

Here's a sampling of the withdrawal symptoms heavy porn users report when they first stop using Internet porn. (By way of comparison, discussions of typical cocaine, alcohol and heroin withdrawal symptoms appear at the end.)

- As requested, here are my withdrawal symptoms (experienced on day 2):
  - Mood swings like a pregnant 13-year old girl.
  - Severe, unbearable loneliness.
  - Tension: headaches, mild muscle aches, stiffness all over, a feeling like pressure on my teeth.
  - Social paralysis.
  - Anxiety about nothing in particular.
  - Panic attacks (rare, but it has happened).
  - Always feeling cold, even in front of the fireplace.
  - Intense fear of anything and everything.
  - Crying about everything...I'll see a neat-looking tree and then cry about it.
  - Intense, insatiable desire for human contact...yet a terrible fear of actually getting it!
  - Fear of rejection.
  - No desire for sex...until I catch a glimpse of porn again (or wait long enough of a time without looking).
  - Insatiable food cravings...Almost ate an entire pan of brownies in 24 hours.
  - I'm a composer...and I can't compose.
  - I have a VERY SHORT FUSE, you idiot! LOL Treating people like crap when I feel like this! This is the worst symptom!
  
- Withdrawal is just nasty. I had very bad insomnia for a stretch, I even got violently sick. Maybe it was from withdrawals, maybe something else. I still don't know, but it was brutal from all angles regardless. Emotional things come up heavily: depression, strange anxieties, worthlessness. It was everything that I had been struggling with—all at once. It was like having a really bad day times 10! And, of course, the horniness. You really start to learn to control your fantasies because if you don't, well, you'll feel the discomfort. I guess everyone develops ways to deal with it that are unique to their mind and emotional needs. Support groups help a lot for this.
  
- Here's what I'm dealing with:
  - irritability
  - fatigue
  - inability to sleep (even sleep aids don't help much)
  - trembling/shaking

- lack of focus
- shortness of breath
- depression

- Day 8:

Last week wasn't great, but not too bad. My main symptoms are fatigue, inability to concentrate on work, and desire to isolate and not deal with anyone. Today is the worst day yet. But it doesn't matter because this time around I know WHY I feel this way. That makes things so much easier.

I spent years trying to explain my fatigue and lack of focus. I thought I had a sleeping disorder and went in for a sleep test - no issues. I tried a dozen or so different diets, adding and removing potential culprits - no change. I tried all kinds of supplements. I researched all sorts of things.

I had quit caffeine and weed to see if that helps - it didn't. But it was probably a good idea to stop using those two substances anyway. I got a great education on a number of subjects in my quest, but no solution to my fatigue and lack of focus problem. The only thing I managed to note definitively after a years of on-and-off experimentation is that the fatigue comes and goes in cycles. It's bad one week, better the next week. Some weeks are not bad at all, although it's always there.

Now I am hopeful because the puzzle pieces fit. I had been hopeful before, but never as hopeful as I am today. It was a blessing in disguise that I started to develop ED and that the colors disappeared from my life. I considered that porn might have something to do with ED, but never thought the fatigue could be caused by the constant state of withdrawal from porn/orgasm. Good to see that many are reporting it as a withdrawal symptom.

- Day 6 and symptoms so far:

- headaches (getting worse today)
- really tense shoulders/neck
- fatigue
- brain fog
- desire to over-eat (although I have this a lot anyway)
- a bit irritable
- hard time concentrating
- sensitive to a lot of noise

- I am experiencing, nausea, floaters in the eye, depression, lack of motivation. I've also been experiencing candida, which may not be related at all, so I'm really having trouble discerning what are truly withdrawal symptoms.

- [After 6 weeks] I seem to be pretty much over the insomnia, although I'm not sleeping very deeply, and don't wake up feeling energetic and refreshed. It's better than lying awake for hours at a time though. I haven't had headaches in a week and I'm feeling a lot better than a couple of weeks ago.

- Symptoms:

1. Extreme exhaustion
2. Restless sleep
3. Muscle aches, joint pains and fever (flu like) - day 15
4. Mild disorientation
5. Tension in the chest / tight breathing
6. Anxiousness

- Every time I stopped using, I felt like I was always on the verge of catching a cold during the days afterward. (Kept thinking I had mono.) I don't get that feeling anymore despite feeling pretty low at times. Throughout the first six months of recovery, whenever I would relapse, like clockwork 4 days later I would experience pure hell physically. These were the worst: headaches and depression. It was physically flooring.

[A year later] The lows and the surfacing feelings are pretty nasty. I got a wave of the old hypochondria today. Not exactly hypochondria, not worrying about my health or a disease so much, but having these anxious thoughts and insecurities. Nagging doubts about upcoming interviews, my worth, all of that. The reason why I say "hypochondria" is because when I first started my recovery, I would have a full textbook episode of hypochondria. Over time, within the weeks and months following abstinence, After many attempts, I noticed a pattern: instead of my focus being on the status of my health or a symptom and it paralyzing my life, it started shifting to other things that caused a little paralysis, but weren't as debilitating. The severity is not as bad as it has been in the past either. It is still debilitating, but understanding that it is part of this natural and predictable cycle helps me to stay objective about it.

- My withdrawal experience so far:

1. I get extremely lethargic.
2. Unable to concentrate.
3. I feel very thirsty and no amount of water quenches my thirst.
4. I have pain in body, which keeps moving from one place to another.

5. I feel mild sensations of vomiting.
6. My mouth has a bad taste.
7. I become extremely wise like a saint. I preach a lot. (As if I have never heard of a thing called porn addiction)
8. I have extraordinary ideas in my mind as to why sex and porn are wonderful. (But I keep them to myself)
9. I feel sleepy all the time.

- Withdrawals?

- \*Throbbing face and especially eyes (not from too much screen watching, just spontaneously)
- \*Desensitized emotionally
- \*Very tight tension in my back, neck, shoulders that streams into my arms and head, pretty much everything above belly height hurts, a lot.
- \*Extreme physical tiredness
- \*Hard to concentrate
- \*No real desire for porn/masturbation/orgasm at all, BUT STILL searching for it online as a conditioned habit! (I have managed not to look at or look for porn for at least 2 hours now. Woohoo!)
- \*Feeling sad, alone and fed up by all of this (meaning porn and the sexualized, luring commercial industry, where women are portrayed as objects)
- \*Light fetishes and sexual imagery streaming in my head, intermittently, grabbing my attention.
- \*Feeling of wanting to go to sleep, but not really sleepy, not really awake, half a human, not whole. YES! I am a PORN ZOMBIE! And I want more pictures and videos from your hard drive brain! (not really though)
- \*A longing for someone to hug, even to just lie in bed with someone and spoon.

- Today the whole day I have been shaking with jitters similar to how it felt when I quit smoking. My body has been jolted with what felt like unusually intense energy, especially in my spine. I feel tense and stiff for a while and then as if my spinal bones are being popped and a big relief and then tension and then relief. It just came out of the blue and has been subsiding.

- Withdrawals?

- Intense bouts of anger leading to interpersonal difficulties,
- aggressive demeanor,
- easily stressed out (I'm inexperienced confronting the world without that soup of post-orgasmic sedation),
- suicidal ideation,

- severe depression,
- violent dreams (I actually enjoyed these, but others might consider them nightmares),
- insomnia,
- hallucinations (jumped out of bed screaming because I felt a "presence"), "insects" crawling all over me in bed,
- shakes,
- mania (energy far in excess of my ability to use it constructively), and inability to concentrate.

• Bored? Masturbation. Angry? Masturbation. Sad? Masturbation. Stressed? Masturbation. I went from being the first of my class to the very bottom, until I dropped out for good. I found a Web job, making good money with my porn one click away. This was my life, and I didn't recognize I had an addiction until I had surgery and masturbation wasn't an option for fifteen days. On day three, I was literally shaking, and I began to connect the dots. Other symptoms:

- irritability,
- inability to focus ("staring at walls syndrome"),
- mood swings,
- headaches (sometimes quite strong),
- sense of pressure in my genitals,
- flashbacks,
- paranoia,
- self-defeating thinking,
- depression,
- hopelessness,
- and fear that I will never have sex because I've learned no social skills since diving into porn eight years ago as a teen.

• My withdrawals:

- \* Very hard to focus on my work
- \* Depressed
- \* Pains in my stomach
- \* Mood swings
- \* Headache
- \* Feelings like I'm going insane

• [3 weeks in] I haven't had the withdrawal symptoms many people have mentioned. Instead, I feel nothing. It's like I just don't have a libido. No morning wood. No wet dreams. No spontaneous erections. No cravings. I haven't been horny at all. I've had opportunities to have sex, but it's like my

body is not responding. My diet is reasonable. I'm working out regularly. I'm taking salsa classes so I'm reasonably active, but still no sign of my libido. I can dance with a beautiful girl and have no physical reaction whatsoever. I'm aware cerebrally that a girl is attractive, but I don't feel it physically.

[Next day] Other possible withdrawal symptoms are:

- Restless legs. My legs won't stay still when I'm sitting in my chair.
- Disrupted sleep. I'm having trouble sleeping and/or waking up in the middle of the night with my heart beating fast and then I won't be able to get back to sleep.
- Headaches. These aren't severe but they happen.
- Sick. I'm not sure if this is related to porn withdrawal. It could be just because I had a big weekend, but I've got a sore throat and feel generally run down.

- OCD (Obsessive-compulsive disorder) thinking

When I first started recovery from porn, the withdrawal symptoms were so intense that I couldn't last more than 4 days. But then 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.

- Actually, I \*am\* experiencing withdrawal symptoms. It's just that the cravings are kept in check. I'm sleeping for only short amounts of time since two days and I am dreaming more vividly. I haven't noticed any dreams for a long time. Now, there have already been three in the last 10 nights. And I am more easily irritated in an aggressive way.

- I notice:

- Vivid dreams
- re-running the same events, such as telling an ex-girlfriend and partner what I really think, or moments from playing rugby.
- Deep sleep, and waking with a feeling that I can only describe as 'odd.'
- Big headache.
- Tight jaw and my back teeth hurt, top and bottom.

- I'm now a peer counselor for students having trouble in their classes. They have OCD, bad sleeping habits, poor social skills, depression...you name it. All the symptoms talked about here associated with porn use. I know from my own experience that what many of them need to hear is,

"Hey, stop jerking off to porno. That's why you're getting a D". That wouldn't go over too well, but it would really help them. These 20-year old kids have no idea what is happening to them. They are depressed, stressed, compulsive, etc. And they are really bright people and want success and the good things in life as much as anyone else. How can I share what I've learned from my own recovery without sounding like a pervert? I am pushing social skills, sleeping habits, diet, and exercise, but I suspect they need an "overhauling" approach in the end because some of their porn habits are so deep.

Mood swings, loss of libido, and anxiety are my worst symptoms:

- 7/25 Kind of depressed the last few days since my failure to be truly aroused the last time I masturbated, and still not in the 5 days since. How could I go from masturbating everyday (with no erection problems) to not being able to be aroused by anything? Was the constant stream of pornography the only thing keeping my libido going?
- 7/28 Never experienced depression before, and it's a terrible thing. Fortunately I have a pretty good job with great benefits, including mental health coverage, so I scheduled an appointment with a therapist.
- 7/29 Went on a first date with a girl. While driving home, I was able to picture myself having sex with her, and the wonderful thought of the feeling was enough to get me aroused. Success! Things are starting to get back to normal.
- 8/2 Relapsed with porn
- 8/3 I had always been a pretty happy-go-lucky guy, and even in the small periods of depression or anxiety I had in the past, my ability to masturbate to pornography was never affected, so I didn't know that it is normal and natural to not be in the mood for sex during recovery.
- 8/4 Was able to get an erection this morning, but it didn't "feel" like it used to. Was still in the middle of a depression. Later in the day, I couldn't get an erection at all. This got me scared. I was inconsolable about my situation.
- 8/7 - Was sick of my inability to get an erection, so tried looking at some porn again to see if it would work. I was able to get a decent erection, which was actually kind of disappointing. I was still looking at fetish pornography and was worried that these fetishes had ruined regular sex for me. Did a lot of crying.
- 8/10 - Today was great. I actually had a hard time sleeping at night I was having such a powerful fantasy thinking about a normal girl, and normal sex. It really seemed like things were starting to work out.
- 8/14 – 8/19 After numerous healthy fantasies and "proving" to myself that there's nothing wrong with my libido or my ability to fantasize about healthy sexual relationships, I got too comfortable with my porn/masturbation habit and masturbated several times, including to pornography.

- 8/23 I couldn't escape the thoughts in my head being worried that my life would never be normal. Much of the depression was based on an inability to get an erection whenever I wanted it, as this was different than what I had always been used to, but once I was in the depression, I had a lot more depressing thoughts about myself, my relationships, and just life in general.
- 8/26 Called my parents and told them everything I was going through. Felt a lot better afterwards.
- 8/27 - Saw a psychiatrist today, and we both decided that we would try to avoid medication for the time being, especially since I was feeling better. We talked about some of the possible origins for my fetishes, and about neuroplasticity. I mentioned that I had been trying to rewire my brain to be aroused by thoughts of normal sex instead of fetish sex, and he suggested that that wasn't a bad idea. I tried to go to bed, but was having such a good fantasy going that I couldn't fall asleep. It had been about a week since my last orgasm, so I went ahead and masturbated while watching 'normal' porn in the hopes that it would get my brain to strongly associate normal sex with good feelings.... How many ways can I bargain with myself??
- 8/30 Severe anxiety all day. No real trigger, just was there. Although the anxiety leads to racing thoughts that leads to more things to be anxious about.
- 9/5 I no longer feel anxious; I feel emotionally numb. Throughout my depressions and anxious episodes, the thought of having someone to hug was very comforting to me. That's no longer there. It's like my brain just turned off the emotional part of itself.
- 9/6 I finally figured it out. The anxiety I felt over not being able to get an erection or losing my libido was causing me to not be able to get an erection and to have no libido. I was reassured by my visits to the psychiatrist. Relaxing and having faith that things will work out seems to be the key.
- 9/7 Had a hard time sleeping again due to fantasies, erection and happiness. Masturbated to 'normal' pornography (was still giving in to my theory). But afterwards, I checked again to see 'what's new' in the fetish world I used to inhabit. This time there actually WAS something new, and it was something I had never even thought of before, and I was intrigued. This intrigue made me realize that I had fallen back into the same trap. This was the last straw. I downloaded porn blocking software. I'm not going to masturbate even if I can't sleep for a week. I just hope and pray that I haven't actually done permanent damage to my brain or libido.

So yesterday was day 14 without PMO. The last 4 days have been very hard for me because of the withdrawal symptoms:

- Day 11: I was feeling very, very depressed without any desire to talk or socialize. I was also feeling an intense pain in the chest and headache. Luckily, I've previously arranged to go to an exhibition



- with a friend, and he did his best to cheer me up. I was happy afterwards. Went for a short walk with my gf and it was good.
- Day 12: Feeling low and depressed. A lot of tension on the muscles: neck and shoulders. Headaches. It was very difficult to concentrate at work, but went out with some friends and my gf by night and was very good: it took my mind off my troubles.
  - Day 13: A lot of pain and a feeling of anxiety: tight jaw, my teeth hurts, tense muscles in the neck and shoulders, very intense pain in the chest/stomach. A bad day. I also noticed that I didn't want to have sex. I crossed several hot girls in the street and thought that they were hotter than my girlfriend and why, but I realized that I didn't have ANY desire to have sex with them. Very strange. I also didn't have desires towards my girlfriend, so I think maybe this is the abstinence playing a bit with my brain.
  - Day 14 (yesterday): much, much better. Pain disappeared and I was on a better mood. Went to play football (soccer) with my friends in the afternoon and I was very aggressive and competitive, like getting really angry when someone in my team did something wrong and a strong desire to WIN. I usually don't care about the final score and play to have a good time, but yesterday I was even anxious to win. It was weird and I felt bad afterwards, thinking that maybe my friends had noticed and they'd be thinking that I'm a jackass. Anyway, went out for a night walk with my gf and we ended up making out intensely, so my desires are a bit back also.

It's day 15, and I'm doing okay. 2 days ago, I felt like my body was aching all over for the porn. I stuck it out, and it went away eventually. Then I had periods where I felt pretty good through out the day. Yesterday, I got the same feeling of aching for the porn, but not as long or as bad. It's kind of like a physical withdrawal. That is what it feels like. It feels like you want to use the porn and masturbate. I've had some flashbacks, but I picture the stop sign in my mind every time, and that makes them stop. I slept pretty well last night. Over all, I feel a lot more peaceful and even keeled. I can't wait until day 30 to see how good I feel. It's worth it to get my life back and feel so much better. The whole world feels better to me now. I really like the feeling.

I'm on day 7 of abstaining from masturbation. It has been very rough. Very rough indeed. I'm experiencing withdrawal symptoms like crazy. I keep thinking about sex, porn and all that other stuff. I really want to do something right now but I have a lot of self-restraint so I won't let myself down. When will the withdrawal symptoms stop? This is an important exam

year for me and it's not good feeling all lazy unmotivated, achy and tired all the time!

Day 11 without PMO, and I'm feeling very, very low. I can't concentrate on anything at work, I feel tired, don't want to talk, my legs are hurting and I feel very stressed.

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.

I'm feeling really tired lately and no motivation at all. I can't get anything done 'cause I'm tired most of the time. I also have odd sleeping patterns like waking up and going back to sleep few hours later. From my past observations I know this is what I feel through the withdrawal period. Gets better around week 3. When I end an orgasm binge, the day afterward I have a runny nose all day - weird. This happens every time.

[A year or so into cutting out porn except for the occasional episode.] Another big difference I notice is that before I started coming to terms with this, I used to get sick a lot more. Had unexplained headaches, fever blisters in my mouth, colds, all kinds of symptoms. While I still get some symptoms during withdrawals and they can be nasty at times, I don't have these pervasive sick feelings all of the time. Both my emotional/mental and physical health have improved a lot. When I do get these symptoms they are definitely associated with withdrawals after using porn or lots of hot sex with a partner.

Mind-racing, pacing, amped-up-ness, disquiet, scatterbrained, distracted, starting-stopping, intrusive thoughts/fantasies, sleep issues.

Withdrawal blows. Yeah man. I cried every few days for the first month. Those first two weeks were horrible. I told my friend that it was like a deluge of depression crashing down upon me, wave after wave after wave. It took all my presence and self-awareness to not overreact emotionally and self-destruct. At one point, I even told my co-worker to remember what it was like when she quit smoking cold turkey. That's how bad it was for me. It gets better.

[Description of first month] I was having strong depressions the first week and I was nearly unable to eat. I felt ill whenever I tried to eat, as if I was about to vomit. But I insisted on eating and forced the food in. Nobody gets happy by starving, right? I got through the initial depressions after 1 week. It felt as if my penis had no life. That it basically was dead. I was afraid as hell. But after two-three weeks, the morning erections started returning. They were not strong at all (Only like 20% strong) but they have improved and I would say they regularly are around 70% (Sometimes around 80-90% if I dreamed about the girl I had the failed intercourse with, I dreamt about her 3 times in one month). Well, Life is better. I also initially thought about porn scenes and such in the beginning of my recovery. It was annoying. I even thought about it at class and at seminars. But they have slowly faded away and rarely occur these days. I initially felt nothing when I saw girls. I have started to notice them again recently. I have stopped being shy, and I often wave at people I barely know nowadays instead of thinking, "Should I greet them or should I ignore them? We do not know each other so...". Perhaps my brain is starting to find other sources of pleasure. I noticed after a few weeks that I had better ability to focus than before... I then started reading about dopamine. Seriously, no wonder I have been a slight bit slow and sluggish in the past few years. I am right now having slight insomnia. I tend to wake up a few times a night. I had restless legs, but it has disappeared (or does not occur very often).

Today is Day 15 of NO PMO at all! So far it has been very easy for me to control my urges. I don't even think twice about logging online for P. However, in these 15 days I haven't had ONE erection, including mornings. It seems my libido is at an all-time low, even dangerously low. I feel like physically I'm not there at all. However mentally I still constantly thinking awful thoughts when I seen pretty woman. Also I started getting very slight back pains and even a slight almost unnoticeable pain around my testicles. Usually notice the pain around nighttime before bed. It also seems like Mr.Happy has gotten smaller. [Day 15] My ED has to be completely gone by now. Morning wood last few days, and rock hard erections out of nowhere. Seeing a real woman, thinking of one, a commercial with a hot woman - anything remotely related to sex and I have spontaneous, super, rock hard erections LOL.

[After a month]

- ED (Working on it with some progress, Well, duh!)
- No morning erections (Some progress)
- Cold penis (Gone)
- I usually feel worn out, especially after having worked out (I used to be way worse)
- I tend to forget tasks at home (Some minor difference)
- Burning sensation after I had ejaculated (It went away after I had tried one week

- of abstinence, but came back when I started masturbating twice a day again)
- It is hard for me to memorize things (It still is, but I think it is because I have cut off all the stuff which made me feel good in the past, such as caffeine)
  - Slightly blurry vision (I discovered it yesterday, but I'm not sure how long it has been there)
  - No libido (Working on it)
  - Lack of attention (Slightly better, but still got long ways to go)
  - Joint pain whenever I worked out (Went away yesterday)

I don't know if anyone can relate to this, but in protest to the discontinued sensual stimulation induced by porn, my body reacts by: vomiting, muscular tremors, profuse sweating, indigestion, constipation, the urge to throw rocks at passing cars, and death. Well not really death but something really close to it.

Withdrawal is definitely tougher than anyone thinks. It can be absolutely brutal for months. It can include lots of anxiety, stress, teetering on the edge, rambunctiousness, scatterbrained-ness, mind-racing, sleeplessness, etc. It's unreal.

Day 5 - Still feel anxious and depressed. Concentration is below average, feeling of depletion present. Some anxious sweating going on too.

I also stopped using nicotine 2 weeks ago so I am experiencing double withdrawal symptoms: Restless-legs, bad sleep, anger, depression and loneliness. On the positive side I am: training more, earlier to bed, more focused and more energy. It seems like my feelings are both through the roof and down through the floor.

I have been experiencing several intense "withdrawal" symptoms. Loss of sleep quality, energy build up in the root, sacral and solar plexus, agitation, hyper-sensitivity to anything sexual (real woman or photos of fully dressed woman), feeling like I'm dying.

All day I've been feeling very strong urges to masturbate - I've been restless, agitated, and frankly, extremely horny. I keep getting adrenaline rushes when I think about masturbating, which is an obvious sign that my body is physically craving PMO. I even have noticed hot flashes and slight sweating when I get a sudden strong urge (they come out of nowhere). 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.

It's really f-ing difficult. I've battled a few addictions in my life - from nicotine to alcohol and other substances. I've overcome all of them, and this was by far the most difficult. Urges, crazy thoughts, sleeplessness, feelings of hopelessness, despair, worthlessness, and many more negative things were all part of what I went through with this p and m thing. It's a wicked awful thing that I will never have to deal with ever again in my life - ever.

7 days - Yesterday was... pretty rough. Today's difficult too, but so far, a whole lot better. Not nearly so irritable, and my cognitive functioning is back- not a lot, but a bit, enough. One of the most frustrating parts is feeling "dumb." I'd hoped that my ability to think creatively and to focus would improve, but it gets worse before it gets better. I'd like to be more focused on other people but when I'm experiencing a heightened number of thoughts and sensations that are distinctly unpleasant it's a lot more difficult to really care about what's going on with other people. My motivation right now is pretty low to do anything.

In terms of withdrawal, probably the worst symptom has been anxiety. During the second week the last time I started to feel pretty intense feelings of stress. I exercise pretty regularly, and I'm not sure if that's helping keep other symptoms under control. The only other withdrawal symptom I've really noticed is a feeling of *INTENSE* horniness. Looking at women in the street or sometimes just sitting at my computer, there is what I would describe as a surging desire to satiate my sexual appetite. It feels like a hot frustration in my head.

Day 5 - I had a very slight "blue-ball"-feeling here and there (as well as on Day 4). The insomnia is still here, as is apparent, seeing that it's almost 5 in the morning and I've slept only about an hour. But, the raw energy, mojo, that I'm running on based on my success thus far is keeping me going.

Day 3 - Late in the afternoon I seemed to develop a headache that seemed different than what I normally have. Total loss of desire for food. I went to bed early since I was not feeling all that well. No morning wood. No libido. No urge to P,M,O. Still have the slight headache that still seems different somehow. Another interesting thing I noticed this morning, which is very weird to me. It actually feels like my brain is thinking in a different way. Almost like the right side near the front is processing something. I cannot explain it... and it has me a little nervous. Almost like something is working now that has not been??? I'm still not hungry this morning at all and only

had a half of a cup of coffee. I can tell my mood is a bit edgy, but not so bad that I cannot keep it under control. I feel like automatic pilot has been turned off in respect to P,M,O sort of? I have ZERO desire this morning to find P. Not feeling well at all... Like I want to go sleep to feel better.

Day 6 - As for raw, physical observations regarding my penis; since the start of my streak, I haven't had one full erection, no morning wood, and it looks smaller (like when it's cold out or when you get out of the shower).

My withdrawal symptoms after the first day and a half:

- sense of loneliness
- anxiety
- extreme boredom and confusion on what to do (pornography was filling in the moments of spare time)
- tension in legs (they were shaking quite often) and back
- existential conflicts became stronger ('why am I here?', 'who am I?' etc.)
- flashing sexual images in my mind
- feeling of sexual craving in my genitals
- mild depression

The first weeks were very, very difficult. I still remember the jitteriness and the nausea.

Dizzyness - It is really annoying when it happens. It started since I quit PMO. Also I notice that I speak very softly and find it hard to make whole sentences sometimes. 20 minutes later I can talk normally again. Very weird.

I feel uncharacteristically clumsy. I learned to ski in 2 days in this winter and kept up with a girl who was skiing since 5 years, without any prior experience to skiing. I'm very good at any other motor skills too, and learning rollerblading, paragliding, etc. exceptionally fast. I almost never fall, and I don't get hurt when I do. (I learned fast and am good in a bunch of ballroom and other type of dancing too.) But since quitting porn 3 days ago, I slept restless, then got up grumpy in the morning (usually I'm in a kinda good mood). My left arm hurts but I haven't strained it; I spilled my cocoa drink on the table. Then later I tried to sweep the floor and hit my arm in the wall.

My flaccid size has decreased dramatically. Since the second or third day since starting this (I'm 30+ days in now), I haven't had any morning response. I don't know if it's endocrine or neurologically driven. [Often men report that their penis "shrinks" at first when they stop the PMO. Happily, penis size mysteriously increases...often beyond its size during PMO

days...when they fully recover. One visitor says fluctuating DHT levels may be the reason.]

2+ weeks - In terms of side effects, I do feel anxious at times and I have absolutely zero libido right now.

2 weeks - Yesterday and today I've had really bad flu like symptoms with bad heads and a blocked nose, constantly sneezing and swollen glands. No one else in my house is ill.

Today is day 10 for me. The 'aching balls' has subsided, which is welcome because it was a bit bothersome.

My libido and erections are in a great place right now as of day 20. I am going through, however, some pretty gross withdrawal symptoms. For one, I have a very defensive/irritable attitude right now. I also have pretty big mood swings. The negative thinking is also starting to be a bit of a handful. I find that I have to consciously challenge these thoughts or it gets worse. For example, say I'm working out and I feel a little tired because I just don't know how to take a day off. I get this thought saying 'You're not good enough'. Or I forget something and a thought like 'You're dumb' pops into my head. Really sucks. Got to keep positive and challenge, challenge, challenge this negative mentality. Also, I have to learn to trust my reward circuitry again. Right now, all urges (food, etc.) are suspect because the porn messages were so untrustworthy.

I am experiencing occasional cravings for sodas, chocolate and other high sugar foods/drinks. To counter the irritability I am doing some exercise: running a few times per week, and also doing pilates in the early morning which helps me relax and focus.

It's now day 22 of no PMO for me, and I'm feeling a lot of mixed emotions. Depression has hit me hard the past few days and it has been tough for me to deal with.

[3 weeks] I feel very cranky that I'm not getting my orgasm fix to the point that it probably wouldn't take much for me to pick random fights on the street. It's unsettling since it's absolutely nothing like me. It's the first time anything like this has happened. The first few days started on a good high but gradually started dipping into mood swings. I could channel this aggression into a vigorous workout at the gym but I'm concerned that one of these days, it might get the better of me without a readily available outlet. Next time I find myself enraged, I

plan on clubbing baby seals and squashing kittens... in my head of course. Might help to snap myself out of it and realize the consequences of violence.

Back when I was a kid I used to get so frustrated playing video games that I would throw the controller and punch the pillow on my bed. Since starting to PMO there hasn't been a hint of that kind of frustration and I thought that I simply grew out of it. But now it has returned. I do wonder if you can put this hormonal change to more productive use. You mentioned running, well I've never had the endurance or stamina needed, somehow I was unable to work it up. Perhaps now that would be possible.

I \*am\* noticing the mood swings, anxiety etc. Do get these occasional 'waves' where I get lightheaded, mild moments of depression, an odd feeling that I'm becoming someone slightly different. A few moments where I am VERY confident, direct and loud and natural, other moments where I seem to lose all confidence and vanish into myself, withdraw deeper than I ever did before. I'm a bit of a shy 'nice guy' (with some depression/anxiety issues) but with an 'edge' that somehow makes me somewhat popular with people. They think I'm 'cool' for whatever reason. I'm well liked. The cessation of masturbation appears to magnify the best and the worst parts of my personality traits, very brief flourishes of supreme confidence, but when the anxiety/lack of confidence kicks in it's significantly worse; it's jarring. Luckily, these swings don't tend to last that long, it's just they can be a tad screwy when they manifest (been too used to the dulled-out porn brain, these sensations have \*bite\*!) When I was on the porn, I kind of ambled along, a hippie, under-achieving and mellow, no drive. But I am noticing occasional spikes in drive now, I sense an urge to change my expectations, further my creativity.

To summarize my withdrawal symptoms:

1. It started with stress, mental and emotional (I was so emotional that I was forced to withdraw.)
2. 10 days into abstinence my calf muscles start giving off cramps; things seem mundane and uninteresting; my appetite was lost. From day 12 to 16 I had only 5 meals in 4 days.
3. Things got better but the cravings have returned. I feel much better emotionally though. The PMO fight for the first time seems like a real fight.
4. Day 19 long weird dreams full of sexual imagery and a wet dream.
5. Day 20 - feeling okay today. Successfully avoiding cravings, which are really less. Still grappling with my emotions though. Dreams of what I've done and what I've lost woke me up last night. I found myself crying—this time in self-pity—for what I've (not) made of myself and my life. And then I thought, this isn't really about porn.



It's so much about my perception of women and relationships...and of life.

Some side-effects I have noticed at this point (Day 9):

\*Strange, sexual dreams. I have woken up with an erection almost every morning, which is weird because I thought that wasn't supposed to happen for awhile yet?

\*Had some bad headaches the past couple days.

\*Got frustrated at work very quickly yesterday. Normally I am able to maintain composure, but it was like I had a really short fuse.

\*The first few days I felt a really strong urge to go back and look at videos of one of my favorite pornstars. Now this morning, that is gone...

\*Listlessness. General feeling of not knowing what to do with myself.

\*I haven't had a problem talking to people without thinking subconsciously what they are thinking about me. Normally when I would talk to women at work there was this subconscious thought about how they view me sexually. Now that was just gone! Which is good. I hate any sort of feelings of infidelity on my part.

[Day 10 of multiple attempts] So far I am battling through headaches, anxiety (which is actually getting better lately...), muscle tension, light depression, irritability, tingling and muscle pain. The big problem is not the withdrawal but rather when I slip, I tend to binge which is the worst.

[Day 3] Woke up feeling great and did my thing until around 1 o'clock. Shortly after eating lunch, I got INSANELY tired... like I could barely keep my eyes open. I got a good 8 hours the night before and I never feel tired during the day, especially a day when I'm not working. I ended up having to take 2 1-hour naps just to get through the day. What the hell!? I should clarify that I wasn't feeling depressed or feeling like I wanted to watch porn at all, just fucking tired. I have to assume that it's related to this - only thing I've changed that could cause this.

Some more difficult experiences of withdrawal:

- Flashbacks, really annoying. Didn't have any during the first two weeks. Now in the fifth week they suddenly show up. Making abstinence a real torture.

- What's really disturbing me now is the fatigue and lack of concentration, as I'm studying for finals. I study, get a flashback, stagnate, and fall asleep. This happens a lot. I'm consciously trying to get enough sleep at night, but fatigue and lack of concentration are disrupting my study. Also brooding and worrying are of course not helping me concentrate.

Whether pornography addiction is a physical or a mental addiction or a combination of the two, there are some side effects of giving it up. Following are

a few guide posts for what to expect, based on my experience over the past couple months.

The first couple weeks are the hardest, followed by another period of anxiety about thirty days after you last view porn.

- There may be a decrease in libido lasting several weeks to a month.
- If you choose to masturbate **without porn**, it may be difficult for you to get erect; and if you do get erect your orgasm may seem “weak” or unsatisfying.
- You may experience insomnia, if you have used porn and masturbation as a way to ease yourself to sleep at night.
- The first few weeks, you may experience head aches, depression, anxiety—all of the typical withdrawal symptoms that smokers and other addicts experience.
- Another side effect I experienced was insomnia. I had always used porn and masturbation before bed to ease myself into sleep, and when I woke in the night, I would pick up my iPod Touch off my nightstand and masturbate to porn on the iPod as a way of falling back to sleep. ... I just had to suffer through a lot of nights where I'd wake up and be unable to go back to sleep for hours. Sometimes I gave in and masturbated, and promptly fell right back to sleep.
- Finally, you are probably going to experience some anxiety, and maybe depression or even physical symptoms of withdrawal, such as headaches. For me, anxiety and depression were the two worst side effects...Now, If I masturbate, I want to do so because I feel aroused, desirous. Not because I feel anxious or depressed.

To elaborate a little, the reason the first month is the hardest is that giving up an addiction, any addiction, is extremely unpleasant. One experiences a number of negative side effects that call quitting into question as a good idea.

After all, most of us who give up masturbating to porn do so because we have been experiencing some negative sexual side effects anyway. To add to those negatives, and not to experience any positives initially, is a strong disincentive to continue abstaining.

The decrease in libido was a huge negative for me. What I've concluded, though, is that what I was experiencing was not so much a decrease in sexual desire, but a recalibration of sexual desire. I had linked my arousal response so closely to porn over the past decade that I had difficulty getting aroused any other way.

After giving up porn, it takes awhile to begin experiencing arousal with real world sexual stimuli. For me, it's been over sixty days, and I am still not sure my libido is fully adjusted to life without porn. But I'm doing much better.

For those just starting, you need to know that it gets easier, if you just wait it out.

I think back to when I stopped smoking pot. That was so much easier. For three days and nights I got restless sleep, and that was it. That was all it was, and I had smoked non-stop for eight years. This is way different. I constantly have "cravings" to watch porn, the fantasies keep popping up in my head,

and I think there is a strong part of my sub-conscious that is trying to lay the groundwork for a relapse. Other effects I have noticed up to this point:

-Headaches

-Quick irritability, although my main mood is calm it can change rapidly

-Erections when I find myself fantasizing

-Nighttime/Morning wood (I have woken up to find myself humping my wife's body pillow)

-Sex/Porn dreams. A lot of them center around me PMO'ing. Then I wake up relieved to find it was just a dream

[One week] When I woke up this morning I felt almost hungover. My legs were sore, I had a scratchy throat and a mild runny nose and a headache. The runny nose went away but all the other symptoms stayed. I guess I am feeling those flu like symptoms everyone talks about. I been having some flashback all during the day to and they just happen at random times like when I am working or driving home. I very quickly change my train of thought or sing a song to fight those flashback but I had a lot of them today. I've been kinda of anxious today. Also and the crazy non sexual dreams still are happening. They have all been about ex's which is strange. Before I started this PMO thing, I use to dream maybe once a month. But now I am dreaming every single night. I don't know if that is a good thing or a bad thing.

The first 4 days are always the worst, but they're better than they were in the past. Up to the 4th day was like coming off of heroin! I remember how physically sick I would get. Nasty too. Headaches, heavy emotions. Now it's only a little depression and lack of energy.

[Day 10] I have some withdrawal symptoms since I stopped PMO which I would like to share with everyone:

- Headaches
- Feeling sick in the morning
- Sweating
- Always moving my legs in bed
- Forgetfulness
- Foggy thinking
- Waking up during the night
- Sleepy during the day
- Moods shifts each day or after a nap

14 days in and I am tired, irritable, and the strangest thing is I wake up every day with joint pain. WTF? I've never had joint pain in my life, now my knees are the worst. I feel it just when I walk and I haven't been able to run the past couple days. There is nothing else it could be from I haven't

changed anything except this. I don't really understand how this could be affecting me physically like it is. I know I just have to push through this time and get on with it. For the first time I've been really feeling the urge to watch porn or masturbate. Definitely having flashback images and such as well. I guess it is my brain adjusting still. I expected the mental but have not expected the physical, which sucks.

(Day31) I hit a pretty deep valley during week 3 and 4 but I pushed through that. Mood was really low. The hardest part about this is trying to keep the fantasizing at bay. Physical symptoms have subsided for the most part so I think I'm over the withdrawal part. There have been a lot of noticeable positives - my creativity is going up and up. My desire to be and do creative things is way up. There have been many other improvements as well - too many to list right now.

I believe I am currently going through withdrawal. Some of my symptoms:

- Irritability
- Fatigue
- Difficulty falling and staying asleep
- Weak appetite
- Easy sickness (eat just a little too much, spin around, etc)
- Headache
- Mind fog

So here is a more detailed description of my early porn withdrawal symptoms. Most of these occurred during a time in which I had no concept that I was suffering from porn withdrawal. I had given up porn as was my usual custom when I start dating a new girl. Apparently, I had simply never been to this level of addiction before. Keep in mind that 90% of these symptoms were, to this point in time, things I have NEVER experienced in my life. Also keep in mind that ALL of these symptoms have either been fully alleviated or have been significantly improved upon by this point (13 days no PMO).

- Anxiety - chest tightness, panic attacks, high heart rate and blood pressure
- Feelings of impending doom
- Depression to the point of suicidal thoughts
- Chronic Fatigue symptoms
- Inability to take pleasure in anything whatsoever - eating, reading, watching a movie, playing music or creating artwork (I am a musician and an artist)
- Strange enjoyment of physical pain

- Severe insomnia - total of about 18 hours of sleep over the course of three weeks
- Increased urge to masturbate --> increased frequency of masturbation (up to 10 times in a day)
- Sexual Fatigue - post orgasmic illness syndrome, loss of libido, loss of interest in life, testicular and groin pain, but still increased urge to masturbate (figure that one out)
- Relapsing into porn followed by feelings of guilt and depression
- ADD
- Incoherent speech
- Digestive problems
- Headaches

About 2 weeks into abstinence I have noticed that I have been peeing a lot more than usual. I haven't been drinking more than usual and I'm not a heavy caffeine user. It is really starting to bother me since my need to go to the bathroom is waking me up at night and contributing to my insomnia.

I'm on Day 22 and I have exactly the same problem (frequent urination). I hope it goes away soon because, like you say, it keeps waking me up at night.

It's been over a week since I watched porn. After about 4-5 days I got a few painful headaches. I felt quite hot and sweaty all the time. I felt hungry, but I didn't want to eat. When sat down my legs were twitching all the time, and my hand seemed to be shaking a little. Also, my voice sounded like it was beginning to break again! Every now and again I kept getting pornography flashbacks but I instantly rid myself of the images. I have definitely never felt like this before but the urges to watch pornography strangely weren't that strong - probably because I was that scared with the damage it was doing! Well a couple of days ago I was with my girlfriend and we were fooling around a little and she did make me orgasm quite easily but not once was I thinking about porn. I found myself quite easily aroused by my girlfriend, and within 45 mins I was getting aroused again. I am definitely starting to feel more normal.

I'm sure I'm not the first to experience nightmares as a withdrawal symptom. It's actually a minor symptom for me; I might get one in the first few days, but after day 4 or so they're gone. This morning, I had a particularly bad one.

The first few days were the worst, with crazy mood swings, headaches, brain fog, and those familiar apathetic feelings. I had a fever, cold sweat and a sore throat to go along with my inability to sleep; I thought I had mono at the time. I became

lonely and depressed, felt fatigued. I had no libido or sex drive to speak of. The worst for me was the HOCD and the intrusive, unwanted thoughts I was having. When I had my first outbreak of HOCD, it was... beyond my comprehension. I simply could not believe I was gay, yet it felt as if I *knew* it to be true, and I thought up bullshit reasons as to why it was true. It drove me crazy that night. It was hard to acknowledge yet always in my mind. I'm sorry if I'm not making much sense, but this is how I remember it. It felt so real. Sometimes there'd be hours where it seemed to me that I couldn't slow my train of thought.

Day 10 -This high / low thing is driving me crazy. Today was another anxiety day, although it's not as bad as I've experienced before. The memory of yesterday's good day sticks in my brain, so it makes today easier to get through. I've been keeping busy after work, but I have this heavy pit in my stomach, and I feel weak and short of breath... I just feel really sad, all for no reason. I can sometimes flip the anxiety into a good healthy excitement for life, but it's difficult to do today.

Giving up the porn has been the easy bit and I just don't look at it anymore. Everything that goes along with it however has been torture. Insomnia, blue balls, horn on a scale I have never experienced before and worst of all shrinkage [of genitals].

Let me describe my withdrawal symptoms after 39 days of no PMO:

1. Anger - lots of it, directed at my ex, my parents (blaming), and at the fact that I used PMO for 9 years, angry about wasted time/energy, lost opportunities.
2. No libido - zero. Although I do get morning wood just about every morning. I've no interest in women, and feel dirty about my addiction, abnormal, like a leper.
3. Hopelessness: I get these feelings from time to time, and it's not pleasant at all. I just get this feeling that I've fucked myself over, and that there is just no hope! It's like I'm on the DeathStar when it's about to blow and the last escape pod has just jettisoned. This is when I care about nothing, and don't care about the consequences of my actions, which can be dangerous.
4. Depressed: Most of the time.

(Day 5) So far I feel pretty happy and optimistic, not especially horny, slightly more sociable, but EXTREMELY unfocused/spaced-out/just-plain-stupid. I actually feel like I'm becoming a meathead. By nature, I'm a nerd. I'm a full-time student, and I play a computer game competitively, but all of a sudden I can't concentrate on my studies; I'm quantifiably worse at gaming, but I'm extremely motivated to go to the gym. Maybe I am becoming who I was meant to be! Or maybe I'm just plain trippin-ballz 🤪. Hilariously I don't actually like the apparent "new-me", but

I'm sure it's just a phase of withdrawal. I'm more eager for competition; and less bothered by conflict, exclusion, and jealousy. Where things would often make me feel depressed or subdued, instead I feel somewhere between anger and amusement. I'm a shy person, so I'm not starting any fights or anything, but I feel the difference. Socially I feel more involved than usual, but it could easily just be coincidence. Last night is the first time I've gone drinking heavily since trying to reboot and I feel great! Like really good. I feel like I have mad game. Those pretty ladies can't resist my wit and charm.

(Day 24) Most people have reported better mental alertness/focus as an immediate result when they start rebooting. I experienced the opposite. It was really bothering me as I'm a full time student of the nerdy variety. In the last couple of days my mental agility has come roaring back. I've been retaining more of what I hear in classes. I've been working faster and more efficiently, and my gaming skills are back better than ever. If anybody is curious of the timeline, I've had very limited MO and PMO (relapses/etc) for a about a month, and I've had no O for about 10 days now. It really, really feels good. Like I said in my original post, I wasn't completely comfortable with how quickly I seemed to change, and I was offended that perhaps the calm, analytical, thinking personality that I had identified as being "me" was a fabrication of porn and masturbation. I was pretty sure the change would be temporary but I was still very bothered. I feel no less alive/masculine/motivated than I did before, but my now I feel like the old me (the good part of the old me that is) has returned.

3 weeks- I haven't had any urge to view, but I have had a rough time with strange mental feelings, uneasy, anxiety, sometimes no focus and general disorientation. Not always; it just comes and goes.

Day 20 - Some benefits from avoiding PMO: more confidence, better socializing, less anxiety, may be a little more morning wood, more time to do productive things, harder muscle, more focus.

Negative responses: sometimes I have to go to the toilet more times compared to other days, stomachache, some back pain, a little pain of the penis (for 15 seconds of today only), no motivation.

Day 4 - Changes I've felt over the past couple of days: certainly an increase in anger (perhaps? Or a derivate or similar emotion, frustration, annoyance, etc.), shorter temper, troughs of depression with peaks of contentment, or happiness. Increased sweating, especially at times when it isn't expected, for example when it's cold; and strangely when I drive (if it is a sign of stress, it's interesting, because I never \*feel\* stressed while driving, but apparently I am a little). Productivity has dropped off quite a bit, certainly far from the high levels I was having at the end of my 20 day reboot. Back then, I could pretty much spend the entire day studying non-stop. Now, I struggle to stay focused for two hours (I've got exams coming up over the next two weeks).

The difference is astounding, and on this point alone it's almost worth eliminating porn.

Week 1 - Many ups and downs. My heart rate seems to go up sometimes, and I feel a lot of pressure downstairs. I seem to forget things and even get dizzy sometimes. Today (Day 7) I had a terrible day. Felt like I could explode in anger anytime. Absolutely hated everybody at work and felt like nobody understood me. The feeling is gone now. I feel 'normal' again.

I had mild symptoms compared to many: mood swings and headache mainly. Two things I can tell you about withdrawal symptoms...1. They suck and 2. They don't last forever. For me it was 2-3 weeks of the worst, with bad moments (or dreams) thrown in on occasion for a few more weeks thereafter.

Well I've made it 30 days ok. I was sick most of the week with some kind of cold, doubtful withdrawal related. Still feeling weird on and off, and my face is breaking out like a teenager. I'm just about 40 and that hasn't happened in 20 or more years. So there certainly is something going on...

Day 21- The withdrawal symptoms have been occasional irritability (I guess these would be the mood swings) and sometimes feeling anxious/nerves. Also, it has kept me wired twice, about a week apart, for roughly 35 hours with about 4 to 5 hours sleep. Compared to my (the) typical sleep cycle of 8/16 hours. During these times I didn't even feel too tired, but not too alert.

Day 43 -My mood has fluctuated a lot, but the last few days it's been more stable. Before that, and especially in the initial stages of the reboot, it was a real roller coaster ride, which varied from euphoria to sadness with some anger. Felt like crying for no reason at times.

Day 50 - Most of the really tough times were between 15 days and about 34 days. My moods swung wildly from positive to very bad. Then some brighter days and more good than bad. The bad days I was depressed and anxious. But, from day 38-40 till now, way more upbeat, not 24/7 but way better.

Day 5 - The only withdrawal symptoms so far are small headaches and waking up 2-3 times a night.

3 weeks - Is it usual to cry more during withdrawal? I normally feel quite 'blank' so in a way it's nice. But I have been spending more time with a girl I know and can feel some



sort of feelings, but I think they are 'phantom' feelings if that makes sense - or at least OTT. Today I just wanted to give her a hug and a cuddle and maybe more...and I don't know why! We get on fairly well, but I can't remember there being anything before. I came home, put on some music, started finishing off some work, and burst into tears. WTF??!!!!

I am on day fifteen of no MO (it's been roughly a week longer since I have watched any pornography) and I have noticed that I will occasionally wake up in the middle of the night soaked in sweat.

(10 days no porn, 5 no masturbation) - My symptoms: anxiety (number one), mood swings, blurred thinking, strange thoughts, flashbacks to porn scenes. I even had a dream the other night that I was standing in front of a computer about to watch porn. Early on, the anxiety was severe, I had trouble sleeping as well. Even had a nightmare or two.

I actually did try to stop watching porn one night and it was bad it was really bad!! My hands started to shake, my forehead started to sweat, and eventually I went into convulsions, and then I started to cry.

Withdrawals we're bad. I started to shake and tremble in the legs and hands, and with my anxiety I thought it was Parkinson's or something.

Day 33 - The journey was and is a roller coaster. Sometimes I'd feel productive/happy/on top of the world, and other times I'd have such intense cravings and desires to get out my sexual energy.

Day 32 - there were hard withdrawals that I experienced in the beginning such as high anxiety, mood swings, depression, sadness. That was for the first 5-10 days and then they went away a little except for the anxiety that still continues to show up aggressively at random times.

Day 70+ I do feel more happy, energetic and confident. I think it's easier to talk to girls because they seem more receptive to what I'm saying (Smiling, asking questions, giggling, etc). Before I struggled to hold eye contact with men and women, this is a lot easier now. The best thing for me has been to just read blogs every day. It keeps me very motivated! I lost my libido after like 3 weeks or so and I got into a bad depression for x weeks, don't remember how long this went on. That was my withdrawals.

I have been experiencing frequent pulsating of my eyelids (both upper and lower on both sides). Sometimes for days on end this will go on, not constantly, but basically multiple spasms here and there throughout the day.

It isn't really a problem, just an annoyance. I didn't report this in my reboot account because I didn't really know if it was related to abstaining from PMO. I'm not convinced that it is, but I did read up a little about it and it seems that this often happens due to lack of sleep. I can tell you that my first few weeks of rebooting were riddled with poor sleep, so maybe that is the cause. I've never really had this symptom before, but for the past couple weeks it hasn't happened at all.

(Day 22) About a week ago I noticed some jizz in my urine. I've seen others on here mention this so I wasn't concerned.

I can really feel the effects of the relapse now. When I had rebooted I slept for 7-8 hours and felt really good after that. Rested. Never felt that before. Today I slept 9 hours and felt really tired when I got up. Other stuff:

- \*fatigue
- \*food tastes nothing
- \*hard to concentrate
- \*my mood is just down, down, down
- \*my penis has gotten smaller
- \*just a feeling of "I don't give a fuck"

(Day 10) So symptoms so far. I'm still flat lining. I don't respond, my penis doesn't have much feeling, it's shrunk significantly. I also don't have interest in sex in general, though that has been changing a bit more today. I noticed a few more feelings of lust but nothing compared to where I was and have been. I've been in a bit of a daze mentally today, feeling off, having a hard time with conversation and I've been noticing general anxiety over the last few days. I've been procrastinating a lot over the last few days. I should be building new productive habits, and to give myself some credit I am. I'd just like to be doing more. I have been very emotional as well, going from being extremely irritable, to angry, depressed, removed, happy, etc...

(Day 14) Anybody else out there have significant muscle soreness in shoulders - like due to stress / tension but much worse?

I have been tired, feeling sick and just feeling down all day. The first few days after a relapse are the worst. Also a lot of sweating.

(Day 3) It feels very much like quitting to smoke. I'm not horny in any way... but sometimes, out of nowhere "images" flashes from porn movies on my mind, and it feels like my body is screaming : "do it!" I am very depressed, lost the desire for food..It's very hard to fall asleep, my eyes go

out of focus sometimes. I wonder if my girlfriend is gonna be around when I'm back to normal. It is very painful.

(Day 2 after relapse) I can handle the headaches, nausea, and fatigue any day. What I can't take are the loneliness, confusion, emptiness, and despair.

My joints feel like I'm 80 years old, and I couldn't run today. I want to just go do it anyway for a little neurochemical relief, but if I aggravate a joint I will have to take even longer off.

(Day 2) When I did my running this morning, my calf muscles felt heavy. It was one of those where I had to stop and then start. Legs feel heavy. I also had an afternoon nap. I felt really tired and actually fell asleep halfway through a book (which is really interesting so I can't blame it on boredom). Eyes still feel heavy and dry. My head still feels like it's in dreamland at times.

(Day 8) I experience mental sluggishness, and weak muscles. Also feeling just general fatigue, and aching joints throughout the withdrawal so far.

Despite starting my third week, every morning is a really huge effort to wake up my mind and body feels so lethargic, weak and heavy. Otherwise, I'm pretty healthy but I can't say because of the addiction and starting the reboot that I'm doing much exercise. I'm just way too tired and exhausted on all levels. Sleep is not amazing either.

I had crazy ups and downs. The first week or 2 I felt like I was getting better increased libido etc. Then around week 2 the flatline kicked in and it sucks! The on and off depression is what got to me; I felt withdrawn and socially anxious.

Here are my symptoms during the first 3 weeks of abstinence:

1. Angry, Lonely, Tired. Not so much angry, but emotional.
2. Cravings for sugar, especially the first 1-2 weeks. Subsiding now, a little.
3. Lack of focus. This is finally subsiding some. The first 2+ weeks I couldn't do much besides read this site and watch movies.
4. Lots of people say they could exercise more, for me this has gone to the crapper. It's extremely hard to motivate myself to exercise. Again, this is subsiding.
5. Cravings for other addictive substances- smoking, drinking. I drank myself silly over New Years weekend and paid for it dearly. My emotional state cannot handle being hung over at this point.

(Day 16) I seem to be urinating more than usual. My HOCD is still here and I have my bad and good days with it, but it's not as bad as it was a month ago. I don't really sleep too well, but when I do I tend to sleep half of the day away.

(Day 9) I felt extremely tired and had to take a long nap. I also felt extremely cold today, which sounds like another withdrawal symptom. Aaaand EXCESSIVE nighttime sweating.

(Day 17) I HATE the mood swings, they aren't extreme and probably not too noticeable to others but still. A few days ago I felt confident, two days ago I felt shy and insecure, last night and this morning I felt like the most pathetic person in the world for not having a job, mid afternoon felt somewhat motivated to do something, but then later I got a somewhat happy but apathetic mood. I get some anger episodes too but those don't last.

More withdrawal symptoms: intense anxiety, fatigue, and at times irritability. The anxiety is the worst.

(Day 3) Last night, I woke up feel anxious and frightened - this has happened before in previous quit attempts. I get anxious and oddly afraid at night ... it's really odd.

(Day \_\_, after 13 years of heavy porn use)  
uncontrollable shaking  
freezing and shivering (even under a blazing hot shower)  
fever  
extreme chills  
unable to eat  
restlessness  
extreme fatigue  
muscle pain  
insomnia  
anxiety  
feeling that something is very "wrong" (e.g. thinking I need to go to a hospital)  
disorientation

Save for the fever, I've got pretty much all the symptoms you listed. Extreme chills/shaking although the room is warm is one of the most painful withdrawals, I would say.

(Day 4) Woke up feeling lethargic, unmotivated, brain-foggy (like I can't think clearly), low-self esteem, sensitive to what people say about me, feeling generally bad - and I think my penis died (flatlined). It feels like my surroundings don't register with my brain. I can't recall names very well. I tried to go for a run, but I felt tired.

(Day 14) The worst for me though has been the mood swings, I do not cry generally at all, but since quitting two weeks ago I have been finding myself tearing up for no real reason sometimes and yesterday reading an account online of how a young girl saw her mother stabbed actually had me bawling like a pre menstrual schoolgirl. Maybe a little emotional sensitivity will be good for me as a person if it stays with me when the storm passes.

(2 weeks) Here's what I'm feeling:

- Depression
- Irritable
- Cold chills/Hot flashes (I think)
- Feeling of absolute dread that will not go away
- stomach aches/constipation

I feel like hell, ups and downs all day. Hardly hungry and when I am hungry I usually eat and then feel sick immediately afterwards. Also, I've been M free for three weeks, P free for two weeks and had O last night with girlfriend and then felt extremely bad about it afterwards. Now I am experiencing VERY strong sexual urges. Any sort of pleasure at all would feel fantastic. I just can't handle it.

(Day 20) ZERO problems with my CPPS. 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 MO.

Weeks 3-4 were the toughest for me in terms of cravings. It seemed like my brain was doing anything it could to get its fix, including assaulting my mind with images of porn scenes.

(Day 17) My back aches, my head aches, minor nausea, I have no energy and I am shaking. My god, to quote that fine piece of cinema 'Bad Boys', "Shit just got real."

I usually get very desperate/I feel worthless when I'm in withdrawal. With women specifically, this is how I feel (usually about 8-10 days after):

- \*Attracted to them just because they're there
- \*Afraid of losing them
- \*Not very sexually attracted
- \*Lucky to "have" them
- \*Emotionally disconnected with them
- \*Treat them like they're prized stock

Objects. I start to *genuinely* connect with girls sometime after day 10.

Day 11, I feel anxious, tired, dull. I have sharp pains in my head near the front, straining eyes, irritability, depersonalized feelings, and those gay thoughts that I extremely hate. I am anger fueled - my emotions are all over the place, and my balls are huge at the moment.

Day 13 of PMO free - extreme irritability with depression.

My withdrawal symptoms have been:

- \* Fatigue
- \* Anxiety
- \* Obsessive thoughts
- \* Burning feeling around my head and feels like a tight band is across my head
- \* Back muscle pain
- \* Nausea and vomiting (worse in the morning) I have vomited probably every day in the morning upon waking up for the last week and a half
- \* Loss of interest in females and pretty much anything (depression)

My anxiety is slowly going away with each passing day. It is really amazing how my anxiety and porn use are so closely related. And by amazing... I mean terrible. I guess it's my body's way of saying porn is bad for me. One thing I noticed once I decided to binge on porn was I started to drink caffeine and eat sweets more frequently as well. It was as if I became mentally weak and just indulged on anything I wanted. I went nearly 10 months of no sodas or coffee, and after looking at porn I went on a 2-month caffeine binge. I have come to the conclusion that caffeine actually makes me more exhausted than it helps throughout the day.

Wow, were the first 72 hours horrendous. I got headaches, toothaches, I couldn't eat much, getting 4 hours of sleep a night (usually it is 8 hours) was the norm, and I sunk into depression and for a while was the lowest that I have ever been. But after the initial 3 days, I got somewhat better and even had the confidence to ask a girl out that I knew liked me.

(Day 10) Over the last few days, I think I've had another few withdrawal symptoms kicking in (headaches, shaking hands, butterflies in my stomach and restless sleep). They've made me feel uncomfortable but they aren't anything I can't deal with. At least they aren't like my initial withdrawal symptoms where I felt like I was losing my mind, everything was negative and a bout of flu had overcome me.

I realize now that this process is actually most similar to quitting marijuana. Your mood really changes throughout the day a lot and you can start off with a great morning and have a bad day, or have an average day, or have a terrible day or start off terrible but then have a good night... It's somewhat hilarious and strange because I'm having marijuana-type withdrawal symptoms yet I'm still smoking 🤔 Exactly how it went for me when I stopped smoking for several months or more in the past. Totally wild and unpredictable process but slowly but surely I think the "baseline" for how you feel is improving in general and thus those mood swings become easier to deal with.

Symptoms: I have had constant dull urges to rub one out, obviously. Otherwise, I have still been having dull headaches, restlessness, and weird dreams. Also I think I've been a little more irritable. Also, I just really want to be around other people. I guess I am feeling more lonely than usual.

This reboot thing works you guys. I'm coming from not being able to get wood even with porn....to masturbating with no fantasy, no nothing and having an amazing orgasm...just plain masturbation. Keep strong and persevere through it. I had the worst reboot ever: I did not feel happiness for 7-9 total weeks. Yet now I feel amazing, every day.

The second week or so, I found the muscles in my back were aching. I believe that it may be because instead of stooping and walking in my usual 'whipped dog' manner (imagine someone walking under a slightly low ceiling), I was standing tall, moving more confidently and so I was using muscles unaccustomed to being used for holding posture.

(Another guy) Interesting, I also noticed this new posture.. and the aching in my back during the first weeks.

I feel like hell, ups and downs all day. Hardly hungry and when I am hungry I usually eat and then feel sick immediately afterwards. Also, I've been M free for three weeks, P free for two weeks and had O last night with girlfriend and then felt extremely bad about it afterwards. Now I am experiencing VERY strong sexual urges. Any sort of pleasure at all would feel fantastic. I just can't handle it.

Woke up this morning with plenty of aches and pains...felt like an old man when I tried to stand up. Legs hurt, arms hurt, etc. A brooding mood ensued all throughout work as well. Some couples came in, and I just got this burning sense of self-loathing watching guys throw their arms around their girl. One of my roommates brought a girl home last night, and I caught her as she was walking out. Usually stuff like this doesn't bother me, but my mood only darkened when I saw her. Again, I'm not usually a jealous or brooding type of guy, but I feel like a 13-year old girl today. Just want to lock myself in my room and hide it out. Fuck.

(Day 7) I've started to feel very depressed, then anxious, and sort of sick, similar to the withdrawal symptoms described. I have had severe depression and anxiety problems in the recent past, so this was not unusual. So I am kind of reluctant to think that my quitting of porn had anything to do about it but it just seemed like the timing was accurate for someone having porn withdrawal symptoms. I am just unsure of it. Last night I woke up panicking and could hardly sleep.

(Two weeks) Aside from the broody/hormonal moods that have been affecting me since Sunday, a few other withdrawal symptoms have sprung up. I feel tired all the time, and my head feels like it's stuffed with cotton. I don't really feel "present" in life right now. My penis still looks and feels dead; haven't been able to get much of a reaction out of it. Doesn't help that it's freezing cold outside.

However, little rays of light are bursting through the dark clouds. I don't know if this has anything to do with eliminating PMO, but I feel that my memory has improved. I retained so much information when I was studying for a history test over the weekend, it was a good feeling to sit down and know almost every single term and date. Also, and this may not be related at all of course, but I've caught the eye of a few girls around campus on the way to class. This really pretty blond flashed me a full smile when I passed her, but I could have had something on my face...

I should also add, that I feel my confidence slowly returning to me. Walking around campus, I pass average Joes and Janes who have NO IDEA WHAT I'M DOING. Every day I'm fighting a PMO addiction that once controlled my life. Every day, though I may feel like crap, I'm becoming a tiny bit stronger. I'm training my mind, body, and soul in secret.



I'm in my 3rd day of rebooting (no PMO) and I already have some very strange symptoms. Sometimes I feel energetic, other times very depressed. Mood swings galore... I wake up during the night with very strong erections, they don't go away for 15-30 minutes. It IS strange because, I almost never had them for the last 5 years or so, or they were weak. Tonight it was awful, the erection felt very strong, like never before, but it felt totally unnatural, I don't know how to explain it better. It's my mind asking for porn, I know... I did the PMO religiously, almost every day for the past 5 years.

(Week 3) Mood swings! When meeting friends I happen to be one of the fun guys, I just let myself go a lot more; I decided I should socialize more, on every occasions, in a shop, whatever; just doing the small talk. Combined with daily sport (I go running every evening), this makes me feel on the top of the world, at times. The best thing is that I noticed smiles and looks from girls all the time; I really mean all the times; could have been there before, I don't know, but I feel like I am attracting them. I thought I was overreacting but these small details are there, really. It's just crazy for me. Crazy good.

But if one friction comes in discussions, if I start arguing, if it doesn't work my way, well, enter a mad mood swing in the downward direction. I can really quickly question myself all of a sudden, wondering if I am worth anything at all. Had an arguing with my sister for instance, didn't turn out too well; but I felt awfully bad afterwards, I was blaming myself; so mood swings happen, and are definitely dangerous. As if I couldn't find the right balance between high and lows.

Since I started rebooting I've had a lot of nights in which I sweat so much that my clothes and bed got really really wet. This got better but I still wake up sweat from time to time. I didn't experience that before as far as I remember. Sleep quality did improve by the way..!

#### Day 9 - **withdrawals:**

- \* a feeling of vulnerability. Like if I watch a softcore video clip, my rational brain will probably shut down and turn my primitive brain to 110%
- \* social anxiety and mild agoraphobia (although I have always had these). These were quite intense on day 7 when I went to a job interview.
- \* Lethargy, apathy and no enthusiasm to work on my goals. A desire to be left alone.
- \* A mental unwillingness to let go of porn forever. The thought of taking away something that has been a part of my life for over 15 years gives me a huge sense of loss.
- \* I have K9 protection set to high level, but I sometimes find myself searching google images for pornstars and youtube for videos of sexy celebrities. I do this in the same way I used to search for porn videos. This has to stop.
- \* Loss of appetite since day 7.

- \* Taking long naps during the day.
- \* I sometimes wake up in the morning with a feeling of intense dread.

**benefits:-**

- \* the past 3 or so days my voice has been much deeper.
- \* since day 8 I am feeling more calm and less reactive to negativity.
- \* I have had a couple of strange but pleasant dreams where I am socialising with women and having a good time!
- \* I look different in the mirror. I look more alive and there is more expression on my face! This makes me feel good.

(Day 5) Honestly, I'm feeling pretty bad. My anxiety is through the roof and I have this terrible brain fog. In fact it's difficult to even think clearly enough to write this. But, at the same time I feel determined.

When I stop for more than a few days, especially after a binge or following strong desire I go through emotional changes in the same way I've read that men do. I had some bouts of anger, sadness and frustration.

The biggest one I have wrestled with is depression which showed up mid way through my third week. I was already really depressed before I started, so that made it worse. I've read many reports here that the flatlines (loss of libido) and depression may appear at any point during the reboot process and last from a few days to even a few weeks. The reboot process is worth it though. Sexual pleasure and sexual performance gets much, much better.

You can find yourself in a "now what?" situation, as opposed to being obviously trapped in an addictive habit. And in the short term, you may suffer withdrawal as your brain rebalances- the degree to which you suffer will depend on your habit previously (how "dependent" you have become). This could manifest itself as moodswings or vague sickness or "flatlining" which comes and goes, until you get past it.

The most unusual symptoms during withdrawal were painful, dry nocturnal erections without any sexual stimulation. These lasted hours it seemed. They wouldn't go down. They wouldn't tolerate any stimulation in view of the ache along the shaft. The corpus cavernosum felt really, really hard - to the point of bursting. The glans often felt soft, I could feel the hardness of the corpus as I pushed on the jelly-like glans. A hideous feeling. Pelvic floor muscles felt really weak too. I checked up on state of hormones via a blood test - such as testosterone, LH, FSH among others - and everything came back normal. Will also go to the doctor to rule out any nerve damage or blood vessel congestion associated with priapism. I hope it's not such a thing. Erection quality is affecting the self-esteem though and hope for the future - I've read some unfortunate outcomes for delayed treatment for things like priapism, if it is such. There is some genital and general pelvic numbness or lack of sensitivity. Nocturnal erections are bizarre

but around Day 18 I did have a couple of pretty satisfying, fat, plump and full erections with a well rounded sense of pleasure. Of which one in particular was pumped up to full strength by the PC muscles in four contractions.

For a few weeks I had mild headaches, unable to sleep through the night, loss of libido, slight mood swings. The withdrawal symptoms were not horrible, annoying if anything. They lasted about 2-3 weeks.

Day three I experienced flu-like symptoms and felt on edge. At the same I was horny as hell and wanted just to masturbate. I've managed to stay clear due to the fact that I was driving across Sweden that day. :) I've also been experienced sweaty palms. Not that pleasant I might add. Oh, here is an embarrassing fact. The semen leakage for me was ridiculous on day 4. Felt like a cow that not been milked!

I'm 20. I've been off PMO for over 30 days and I have been dealing with MASSIVE mood swings for the past month in addition to no libido. I couldn't pop a boner if I tried and I'll go from complete contentment to absolute depression over the most insignificant things. Like, I saw a beautiful girl earlier today, realized I would probably never speak to her, and started crying. I mean, it is BAD. And I don't see an end in sight. I only know that there is one eventually.

Very difficult at first, my nights alone were a challenge. I was more anxious than normal, as if I drank too much caffeine. Likewise, sleep was difficult, and I couldn't stop thinking about sex. PMO was previously my outlet for this energy build-up that I simply was not use to. I was addicted to HUGE BOOBs. It caused a lack of libido/arousal with my tiny gf who had very small boobs, which lead to some ED experiences. Besides the ED I've had many experiences with PE as well. More so than ED. After 4 weeks, sexual urges began to shift into high-energetic focus. It became fuel for my new motivations.

Not having had a major porn problem, I assumed the benefits would be marginal, but here is something I learnt; if you think you don't have an addiction, try stopping the activity and see what happens. In my case, a period of quite punishing withdrawal symptoms. How I imagine cold turkey from an addictive substance. This lasted for at least a month. Something was clearly profoundly affecting me neurochemically as within a 24hr period I might experience the extremes of a kind of shimmering, exultant euphoria followed by a moribund depressive blackness. It was around the month mark that I started feeling significantly better about myself and things started falling into place effortlessly; people seemed better disposed towards me, my body language improved, I started joking around at work more and generally seeing the lighter side of life.

As in previous attempts, I'm in my horny as hell all the time phase. I've become pretty good at staying away from things and thoughts that release dopamine (besides eating and stuff) to hopefully hasten recovery.

There are times at work though, where it's like my brain has to unload because it's so used to it or something, and it's almost like a weird orgasm *only* in the brain. Luckily it has only happened when I'm comfortable and alone, because one time I nearly blacked out or something, I got all tunnel visioned and fell over. (This was on a previous attempt at around 3 weeks). I'm not entirely sure what it is, but they happen for absolutely no reason as far as I know. Earlier today I got one, which is a good sign I guess. I felt it coming on and ran into a family bathroom (haha) and proceeded to grab things and helplessly stifle unmanly pleasure sounds for a few straight minutes. With absolutely zero fantasy or anything, and the more I try to stop it the worse it gets, kind of like I've started to get off on not being able to get off.

Day 29 - My level of energy is through the roof. I can't even tell you how much physical work I've done today - unthinkable from a few weeks ago. Solid working (mental effort, too) from 10am - 7pm, and got up before 6am. The contrast with my previous apathy is startling. My body just did not get tired or feel fatigued.

On the other hand, deep shifts in my emotions - I mean protracted tears (for apparently no reason). Impossible to say what is the cause - but I'm not generally given to tears.

Body's shaking, no concentration, I feel like breaking something..I'm getting a hard-on all the time - and yet, there is a huge probability that if I get a chance right now to lie in bed with a girl I might not be interested. I'm in the office right now, yet I'm just spacing out and alternating my glances between the monitor and the window. yeesh

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. 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.

(female) While researching recovery tips on the Internet, I noticed that porn addiction is severely misunderstood and brushed under the refrigerator... Even when I came out to my mom (who's a psychologist), she had never even heard of porn addiction. She didn't think it was such a big deal. I watched an average of 3 hours of porn each day, and there are millions like

me. I'm currently undergoing serious withdrawal symptoms: depression, a ridiculous amount of anxiety, headaches, incorrigible libido.... I want to know if there are other porn addicts out there. This shit is not human nature. The internet is filled with disgusting shit.

A couple of days ago I began nofap. It has been Three days and this "brain fog" is slowly dissipating. I have been in a horribly dense fog for the past 3 1/2 years that I thought that I would never get out of and have accepted this as how I will always be, it has been complete hell. The past few days have been the happiest of my life, I can focus, I am more alert and feel amazing compared to my normal run down state of mind. But, although most of the time the fog is gone, I have been incredibly pissed off at absolutely nothing, right now I am mashing the hell out of my computer keys due to rampant source-less anger.

Jaw tightness and knee pain – this I'm sure is just me but my jaw tightness goes after a few days of abstinence, and the day after relapse my right knee joint feels weak and painful. Not sure how this is linked though.

(Day 8) I've been uncommonly coming down with a bunch of headaches so maybe this is a part of the withdrawal process.

(Day 6) My throat has been kinda swollen. I've had a screamer of a headache from around day 3 & I have it right now. I've also had the thing where drinking tons of water doesn't seem to quench my thirst. I have knee pain, which I kinda have already, but it's constant & a bit worse, same with my arch pain on my foot, already had it once in a while, but now it's constant.

The first 3 days were horrible. I was grasping my penis every time I was alone in my room and I had trouble sleeping at night cause I used to masturbate right before I sleep.

I've been having the most fucked up dreams, the sort of shit I don't feel comfortable telling anyone about. I understand it's just my mind working its way through withdrawal, but I hope it ends soon, I could really go for a good night's sleep again eventually.

I'm also in the same boat with the dreams. I had a pretty jacked up dream that entailed watching (and hearing) someone break their leg.....lol. Must be my brain punishing me for not giving it its dopamine fix haha.

The dream states were a huge thing I noticed. At first it was either really confusing or really... rape-y, and that kind of stuff actually scared the hell out of me, but then they leveled out and were just interesting.

I seem to be dreaming again. At first they were darn violent and grotesque but are now fairly standard PG fare.

This morning, before noon, I was experiencing a real sense of euphoria: I was singing in my car, the sun was shining, I was laughing with the jokes on the radio... I also felt very energetic and I was being productive, efficient... I felt like a ninja! I knew this was a typical phase and that the backlash would come. It did come but, because I was prepared, it wasn't a disastrous one. I did not fall off the wagon. I wasn't even tempted, it was just that I had a real downturn in my mood and energy levels in the afternoon. By the time I got home from work I felt normal again. I'm sure this has to be related to the no-PMO thing. I feel like my hormones are all over the place, like I'm sixteen again... Maybe that's what this is: Puberty at 25. Learning to deal with your hormones and sexual urges WITHOUT numbing them down through porn.

I am 16 days with no PMO and am experiencing strong withdrawal symptoms: insomnia, depression, anxiety, weakness, fatigue, nightmares and the one that scares me the most is my body feels so shaky and I have tremors in my hands. The tremor in my hands freak me out.

(Day 10) Symptoms today have included stiffness of neck, several occasions had heart palpitations and of course the heavy pressure on the forehead which sometimes thumps. (Day 12) It's like there's some tension that wants to get out of my body. My shoulders, neck and upper back hurt immensely. It's so painful that I took a painkiller, but it barely worked on it. I suspect that some part of this pain is in my brain. I feel stiff, and have felt like this for the last 3 days.

[Mood swings - day 16] I am high as a kite! I was the same yesterday. Can't really concentrate, a kind of lightness (too much) in my forehead, stiffness in body, and not knowing what to do with my self! AAAAH!!! This is insane! I love it, and I hate it, this is too much, I don't know what I can do with this.

I wrote the above paragraph an hour ago. I am officially in a dopamine low right now. Tiiiiired. Not inspired to do anything, I'll try to do something though. Shit this is draining, and I'm having an oral exam today ffs! Had some green tea, and it changed nothing. This is my lowest withdrawal point so far. I think it can only be uphill from now on.

For the most part the symptoms are profoundly mental in nature. I haven't experienced shakes or things that drug addicts go through...just mental things of the darkest kind. Depression, hopelessness, loss of appetite, loss of interest. I've actually lost about 32 pounds since Feb 13th [now April 4] when I started the nofap because my desire to eat has been minimal. It's an internal battle with your own brain and it's a bizarre one, too. It's sort of like a hidden spy that lies in your own brain, because sometimes you don't even realize it's working against you.

As the first few days came, the emotions spiked up and down like a rollercoaster. As I reached the 3rd day, I tried distracting myself with movies and anime. As I was watching an anime entitled One Piece, I had come to an extremely emotional point in the series and tears began to flow. I had never cried like this before, my emotions were in disarray. As I reached day 4, I had felt better and my moods elevated and I became like my leo horoscope, I had a sunny disposition. I was chatting with people left and right. People would wonder if it was really me or rather had aliens abducted me and replaced my mind with another entity. However, on day 5, it all came crashing down again. It felt as if I had the weight of the world on my shoulders. My only outlet to this pain was through writing all my thoughts on a journal.

As the first week passed, my head felt extremely heavy, as if I had been hit with a sledge hammer the prior day. This would stay with me until week 11. I was also plagued with extreme brain fog and fatigue. I had no solution for these issues except to fight on and take naps during the day. There were also time periods where I was plagued with insomnia as well. Ironically, I felt more energy from those days rather than the days where I actually got sleep. As the 2nd week went on, I realized I needed support. I then confided with my mentor and friend, he has provided me with an outlet and support. It was something which helped me tremendously. As I confessed, he gave me a place of security where I could freely express what I was ashamed of. He would become a pillar of support for me....

As week 4 came, I felt an increase in confidence. I began to notice women more and more. They seemed pleasant to look at and not mere sex objects. My eyes would lock with them as they giggle pass. I was amazed with my new found confidence. ...

The 5th and 6th week would be a different story. My moods once again plummeted. I had also noticed when I ate poorly, it would make my moods take a turn for the worse. And then on, I ate as healthy as I could. My meals mainly consisted of lean meats, veggies, fruits, brown rice pasta, and bulgur wheat. I would also release all my sorrow through journals and have lengthy chats with my confidant once again.

As I hit the 7th and 8th week, I hit a flat line. I had no desires for women, hobbies, or just people in general. It felt as if I had fallen under the spell of depression. My manhood seemed as if he had fallen under a deep slumber. I just wondered how long it would take for him to awaken, perhaps until the day a princess would come along and give him a kiss.

As I enter the 9th week, my energy levels are beginning to soar, my outlook has become dramatically more positive, and my mind has cleared. Although a bit of mind fog still remains, I feel reinvigorated. In the past, I had always felt like I was a zombie. One who simply moves but was dead inside. It feels as if a new life has been now been born within me. My passions bring me more passion and my life has changed. From the start of this journey, I knew I had an addiction. What I did not know was how this addiction drained my soul and literally sucked the life out of me.

Day 3 - Symptoms are a general feeling of unease, anxiety, and discomfort. Light headaches, no energy and difficulty concentrating. I sort of feel like I have a cold without sneezing or coughing.

In merely 3 weeks my world has changed. I...I had forgotten what love, anger, and fear felt like. Colors are bright and for the first time, it's like I can actually look at an object and feel as though it's really there? (very hard to explain) The world is so different that I'm terrified and nearly have panic attacks when I wake up in the morning. I thought PMO would make me feel better, but really it's given me mostly a harsh reality so far--perhaps it's the rigorous spartan approach I'm taking to the no PMO thing, and I have nothing but to hope it gets better. I have experience several very near wet dreams but the idea of porn and all that stuff, regardless, is nightmarish to me now. I can't believe it can alter you this much, I must be a special case. Still experiencing withdrawal symptoms as follows...

Headache

Breathlessness

Episodes of fatigue and mania

A very harsh flatline

Extreme introversion and fear

Sometimes red eyes and bits of shakiness, both much better than before.

Dreamlike visions upon closing eyes at night, as though I've taken a hallucinogen or something. I'm artistic so maybe this is norm.

I hope I'm at the end of this. I've "relapsed" once because of how horrible it is, but the flatline was so bad and I ended up unable to release and just wound up screaming in my pillow instead. :I I've also had problems with memory, as the majority of my life has suddenly seemed to have just not happened or something--and yet I'm able to remember a lot of forgotten things from childhood rather well? Dopamine and memory are apparently linked somehow, so maybe this will even out.



*Sleep deprivation was not the only evident withdrawal syndrome I got at the beginning. Food and/or alcohol binge were too.*

After one week, I felt amazing. After 14 days, I was in total flatline. I had the terrified turtle head going. I knew it was natural and I was glad SOMETHING was happening, but I was not so happy about 'it' shriveling up and looking so damn small. Also, I was emotional. I cried at everything. I was bored. I focused on getting things done and it seemed to work.

Collected by <http://www.yourbrainonporn.com>

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**Alcohol Withdrawal Symptoms** (from:

<http://www.nlm.nih.gov/medlineplus/ency/article/000764.htm>)

*Mild-to-moderate psychological symptoms:*

- *Anxiety or nervousness*
- *Depression*
- *Difficulty thinking clearly*
- *Fatigue*
- *Irritability or easy excitability*
- *Jumpiness or shakiness*
- *Nightmares*
- *Rapid emotional changes*

*Mild-to-moderate physical symptoms:*

- *Clammy skin*
- *Enlarged (dilated) pupils*
- *Headache*
- *Insomnia (sleeping difficulty)*
- *Loss of appetite*
- *Nausea and vomiting*
- *Pallor*
- *Rapid heart rate*
- *Sweating*
- *Tremor of the hands or other body parts*

**Heroin Withdrawal Symptoms:**

*[Withdrawal symptoms are often described as] feeling like a severe case of flu. They include:*

- *Uneasiness*
- *Irritability*
- *Crying*
- *Tremors*
- *Jitteriness*
- *Goose bumps*
- *Runny nose*
- *Yawning*
- *Weight loss*

- Abdominal cramps
- Diarrhea
- Severe craving

**Cocaine Withdrawal Symptoms** (from [http://www.about-drug-abuse.com/Cocaine\\_Withdrawal.html](http://www.about-drug-abuse.com/Cocaine_Withdrawal.html)):

*The following represents a list of common cocaine withdrawal symptoms:*

- Fatigue
- Depression
- Lack of pleasure
- Generalized malaise
- Anxiety
- Vivid and unpleasant dreams
- Increased appetite
- Irritability
- Slowing of activity
- Agitation and restless behavior
- Sleepiness
- Extreme suspicion

*Although cocaine withdrawal does not typically have visible physical symptoms like “the shakes” and vomiting that are common with heroin or alcohol withdrawal, the level of depression, lack of pleasure, and craving caused by cocaine withdrawal equals or surpasses what is experienced with most other withdrawal symptoms. The good news is that cocaine withdrawal symptoms can disappear completely over time. The bad news, however, is twofold. First, if the abuse has been chronic, various symptoms such as depression and craving can actually last for months. ...*

*To understand why discontinuing cocaine use leads to agitation and other unpleasant withdrawal symptoms, it is necessary to briefly discuss the relationship between dopamine and cocaine. Dopamine is one of the brain’s natural “pleasure” neurochemicals. Cocaine abuse interferes with the re-absorption of dopamine, thus leading to a surplus of dopamine in the brain. Since, however, the overall synthesis of this dopamine by the neurons is reduced by cocaine use, the cocaine abuser experiences depression, fatigue, and altered moods because of lowered levels of “usable” dopamine in the brain. Essentially, this dopamine shortage results in feelings of agitation and anxiety and makes a person feel miserable. The “solution,” all too*

*frequently, is to simply take more cocaine. It is this vicious cycle that can escalate and lead to out-of-control behavior....*

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