut out a lot of bad habits (disgusting habits I might add) before nofap. I used to be SO socially recluse, that instead of walking five steps to the bathroom, (the bathroom is literally next door to my room) I used to piss in water bottles! Damn! Looking back at it now, I feel so disgusted I even used to do that, I used to have LITERALLY dozens of piss-filled water bottles in my trashcan, under my bed, in my closet, just because I was a sick fuck (The majority of time, I pissed in these water bottles after a PMO session) My friends used to find these sometimes and be like WTF?

Other disgusting habits I cut out: Playing with my pubes (I prefer a shaved, clean samson now), playing with my dick, and just small things like that, small but disgusting habits that I no longer partake in :) Ever since my first couple of attempts at nofap, I also started NoShampoo back in September (has nothing to do with NoFap but i feel like I've done my head some good) Before Nofap I groomed and practiced good hygiene but now I take care of my appearance like FUUUCK! I buy aftershave now, I get professional haircuts so I can look good, I groom my facial hair to make it look like I want it to. I dress so fresh so clean, I wear fitted hats now because now I'm feeling myself. SO MUCH CONFIDENCE!

Initially when I started I felt superhuman.. Then I relapsed.. And then began a long chain of starting and relapsing on and off, on and off. Eventually when I would get 4-5 days in, I didn't notice superhuman benefits anymore, and I would end up relapsing.. and I no longer had the crippling social anxiety the day after a relapse.. So I began to think this stuff was placebo, and that masturbation/porn wasn't so bad as I thought.. and that the reason I got such a huge benefit at first

was because I simply believed in it..

I WAS WRONG. This is NOT placebo. I'm on day 5 now, and I noticed that my alpha characteristics are popping out like CRAZY lately. My posture is awesome, my eye contact is great, I'm talking more, more chicks are checking me out, etc. This shit is NOT placebo. It definitely makes you more dominant/masculine. I guess I just wasn't paying enough attention to my personality/actions the last couple of times that I go on board with nofap again.

DO THIS, and STICK TO IT. If you keep starting and relapsing, your brain kinda adjusts to that pattern, and so you'll stop noticing really big benefits in the first week or so like most people did when they first started. Stop relapsing, go out there, grow dopamine receptors, be fucking awesome.

When the hell did everyone get so attractive? Seriously, I'm seeing people completely differently now than I did 102 days ago. Could this be the beginnings of a reset? What have other 90+ fapstronauts experienced?

Quitting porn lowered my social anxiety. Quitting MO has made me a driven man. I have a ridiculous drive for women now, I want to make out with them, fucking hug them, protect them. I did not have ANY of that when I was PMOing everyday, I didn't even fucking look a chick in the eyes... oh, and yeah, eye contact has increased massively. I sound like a man, I don't sound like a little bitch anymore whenever I speak.

I've told my therapist about NoFap and the benefits guys see for a few weeks in a row. Dude I am 34 and went on adderall for the first time a few months ago. After 2 months of nofap, I really don't even need it anymore. :-)

(Day 35) For 5 days now I am in the best mood since god knows when. I can get up very early in the morning without problems, am highly motivated through the day and for the best effect, everything seems more fun, even making breakfast, exercising, almost everything. Guys, hang in there, it's well worth it!

- Feel heat in my penis, it looks alive. Morning solid erections after long time, 100% erection.
- Great tone of skin and hair.
- I feel younger, girls say hello to me, blink their eyes.
- Lifting heavy at the gym, I lift so heavy that big guys are now ashamed.
- Mental focus in certain academic tasks.
- I can see to the eyes of people when they are talking to me.
- Feel a Halo effect
- Wake up earlier, around 4am with great sleep, no more waking up tired.

Paruresis (/,parə'ri:sɪs/ par-ə-ree-sis) is a type of phobia in which the sufferer is unable to urinate in the (real or imaginary) presence of others, such as in a public restroom. ~ [Wikipedia](#)

I don't know, it could just be coincidental. But for ten years I've been queuing up in public restrooms to pee in a cubicle, and then two months into my nofap, I'm more confident, I'm feeling like a man, I'm looking people in the eye, and I'm standing at a urinal, peeing in front of a total stranger, *while having a conversation with him!* WTF mate?

First off, I made it to day 15 (yesterday) of abstaining from PMO, however, while edging, something unexpectedly stimulated me to orgasm (which wasn't satisfying to be honest), but now I'm back on the wagon! Anyway, what follows are the fruits of my sexual experiments!

Things I've noticed:

-Increased awareness of sexual energy. In the past when I masturbated, I would get this horny feeling, goading me on to keep on stroking and that would be it until I orgasmed. When I finally caved in around day 12 and started edging, I could literally FEEL this inner heat permeate my entire body, so much so my palms started to perspire and all over I felt really warm, too warm in fact, like when someone leaves the heater on for too long.

-Increased penis sensitivity. My cock has always felt good, but the sensations I feel now completely blow the previous feelings out of the water. Indeed this abstinence to porn was born out of the fact that the last few women I've been with (in casual encounters), while very pretty, I still had great difficulty reaching orgasm, I found that while I could still get hard, my erection was very deadened to the touch of a vagina, which told me something was wrong.

-Muscles are sculpted easier. Some of my friends, who also don't orgasm, swear that they get buffer faster when they don't ejaculate for long periods of time. It takes less effort to put on muscle. But then again, all of us are around 20-23 years old, so muscle definition will come easily no matter what.

That being said, my core is more cut than ever. I figured this could be a male version of what some women report as growing larger/more nubile breasts due to karezza. Who knows?

-Voice deepens. A year ago I used to PMO a lot, and before this reboot thing I'm doing now, I used to PMO about 2-3 times per week. Anyway, back when I rubbed myself off like crazy, my voice was still resonant and not at all cartoonishly high, like Mickey Mouse, but when I skipped orgasming for two to three days, my voice significantly changed, it pitched really low and something felt off with my throat. The day after it just naturally re-calibrated, my throat felt normal, and my voice was overall deeper and more resonant than before, just not at the super deep level as it was in the preceding days.

-Skin and eyes look different. My skin looks more healthy, as if I've been using lots of lotions or something, but I haven't! As for my eyes, usually I wear glasses, so I don't notice them too often, but lately when I look in the mirror, my eyes just capture my attention in a new way. It's hard to describe, because it's not like they're brighter or a different color, it's like light is falling on them differently or something, I don't know, I could be imagining things.

-Women look different/Feel more social. I notice more women, before I could practically ignore them except for the ones I chose to pursue, now every woman just stands out, and it takes a lot of willpower not to talk to them, since I have lots of errands to run. Other times though, such as when I'm in an elevator, whether it's a man or woman, I just have to break the awkward silence because it's the perfect time to socialize! Before, while I always tried to schmooze with whoever was next to me, it was more of an effort, now it feels like a compulsion.

-Penis is thicker. I remember when I was 14/15, I was used to be so impressed with my erections, it felt like there was a katana in my pants, just crowbar iron hard and quite long. But then I started PMOing at 17 and then continued to do so off and on until now, at the age 21 and my erections weren't and still are not the same. I wondered why my erections seemed so average when they were so powerful before, something about dopamine no doubt. Anyway, while I haven't gotten back to the level of early teens erections, I have noticed more blood flow to my cock and I can get functionally hard faster.

Aaaand that's about it! I've noticed minor mood improvements, but since I've always been fairly happy and go lucky, even while PMOing regularly, it doesn't affect me that much.

These past 20 days I've been changing into a different person. It's been subtle but all of these benefits have slowly been revealing themselves to me. Don't FAP!

- feel like an alpha male
- happier
- less numb to life
- excited to be alive
- better able to look people in the eye
- much more confidence
- much less anxiety
- much less brain fog
- more energy
- attracted to women more than before
- much better concentration
- need less sleep
- able to have a conversation (not searching for words all the time)
- harder/bigger erections
- increased sensitivity in penis

- more social
- better posture
- more aware of body language (my own and others)
- flirting feels effortless and natural
- better at my job
- better at guitar
- music sounds better

Had my first wet dream at day 9. My penis started literally leaking and has continued to on and off since then. On day 16 I spontaneously ejaculated while taking a dump. Haven't met someone yet, but feel the drive and desire to...when it happens I'm excited to have sex and enjoy that experience with a real woman. I realize now that my brain has been operating at like 50% since middle school and has held me back from ever having a relationship and being the best person that I could be. My NoFap superpowers will become normal for me, as I don't plan on ever stopping NoFap after this. Why I've been dating my hand for 15 years?

2 weeks ago I was invited to this gathering which had a lot of people I don't know. I wanted to leave a last impression and not fuck up like I do every time. I realized that I always screw up because of my complete lack of confidence and decided to change that. I worked on my posture, eye contact, and conversation skills. But most importantly, I STOPPED fapping. I went to that gathering after a little less than a week of NoFap, and I was amazed. It was a different experience. I was really confident that I think I almost became too cocky. Here I was, sitting with a bunch of people I hardly know, cracking jokes here and there, making sure everyone's having a good time. I felt like a true playmaker.

Usually in gatherings like these, I leave with the most boring pitiful impressions ever. However, this time was weird. A lot of people added me on facebook and started wanting to get to know me. It felt like finally I had enough courage to face my weakness. I realized that confidence was my weakness, and I raped it.

NoFap has certainly helped me overcome my confidence issues so far. When I relapsed afterwards I felt like all my ego has been destroyed. It could see myself turning into this weak slavish gollum, but instead of being obsessed with a ring, I felt obsessed with useless porn and masturbating. I will not allow myself to fall back into that pit again. I have seen how its results can dramatically change a person's life. So for anyone who feels like they could use a little more confidence, please don't relapse!

So I stopped watching porn in August and I tried to reach 90 days of not fapping several times from August until January. I ended up having streaks of 30, 30, 36, and 50-60 days. I didn't watch any porn videos during this time, when I relapsed I didn't use porn. Anyways, for the past 3 weeks-1 month I have used porn occasionally and fapped a few times. I have also had sex once. I am proud to say my erections are completely fixed. I get rock hard viagra-like erections every time I masturbate or have sex now. The thing is, whenever I fap my brain fog comes back and I get headaches. Has this happened to anyone else? It sucks because my penis is cured but my head is not. I guess I have to quit fapping again because brain fog sucks major asshole. Any opinions or thoughts would be great!

I always have negative dreams, sometimes really intense sometimes just mildly negative, but ALWAYS negative, every day of my life. Just a few days into Nofap I realize that my dreams are 100% pure positivity and I wake up happy and motivated full of energy. This for me is a clear indicator that NOFAP works since there is clearly a change for the better with my subconscious. Tldr; No nightmares anymore, only happy dreams since NoFap.

(17 days) I just read this comic, and I fucking cried at the end! I CRIED AND IT FELT AWESOME! I didn't have such an emotional response in years to anything, not even when my grandma died or I moved away from all my friends, but now even this sweet little story makes me tear up. Now, I don't quite know if this is related to nofap, but it is truly awesome.

Ok so I am currently on my 7th day of Nofap (have completed 6 days) Anyway, So many girls have been talking to me, and sitting around me .I have a new confidence which lets me talk back to them which feels great. I have noticed girls looking at me a lot more. Before I started I was oblivious to this and thought they were not interested in me now I feel pretty much all of them are! I have so much more energy. Before I felt lethargic 24/7. I have exams coming up next week and I have been studying for them around 4 hours a day. Before, I would have given it 20 minutes a day, lost concentration and given up. Everything feels so much better. I haven't actually had thought of masturbating since starting and I honestly don't want to as everything seems to be going so well. I just wanted to share my experience with you all to try and give you a bit of motivation. Stick with it!

Here i am, 105 days later. Like then, still unmotivated, lazy, tired, a sense of dread facing everyday life. Nothing has really changed. But the twist to the story is that, a few days ago I caught a cold. Not a very serious one, but I still feel uneasy. My body and mind just don't feel right. And I realized, "This is how i always felt before NoFap." The benefits of NoFap creep

on to you slowly. If you don't pay close attention you might miss them... But this cold really gave me a flashback of my previous life... Just going about my day trying to get to the end so i can repeat it over and over again. Not accomplishing anything of value really.. other than enjoying other peoples artwork lying on the couch.

A week ago, before I fell ill, I was playing guitar again, learning to play the keyboard for the first time, which is quite funny knowing I got the thing years ago.. I enjoy reading books again.. even thinking up own stories in my own head.. My creativity has skyrocketed and when I go to sleep i feel excited for the next day again.

To me NoFap has totally been worth it, and I will continue down this path to see where it goes. Thank you.

Something that I realize after the first couple days of nofap is my dreams become a lot more vivid and memorable. I almost never dreamed when i would partake in PMO daily, would just fall asleep and wake up, no bits of images or anything. Just thought that was a pretty interesting incentive to quit masturbating, this true for anyone else?

I've been doing NoFap since December 16 [1 month+] and I feel better than I've felt in any time during my adult life. I typically suffer from anxiety and depression that can be caused by minimal amounts of stress. Right now I feel like I can't be toppled off the mountain. Last week I had sex with my wife 5 times and was able to climax with a condom on each time. When we used to have sex, once every 5 or so months (no lie) we would call it "try" to have sex. I would blame my inability to perform on stress or depression or my medication. I feel so great now. This is something any man can do. There is no trick to it, just discipline. Being in a relationship helps. I would hate to do this as a single man. I'm enjoying this very much and I hope this continues. I can feel my confidence increasing in all aspects of my life. At work, social settings, with my family.

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