

The Ultimate Battleplan

How To Quit Porn Now In Just 5 Minutes A Day --
Without Willpower, Accountability Partners or Porn Filters

INTRODUCTION

If you struggle with lust and porn addiction (even if it's only once every few weeks), than this guide is for you.

The formula I'm going to be showing you in this guide is the exact same one myself and hundreds of others have used to overcome porn addiction, lust and online sexual temptation in an extremely short amount of time.

Now obviously everyone is different and I'm not guaranteeing you instant results... but if you can lay aside your doubts and fears just till the end of this guide and actually put what I say into action, I know you'll be much better off for it.

HOW TO GET THE MOST OUT OF THIS GUIDE

What I'm about to tell you in this guide may seem really crazy and insane, (and it is) but it's the best thing I have ever seen and done to overcome one of the hardest addictions in the world.

Please follow along with the battleplan step by step as I break everything down into simple, bite-sized chunks. As long as you take action along the way, you'll start seeing that there is true hope and freedom from the chains of lust and porn addiction.

WHAT SHOULD YOU EXPECT?

Mindset is everything in this battle. Picture yourself now having the proper tactics and information necessary to take action and see success. But you gotta be willing to lay aside any preconceived notions and stick with it.

All the steps are easy to do, don't require any hard work or brainpower, and are proven to rewire your habits and addictions. Sound good?

SO LET'S GET STARTED!

OVERVIEW

This battleplan is broken down into three sections:

SECTION ONE: BREAKING THE ALLURE OF PORN

SECTION TWO: DECREASING THE DEPENDANCY

SECTION THREE: FINDING FREEDOM

Each of the steps in the formula fit into those three sections.

Step 1 is covered in the first section, steps 2 through 9 are in section two, and then step 10 is found in section three.

As you can see most of the steps are found in section two, and that's where we'll be spending most of the time in this guide.

My greatest hope and desire for you is to lay aside all judgment and just go through the battleplan with an open mind, and save your objections and questions when you've already started going through the plan, not before you even start.

SECTION ONE: BREAKING THE ALLURE OF PORN

We all logically know how damaging and detrimental porn is to our minds, hearts and lives... but yet for the majority of the male population, it still holds a severe stronghold.

Why is that?

Most of us would never dream of touching heroin or crack cocaine because we know of the damage it would do to our lives.

We realize how addictive and destructive hard drugs are, and yet I would argue that porn is just as destructive if not worse, simply because of its privacy, ease of accessibility and addictive qualities.

Did you know that porn is more addictive and affects the brain almost identically to someone shooting up heroin or doing crack cocaine?

The chemical reaction in our body is just as intense watching porn as an addict taking a hit of his choice drug. And the harsh reality is that the symptoms of porn addiction are very similar to those of a drug addict.

So how do we break the allure of porn if it has such a chemically dependent and subconscious grip on our minds?

Well, if you're anything like me, this is what your typical average 'relapse' looks like:

You're feeling bored or tired, and earlier that day you thought of or saw something sexual, like a random attractive girl on Facebook or elsewhere online.

Now at this point you start slowly heading down the path towards porn, usually starting with going to sites that aren't pornographic but are starting to feed that lust.

Then a few minutes (or hours) pass by, and the next thing you know you're on your favorite porn site opening up a bunch of tabs in your browser.

For some people it might be videos, a specific genre or type of porn, or in adult chat or webcam rooms.

Whatever your poison of choice, we need to break the allure of it.

Here's how we're going to do this:

Step 1: Watch, Stop and Engage

The first key to breaking the allure of porn addiction is to observe your body's reactions to porn and the thoughts that arise in your mind.

This is what I want you to do right now:

Before you start watching/looking/camming/etc, pull out a Word document or a physical piece of paper & pen. You're going to watch porn in 1-minute increments.

Open up your browser and go and do what you would usually do when it comes to watching porn. Don't slowly build up to it and get lost in the downward spiral, just go straight to whatever your 'normal' is as far as what usually gives you the most pleasure.

So whatever you looked at the last time you relapsed, just go straight to it right now and do what you usually do for 1 minute, stop what you're doing, and write down these two observations:

1) Observations about yourself: Take note of what's going on with your body:

Did you notice your breath getting shallower, any of your muscles tensing up, your body starting to hunch over the screen? What specifically gave you an erection? How tight were you gripping?

2) Observations about porn: Take as many notes as you can about the scene you're watching.

What was the setting? What do the people look like, what were they wearing, and any details of the environment that you otherwise might not have noticed. Make it almost as if you're doing it in an academic setting, like a class in school.

If you like, do this two more times and really see how it makes you feel.

Now after you've done this step, you can either shut off the porn at this point, or finish like you usually do. But this time, don't feel guilty or beat yourself up about it.

Guilt is one of the greatest stressors that usually drives someone back into the porn cycle, and it won't help you move forward in the process.

You're doing this on purpose, you're the one in control now, and you're tackling this habit for good one step at a time. I know it's hard, but you have to let the guilt go for now and know that we're going somewhere with all of this.

Masturbating to porn is a mindless habit. Involve your mind and become aware of what you're doing. This step helps you break the allure of porn and become an outside observer to yourself and wake you up to the reality of your porn habits.

Once you engage your mind, you'll realize how crazy this whole addiction really is.

SECTION TWO: DECREASING THE DEPENDANCY

The first step should really only happen once or twice before moving on to section two.

Section two is where we start reconditioning your mind and help you 'cut back' by reversing the intensity and frequency of your porn addiction outlet.

That way, when we're finally done watching porn, your mind and body don't start going through crazy withdrawals and suck you back in uncontrollably like I'm sure you've experienced before.

The key to this section is decreasing the dependancy. Moving away from what you're used to and moving towards where we want to go.

This isn't about going to the gym and benching 300 lbs the first day out. This is about gradually increasing the weights, getting stronger, and realizing we're moving towards our goal one day at a time.

This section is going to vary for everybody. Just like if you gave a group of guys a new workout plan, everyone has their own strengths and weaknesses and would go at their own pace.

I'm still going to include all of the steps below, but feel free to move through them at your own pace or skip down a few steps if you feel strong enough to do so.

Just be moving towards the end goal, and if you ever 'relapse', just go back to the previous step and work your way back.

Important: For each of these steps these don't have to be on the same day or on consecutive days, just on the days or times you have the urge hit you again.

Step 2: Commitment To One Tab

Remember when I talked about the usual relapse cycle and how we usually open a bunch of tabs and jump from scene to scene?

Here's what we're going to do about that.

The next time you have a sexual urge and go to use porn as an outlet, just commit to one tab. One tab, one video, one scene, one session. Give it your full attention.

Now from this point on, you will only watch/masturbate to porn one scene/tab at a time. You can do this step for the next few times, or move on to the next step.

Just remember, get rid of the guilt and frustration you usually get from doing this.

You wouldn't get mad at yourself if you weren't able to bench 300 lbs the first day at the gym, would you?

The hardest thing is leaving that frustration behind and just focusing on implementing these methods. But I believe in you, and I know you can do it.

Step 3: Finish With Your Eyes Off

Like the last method, start your process with just one tab and commit to it.

But here's what we're going to do next. When you're a few minutes out from the finish line, close your eyes and imagine the scene in your mind. Try to finish by using your imagination alone.

Practice this step by watching the scene until you get started, then finish the scene in your mind.

That means you're getting an orgasm with your eyes off the screen...not looking at porn, and finishing on your own.

Do this the next few times you have an urge to watch porn, or move on to the next step at your own pace.

Step 4: Softer Material

This step marks the reconditioning of your mind to 'softer' material. Your goal is simply to be able to get off to less intense material, consistently.

You know what I mean. The less intense stuff. If you're used to harder videos, choose scenes with more kissing, foreplay, and more clothes. The less actual sex, the better.

This all depends on where you started with your addiction to determine what the next step down for 'softer' material is for you.

But this is one of the biggest shifts when reconditioning your brain.

And if you've made it here so far, here are the combined new changes to your habit:

1. You're able to commit to just 1 tab at a time
2. You're able to take your eyes off the screen and finish using your imagination
3. You can now get off to softer material. Consistently.

Step 5: No Audio

Now we're going to recondition your mind to be able to do this without the audio component.

Most porn includes an inappropriate and unrealistic audio component, and so your mind gets conditioned to getting aroused from that material. This false reality can also translate to your expectations in the bedroom. So removing the audio component from porn helps you further align your sexual expectations with a healthier reality.

Now from this point on, only watch porn without audio.

Remember all these methods are combined, so by now you should be able to:

1. Limit all porn viewing to one tab
2. Take your eyes off the screen and use you own imagination to finish
3. Exclusively watch softer stuff
4. Do all of this without audio

Step 6: Stop and Go

Have you ever started watching porn and just decided you weren't really feeling it? Probably not, unless it involved some family member walking in on you. But stopping yourself from watching and actually getting disinterested in porn is what we're going to achieve here.

So open your one (muted) softcore video, and watch to your heart's content for 30 seconds.

Then press pause. Get up from your chair and walk away from your computer. Walk around your home, go outside, or even do some pushups. Anything to create a mental break in what you're doing right now.

Go back to your computer. Watch another 30 seconds and press pause again. Then do something else again. Keep doing this until you get the urge to finish, but only do so on your own while the video is paused, and with the no-look finish method.

If at any time you feel like turning off porn before you finish feel free to do so.

Crazy right?

Step 7: Pictures Only

Back before internet, (not that I would remember those days), they actually had to rent or buy a dirty video or magazine to fulfill their lusts and desires.

But now that the most deplorable of sexual images imaginable are available even to the youngest child at the push of a button, we have a bigger giant to slay.

So now what we are going to do now is stop watching video and start exclusively using pictures.

At this point your tastes should have shifted to softer material so start by looking at those. We eventually want to focus on getting the number of pictures down, until you're able to finish to just one picture.

Just like our first step, as you look at the pictures...engage your mind and examine every part of the body. Look deeply into the eyes, details of the face, neck, shoulders, and not just the private parts.

Literally start with your eyeballs at the top of a picture and slowly look down, instead of instantly focusing in on the usual stuff. This will help you better appreciate the entire human being, not an object of sexual gratification.

Step 8: Stories Only

Like I mentioned before, depending on your strengths and ability to move through this section of the program, some steps are necessary and some are optional.

But for this decrease in dependancy we're going to get rid of all audio and visual media now. This one is all about reading erotic stories...look for ones with some depth and plot/character development. We're using this method to bring your sexual experience back in control of your own imagination.

You'll notice that finishing to a story can take some getting used to, but it is doable. It's all about what material draws emotions from you. If you can still get scared reading a horror story, you can get turned on by reading erotic stories.

Besides removing the visual & audio components, stories help recondition your mind by helping you develop patience and proper anticipation in finishing.

With video it's common to jump around to your favorite scenes, and even with pictures you'll go to the ones that really turn you on... but skipping around with stories doesn't really work the same way. They force you to use your imagination to develop the interpretation of the scene in your own mind.

Now this step is really the last big milestone because it removes all the visual and audio components from porn that you were dependent on.

Step 9: Imagination Only

Look at all the progress you've made! We're almost there.

From now on, masturbate on your own, completely relying on your own ability to imagine and fantasize. The past steps have been leading up to this, slowly ushering you towards a stronger and healthier inner sexuality, rather than external dependence on sexual stimulation.

Good work, we're almost there! On to section three.

SECTION THREE: FINDING FREEDOM

So at this point I'd like to say, AWESOME work.

Not only have you reconditioned your mind, but you've also resensitized yourself to your healthy, naturally sexual self.

You went from watching video pornography to pictures to reading erotic stories...really finding out how you interact with porn on a physical and mental level. And now you're able to finish on your own.

You don't need anything else besides your own imagination, and that's the mark of true success from porn addiction.

No longer do you need hardcore porn to get off, but just the thought of a beautiful woman, or a light caress from that cute girl you just met, is enough to arouse you.

But we're not going to stop there. There's still one more step we need to take to truly find freedom — and that next step is to tackle masturbation.

The good news is, it's almost identical to how we started with overcoming the porn addiction, and now that your brain is healthier and able to be aroused naturally without porn, masturbation is that much easier to overcome.

So great work so far!

Step 10: Start, Stop and Engage

Now in order to cut out the masturbation, all we do is go back to the start and apply the first method. The only difference is that instead of with porn, we are engaging our mind with everything we are doing when we are masturbating.

I'll save you the scrolling back up to the top of the report and rewrite the method again with the new adjustments below:

We're going to break the allure of masturbation by observing your body's reactions to masturbation and the thoughts that arise in your mind.

Before you start masturbating, pull out a Word document or a physical piece of paper & pen. You're going to masturbate in 1-minute increments.

Go to your usual 'place' or whatever you do when you masturbate (without needing porn, we tackled that already) and do what you would usually do.

Go and do what you usually do for 1 minute, stop what you're doing, and write down (or just think about) these two observations:

1) Observations about yourself: Take note of what's going on with your body:

Did you notice your breath getting shallower, any of your muscles tensing up? What specifically gave you an erection? How tight were you gripping?

2) Observations about the act: Take as many notes about what you're actually doing

What is the setting? Where are you, what are you actually doing to yourself, and any details of the environment that you otherwise might not have noticed. Make it almost as if you're doing it in an academic setting, like a class in school.

And again, you can either stop masturbating at this point, or finish like you usually do. But this time, don't feel guilty or beat yourself up about it.

CONCLUSION

First off I want to congratulate you on getting this far. You've proven to me that you're someone who is serious about overcoming porn and online sexual temptation for good.

To live a life of purity and integrity is a most worthwhile goal, and I truly hope you reach it.

Trust me when I say the feeling you get from being free from porn addiction far outweighs the struggle it took to get here.

That's all from me for now, and if at any point you want to reach out and talk with someone to make sure you're staying on track and getting the results you want, there might be a few openings in our personal implementation program.

Spots are limited and it's based on how quickly our schedules fill up, so if you want to check and see if there are any spots still available, shoot an email to support@thepurityproject.org