

Easy Peasy & Freedom Model GOD Notes By u/MalcolmHaddad

Read these notes once every day for a week after completing Easy Peasy, then 3x a week for 2nd week, then one last time third week. Follow up by reading these notes as much as you want, preferably at least once or twice a month.

Deprogramming Fear

- Addiction is fueled by **fear**. Fear of quitting because of “once an addict always an addict” and fear that we can’t handle the stressors of life without the crutch; fear that won’t be able to sleep, won’t be able to relax, won’t be able to enjoy life
- You use it because of fear of real-life issues, instead of facing them you’re going into your own horrible isolated world of unrealistic fantasy.
- You never chose this addiction for yourself, it is a trap that snuck up on your neurological chemicals and receptors. You do not have any attachment to PMO, your brain is just used to the chemical feeling.
- You wouldn’t want your kids to get PMO addiction. Why do something you wouldn’t let someone you love do?
- When enjoying something - you don’t go through the process of consuming it quickly just to have another and another. If PMO were enjoyable, you’d be satisfied with one video (as, if you think about it, all videos are really the same). If it were enjoyable you wouldn’t be in a frantic search for other videos, quickly going from one video to the next. That is not savoring it at all.
- We don’t quit because we are **afraid** that there will be a “period” of time where we suffer and are depressed without PMO (willpower method). These spawn from irrational beliefs
- **Irrational Belief:** We deserve to feel the opioid pleasure of PMO whenever we feel stress or fear
 - That pleasure CAUSES the pain, it destroys your brain’s natural pathway for creating peace and calm. It debits future happiness for temporary numbing.
- **Irrational Belief:** Porn is safe because it can’t “reject me”
 - Porn is dangerous because there is no risk. You are rejecting yourself from future happiness. You are signing away your agency and life.
- Remember: Fear, along with doubt and moping - is the reason why people using the willpower method fail. Fear is the basis of addiction.
- PMO does NOTHING for you. There are NO advantages of using PMO.

- If you feel fear or depression after quitting ask yourself, what awful thing could happen to you if you never watched porn again? Absolutely nothing.
- Remember: Desensitization, hyperfrontality, and sexual dysfunction are all great reasons to quit porn. However, **don't fear these once you quit!** Luckily, when you quit PMOing your brain heals from the damage! Fearing health problems also just makes it harder to quit porn, so don't fear them, as once you quit, desensitization, hyperfrontality, and sexual dysfunction will no longer be a problem.
- Fear of failure prevents people from trying to quit - so people fail (by PMOing whenever they get an urge) without trying because they're afraid of failing (which is obviously stupid and so illogical)
- Fear of success: fearing that life without their crutch will be pointless and dull. This is false because life outside this addiction is so much better. This is because scientifically our dopamine receptors become stronger and we embrace life with more happiness. Look forward to success and freedom with excitement.
- Fear of anxiety itself, and fear that we won't be able to handle life's stressors without PMO. If you feel anxiety or are stressed, PMO will numb it for a few minutes, and INCREASE the overall anxiety tenfold over a longer period of time. You are debiting future happiness and calm from yourself for TEMPORARY numbing.
 - Cigarette smokers feel temporary relief. The need for relief was CAUSED by the addiction
- It's the fear of feeling future withdrawal pangs that create the pangs. Fear is the pang itself.
- Some users fear that they won't be able to survive without PMO
 - This is not caused by the chemical addiction; but is rather a psychological dependence and fear of decoupling from the codependent partner (PMO). Get it through your head that this is a parasite and the beautiful truth is that you do NOT NEED it.

Deprogramming Why We Use

- The Little Monster: A term for subconscious “withdrawal” feeling from PMO use. The physical withdrawal from PMO is extremely negligible; however, the slight feeling of craving serves as a reminder to reinforce the dopamine circuit of using PMO.
 - Every time you get a “craving”, it’s simply a waning whisper from the LM, it has no bearing on what YOU want or need to do
- There is no meaning in PMO. There is no video you need, or actress that’s your favorite. It is a series of chemical reactions that reinforce your dopamine receptors' waterslides. It is all a farce that means nothing to you personally. PMO does not CARE about you.
- The porn industry engineers their websites to make porn even more addictive with personalization and recommended videos and certain forms of gamification.
- Most usage comes from an annoying alarm. The dopamine loop causes a “craving” that is “relieved” by PMO. However, it is the PMO itself that causes that craving, and the relief only increases it.
- Non-users do not have this addiction loop. It is not inherent in our makeup, rather it is a learned dopamine loop that we can break. Do you think Muhammad Ali or Khabib have this kind of urge throughout the day to PMO? Do they need it?
- We are addicted to PMO because we falsely believe it is the path that makes us happiest. Ask yourself if your happiest self is a PMO user. (Freedom Model)
- You have to question your beliefs regarding PMO. We use because we think it makes us comfortable, numbs the pain, makes us happy. This is a veil of fog put up by chemical addiction. You CAN feel better WITHOUT using. (Freedom Model)
- When we first began using, we never imagined using our whole lives. We also feared a lot of images and found certain videos upsetting and repulsive. Curiosity and desensitized dopamine receptors eventually push to harder forms of addiction. We did NOT choose it from the start; it was forced by the neurochemical addiction. The fear and anxiety of using specific genres increase the dopamine response due to the novelty factor.
- The human body’s urge to reproduce is one of its strongest, PMO hijacks that and uses every natural urge coming from biology to instead waste it on the overstimulating effects of unlimited access to PMO. If you feel an urge from cues, it is your body’s signal to have natural, organic sex with a real life partner. Not to stare at a screen.

- Over the years of addiction, it increases our depression, anxiety, and brain fog, and we do not even realize it creeps up on us. We think PMO helps reduce it, instead, it was the cause all along
- More obscene genres and escalating forms of PMO scale with dopamine desensitization; most people with specific niches of PMO use are simply those further along addiction and neurochemical reliance
- Actual physical withdrawal is so minuscule we don't notice it during vacation trips, plane rides, visiting parents' house or other periods where we are forced without it — if we don't have serious urges to PMO on a day we are busy, there is no withdrawal reason to do it multiple times a day

Deprogramming the Brainwashing!

Porn does nothing for you, any solutions it provides are to problems it creates

- From an early age to current, we are surrounded by cultural references to PMO, nude ads, innuendos on TV, friends talking openly about it. We are brainwashed to think this addiction is normal.
 - Don't despair about this! Notice it and be MINDFUL of it, using meditation as a tool to realize when this cultural brainwashing has appeared in consciousness
- Once you are addicted to PMO, these cultural references and inner brainwashing force you to “relieve” withdrawal pangs whenever it is noticed.
 - Instead be cognizant of this feeling and this interaction in the mind; noticing it and choosing to let it pass will kill the brainwashing
- If we hear people talking about PMO and feel FOMO and check it out, we believe there should be something inherently valuable there if people talk about it. The truth is that they are victims of the same neurological trap. These are victims bemoaning to each other. **YOU ARE MISSING OUT ON NOTHING. There is nothing of value to see or check out.**
- If you feel FOMO remember it is these users who are missing out on health, virility, happiness, a clear mind, confidence, energy, and freedom. What are you missing out on?
- Deconstruction of the imagined value of porn is crucial for success and allows you to see where you're being robbed!

The following are brainwashing aspects that cause us to think PMO is beneficial and valuable.

Stress

- When facing the normal stressors of life, we also face unconscious physical withdrawal pangs as well as having a weakened dopamine system to help naturally destress. Using PMO temporarily relieves the pangs, but increases stress long term; weakening the dopamine reward system
- Internet porn isn't relieving your nerves, it's slowly destroying them. One of the great gains of breaking the addiction is the return of your natural confidence and self-assurance.
- Our emotions and perception of experience is based entirely on our interpretation and *thoughts* on these specific events. The myth we tell ourselves that PMO helps relieve our tension and stress is false. If we interpret that PMO helps relieve stress because of our brainwashing, we will continue to imagine that being true. The reality is that we can find true peace from problems by changing our *interpretation* of those events and changing how we view our PMO habit with regards to stress. (Freedom Model)
 - Meditation and analyzing the negative effects of PMO with regards to stress can be helpful in clearing this brainwashing
 - The Stoic philosophers found that it is our own interpretation and thoughts on hardship that causes stress;
"We suffer more often in imagination than in reality." -Seneca
- Substances like PMO cannot change the content of your thoughts. If you face stress and pain, PMO does not change your interpretation of an event from bad to good; instead we return to the problem immediately afterwards or even have it in the back of our mind during the act itself. (FM)
- There is absolutely no pharmacological evidence that PMO relieves stress; instead we have research that shows continue PMO use exacerbates anxiety, depression, and general stress. We have to remind ourselves that the cue to use PMO when stressed is not a logical decision that will actually help, it is a signal coming from our weakened dopamine system and the little monster's withdrawal pangs. It is a well designed TRAP.
- Another huge factor in the brainwashing for why we believe PMO helps relieve our stress is the power of distraction. It is not the PMO itself or even the neurochemical response that gives us reprieve; it is the fact that we are temporarily distracting ourselves from the problem. If you are using PMO and suddenly the Fire alarm goes off; you feel stress, your brain is not neurochemically stress removed. Distraction is what relieves, and there

are countless *healthier* alternatives to distraction that do not destroy our dopamine reward system. (TFM)

- Sometimes when you are stressed and go into a PMO binge, you become too weak and distracted to face your problems and instead hermit in your room; this leads to inaction and catching “reprieve” from your problems. This feels like a cessation of stress but rather it is just giving up using PMO as a substitute for true resolution. (TFM)
- PMO does not pharmacologically relieve any negative emotion including; anger, pain, trauma, sadness, or loneliness

Boredom

- PMO creates withdrawal pangs via the LM and when we face “boredom” we feel a slight emptiness that signals to use PMO. In reality, the signal to use PMO is an automatic response created by the dopamine connections that have been built over the years. It is a subconscious thought that we need to be aware of.
- There is no such thing as boredom, boredom is a frame of mind. There are countless things one can do when facing boredom and thinking PMO is a solution; you can read, talk to friends, meditate (cure for boredom), practice a new hobby, go to the gym, go outside, journal, etc. *All of these habits compound and make your mental health better; PMO does not make anything better. It takes away from you. It is a negative habit.*
- PMO also makes you tired and lethargic which makes you undertake lazy habits such as staying in room and being in the same mindset to do PMO again. You don't have the opportunity to PMO when outside jogging or socializing with friends in real life. PMO creates a vicious cycle breeding boredom. **PMO gives you a boring lifestyle; it does not cure it.**

Relaxation

- PMO and substances do not aid in relaxation as there is no pharmacological evidence that there is a positive effect on increasing relaxation. Instead, we have evidence that our anxiety, depression, and stress increase from consistent usage; this is not relaxing. This is simply distracting
- Examples of habits that aid in relaxation and have sufficient evidence to support this interaction include exercise, mindful meditation, breathing exercises, cognitive behavioral exercises, and activities such as taking warm baths and drinking tea

- You are not getting relaxation from using; you are relieving a withdrawal pang from the LM. *This pang is created by the PMO use in the first place*

Energy

- One of the porn trap's subtleties is that the energy drain it has upon us, both physically and mentally, happens so gradually and imperceptibly that we remain unaware of them and instead regard it as normal.
- If you could instantly transfer into a brain and body that had never used PMO before, you would instantly realize the difference between the user and non-user. This distinction is hard to imagine while having the subtle energy decrease happen over the course of several years. It is near impossible to notice the subtle decreases and instead think they are "normal"
- PMO is a lifestyle; it has negative effects on eating and exercise habits as a result of the compounding effects of dopamine desensitisation. This also decreases energy and makes you lethargic.
- After deprogramming the brainwashing and quitting PMO, you will find energy increasing very fast and the negative effects wearing off rapidly!

Concentration

- When facing tasks or goals, we may use PMO because we think it aids concentration. The reality is that we are procrastinating and instead using the dopamine receptors that would be aiding in completing the task to instead feel instant pleasure and gratification.
- Our dopamine receptors are for being able to concentrate on tasks; this is why drugs such as Adderall and coffee are effective, they influence the dopamine reward system. When facing a task and choosing to do PMO, we are simply hijacking the reward system to make us feel good instead of having to work for it.
- Concentration is also adversely affected as the dopamine receptors are culled due to natural tolerance to the large surges, reducing the benefit of smaller dopamine boosts from natural de-stressors. Your concentration and inspiration will be greatly boosted as this process is reduced.

The Myth of Pleasure (Freedom Model)

- The idea that we are giving something up is central to brainwashing. People talk about “giving up PMO” as if it is some sort of valuable friend. **There is no inherent pleasure contained within PMO.**
- People experience the same dopamine circuits and pleasure circuits light up in the brain when listening to music. There is nothing inherently pleasurable about PMO that makes it exclusively pleasurable. Different forms of music did not have same pleasure effects; this goes to show that pleasure comes from the individual’s mind and their own interpretation and perspective of events. Pleasure comes from our own structured beliefs about what we are seeing.
- When you first began viewing PMO, the more advanced genres that you may view now may have seemed gross or disgusting. Your brain had to independently find those genres pleasurable through brainwashing, time, and perspective. The dopamine reward system was quite literally morphed over years of practice to find those things pleasurable. You can find true pleasure in the same form when practicing other things that create pleasure;
 - A good example is becoming expertly adept in meditation; where many meditation masters found levels of happiness that were unfound in normal subjects (case of “the happiest man in the world”, Mathieu Ricard).
- Pleasure is highly subjective and is also dependent on our mind’s perception of events. Imagine if you found pleasure in having your thigh touched; would you have the same pleasure if you were running low on sleep and were annoyed and were touched by someone you hated and found repulsive? It is highly dependent on one’s frame of mind. There are countless examples of PMO that users use that earlier on would have found repulsive and earlier forms that users currently found boring and useless.
- There is NOTHING inherently pleasurable about PMO. It is a trained and learned habit that our neurochemical system can unlearn.
- Even if it feels really good in the moment and you can’t separate yourself from that feeling; remind yourself that this temporary rush of pleasure is debiting future happiness; that rush for a few minutes is being extracted from your future self; and the capacity to enjoy the little things in life. It’s as if you are cramming days and weeks of happiness and joy into a few seconds and then suffering for the rest of the days and weeks. Is that truly valuable to you?

It Means Nothing To You

- Users will often find themselves returning to their PMO use because they think they are missing out on “new content” and are curious about what is out there. There is NOTHING substantively different about new content vs old content. It is all the exact literal same, and neurochemically it all has the same effect on our receptors.
- There is nothing valuable about PMO usage, there is nothing valuable in a certain category, certain creator, or a certain brand. There is no difference between the impact a lucky strike cigarette has on our brain vs a Marlboro. These are all minuscule qualitative differences that we are brainwashed into believing are valuable.
- Users who are going back to see an old actress or content creator are also similarly deluded, there is no difference between one and the other, they all do the same thing. They are all just different collections of pixels, they have no inherent value and they might as well be an NFT being compared to a real life Mona Lisa.
- The biggest brainwashing that leads to “One Little Peak” and eventual return to habit is that we are missing out by not viewing and that there is something valuable in checking up on what’s going on. What a new creator put out, or what new things are on a homepage. IT IS ALL FUNCTIONALLY THE SAME.
- The effect a softcore image had on your brain when you were a kid is functionally the same as some advanced multistage video you view now; the difference is that your brain’s neurochemistry adapted for the Coolidge Effect and novelty factor; there is nothing inherently valuable in any of the PMO content.

Deprogramming the Brainwashing! (cont.)

- Even if you lie to yourself and say that internet porn is enjoyable, people have lived without it for thousands of years. How can not using it put fear into you, or make you feel like you’re getting deprived of something you need, when in fact for thousands of years people have lived without it even better than you’re living now?
- You will be your happier self if you have a functioning dopamine reward system, feel confident and happy, have a clear mind, don’t waste time with PMO addiction, and have healthy, NATURAL relationships
- Using PMO to calm nerves before going out is illogical as it has negative long term effects. Attempting to drown your butterflies with porn and substances will only make the problem worse in the long run.

- The more willpower someone has, the harder it is to get free. After all, it takes willpower to do something so stupid and harmful especially after knowing the bad effects. Don't rely on willpower, quitting should NOT require effort. **You haven't deprogrammed brainwashing if you need willpower.**
- Something that makes you miserable cannot give you happiness. Thus, porn cannot be a source of happiness and alternative happiness sources must be found. (Freedom Model)
- Most users find it necessary to rationalize why they use porn, but the reasons they come up with are all fallacies and illusions.
- "It helps me sleep" So why can others sleep just fine without it? There are many scientifically demonstrated methods to fix sleep, and more so.
- The panic of not PMOing is **caused by PMOing**. One of the greatest things about freedom is that you don't have that panic anymore.
- You are trading lack of control with total control by quitting your porn addiction.
- PMO being your friend is an illusion. It's really your worst WORST enemy.
- The small boost you get from PMOing is a mere taste of what it feels like to be completely free of PMO. Freedom won't just be a relief, but genuine pleasure and happiness.
- When in doubt, think of all the great things that quitting brings. Certainly, more time and better health are big advantages.
- The simplest of tasks can be made difficult when done with the wrong method.
- You only need willpower when there's a tug of war between two different wills. We will make it that there is only one side of this war, making it that PMO is no longer considered "pleasurable"
- The fact that we think we need to use PMO to destress and feel better about ourselves and lives is a MYTH. There are entire societies that go without PMO and live happy lives, thousands of years of human history, and billions of people who lived happy without PMO. Ask yourself, are users happier than non users because of PMO?
- Quitting is a zero-step process. It is easy. It is a lack of action.

- The only reason you fail is that you're not using the right method.
- Addiction is not the fault of the addict. It's the fault of the addictive substance and society.
- Pascal's Wager; you have nothing to lose by quitting and only have upside. If you relapse; all that means is that you have again stopped using PMO and again have only upside in the future. Do not fear relapse because you are NOT a brainwashed addict anymore. According to the Freedom Model you have the free will to choose not to be an addict.
- The addictive personality thing is a stupid excuse for saying that quitting is hard. Thinking that it's a disease is also a stupid excuse.
- You don't get cravings; rather, you actively crave, so no resistance is needed since it is something you choose or don't choose to engage in.
 - Next time you get a "craving" think, "Do I *really* need to use right now? Or am I just getting a little note from the dying little monster?"
- When you see through an illusion, you can't be fooled again. Once brainwashing is removed, you can automatically defeat withdrawal pangs or urges by remembering the content of these notes
- When your brain feels fried and you're in physical pain from things like chafing, do you stop PMOing? No, you don't. Even when you don't feel pleasure, brainwashing still tricks you to believe that porn is pleasurable.
- The little monster is physical withdrawal (which is so slight and unrecognizable) and the big monster is brainwashing that makes you think PMO is inherently valuable to you and needs to be used when feeling physical withdrawal
- Satisfaction is the feeling that tells us when to stop. With porn you are NEVER satisfied. We hope that we get satisfaction from the act, but it's designed that way. You hope for satisfaction, but you never get it so it seems hard to stop. A lack of satisfaction leads to frustration. Cycle continues.
- Porn progressively makes the void bigger, thus making it that you need more and more to fill the void. The way to close up the void is by stopping your porn use entirely.

Quitting Is Easy and Amazing!

- Quitting only involves pain **when you believe you're making a sacrifice. Hint: You're not.**
- Easyway is designed to give you certainty. Be absolutely certain that you'll never use or get hooked again. It isn't enough to just try or hope. KNOW.
- Quitting is amazing because you feel elated that you defeated an addiction that plagues millions of people; you feel like you climbed Everest from day one and are confident in your victory. The initial three week prescription of reading the notes gives further ground and stability as you cement the deprogramming and eliminate brainwashing totally.
- Just by quitting you gain access to better; health, virility, happiness, pleasure, energy, confidence, social skills, wealth, health, and better mind. All of this requires simply NOT using PMO. It requires LACK of effort. Imagine getting several gifts and all you have to do is NOT do something!
- If you have had trouble in the past remembering that you're free and you just PMO instinctively, increase the number of times you read the notes. Read it once a week bare minimum after completing the first three week prescription. Remembering the deprogramming will lead to instant mental cues to defeat withdrawal pangs and brainwashing cues. Quitting PMO forever only requires a few minutes of reading!
- Quitting is easy because you are NOT giving anything of value up! PMO does NOTHING for you!
- We are afraid that by not using PMO we are going to have a void of pleasure and won't be able to experience happiness from dopamine abuse; **PMO doesn't fill a void, it creates one!**
- Users don't PMO for enjoyment, instead they do it because they THINK they're miserable without it. You don't have to be miserable without PMO because you now know there is nothing valuable in it.

- Just by quitting you are saving thousands of hours of precious time that you can spend doing something else that can compound. Reading, exercising and meditating, all have compounding positive effects. They make you better and you get better at doing them. PMO makes you worse, and you gain zero skill or benefit from doing it. Ask yourself, has PMO'ing for years made you better at anything? Even the act of PMO itself is mechanically easy and pretty much the same as from years ago.

- Just by quitting you have been given an envelope giving you thousands of hours of time to live your life. Using PMO is not being alive, it is quite literally numbing your consciousness into a virtual world that you have zero agency in. It is removing yourself from reality. By quitting you have given yourself more time to LIVE. You have just won the lottery of life by quitting!
- Remember, you aren't giving anything up. On the contrary, you're about to receive marvelous positive gains.
- Once the little monster is dead, after your body stops craving dopamine, and the porn water slides in your brain rapidly begin to fade due to lack of 'greasing', any remaining brainwashing will vanish. Not only will you find yourself both physically and mentally better equipped to handle the stresses and strains of life, but you'll enjoy the good times to the fullest.

Deprogramming Self Brainwashing and Delusion

- Users will delude themselves into thinking the negative health effects won't happen to them; however, we wear seat belts, look both ways when crossing the road, brush our teeth, and do countless things to keep ourselves healthy. Why continue to use PMO when it has potentially huge negative health effects in the long term? Is there a reason to risk this? Is there something inherently valuable about PMO that requires this risk? NO.
- Many self delude themselves into thinking they will quit eventually. Quitting now vs in the future is no different. By delaying quitting you are thinking that you need to hold on to something valuable for a little longer; there IS NOTHING valuable to hold on to! You can and should quit today.
- The fear of health effects such as ED, depression, and anxiety can often trigger users to use PMO to avoid the problems they face. Once you have made the decision to quit you do not need to worry about this anymore! You are a non-user and within 3 weeks your entire outlook will change!
- When users feel urges and use PMO to eliminate them, they are deluding themselves by thinking that is the solution to their problem. Think of the heroin addict metaphor; a heroin addict feels anxiety and fear when going without heroin; the non-heroin user does not have this anxiety. The cure is NOT using the vice.

Some common self-brainwashing statements:

- “You’ll eventually get old and lose your sexual prowess anyway...”
 - You will eventually die as well, do you want to speed up that process as well? Also, there’s more to PMO addiction than simply sexual prowess. There is the larger question of your mental health and ability to view the real world for what it is with your actual dopamine receptors.
- “I enjoy it and it makes me happy, why should I stop using it?”
 - Does it actually make you happy? Or is there a possibility that the happier option may be the one where you quit using PMO? Are you sure YOU actually enjoy it or is that the result of years of brainwashing and dopamine rewiring that happened to you from an age where you were too young to understand what was going on?
- “I don’t view it that much anyway...”
 - Then why not cut it out completely? What does it do for you that you need to expend energy to continue using? How do you know that the negative effects won’t compound or that there is a negative effect already that you can’t notice because it grew imperceptible to you due to the slow nature of it?
- “The negative effects of porn are overstated.”
 - The reverse is the case, there’s no doubt that internet porn is the major cause of sexual dysfunction and many other problems. Significant amounts of research showed that there is a growing problem, several marriages have been ruined by PMO addiction, we are in the cigarette of the 60’s era of understanding the risks.
- “This is the wrong time / I’m too stressed right now / Once I feel symptoms”
 - There is no better time than now. Are you gaining anything valuable in the extra time you continue to PMO? Is there something inherently valuable to hold on to? If you’re too stressed right now it’ll only get worse, if you wait till you feel symptoms then you are just waiting to hurt yourself for no good reason.
- “I’ll just cut down”
 - Cutting down just increases the withdrawal pangs and will eventually lead you to increasing usage over time. If you are capable of cutting down, why not cut it out completely? Is there something valuable you are holding on to? NO. It’s also like a drawn out form of self-torture, waiting for your release periods and feeling withdrawal symptoms all the time.
- Effects of the brainwashing make us tend to think like the man who, having fallen off a 100-story building, is quoted saying as he whizzes past the fiftieth floor, “So far, so good!”

- “I can separate PMO usage from personal relationship and romance”
 - Using PMO is training yourself for the role of voyeur and is what leads to people developing extreme fetishes and unusual sexual behavior. DeltaFosB and neurological changes will overrun the real-life romance, especially when it becomes less exciting compared to the novelty of PMO

Deprogramming: “Just One Peak”

- The biggest trap that PMO’s brainwashing has is the myth of “Just One Peak”, it is one peak that began the process of years of addiction, it is one peak that leads to relapses into old habits, it is one peak that defeats your attempts to quit PMO
- The trap is set when you feel the slight withdrawal pangs of the LM and decide just a little look won’t hurt and that you’re simply a bit curious. You may even just look at slightly suggestive material that would lead you a little bit closer to PMO, this is “dancing around the red line” except with the idea of watching full blown PMO
- This process may begin when inadvertently viewing something suggestive online and feeling the rush of dopamine and sensations, sometimes this subconsciously begins the process of searching for more dopamine and PMO when you look at slightly similar material. An example is using Instagram, seeing something that gives you dopamine, and then searching for similar things and going down a rabbit hole until full blown relapse
 - Get it through your head that accidentally stumbling on something suggestive is NOT a cue to relapse; once you feel those old chemicals and sensations, be MINDFUL of those feelings via meditation. Then mindfully close out of those tabs and exit. It is impossible to fully avoid suggestive material if online, but you can definitely avoid purposefully searching for that material and binging PMO
- Oftentimes when something negative happens, PMO ends up being seen as a crutch to feel slightly better. When there is a strong feeling of stress, it is the idea that just a little peak would help make you feel better and get over the hump. **This is a trap**, the Little Monster is waiting for an opportunity to present itself and begin the cycle of PMO addiction. When you are stressed, be vigilant for those whispers and be mindful and conscious of the LM when you feel the urge.
- When you get the thought of wanting to peak just a little, think about what your next 12 months will look like if you were a full blown PMO user again. How your lifestyle would be, and whether you would be happy.

- Ask yourself if viewing just a little bit of PMO and the risk of becoming a long term user again is the happiest option for you. Is there a happier alternative to “just a little peak”?
- There is no such thing as a “confirmed addict” or “addictive personality”, once you have finished Easy Method you are no longer addicted. The slight pangs and whispers are leftover from brainwashing and do not have any hold over you. When you experience those pangs, be happy and excited! They are a sign that you’ve successfully quit PMO!

Deprogramming: Preparing for Weak Points

There are certain times you will be more at risk of slipping up, these are to prepare for them

When Inebriated

- It is easier to slip up when you’re drunk, high, or some other form of inebriation. When you are in this state, try to be mindful of brainwashing, go to sleep, try to stay off sources that might lead to slip ups. Also, when beginning the process of getting drunk or high, try to prepare for the possibility that brainwashing may come up. Maybe even revisit the hacknotes when you’re in this state to remember the deprogramming.
- Remember, even if you are intoxicated, you are not absolved of making bad decisions. If you are drunk, that is no excuse for assaulting someone, cheating on a SO, or doing something unethical/illegal. In the same way there is no reason to cheat yourself from the greatness of being PMO free.

When Exhausted, Hungover, Tired

- From a lot of feedback and anecdotes, lot of slip ups happen in bed while hungover or exhausted from a flu or virus. When you are tired the brain is more susceptible to LM’s brainwashing and this leads to “Just One Peak”. Revisit the hacknotes. Be cognizant of the whispers from LM while laying in bed exhausted.
- Even though you think you may feel better from a dopamine hit, remember that it will only debit from your future happiness and only temporarily numb you before you feel awful. If you are tired, would it help to inject heroin? No. Feeling temporarily good does not equate to recovery, cessation of suffering, or feeling better overall.
- When tired and exhausted, because of brainwashing our first thought it “PMO might help make me feel better”, instead you must think of how other more real life alternatives would actively help. Drinking water, resting, meditating, eating good food, and letting time heal.

Experiencing Breakups, Loneliness, Deep Sadness, Rejection

- Those experiencing a rough breakup are more susceptible to LM's brainwashing because they feel that there is no point to continuing being PMO free and that they might as well numb their pain *destructively*, oftentimes you will see broken hearts "drinking their pain away" and in the same fashion see users numbing themselves with PMO.
- There is no pharmacological evidence that PMO will help you! You are simply doing self-harm by hurting your mind and "numbing" the pain. Instead, you should fall in an "upward spiral" using breakup pain to go to the gym, improve yourself, and be better. It might be helpful to watch a youtube video about heartbreak and motivation by David Goggins or talk to a friend/therapist.
- PMO cannot cure loneliness, it may numb you for a few minutes, but it will debit from your future happiness and make it harder for you to come outside of loneliness. Think about it, if you relapse every day out of loneliness and stay in your room all day, how will you NOT escape loneliness? You are the problem in this situation and instead you have to take risks and go out and forge your own path to a socially full life. **PMO is an antisocial habit.**
- If you are experiencing depression and deep sadness, PMO cannot help you. There is no pharmacological evidence it has any effect on treating depression, instead there is evidence for causing it. Talk to a therapist or read CBT books with evidence of success, such as "Feeling Good", by Dr. David Burns.
- If you feel rejection from a potential partner, current partner (refusing sex), or rejection in general; the LM might make PMO seem like an attractive alternative. **This is a trap.** Use rejection as a tool for self-analysis, what led you to rejection can be solved if you work at it. PMO will only make future rejections more likely and will again, NOT help you in any way.
 - Sometimes those rejected by their partner will use it as an excuse to PMO and use supernormal stimulus for dopamine stimulation; why not just use your mind and thoughts to relieve urges?

Final Section: Easy Way to Quit

- Most of the brainwashing has been deprogrammed and analyzed, the decision has been made that PMO is not valuable and that there is no sacrifice in giving it up.

- Remember to feel joy and happiness that PMO no longer has a hold over you. Rejoice!
- Brainwashing is what makes quitting difficult. Once you realize that PMO does nothing for you, it becomes extremely easy to give it up!
- The physical dopamine withdrawal symptoms are actually very minimal and incredibly easy to overcome. Use mindfulness meditation to take note of these feelings and let them pass.
- Realize that **you can quit PMO** and there is nothing different about you. This is simply a long term dependence of a chemical reaction caused by years of brainwashing. Now that you've removed this brainwashing rejoice!
- There's nothing to give up! You are not "giving up PMO", you are simply becoming the non-user you used to be.
- **There is no such thing as a single peak**, PMO addiction is a chain of events that causes a cycle of using. There is nothing valuable about PMO to even go for a single peak.
- Imagine what the day to day lifestyle of the most extremely addicted PMO user is like. Some of them create entire online communities to promote their addiction while hiding in isolation and away from reality. How decrepit and sad that must be. Now that you've read the deprogramming, is this who you want to be? Is this your true self? Are you one of them? The answer is unequivocally no. So separate yourself from PMO "addiction", you are a non-user. You are not one of them. Pity them. Rejoice that you are free!
- It just takes three weeks for the process of decoupling from PMO addiction. 5 initial days of the LM's dying throes, and then the final weeks leading to the complete cessation of temptation and the gelling of the deprogramming.
- The three weeks' temptations can be divided into two categories:
 - **Dopamine withdrawal pangs:** Empty, insecure feeling similar to hunger pangs, identified as "cravings" or 'something-I-must-do' feeling. This can be eliminated by simply being mindful of it and realizing it is the death throes of the LM. This should subside heavily within the first five days. Rejoice that you are a non-user when experiencing these feelings.
 - **Psychological triggers (brainwashing)** from external stimuli such as commercials, online browsing, hearing certain things, noticing certain cues
 - Example; if you are used to doing PMO while alone and in bed, you may feel a cue to pull up the browser, this is just the dying neural connections of a habit that

was formed years ago. Be mindful of this, meditating on the sensations and then let it pass.

- When remembering these cues and feeling “urges” use it as a reminder that you are no longer an addict! And rejoice that you are a non-user.
- If you are sent a PMO URL or inadvertently come across content, you may feel yourself waning and feel strong urges, use this as a meditative experience to notice the dying throes of the brainwashing and LM, there is a trauma in the body during the first three weeks and coming across those things accidentally can be like stubbing a broken toe. Rejoice that you are no longer a user and remove yourself from the situation.
- Don't try to forget about PMO by force, if you have random thoughts and urges, be mindful of them, and let them pass naturally. Rejoice in fact, that you are no longer a user!
- You don't ever need PMO. Some non-users think that because they get these urges or thoughts months after quitting that they are suffering; this is not true. It is a sign that you've overcome the addiction! Once a severe wound has healed, the scar remains as a sign of triumph from the event. These pangs are simply the scar, and like all scars it too shall fade. Simply be mindful.
- Instead of thinking “I want porn and I can't have it”, think “The little monster wants its fix. This feeling is what willpower users suffer, but happy ex-users like me don't! Isn't it great that I'm free forever!”
- Never doubt your decision. If you find yourself moping and doubting, re-read these hacknotes again, and remind yourself of the great benefits of quitting and what is valuable about PMO (NOTHING!)
- Remember, just one peak is how your PMO addiction began. One peak will keep the LM alive and reinforces the brainwashing we are working so hard to deprogram completely!
- *It rains for both the pope and the murderer.* You will have bad days during the withdrawal periods, don't mope that PMO would help. In fact it would hurt even more, your natural dopamine reward system was created for you to handle natural stressors, rejoice that it is slowly returning. Remind yourself that *this too shall pass*. A positive mental approach is essential!
- Quitting PMO will be one of the greatest accomplishments of your life, separating you from millions of other people hopelessly addicted. Rejoice!
- Eventually once the three weeks pass you may experience a moment of revelation where you realize you will never need PMO again and are fully complete.

CONGRATS! YOU'RE A NON-USER!