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Impact of Pornography Use in Adolescent Boys: Boys' Self-Reports on Their Use of Pornography

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Introduction

Pornography is the depiction (picture, video, phone call, message etc) of sexually explicit material for the purpose of stimulating sexual arousal or some other form of intimacy (Rea, 2001). An estimated 40 million people in the United States alone report viewing pornography regularly, and that number increases to 72 million worldwide (Olmstead, Negash, Pasley, & Fincham, 2012). According to one study (Roelato, 2006), 28,258 people are viewing pornography on the Internet at any second. And, nearly 50 percent of Internet use is dedicated to pornography or sexually-based material (Wetterneck, Burgess, Short, Smith, & Cervantes, 2012).

Among the many users of pornography on the Internet are adolescent boys. The use of pornography among adolescent boys is of special concern because boys are more likely to view pornography at an earlier age and to see more disturbing images (such as rape, child pornography etc.) (Sabina, Wolak, & Finkelhor, 2008). In one study consisting of 563 college students (Sabina, Wolak, & Finkelhor, 2008) it was found that 93.2 percent of boys reported viewing online pornography before the age of 18, between the ages of 14-17. Another study (Carroll, Padilla-Walker, Nelson, Olson, Barry, & Madsen, 2008) of Swedish boys in eighth grade (average age 14.22) found that the onset of puberty in adolescent boys is linked to a higher viewing of sexually explicit material on the Internet. In one study (Svedin, Åkerman & Priebe, 2011) assessing frequency of pornography viewing in Swedish adolescent boys, those who reported viewing pornography some time each week and more or less daily were labeled "frequent users." Out of the 1,902 boys who took part in the study, 28.6 percent reported viewing pornography some time each week, and 10.5 percent reported viewing it more or less daily (Svedin, Åkerman & Priebe, 2011).

As a result of the early and frequent use of pornography in adolescent boys, researchers found there are several areas of their lives that are being affected. These areas of potential harms are: brain development, social attitudes/behavior, and sexual function (Owens, Behun, Manning, & Reid, 2012).

Brain Development: A Neuroscience Perspective

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Neural plasticity is the changing of the brain due to external stimuli (Huttenlocher, 2009). The adolescent brain goes through a period of remodeling before it matures into an adult brain. Because it is in such a critical period of remodeling, the adolescent brain can be altered by external stimuli that will shape adult behaviors (Crews, He, & Hodge, 2007). A further look into the adolescent brain shows that this extended period of neural plasticity makes adolescents more susceptible to negative environmental stimuli (Konrad, Firk, & Uhlhaas, 2013). Some evidence suggests that neural plasticity alters adolescents' brains and how they respond to sexual stimuli (Doidge, 2014).

When the human brain is exposed to new stimuli, including pornography, new neural connections between neurons are formed (Doidge, 2014). There are certain areas in the adolescent brain that can be subject to change from environmental stimuli in brain development. The hypothalamus is a brain structure that is responsible for regulating sex, among other instinctual behaviors. Just like all structures of the brain, the hypothalamus is malleable, and subject to change. Since pornography viewing is considered an external stimulus, it has the power to cause alterations to the parts of the brain that regulate sexual behavior and the reward system (Doidge, 2014).

These changes done to the adolescent brain, if reinforced by continued pornographic use, could create permanent differences in brain structure. One study (Kuhn & Gallinat, 2014) found a negative correlation between hours of pornography use and gray matter volume in the brain. This means that young men who viewed pornography for longer periods of time had smaller volumes of the brain that are involved in the reward system and habit formation (the right caudate of the striatum and lower activation of the left putamen of the striatum) (Kühn & Gallinat, 2014). Furthermore, the study found that frequent pornography use caused a loss in neural connectivity occurring in parts of the brain that regulate the reward and pleasure system. This finding means that with higher levels of pornography use there is a decrease of the brain's natural, biological reaction to sexual stimuli (Kühn & Gallinat, 2014). A decrease in the brain's natural response to sexual stimuli is what leads excessive pornography users to experience decreased arousal from ordinary sexual stimuli in real life, and is what can lead to addictive behavior towards pornography.

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Adolescents may be more susceptible to changes in their reward and pleasure system because of differences in those parts of the brain (such as the striatum) in adolescence compared to adulthood (Owens, Behun, Manning & Reid, 2012). A review (Owens et al., 2012) discussed how pornography is especially appealing to adolescents because the parts of their brains that regulate control of sexual thoughts/behaviors have yet to mature (those parts being the frontal cortices). Adolescents are particularly vulnerable when attempting to control their impulses because they are naturally more sensitive to stimuli that produces extreme pleasure (like pornography) and therefore have more difficulty self-regulating their sexual responses (Owens et al., 2012). Furthermore, visual stimuli (such as pornography) can be more permanently stored in major regions of the brain as opposed to other stimuli (Owens et al., 2012), which potentially may be responsible for permanent brain changes in adolescents from overactive pornography use.

In addition to the research supporting how heavy pornography use in adolescence causes changes to the brain, researchers have also found that pornography use in adolescence can impact social attitudes about sex, women, and relationships.

Social Attitudes/Behaviors

Pornography use in adolescence can create changes in the way adolescent boys view girls and women and can alter their sexual behaviors. One national survey of teenagers (Ybarra & Mitchell, 2005) found that 59 percent of the male respondents thought viewing pornography prompted them to have sex earlier, and 49 percent thought that pornography made them have negative feelings and opinions about women. Furthermore, viewing pornography promotes the idea of women as sex objects, and increased viewing of such sexually explicit material increases this belief among adolescent boys (Owens et al., 2012). In fact, today's pornography has encouraged viewers to engage in more unconventional sexual acts, such as anal intercourse (Flood, 2009). Five Swedish studies discovered that young men who admitted to viewing pornography frequently were more likely to have engaged in anal sex and had tried to recreate sexual scenes and acts they had seen in pornographic films (Flood, 2009).

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New research has been starting to show a relationship between frequent viewing of pornography and male aggression towards women (Flood, 2009). Viewing violent sexually explicit material (which is currently being portrayed in many pornographic films) can induce more aggressive behavior in males, or make males more inclined to rape women. Subsequent studies involving only adolescents have supported this theory that aggressive behavior (or forcing a female to have sex) has come from continual pornography exposure (Flood, 2009). One study (Kingston, Fedoroff, Firestone, Curry, & Bradford, 2008) had discussed that sexual offenders were influenced by pornography to act out what they viewed onto unwanted participants. Results from another study (Wetterneck, Burgess, Short, Smith & Cervantes, 2012) found that increased pornography use was marked by an increase in sexual impulsivity and compulsive behavior. This would support the theory that high pornography use leads to increased and subsequent criminal sexual offences, because it increases a person's impulsivity to act on one's sexual thoughts and fantasies and can lead to repeated offenses because of the increase in compulsivity. Furthermore, adolescents who repeatedly use pornography are four times more likely to display delinquent behavior as opposed to adolescents who don't use pornography as frequently (Ybarra & Mitchell, 2005).

Persistent use of pornography can also cause damage to intimate relationships. Women who are in relationships with men who frequently use pornography report less sexual intimacy in the relationship, lowered self-esteem, and an increase in demands of unwanted, objectionable or unusual sex acts (Flood, 2009). For instance, frequent pornography use by men has led to an increase in the desire for anal sex, which some women may find unpleasant (Flood, 2009). Furthermore, a study (Poulsen, Busby, & Galovan, 2013) found that men who used pornography regularly were less sexually satisfied with their female partner and their relationship, and also viewed their female partner differently.

Overall, pornography use can impact adolescents' views about sex and women, can lead to increased aggressive behavior, and damage interpersonal relationships in young adulthood up to mature adulthood. Most recently, researchers are beginning to find that

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frequent pornography use in adolescence could lead to detrimental effects on sexual function.

Sexual Dysfunction

New research has discovered there to be an increase in sexual dysfunction among adolescent boys. One study (O'Sullivan, Brotto, Byers, Majerovich & Wuest, 2014) discovered that out of 258 adolescents, 53.5 percent of males reported some sexual problem. The study further showed that 18.5 percent of male adolescents experienced mild to moderate levels of erectile dysfunction, 8.8 percent displayed moderate levels of erectile dysfunction and 1.8 percent had severe erectile dysfunction. Furthermore, 11.4 percent of male adolescents reported having a problem with orgasm, 23.7 percent reported having low sexual desire, 9.6 percent reported low sexual intercourse satisfaction, and 18.4 percent had an overall score of low satisfaction (O'Sullivan et al., 2014).

Although the numbers from this study may seem rather small, the fact that adolescent boys are already experiencing sexual dysfunctions this early on in their development has led to researchers to look towards excessive pornography use as the cause for these sexual dysfunctions. One study (Kühn & Gallinat, 2014) determined that participants who viewed pornography more frequently were found to have altered reward and pleasure systems because of damaged neural connections between the reward circuit and prefrontal cortex (which controls executive functioning). Furthermore, the more pornography that was used by participants, the less activation of the reward and pleasure system occurred when presented with sexually explicit stimuli. This means that consistent pornography use wears out the brain's reward and pleasure system, making it so one would need even more sexual stimuli to achieve the same amount of sexual arousal. So, with heavy pornography consumption there is less response to sexual stimuli, and thus less sexual desire and function (Kühn & Gallinat, 2014).

Researchers have also found that the excessive use of pornography in adolescence can lead to habitual and even addictive behaviors. A Cambridge study (Voon et al., 2014) found evidence that compulsive adolescent pornography users became more *sensitized* (or reactive) to pornography. This has to do with the development of addictive behaviors

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because sensitization (being overly-reactive to external stimuli such as pornography) wcan lead to craving of use and is how addictions begin. Adolescents who were considered “sexually compulsive” reported having damaged intimate relationships and decreased sexual desire/erectile function in relationships with women as a result of their excessive use of pornography (Voon et al., 2014). These adolescents also reported viewing online pornography earlier and more frequently than healthy adolescents. Sexually compulsive adolescents started viewing pornography at an average age of 13.9 (compared to healthy subjects age of 17.2) and spent a total of 24.9 percent of their time online viewing pornography (compared to healthy adolescents time of 4.5 percent) (Voon et al., 2014).

In conclusion, excessive pornography use has been scientifically proven to alter adolescents’ brain structure and reward system, mimicking the effects of a drug addiction. Frequent pornography use also can negatively affect adolescents’ views about women and sex, and can harm their interpersonal relationships because of this. The research on pornography linked to erectile dysfunction has provided some support that porn-induced erectile dysfunction among adolescents is a real problem.

The current study will focus on how heavy pornography use among adolescents negatively impacts them based on their own reports as well as discuss why excessive pornography use could be viewed as an addiction.

Methods

The current research involves a content analysis of an online pornography forum called “Your Brain Rebalanced: Overcoming Pornography Addiction and Porn-Induced Erectile Dysfunction.” There are several forums on the Internet that focus on problems with pornography use. This forum was selected because it had a section dedicated to adolescents for them to write about their problems.

The specific forum that will be used in this analysis is termed the “Under 20 Rewiring League” and is meant solely for users under the age of twenty. Users of this site are required to register in order to join the discussions. Each member has to create their own personal, anonymous profile with which to post their journals and comments. The owners of the site do not actively monitor the forum, so users are held responsible by peers on the forum for any bad conduct that might occur while using the forum.

This study will go beyond the previous research done on adolescent boys by including adolescent boys’ self-described problems. The content analysis for this research entails a selection of thirty journal entries that have at least ten replies (but can go up to as many as 100 replies) for a total of 125 comments. The content analysis focuses on journal entries that have generated the most responses and include more in depth discussions about the specific topic. The comments presented in this paper will be documented or recorded verbatim from the forum, without correction for grammar, punctuation, or misspelling.

Furthermore, a glossary of terms pulled from these entries and comments is included below. The terms are explained for the purpose of fully comprehending the language used within the forum. In addition to this, the entries and comments from the forum will be grouped into six main categories that revolve around addiction-related terminology and behavior: 1) age of beginning use of pornography, 2) first awareness that pornography use had become unmanageable, 3) discussion of withdrawal symptoms, 4) triggers for relapse, 5) coping with life without using pornography, and 6) indications that unmanageable use has been temporarily resolved. Each of these categories will be illustrated with quotes from the forum. This will give evidence, self-reported by the boys, supporting whether or not overactive pornographic use can be considered an addiction.

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Glossary

A glossary of terms is needed in order to understand some of the concepts discussed by the adolescent boys in the forum.

“PMO” - This acronym stands for “porn, masturbation, orgasm.” This is the process that the users of the forum struggle with and would like to eliminate from their daily routine. They would prefer to not rely on or need pornography in order to achieve an orgasm from masturbation.

“Rebooting and Rewiring” - The terms the users of the forum use to describe the recovery process from pornography addiction. It pertains to re-training the brain and body to be sexually stimulated by actual humans instead of pornography.

“Fap and Fapping” - A term that is equivalent to “masturbation,” stimulating oneself for pleasure.

“Flatline” - A term used to describe the withdrawal period after the cessation of pornography use. This period of “flatline” is marked by fatigue and loss of sexual arousal and function.

“PIED” - This acronym stands for “porn-induced erectile dysfunction.” The users of the forum will refer to this if they have trouble achieving an orgasm without using pornography.

“Edging” - Another term for “masturbation” but is used when trying to stimulate oneself while controlling for orgasm. It is a technique to try and increase sexual arousal without giving into urges that stem from a pornography addiction.

“K9 Filter” - A filter used to block users on a computer from entering certain sites. In the case of the users of this forum, the filters they use are to block access to certain pornography sites.

Content Analysis Findings

Users are drawn to this forum for a multitude of reasons, but most join because they started using pornography early on in life (ages ranged from 10-16) and after some time, recognized that they could not stop using pornography to achieve orgasm. In other words, they had started to develop what they thought of as an *addiction* to pornography. Other issues that stem from the main issue of addiction includes: secluded lifestyle, progression to hardcore pornography and/or fetishes to maintain arousal, inability to achieve or maintain erection with an actual woman, and many more. The boys' goals from participating in the forum vary according to each person's unique situation, but the main goal is to dramatically decrease their usage and/or reliance on pornography in their everyday lives while maintaining a healthy lifestyle that does not revolve around pornography.

The results will be broken up by each category pertaining to addiction-related subject matter: 1) age of beginning use of pornography, 2) first awareness that pornography use had become unmanageable, 3) discussion of withdrawal symptoms 4) triggers for relapse, 5) coping with life without using pornography, and 6) indications that unmanageable use has been temporarily resolved. Since not all of the comments will be presented in these results, a table of all of the comments can be viewed in Appendix A.

Age of Beginning Use of Pornography

Twenty-three adolescents commented on the age at which they started using pornography to masturbate and orgasm. The ages ranged from 10 to 16. Some of the users commented on how they came to start using pornography at such young ages. One user (malachi11) stated:

"I started when I was fricking eleven. ELEVEN...I started looking at nude pics at first in sixth grade and i was just fantasized, but it went on from there to the hardcore stuff and everything."

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In this boy's experience, the use of pornography progressed from simply images of nude girls to pornographic videos displaying more extreme sexual acts. Another user (StavrosWTF) had a slightly different experience. He wrote:

"16 years old. Started PMO 2 years ago. Peer pressure from friends mostly, talking about porn stars and huge boobs all the freaking time and I could be a part of the group."

This boy had experienced pressure from his peers to start viewing pornography, which eventually progressed to his current state of use. Another user (casacca13) had yet another interesting experience, he wrote:

"Everything started when i was about 8 years old. I was on the sofa that i couldn't sleep, it was very early morning and i turn on the TV, zapping i find an awesome channel, it was showing a naked girl! It was very amazing for a 8 years boy. Then i continued to watch every time that i got up early, scared that my parents could discover me. Some years later my cousin shows me and to our friend a porn video! It was magnificent. From 13 to 15 i started to watch porn videos sometimes maybe i wasn't still hooked here. I wanted a girl so bad but my friends that didn't want to go out to meet girl didn't help to get one."

This young male had accidentally been exposed to sexually explicit material at a very young age, but then was also lured into online pornography use from one of his peers. Another user (qasdddd) wrote:

"The first time I ever saw porn was on accident. I was 11, playing online games when a pop up window opened, redirecting me to a porn site. I saw a short video of a naked woman fingering herself before having sex with a man. My sexual life has been at a downfall since then."

This account illustrates how the use of Internet video games can lead adolescent boys to other sites, which contain pornographic material. Another comment about first experience pornography use by an adolescent boy (nomorefapalexander) was:

"I've started masturbating ever since I was 10 years of age (or maybe 9). I was just touching my dick and masturbating a little. A bit later that age I've started using porn. In Bulgaria we had a site in which you could view porn videos and pictures for free, and also music and other stuff (basically a file sharing website). So I used this site to masturbate a lot even though I wasn't able to ejaculate yet. I also used a lot of fantasy. I discovered that I could cum at 12 years and strangely, I felt tremendously guilty after I finished every time. Ever since this time, I've been masturbating almost every day. If porn wasn't available I would fantasize a lot to help me MO."

This boy's account highlights how easy access to free pornographic websites is a gateway for young boys to develop an addiction to pornography.

As shown from these comments (see Appendix A for more comments), pornography use by adolescent boys can start at an age as young as 10 years old. The ways in which

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these adolescent boys came to be exposed to pornography varied from exploring the Internet themselves out of natural interest in sex, to finding sexually explicit materials accidentally, to being introduced to it by their peers. It also is apparent that easy access to online pornography sites allows for repeated, free use of pornography material by adolescent boys.

Awareness of Problem

Twenty adolescent boys commented on how they realized that they had developed a problem and/or addiction to pornography. One user (malachi 11) commented:

"It got to a point where i would do it every day and i realized i couldnt stop... i know i want to stop but i just cant... I been trying to quit for three or four years now. I watch this rate at a couple times a day. every day i promise myself i will stop but by the evening i cant take it anymore and i give into pmo."

This boy realized he had developed a problem with pornography when he could not stop using it. This was the first sign to him that had become addicted. Another user (RoadtoMastery) mentioned something different about his awareness of his problem with pornography:

"My view of girls changed, whenever I see a girl I usually look at her private parts instead of her face, I feel fatigue most of the time and I am not able to focus in class which is making me upset. It's making me upset because I want to achieve many things in life but with porn and masturbation in the way I can't achieve those things."

This adolescent boy described viewing girls as sexual objects instead of real people. In addition, he felt constantly fatigued and distracted. Other users also mentioned symptoms they experienced which triggered their realization of their problem with pornography. One user (MO19), for instance, commented:

"Let me list the symptoms of a 10 year addict.
-Memory loss
-Urges
-Boners that get in the way of life
-Anxiety
-not finding the pleasure of everyday life due to excessive dopamine released when fapping
-Testicular pain
-Emotionally unattached
-easy to intimidate
-hate confrontation
-not being able to hold deep and meaningful relationships or friendships

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- erectile disfunction
- hard time focusing
- Unmotivated
- Paying no attention to girls in a romantic way
- Anxiety attacks
- Low self esteem
- procrastination
- hopelessness
- victim mentality
- bad memory
- Perverted thoughts and fucked up dreams
- SHAME
- Bad oders”

This adolescent accumulated a long list of symptoms he blamed on his long-standing addiction to pornography. Another user (qasddd) became aware of his problem with using pornography when it started to affect his life with girls and with school:

“I have developed serious anxiety which won't allow me to even attempt to initiate sex with a woman. Being a porn addict in college is the worst thing. Beautiful women all over campus and I can't even walk up to them to start a conversation, let alone be in a relationship. I've never been in a relationship and I'm a virgin. I want to change these things about me so bad but it couldn't be more difficult. It's not easy to "just stop" watching porn....Porn has damaged me. I have no willpower and my mother just thinks I'm lazy these days. I'm a chronic procrastinator when it comes to schoolwork. And I view women as sex objects instead of humans. I went from one tab of porn to over ten tabs, browsing each one to find the perfect scene with the perfect position to get off on. It's stressful, it's damaging, and I feel horrible after I'm done.”

This boy described his difficulties with talking to and initiating sex with women, which are problems a lot of the users in the forum voice concern about. This leads into another issue of porn-induced erectile dysfunction (PIED), which is what one user (OrionTempest) discussed as his realization of a problem:

“but one day, by sheer boredom, I started researching about porn. At first, I thought it was all rubbish. I thought ‘I am in control of myself. This doesn't affect me.’ But when I kept trying to throw porn out of my life just to prove to myself that it doesn't control me, I realized that I could not! This was a wake up call to me. Porn is an issue. No matter how little....When I PMO, I feel drained and empty of energy. I have no motivation to do anything. I feel tainted and weak....I find it slightly difficult to be aroused by real women. The absolute best reason to quit porn is the PIED.”

This boy's comment introduces how PIED is a documented problem associated with frequent pornography use, and how it is causing adolescent boys to have trouble enjoying sex with a female partner because of their addiction to pornography. Another user

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(Master3) mentioned a similar issue:

“My grades in school ever since I found out about PMO has dropped, i have stopped studying as much and dont concentrate that good. Been trying to quit my PMO addiction since last August i started getting low erections(ED). Its been one year now and im a little mad about it. Since starting porn i've escalated to other kind of porn, went to hardcore and recently escalation was Shemale/Tranny porn, that im currently on.”

This adolescent boy mentioned that obtaining erections became difficult for him after using pornography, in addition to his grades dropping in school and an escalation to more objectifiable forms of pornography. This comment brings up a point that was seen in other comments and threads on how the need for more intense versions of pornography or fetish videos are needed in order to maintain arousal, which many of the users identified as a problem.

These comments, along with the others in Appendix A, clearly show the multitude of issues that heavy adolescent pornography users are experiencing with their pornography addiction. It seems as though many have trouble quitting the use of pornography or at least achieving orgasm without it. Others have trouble with the way they view women as well as have trouble engaging in intimate relations. Other users notice clear symptoms associated with excessive use (such as anxiety, depression, fatigue etc.), which prompt their interest in quitting pornography to achieve orgasm. Still others recognize that their escalation to hardcore forms of pornography to maintain sexual arousal/orgasm is a problem and a reason for attempting to quit using pornography.

Symptoms of Withdrawal from Pornography Use

Twenty users commented on the symptoms they experienced when refraining from pornography use. Users sometimes refer to this experience as the “flatline” phase of recovery, and they all experienced similar symptoms. One user (Master3) commented:

“I think im in flatline, this early, i accidently saw some porn picture when i was setting up filters and couldn't get any hard, maybe because i removed it directly or flatline. Im expecting random erections to appear somewhat around day 15.”

Here, this adolescent noticed that he was having trouble achieving erections from previously sexually stimulating material. This is often a sign of the “flatline.” Another boy (BeastMode96) explained a similar occurrence of impotence after his cessation of

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pornography use:

"Nearly to the one week mark. I feel soooo tempted though, it's like I just have this perpetual feeling of horniness and I can't stop fantasising. I haven't got a boner though so that must mean it's my brain that's craving porn which means it's the addiction talking."

This adolescent discovered that his urges are high, but that he is unable to achieve an erection. He then associated this with his addiction to pornography. He believed that because his mind craves pornography, his body cannot become stimulated unless he uses pornography to satisfy his urges. Another user (iewgnohgn) commented on symptoms of withdrawal that had to do with his mood:

"felt a little bit more motivated to do work but my mood hit the rocks today. haven't felt so depressed and moody in a long while and the brain fog was rather severe, I even caught myself dazing into blank space for a few seconds without noticing. I hope I could retain all the stuffs I struggled to memorise thru this clearance of the brain fog ugh."

This boy expressed his struggle with low moods and motivations after stopping his pornography use. Another user (Jackrabbit7) commented on a similar experience:

"So I'm coming off the beginners high. I'm not as energized as I was before but I'm still set on quitting porn. I don't know if you would call it mood swings but my mood cycles from happy to indifferent to depressed and back to happy through the day."

Here, this adolescent experienced a similar problem with extreme mood changes. It seems as though the cessation of pornography causes mental withdrawal symptoms to occur like a drug would. There are other mental symptoms the adolescents experienced, including irritability and the inability to focus. One boy (j_nickles) commented on the issue of irritability:

"My irritability is through the roof, everything annoys me and I constantly have a headache. I've slept more than usual this week."

Yet another adolescent (TAK) commented on loss of focus:

"I can't focus on my work because of urges."

Other symptoms experienced by the adolescents are more physical. For example, one user (nomorefapalexander) commented on his sleep troubles, muscle pain, and altered appetite after stopping his pornography use:

"This morning I am having a brain fog and am really sleepy, almost a similar feeling after a PMO session. Last night I was constantly in a rage mode, always wanted to punch something."

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Constantly feeling my heart or pulse pounding. And from time to time I am having muscle pain in different places of my body. Also had fantasies of me having sex with a girl at school which triggered the addiction a lot. Oh, and to add, my appetite has increased a lot, and I always feel like eating even if I am full to the max. I feel empty in my soul and I constantly crave for something to fill the void."

This adolescent attributed his negative physical symptoms to his cessation of his excessive use of pornography to orgasm. Another user (casacca13) rattled off some of his physical (and mental) symptoms after his cessation of pornography use:

*"Tired
Lazy
Sore neck
Asocial
Heavy eyes
Short breath
No focus
Inability to have a good posture
Anxiety
A LOT OF FEAR"*

Here, this boy also attributed a multitude of physical symptoms to him ending his pornography use. It seems, however, that some symptoms these boys experience might not be related to their pornography addiction at all, but they have associated everything negative in their life to their addiction. It is interesting that the boys notice a problem, but then expand it to attribute every negative outcome or experience in their life to pornography addiction. This final comment by a user (keytodawn) is interesting because it grasps how these boys think of their problem with pornography as, in fact, an addiction:

"I've been having huge cravings over the past few days. Huge cravings. I feel like an alien. I feel like one of those drug addicts that I was told about in high school who just can't stand being without their drugs. Is this what the addiction has done to my brain? It's insane! I have blocked porn on all of my computers, so I'm just sitting with these huge desires to watch porn. There are headaches, too. If I had access to porn right now, I'd probably relapse right away."

This adolescent painted the picture of an addict pretty well. He understands that the intense feelings and urge to use pornography are similar to what a drug addict feels when he is unable to use his drug.

Overall, the comments related to withdrawal symptoms were marked by irritability, depression, fatigue, loss of motivation, low mood, and low libido. Some of the symptoms the boys attributed to their pornography addiction may have been related to other issues, but

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they associate them with their addiction. However, it is clear from the similarity of the comments that there are some actual withdrawal symptoms (some similar to drug addiction) the adolescent mind and body goes through when ending the use of pornography to achieve an orgasm. This would add more validation for calling what these boys are experiencing as a real “addiction.”

Triggers for Relapse

Twenty-two users commented on the triggers they experience that could lead them to relapse. Again, as with the previous categories, triggers differed with each user. For instance, triggers can be as simple as thoughts and/or fantasies, as one user (therealtalker96) described:

“Fucking relapsed. Always starts with the fantasies. This wouldn’t have happened if I was more active.”

As well as another user (J Dizzle):

“I relapsed to fantasy out of boredom during the early hours of the morning, due to not being able to get to sleep.”

And yet another user (supamaan) experienced the same trigger:

“So, the question that has to be posed is how did I relapse? Thinking upon this, I think it was a gradual buildup, I started to fantasise about women mainly when I was alone and this was a prevalent action when I used to PMO before this binge. I also think stress was another partial factor and I stopped going gym. The stress was due to exams which I currently have.”

It seems that fantasies start when the addict is not filling his time with other activities, and that leads to him to then be bored and want to use pornography to satisfy his boredom. This issue of boredom and filling one’s time came up a lot for other users in the forum, including one user (OrionTempest) that stated:

“The solution is to remove these “dead time” gaps in my day. I need to set up my schedules in a way that I don’t just sit there with nothing to do. I think every relapse I ever had was because of this.”

Another user (Victory) reported a similar experience:

*“So I relapsed this morning (i’ll change my counter soon) which does suck, but I learned some things.
1. No testing your erection! I gave in to my thoughts and next thing you know PMO! Just don’t*

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give your brain any foothold.

2. Don't be home alone with no agenda I need to put something into place on mornings. I think that will be homework time!"

In addition to these, another trigger for relapse is accidental exposure to sexually triggering images or websites. One user (robotic_mind) described his experience:

"Awww after 3 weeks without seeing anything sexual I pushed myself into a binge which began 5 days ago. Triggered by some photos I randomly seen on my facebook wall, got tempted, made a look and later...you know what."

Another user (faulmc) had a similar experience with a Facebook post:

"Today I have been craving porn so bad, as I write this my temptation to relapse is almost overwhelming. On facebook today I slipped and found a picture of a Kaley Cuoco, she had the superman Costume painted over her naked body, I stopped to stare but went away from the picture, ever since I have been craving, porn and masturbation.."

And yet another user (fapstonaut38) had trouble fighting the urges when faced with an accidental Internet trigger:

"Well, I relapsed. I was going through some crazy urges and I fell into a trap - I said 'yeah, just this instagram account' then 'yeah, just this P [porn] website' and soon afterwards I was fapping like crazy. I recognize now that it is all about the initial response to the urge - even looking at 1 picture always leads to a relapse."

Fighting the urges to use pornography when faced with an Internet trigger seems to be extremely hard for pornography addicts. Another trigger for relapse is difficult situations in life that can cause stress to a pornography addict, as one user (Hector) explained:

"The biggest trigger for me is when I'm faced with some kind of challenge (i.e. big test coming up, stuck on tough math problem, etc.) and my brain wants to just drop it all so I tell myself 'This is real life. Get used to it!' But monetarily after, I tell myself 'if real life involves these feelings than I'd rather escape it' and at this point relapse is pretty much inevitable."

Another user (nikossion) portrayed similar coping issues:

"Listen to me, i had gone through 4 months of no porn at all, and 2 nights before my big exams i was stressed out and convinced myself to watch some porn without M, biggest mistake ever. As it turns out after that i went for 6 weeks on and off of P and M ,i would do 2-4 days and then PM again or just P."

It seems that because using pornography was these addicts' main way of relieving stress, that they are having trouble replacing that coping skill with a healthier option, which leads them to relapse.

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As shown by these comments and the others found in Appendix A, triggers for relapse vary with each user, a major one being trying to fill one's down-time with other activities in an effort to avoid using pornography. However, whatever the trigger, each user realizes that they need to find solutions or ways to avoid these triggers in order to prevent a potential relapse situation.

Coping Skills

Twenty-one pornography users wrote about the different strategies they used (or made suggestions to others to use) on how to cope with their pornography addiction. One coping skill a lot of the users mentioned was exercising or staying active. One user (malachi11) commented:

"I can see why everyone stressed the importance of exercise so much because it takes your energy and releases it in a positive cause. You're tackling two birds with one stone, fitness and rebooting."

Another user (Apeman) mentioned the same thing:

"Exercise is a massive mood booster. It also strengthens your willpower. And makes you resilient in the face of stress."

Another coping skill the adolescent boys mentioned was staying busy and socializing in an effort to reduce the urge to use pornography. One user (picats3141) commented on the importance of staying busy:

"You have to be able to recognize when you're getting an urge. That's the first step, otherwise you just relapse on autopilot. Secondly, you have to find a replacement activity for PMO. If you find yourself bored/horny in front of your computer or phone, shut it off. Go outside for a walk, practice an instrument, get some homework done, hang out with friends..."

This adolescent talks about finding a "replacement activity" for using pornography. This is interesting, because it indicates that he is aware of the importance of finding a substitute activity when dealing with an addiction. Another user (1Day@aTime) gave some advice to another adolescent concerning the importance of staying busy as a way to cope with using pornography:

"if you don't leave [the house] it could lead to relapse so if your [sic] reading please get out and go an do something exercise or if you cant play video games for as long as it occupies you and when you feel the impulse to relapse leave the house and go outside it might sound crazy but no matter how late it is just go outside and get your mind off of it man."

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This suggestion highlights how being bored and not leaving the house can be a trigger to use pornography, and so staying busy would be of benefit to the struggling adolescent. Another young man (antipmowarrior) replied to a fellow user about the importance of socializing as a way to keep busy and avoid using pornography, as well as the importance of meditation:

“What I recommend is that you should make socializing something with a high priority... If you do not stimulate your brain with cool activities like socializing, it will naturally fantasize its way back to porn. Also, I can recommend meditation exercise, this will help you in the process of learning how to let your thoughts continue.”

This boy's comment introduces another coping skill that other users mentioned as well, and that is meditation. Meditation was brought up as a way to suppress urges and to relax the mind. One user (Hector) commented:

“Meditation truly liberates me. It brings me happiness which lasts unlike pleasure. Fapping might calm you down for a few seconds but it will be followed by shame, stress and fatigue. Meditation only has positive aspects. I am relying more and more on meditation to act in the way I want when stressed or triggered.”

It's apparent by this adolescent boy's comment that mediation is a great way to relieve stress, that can, in most cases, lead to uncontrolled pornography use. Another user (OrionTempest) mentioned how meditation helped him overcome his urges:

“I have reconnected with the meditative process as outlined in Mark's video. I simply need to implement into my daily schedule and practice it; just as I've done so with exercising and reading. Meditation is really important because it allows me to remain grounded in the face of urges.”

It is clear that mediation is a type of coping skill that can help adolescent porn users resist urges and feel more at peace. However, another coping skill that was brought up was preventing triggers for pornography through filters and/or avoidance techniques. One user (ant1ninthysix) gave this suggestion of how to avoid triggers:

“So block porn sites and stuff, quit using SocialNetworks and creepy bullshits.”

Yet another user (AlphaMatata) provided advice for how to prevent triggers from happening by mentioning the use of filters:

“So here's my advice: when ever you feel urges, stop whatever you are doing and take deep breaths and count from 100 to 1. Switch off the computer. The computer is a main trigger for me. I have installed multiple parental filters with random passwords, because sometimes the urges are so strong that my reptillian brain will tell me to hack the filter by bypassing it.”

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This adolescent boy is suggesting the use of filters that would help block access to porn sites. Additionally, he mentions the importance of using random passwords so that the user could not easily remember the passwords to bypass the filters and use pornography.

These comments, along with the others found in Appendix A, not only show the multitude of coping methods used by struggling adolescents, but the sense of community and support these boys share within the forum. Most of the comments were suggestions/advice given to fellow users to support and give them hope after a slip or relapse. It seems as if the forum is the young men's form of "group therapy," in the sense that they can share with each other their unique struggles and offer advice, support, and guidance.

Indications of Management of Use

Nineteen adolescents commented on their indications that they had begun to manage their use of pornography. One user (Master3) layed out a detailed description of the changes he had noticed since he has tried to quit pornography use:

"30 days. The improvements i have seen.

1: Very easy to sleep now, before i used to be in bed trying to sleep for 1 hour and now its easier, just a couple of minutes and i dont [sic] wake up during night, i used to wake up like 1-5 times while sleeping before, it feels so good right now

2: My confident is higher, it feels more smother to talk to girls and im more relaxed, i dont care as much what people think of me (except if i act like a douchebag) and thats made it easier to talk to girls.

3: Can get erection again by imagination, but its not that hard full yet, i will get there one day.

4: Morning wood are stronger now, my D looks bigger now cause its full erect, like it used to be before porn.

5: Im more in control of my mind and body, its easier to concentrate now in school. But need to motivate myself to get to school in time in the morning.

6: More energy while doing sports, i get hype from nowhere and thats good.

7: I think my testerone level were a little low while watching porn and its returning to normal, im starting to workout again after a break in summer, hoping that will speed up things.

8: Urges doesn't appear anymore, only get small amounts and they are easy to beat of, my mind doesn't even get any porn thoughts anymore like it used to when i watched porn, and porn memories are fading away."

This boy indicates several positive indications that he has begun to manage his pornography use. He says he can sleep better, is more confident, can get and maintain erections without needing pornography, and he is able to focus, has more energy, and can resist his urges better. This comment outlines many of the changes all of the adolescent boys experienced after they became

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abstinent from using pornography. Another user (OrionTempest) shared his experiences after quitting PMO:

"I feel much better. I am better at managing my emotions. I have an easier time working under pressure or stress and I simply feel more confident. My throat feels better too. The urge to PMO rarely comes to me and even when it does, it's dismissed without much effort. I am no longer fighting myself and my emotions; I am simply focusing on doing the things I love to do (study and learn, play guitar, listen to music, read) and everything else just works out."

This adolescent indicated that he is better able to manage his emotions. He also indicated that his urges have subsided, and that he can focus on doing activities other than using pornography that make him happy. Another user of this site (Califree209) commented on a physical indication that he was better able to handle his addiction:

"So another fantastic reason to not PMO is that talking to strangers is just so easy now. Before I would probably just be all awkward but now I was actually the one to say hi to people first. That's a big benefit for me."

"Woke up feeling tired but after I brushed my teeth the energy came back. Good news though. I forgot to add yesterday that I also could tell that my voice was a little deeper than usual. And while i'm singing this morning it seems deep again. Will see if it stay for later. Excited to hit the gym up later. Haven't had morning wood since day 11. I can easily get boners anyways."

So this boy noticed that he could more easily socialize where before he was constantly using pornography and it was inhibiting him socially. Also, he attributed his deeper voice to stopping his use of pornography. This is interesting because a deeper voice might just be an indication of elevated confidence, which would mean this boy had felt more confident as a result of abstaining from pornography. Another adolescent (Hector) commented on his ability to channel negative thoughts and urges into more positive thoughts that help him to avoid using pornography:

"With every urge that I overcome, every negative thought I ignore I become stronger. Negative thoughts get replaced with positive thoughts."

"There comes a point where I don't even think about porn. I understand that urges can come at any time and I know how to handle them. I know the power of mediation and I know how to harness it."

The fact that this boy could recognize his urges and knew how to harness and control them is a great indication that he is better able to manage his pornography use. And finally, another user (xravenousx) attributed his abstinence from pornography to enabling him to

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seek real-life intimate experiences with a female:

“Since having streaks of abstinence I definitely felt, at times, more motivated to seek a relationship, get a girlfriend and experience intimacy.”

This is an important indication because the whole purpose of the “reboot” for these adolescent boys is to enable them to experience sexual arousal for real people instead of pornography.

Overall, the boys indicated that they: felt more focused, had more energy, controlled urges better, managed their emotions, could easily socialize, and get and maintain an erection without using pornography. These indications, although varying for each adolescent, show that there are signs of the addiction getting better or more manageable, which means there are ways to see improvement and progress. This is good because it displays for these adolescents the ways in which pornography has impacted their lives, and how abstaining from it can improve different aspects of their lives.

Discussion

This study was on adolescent boys' comments about their use of and perceived addiction to pornography. These findings are in agreement with the literature on the negative effects that excessive pornography use can cause to adolescent brain development, social attitudes and behaviors, and sexual function.

The findings from this study are important because they expand on the previous literature by including adolescent boys' self-described problems with pornography. Extracting comments from an online forum made the boys' self-reports authentic and without influence from a scientific researcher. The boys' comments were divided into one of six general types of comments as they related to addiction (beginning use of pornography, awareness of problem, symptoms of withdrawal, triggers for relapse, coping skills, indications of management of use). The boys would most often introduce themselves by stating the age at which they began to use pornography, along with their awareness of when their perceived pornography addiction became a problem. As the forum threads go on, the boys would comment on their withdrawal symptoms after quitting pornography, the triggers that would cause them to relapse, their coping skills to help them manage their addiction, and their indications that their addiction had become more manageable.

Comments on the effects of pornography on the brain and pleasure system were plentiful. For example, many boys commented on how they planned to "reboot their brain" or alter it in some way in an effort to be sexually stimulated by real-life humans again. This supported the literature on how excessive pornography use has the ability to alter one's brain along with its pleasure center, especially among adolescents whose brains are still developing. Also, many of the boys wrote that they "could not stop" using pornography, even when they actively tried, which can be an indication of addictive behavior. This coincided with the research, which had found the effects of excessive pornography use being similar to that of a drug addiction. Lastly, some of the adolescent boys commented on how they had to move towards using different or more hard-core forms of pornography in order to produce the same sexual arousal they had before. This is another sign that the brain's pleasure response has been altered, causing the need for new and more aggressive forms of pornography in order to achieve that same amount of pleasure.

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The findings on the negative impacts of pornography use on social attitudes and behavior were also abundant. Many of the adolescents expressed their struggle to begin and maintain intimate relationships with humans (mostly girls). Also, some of the boys commented on how they viewed girls differently after using pornography so often, claiming they saw them more as sex objects than actual people. This supported the literature finding that boys treated and viewed girls differently after using pornography excessively. Furthermore, the boys talked about not being able to socialize normally with their peers and spending most of their time alone. Again, this is another way in which pornography use negatively impacted their social lives.

The findings on the impact of pornography use on sexual dysfunction were also significant, but not as plentiful. Some of the adolescent boys commented on the fact that they experienced “PIED” which is porn-induced erectile dysfunction. Although not many commented on this particular disorder, a lot of the adolescents had mentioned experiences of impotence in some form. This supports the literature on the growing number of adolescents experiencing problems with getting and maintaining erections, and how this can be the result of repeated and excessive pornography use.

One limitation from this study was that the sample size for the amount of comments was relatively small. The content analysis only consisted of 125 comments from 125 adolescent boys on one forum. Because of this, the results and analyses derived from this study cannot be generalized to every adolescent boy who uses pornography. More research needs to be done on a larger population from additional sources.

Based on the findings from this study, there is evidence that excessive pornography use can negatively impact the lives of adolescent boys. Also, the symptoms the boys described in the forum reflect the brain changes related to addiction said to occur from the literature. Future research in this area may want to focus on treatments for pornography addiction, as well as how to prevent future pornography addictions from developing.

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APPENDIX A: Six Categories of Comments Related to Addiction

Category- Age of Beginning Usage

Name of Individual	Date Posted	Thread	Date of Membership	Comment
malachi11	January 31, 2016	I'm 16 and I can't quit alone	January 31, 2016	"I started when I was fricking eleven. ELEVEN...I started looking at nude pics at first in sixth grade and i was just fantasized, but it went on from there to the hardcore stuff and everything."
Jackrabbit7	December 1, 2014	16: Journal - Getting my shit together	December 1, 2014	"Started PMO when I was like 12 (wow)"
RoadtoMastery	November 4, 2015	The Youngest Member in this Forum?!	November 4, 2015	"Pornography and masturbation entered my life almost 1 and a half years ago when I was 12. Curious and vulnerable I watched porn and masterbated, at that time I didn't know it was affecting me but it was."
ant1ninthysix	November 6, 2015	Re: The Youngest Member in this Forum?!	August 19, 2015	"I started at 11 y/o and PMO screwed out my whole adolescence."

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phil413	October 9, 2015	17y/o Christian-road to recovery	October 9, 2015	"So basically, I am a Christian, 17 years old, and I have been addicted to porn and masterbation since I was 11 or 12. I have been trying to stop off and on for all six years and this past July I have really ramped up the efforts; however I can't make it more than 2 weeks without relapsing."
StavrosWTF	August 9, 2015	The Journal of a 16-Year-Old Guitarist	July 5, 2015	"16 years old. Started PMO 2 years ago. Peer pressure from friends mostly, talking about porn stars and huge boobs all the freaking time and I could be a part of the group."
robotic_mind	Jan 8, 2014	Forward's Journal (Age 18)	December 14, 2013	"I M'd the first time at age 9/10, but it was only innocent cognising [sic] of my own body. Later, at 13/14 I visited Redtube a few times (without M'ing) but stopped after a while. Starting fapping excessively at January 2012 (I was 16,5 y.o) to relieve stress after moving to senior secondary. Returned to P by accident; I've seen some softcore on demotivers, [sic] and followed comments, where were more links to more stuff, that day I PMO'd for the first time. It happened at July 2012."
Mr X	August 23, 2014	PMO is not an option	July 23, 2014	"I'm currently 16 (although I'll be 17 in a few days) and I've been PMO-ing for as long as I can remember - at least 10."
L_D_D313	August 25, 2013	Lo's no pmo journal (again) DAY 122 relapse	August 25, 2013	"Background story started at 14. It was solo, then girl on girl stayed that way."
DarkFlame Master	May 6, 2015	Almost 15, Rebuilding myself to leave this addiction behind forever!	January 17, 2015	"I am 15 yr old boy who was introduced to the porn when I was 12 yrs old. I was not addicted at the start, To be honest I found it gross. Slowly slowly I got addicted. If I remember right I started masturbation around 13 aswell [sic]. Before I even relaized [sic] it I was masturbating to porn."
Master3	July 28, 2014	Waving Porn Goodbye	July 27, 2014	"Soon 16 year old. Going in the night grade. Started PMO around the age of 13."
picats3141	August 2,	Re: Waving Porn Goodbye	November	" I also started heavily PMOing around 13, but I'd searched some

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	2014		25, 2012	vanilla stuff starting when I was 10.”
nomorefapalexander	March 18, 2013	18 years old. Want to live the best life.	March 1, 2013	“I've started masturbating ever since I was 10 years of age(or maybe 9). I was just touching my dick and masturbating a little. A bit later that age I've started using porn. In Bulgaria we had a site in which you could view porn videos and pictures for free, and also music and other stuff(basically a file sharing website). So I used this site to masturbate a lot even though I wasn't able to ejaculate yet. I also used a lot of fantasy. I discovered that I could cum at 12 years and strangely, I felt tremendously guilty after I finished every time. Ever since this time, I've been masturbating almost every day. If porn wasn't available I would fantasize a lot to help me MO.”
fapstronaut38	February 15, 2015	[Age 15] Never giving up	July 18, 2013	“started fapping around the age of 12, started watching porn soon afterwards.”
Musician19	February 17, 2015	Re: [Age 15] Never giving up	March 30, 2014	“Our stories are pretty similar. I started PMO'ing about age twelve, and now I'm fifteen and trying to reboot as well.”
NameChange	February 27, 2015	Re: [Age 15] Never giving up	February 22, 2015	“I have been struggling with PMO, Hentai, and sexting since I was 10 years old.”
casacca13	June 14, 2014	Re: Italian Journal AGE 19	October 23, 2013	“Everything started when i was about 8 years old. I was on the sofa that i couldn't sleep, it was very early morning and i turn on the TV, zapping i find an awesome channel, it was showing a naked girl! It was very amazing for a 8 years boy. Then i continued to watch every time that i got up early , scared that my parents could discover me. Some years later my cousin shows me and to our friend a porn video! It was magnificent [sic] Till the age of 13 i fapped on naked pictures or to fantasies, it was just about once a week, it wasn't a bad thing since then. I didn't kiss a girl yet

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				From 13 to 15 i started to watch porn videos sometimes maybe i wasn't still hooked here. I wanted a girl so bad but my friends that didn't want to go out to meet girl didn't help to get one."
YellowArmy	April 15, 2013	My Journal	March 20, 2013	"Hi guys, I'm a 17 year old, turning 18 next week and I've been watching porn/masturbating since 13-14.."
Victory	February 24, 2015	UK 17 Christian Journal. Freedom from PMO!	February 23, 2015	"I've been watching porn since I was about 12 or 13. I've been trying to quit since I was 15."
Lakers711	February 29, 2015	Re: My Recovery Journal, "the journey of a thousand miles begins with one step"	Guest User	"The first time I saw porn was around 4 years ago I will be 18 soon so I was around 14 when I saw it for the first time. It shocked me and provided me with an unbelievable rush the likes of which I had never felt before."
macniner	July 22, 2013	MacNiner 19 yrs old.....relapse!	July 3, 2013	"I started PMO when i was in 9th grade i dont [sic] think im [sic] close to ED but you never know. I sustained for periods like 30 and 20 days this year."
qasdddd	January 24, 2016	I NEED TO BEAT THIS	January 24, 2016	The first time I ever saw porn was on accident. I was 11, playing online games when a pop up window opened, redirecting me to a porn site. I saw a short video of a naked woman fingering herself before having sex with a man. My sexual life has been at a downfall since then.
MO19	December 6, 2015	Finally getting my life back. The one I lost at 8 years old. MO19	November 19, 2015	"I am a 10 year masterbation and porn addicted who stated around the age of 8 years, and now I am 18 years old. I was bullied as a kid because i was never confident and smelled kinda bad due to masterbating many times though out the day. I went through life ignoring the simple things like friends and family that people seek, and i replaced all that with porn and fapping."

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Category- Awareness of Problem

Name of individual	Date Posted	Thread	Date of Membership	Comment
malachi11	January 31, 2016	I'm 16 and I can't quit alone	January 31, 2016	"It got to a point where i would do it every day and i realized i couldnt stop... i know i want to stop but i just cant... I been trying to quit for three or four years now. I watch this rate at a couple times a day. every day i promise myself i will stop but by the evening i cant take it anymore and i give into pmo."
Jackrabbit7	December 1, 2014	16: Journal - Getting my shit together	December 1, 2014	"Over the past year I've been getting into some really freaky types of Porn like hentia, furry, gay and it started to weird me out but now has become the norm. I keep repeating this PMO cycle, overdo it, abstain for a week, back to normal, overdo it again. The longest I've abstained has been 6 days. I'm worried about ED, I don't get as hard as I used to and it's starting to happen more often."
therealtalker96	August 22, 2015	18 year old male, beginning the 90 day journey	August 19, 2015	"Fetish videos have consumed me, to the point where I no longer desire vanilla sex. I masterbate to these videos multiple times a day, and this needs to stop if I'm able to regain my desire for vanilla sex."
RoadtoMaster y	November 4, 2015	The Youngest Member in this Forum?!	November 4, 2015	"My view of girls changed, whenever I see a girl I usually look at her private parts instead of her face, I feel fatigue most of the time and I am not able to focus in class which is making me upset. It's making me upset because I want to achieve many things in life but with porn and masturbation in the way I can't achieve those things."
phil413	October 9, 2015	17y/o Christian-road to recovery	October 9, 2015	"I decided to start this because I know I need accountability and I'm hoping this will make the difference so that i can forever be free of my addiction. Besides being a Christian, I want to stop because I hate not being in control of myself. I feel like I have

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				everything (diet, kinda sleep, exercise, family, reading the bible... etc.) under control and my lust is the thing I want to control the most but I haven't been able to."
robotic_mind	April 30, 2014	Re: Forward's Journal (Age 18)	December 14, 2013	"I don't want to pmo/mo why: i don't want to have any dirty little secrets, i find porn sinful, so i'll feel bad with myself if i keep watching it, i don't want to waste my energy, which can be used for other purposes (exercise, study, socializing), masturbation is a sign of sexual immaturity, i want to be a stronger man than i am now."
L_T_D313	August 25, 2013	Lo's no pmo journal (again) DAY 122 relapse	August 25, 2013	"At 14 (19 now) I only watched on weekends. Quickly progressed to a daily deed. By 16 I could not sustain or achieve proper erection without stimulation, I also no longer got aroused by porn unless stimulated manually. Didn't think too much of it. Found out I had PED when my ex came from out of town in December 2012 and tried to have sex. She gave me bj's (only had about 60% erection each time and could not sustain without stimulation.) When we went yo [sic] have sex I could not get an erection."
Stretchcomic	June 7, 2015	Game on, PIED	June 7, 2015	"I used to be involved physically with a few different girls throughout high school, but never attempted sex even though just kissing left me hard as a rock. However, when I almost lost my virginity with my gf I couldn't get it up and it was humiliating. I googled it and assumed I had performance anxiety so I ate healthier, slept well, and did everything I could to be relaxed the next time. I was. Still didn't get up. I even tried viagra [sic] (at just 19!)and even that didn't help. So io did more research, found yourbrainomporn.com and tried there test only to find out I was a porn addict with PIED."
DarkFlame Master	May 6, 2015	Almost 15, Rebuilding myself to leave this addiction behind forever!	January 27, 2015	"At first it was random, Slowly it went extreme, 5 times a day sometimes I would even masturbate 9 times a day! I did not realize about this, I thought "why didn't I find this

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				before." It was very pleasing but slowly it just took over my life. I just couldn't concentrate on anything. So I wasted approximately almost 3 yrs on this crap. I realized that something this extreme was not good."
Master3	July 28, 2014	Waving Porn Goodbye	July 27, 2014	"My grades in school ever since I found out about PMO has dropped, i have stopped studying as much and dont concentrate that good. Been trying to quit my PMO addiction since last August i started getting low erections(ED). Its been one year now and im a little mad about it. Since starting porn i've escalated to other kind of porn, went to hardcore and recently escalation was Shemale/Tranny porn, that imcurrently on."
picats3141	August 2, 2014	Re: Waiving Porn Goodbye	November 25, 2013	"I have experienced less confidence, less spontaneous erections, can't focus as well, etc."
nomorefapalexander	March 18, 2013	18 years old. Want to live the best life.	March 1, 2013	"Before discovering PMO, I was a very sociable kid and I had a lot of fun with other children at the school. I noticed I was getting more and more shy after I started masturbating, and I never really knew why. Whenever I wanted to talk with someone at school, something was always holding me back. I also was really bad at communicating with girls. I really feared them like they were monsters or something. Never had a girlfriend. I felt really bad about this shyness and was battling with it all the time to overcome it. When I was around 16 ears old the anxiety really escalated so I thought I have social anxiety or some anxiety disorder, so I went on an anxiety program. Followed it for months but it didn't work."
casacca13	May 22, 2014	Italian Journal AGE 19	October 23, 2013	"Porn is ruining my life, i spent hours in front of a monitor instead of going out and meet people and it's only my fault. Today i had to study for an important test instead i watched a pc for about 5 hours..."
OrionTempest	January 28, 2015 &	Breaking The Curse (17 year old)	Guest User	"but one day, by sheer boredom, I started researching about porn. At first, I thought it was all rubbish. I thought "I am in

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	March 9, 2015			<p>control of myself. This doesn't affect me". But when I kept trying to throw porn out of my life just to prove to myself that it doesn't control me, I realized that I could not! This was a wake up call to me. Porn is an issue. No matter how little....When I PMO, I feel drained and empty of energy. I have no motivation to do anything. I feel tainted and weak."</p> <p>"I find it slightly difficult to be aroused by real women. The absolute best reason to quit porn is the PIED."</p>
YellowArmy	April 15, 2013	My Journal	March 20, 2013	"I was never really addicted to Porn untill last year when I started college, since I've started I've had so much spare time, and have not used it well. Having to only be in college for 2 days a week (2 half days and 1 full day) I started to watch porn and masturbate 2 - 3 times a day, and this was mainly because I was bored."
MYBIGGESTDEMON	March 14, 2016	Not so New....Day 10	March 14, 2016	"I've noticed when I watch porn I gain weight and I lose focus really easy and my vision becomes impaired slightly, not to be cocky but I'm attractive but I've packed on weight recently so it takes away, use to be skinny but the shredded calisthenics type not the crackhead type lol but anyway I'm just trynna be the best person I can be I'm vowing here and now to only bust a nut with a female and to use lotion and oils for the sole purpose of moisturization☹"
BusbyBabe	February 19, 2016	Need serious help to overcome this absolutely disgusting habit	February 19, 2016	"Hello there, I am a 17 year old struggling with this disgusting habit that always leaves me feeling extremely guilty. It seriously is messing me up, messing my motivation and drive. I normally fap to porn like 2-3 times max a week. I used to do it everyday but I have cutdown. I now want to totally get rid of it in my life. I want to start a 90 day challenge and totally quit after that."
qasddd	January 24, 2016	I NEED TO BEAT THIS	January 24, 2016	"I have developed serious anxiety which won't allow me to even attempt to initiate sex with a woman. Being a porn addict in

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				college is the worst thing. Beautiful women all over campus and I can't even walk up to them to start a conversation, let alone be in a relationship. I've never been in a relationship and I'm a virgin. I want to change these things about me so bad but it couldn't be more difficult. It's not easy to "just stop" watching porn....Porn has damaged me. I have no willpower and my mother just thinks I'm lazy these days. I'm a chronic procrastinator when it comes to schoolwork. And I view women as sex objects instead of humans. I went from one tab of porn to over ten tabs, browsing each one to find the perfect scene with the perfect position to get off on. It's stressful, it's damaging, and I feel horrible after I'm done."
MO19	December 6, 2015	Finally getting my life back. The one I lost at 8 years old. MO19	November 19, 2015	<p>"Let me list the symptoms of a 10 year addict.</p> <ul style="list-style-type: none"> -Memory loss -Urges -Boners that get in the way of life -Anxiety -not finding the pleasure of everyday life due to excessive dopamine released when fapping -Testicular pain -Emotionally unattached -easy to intimidate -hate confrontation -not being able to hold deep and meaningful relationships or friendships -erectile disfunction -hard time focusing -Unmotivated -Paying no attention to girls in a romantic way -Anxiety attacks -Low self esteem -procrastination -hopelessness -victim mentality

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				<ul style="list-style-type: none"> -bad memory -Perverted thoughts and fucked up dreams -SHAME -Bad odors”
JCastro	September 23, 2014	19 - I must change my life.	March 10, 2013	<p>“I have been trying to quit since 2012 and sincerely have no idea anymore of what I can do to stop my addiction. In 2013 I was able to get several good streaks, which I remember being 10 days, 11 days, and then a 27 day streak (my record). Ever since I relapsed and broke the 27-day streak in late 2013, I haven't been able to go for more than a few days abstaining from PMO. My record streak of 2014 is 7 days. That was in January. Ever since then, it is usually me swearing to never PMO again and working on improving myself, only to PMO that same day or the next. Today I have PMOed 3 times. I have tried every network/internet filter known to man but I always end up disabling them. I have moved my PC out into the open living room thinking this would make me stop watching porn, but I am taking online school courses and since I am home alone all day, I still end up PMOing. I have also read almost every porn-free success story on here and YBOP but this still doesn't help me abstain.”</p>

Category- Signs/Symptoms of Withdrawal

Name of individual	Date Posted	Thread	Date of Membership	Comment
J Dizzle	July 23, 2015	Re: 17 - I need to put an end to my porn addiction.	Guest User	“I had no real desire for P or MO today. Woke up with weak morning wood and was feeling randomly sad later on in the day, I associate these things with the beginning of a flatline as

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				expected.”
Jackrabbit7	December 8, 2014	Re: 16: Journal - Getting my shit together	December 1, 2014	“So I’m coming off the beginners high. I’m not as energized as I was before but I’m still set on quitting porn. I don’t know if you would call it mood swings but my mood cycles from happy to indifferent to depressed and back to happy through the day.”
Hector	September 21, 2015	Re: Back to achieve my natural high [17]	May 16, 2015	“Urges, no matter how persistent or strong, do not define me. I don’t ‘need’ porn. These are just withdrawl symptoms.”
StavrosWTF	August 10, 2015 & August 11, 2015	Re: The Journal of a 16-Year-Old Guitarist	July 5, 2015	“Well my feelings are not so good today, I was sleepy all day even when I was with my friends.” “Well to be honest, I find it boring to go out with my friends every day.... Because I am on flatline, I am not in the mood of going out in the cafes and staying out till late.”
Mr X	September 21, 2014	Re: PMO is not an option	July 23, 2014	“Ok. Things are getting tough. Not in terms of ‘resisting cravings’; in fact, I haven’t even thought about getting ‘cravings’ the last few weeks at all. The worst it’s been is a few thoughts or pictures flickering through my mind. But the path is a little bit rocky. My mood has been preeetty low so I’m finding it really hard to laugh at things, chill and have fun....the low is really getting to me. It’s hard to talk to my friends.”
L_T_D313	January 3, 2014	Re: Lo’s no pmo journal (again) DAY 122 relapse	August 25, 2013	“As of now there has been little to no changes I believe I’ve hit flatline. I’m glad. This is a sign of progression I hope that when this flatline ends my libido comes roaring back.”
Stretchcomic	June 8, 2015	Re: Game on, PIED	June 7, 2015	“I’ve crossed the 2 week mark! Its definitely not 90 days yet but I can feel the urges and anxiety decreasing a little bit. My biggest fear right now is that the major flatline is coming up soon (which I caved in at and relapsed after 40 days) and that the depression and lack of libido/overall energy might be too strong.”
Master3	August 14,	Re: Waving Porn Goodbye	July 27,	“I think im in flatline, this early, i accidently saw some porn

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	2014 & August 16, 2014		2014	<p>picture when i was setting up filters and couldn't get any hard, maybe because i removed it directly or flatline. Im expecting random erections to appear somewhat around day 15.”</p> <p>“Day: 6. no urges yet, school starts in 3 days, it feels like time is going slower now so the days are taking longer. I accidentally saw another picture of porn and closed it. i didn't get turned on by it that much. Im pretty sure its flatline already, i dont get aroused by anything and my feelings are little empty when im alone.”</p>
nomorefapalexander	March 20, 2013 & April 6, 2013	Re: 18 years old. Want to live the best life.	March 1, 2013	<p>“This morning I am having a brain fog and am really sleepy, almost a similar feeling after a PMO session. Last night I was constantly in a rage mode, always wanted to punch something. Constantly feeling my heart or pulse pounding. And from time to time I am having muscle pain in different places of my body.Also had fantasies of me having sex with a girl at school which triggered the addiction a lot.Oh, and to add, my appetite has increased a lot, and I always feel like eating even if I am full to the max. I feel empty in my soul and I constantly crave for something to fill the void.”</p> <p>“The withdrawals are still present. The intense depression is now gone, but there is now an increase in social anxiety. My brain is also kinda foggy, a bit disoriented. For some reason I feel sleepy even though I sleep 8 hours a day. My libido is low. Today, i saw the most gorgeous girl ever, but for some reason I had zero attraction. The morning wood was kinda weak. I also still get the occasional headache but it is happening less than before.”</p>
Gondapa	April 7, 2013	Re: 18 years old. Want to live the best life.	March 25, 2013	<p>“Everyone experiences different withdrawal symptoms and they typically last for 2 weeks for me. I still have some after 3 weeks such as compulsive edging a lot during my sleep and sometimes my whole body shakes in bed.”</p>
casacca13	June 1,	Re: Italian Journal AGE 19	October 23,	<p>“I slept very long, i missed an important meeting that i had to go</p>

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	2014 & June 20, 2014		2014	(but didn't like to do) then i ate and slept again. Now it's 8 p.m , i think to stay at home bacause i feel lethargic and antisocial.” “Tired Lazy Sore neck Asocial Heavy eyes Short breath No focus Inability to have a good posture Anxiety A LOT OF FEAR”
Macniner	August 22, 2013	Re: MacNiner 19 yrs old.....relapse!	July 3, 2013	“Day 31 still on flatline ever since wetdream tired this morning 😞 at class”
TAK	March 21, 2016	Re: TAK’s Journal	February 29, 2016	“I can't focus on my work because of urges.”
iewgnohgn	March 7, 2016	Re: Wei’s journal	March 2, 2016	“felt a little bit more motivated to do work but my mood hit the rocks today. haven't felt so depressed and moody in a long while and the brain fog was rather severe, I even caught myself dazing into blank space for a few seconds without noticing. I hope I could retain all the stuffs I struggled to memorise thru this clearance of the brain fog ugh.”
MO19	December 15, 2015 & January 7, 2016	Re: Finally getting my life back. The one I lost at 8 years old. MO19	November 19, 2015	“Today I learned that there is much more to withdraw than just urges . I learned that it is normal to feel depressed, tired, unmotivated, and just overall lazy. Nofap takes a big toll on your body and its completely normal and not at all bad. I WAS NOT AWARE OF THIS, until i googled it.” “So i have been gettting pain in my balls because i have not ejaculated but my body will get rid of this by itself . Prostate pain

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				is also normal, with the following of bigger balls and slightly bigger prostate as a withdrawal symptom but will disappear in a couple weeks...morning wood today...I grabbed my dick and wanked it twice. up and down up then down again. but i stopped my self....UH."
gasdddd	February 19, 2016	Re: I NEED TO BEAT THIS	January 24, 2016	"Urges are ridiculous right at this moment. I don't feel like doing anything at all...AT ALL. But I don't have the luxury to just sleep in my bed all day....The absolute worst thing about rebooting...sleep deprivation. I keep on waking up to urges in the middle of the night, and now I'm getting a high body temperature and slowly getting sick. I just want to watch one video, but I know it'll take me to a very dark place if I don't continue the rebooting."
j_nickles	Novemembr 5, 2015	Re: Jack's Journal	October 22, 2015	"My irritability is through the roof, everything annoys me and I constantly have a headache. I've slept more than usual this week."
David in Catharsis	April 5, 2012	Re: Age 19 - Now or Never	Guest User	"I think in the last 3 days I've flatlined (yes very early). I haven't even had an erection in the morning. I'll just try to trust the process."
BeastMode96	July 3, 2015	Re: JOURNAL	Guest User	"Nearly to the one week mark. I feel soooo tempted though, it's like I just have this perpetual feeling of horniness and I can't stop fantasising. I haven't got a boner though so that must mean it's my brain that's craving porn which means it's the addiction talking."
keytodawn	March 26, 2015	Re:keytodawn's Journal	March 22, 2014	"I've been having huge cravings over the past few days. Huge cravings. I feel like an alien. I feel like one of those drug addicts that I was told about in high school who just can't stand being without their drugs. Is this what the addiction has done to my brain? It's insane! I have blocked porn on all of my computers, so I'm just sitting with these huge desires to watch porn. There are headaches, too. If I had access to porn right now, I'd probably

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				relapse right away.”
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Category- Triggers for Relapse

Name of Individual	Date Posted	Thread	Date of Membership	Comment
therealtalker96	September 3, 2015	Re: 18 year old male, beginning the 90 day journey	August 19, 2015	“Fucking relapsed. Always starts with the fantasies. This wouldn’t have happened if I was more active.”
J Dizzle	July 20, 2015 & July 25, 2015	Re: 17 - I need to put an end to my porn addiction.	Guest User	<p>“I relapsed to fantasy out of boredom during the early hours of the morning, due to not being able to get to sleep.”</p> <p>“I was in my room reading something on my laptop when I made the decision to PMO. I searched for images first which K9 doesn’t always filter in incognito mode. I bypassed the filter by requesting a temporary password to be sent to my email. My brother has the password but any time I relapse to P this is how I do it.”</p>
Jackrabbit7	December 2, 2014	Re: 16: Journal - Getting my shit together	December 1, 2014	“Thoughts of PMO sneak up on my constantly when bored and just want something to do.”
Hector	June 6, 2015	Re: Back to achieve my natural high [17]	May 16, 2015	“The biggest trigger for me is when I’m faced with some kind of challenge (i.e. big test coming up, stuck on tough math problem, etc.) and my brain wants to just drop it all so I tell myself ‘This is real life. Get used to it!’ But monetarily after, I tell myself ‘if real life involves these feelings than I’d rather escape it’ and at this point relapse is pretty much inevitable.”
robotic_mind	November 23, 2014	Re: Forward’s Journal (Age 18)	December 14, 2013	“Awww after 3 weeks without seeing anything sexual I pushed myself into a binge which began 5 days ago. Triggered by some

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				photos I randomly seen on my facebook wall, got tempted, made a look and later...you know what."
Mr X	September 7, 2014 & November 15, 2015	Re: PMO is not an option	July 23, 2014	<p>"One thing I wasn't expecting was the sheer regularity for triggers in real life - from walking down the high street to watching movies to reading books. Everything and everyone seems obsessed with sex!"</p> <p>"...Top Three Mistakes a rebooter can make- the third big mistake is 'thinking too much about PMO.' If you update your journal daily, you're soaking your mind in that world of 'PMO' and 'streaks' and 'urges.' The secret to sustaining long-term recovery efforts, in my eyes anyway, has been that I largely forgot about that."</p>
supamaan	January 24, 2015 & July 1, 2015	Daily Journal After ~ 138 Days Relapse	April 21, 2015	<p>"So, the question that has to be posed is how did I relapse? Thinking upon this, I think it was a gradual buildup, I started to fantasise about women mainly when I was alone and this was a prevalent action when I used to PMO before this binge. I also think stress was another partial factor and I stopped going gym. The stress was due to exams which I currently have."</p> <p>"Some thoughts on this relapse: Apart from the cycle I stated, I think there were 2 more big factors. The first being, the trigger which I already stated at the start of this journal - the fact that I tend to relapse when I'm lying down on my bed with my phone. The second being, I was not doing anything and procrastinating."</p>
nikossion	June 29, 2015	Re: Daily Journal After ~ 138 Days Relapse	June 27, 2015	"Listen to me,i had gone through 4 months of no porn at all,and 2 nights before my big exams i was stressed out and convinced myself to watch some porn without M,biggest mistake ever.As it turns out after that i went for 6 weeks on and off of P and M ,i would do 2-4 days and then PM again or just P."

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Gondapa	April 12, 2013	Re: 18 years old. Want to live the best life.	March 25, 2013	"I've been there A LOT of times before man. It starts with a relatively softcore video, then the urges take over and before you know it, you're binging like a monkey on crystal meth."
fapstonaut38	February 15, 2015, February 19, 2015 & May 4, 2015	[Age 15] Never giving up	July 18, 2013	<p>"My relapses are all the same - a thought, pictures, videos, fapping, bam. This cycle needs to be broken.</p> <p>"Well, I relapsed. I was going through some crazy urges and I fell into a trap - I said 'yeah, just this instagram account' then 'yeah, just this P website' and soon afterwards I was fapping like crazy. I recognize now that it is all about the initial response to the urge - even looking at 1 picture always leads to a relapse."</p> <p>"my recent relapses were all the same - boredom -> urge -> edging -> relapse. Funnily enough, I my urges to watch P are much stronger than the urges to fap."</p>
Victory	February 24, 2015	Re: [Age 15] Never giving up	February 23, 2015	"This is my bodies response to problems too! When I feel anxiety, anger, pain or just nothing I just want to PMO to feel better for a while."
casacca13	June 26, 2014	Re: Italian Journal AGE 19	October 23, 2013	"Urges overwhelmed me, i was lonely at home and i started to go naked at home and i became horny, then went to the pc..."
OrionTempest	January 29, 2015, January 31, 2015 &	Re: Breaking The Curse (17 year old)	Guest User	<p>"The solution is to remove these "dead time" gaps in my day. I need to set up my schedules in a way that I don't just sit there with nothing to do. I think every relapse I ever had was because of this."</p> <p>"DAMN IT! I edged for about 30 minutes in the morning. I was supposed to study math. Maybe I should leave my computer off and turn it on only when I need to use it. The first thing I do in mornings (after waking up and eating) is turning on my laptop. If I don't do this, it will be much easier to ignore urges and focus on my schedule."</p>

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tim293	March 23, 2015	Re: Now is the last attempt to quit PMO (17 y.o)	March 1, 2015	“Today was relapse day. 😞 it all started with my search for arguments for and against porn use to inform myself.. The pro arguments changed my mind completely and i started to question the reboot... ”
Victory	March 4, 2015	Re: UK Christian Journal. Freedom from PMO!	February 23, 2015	“So I relapsed this morning (i'll change my counter soon) which does suck, but I learned some things. 1. No testing your erection! I gave in to my thoughts and next thing you know PMO! Just don't give your brain any foothold. 2. Don't be home alone with no agenda I need to put something into place on mornings. I think that will be homework time!”
JCastro	December 16, 2015	19 - I must change my life.	March 10, 2013	“I still seemingly unable to quit. No matter what, my thoughts convince my brain that it is okay to relapse and watch my fetish porn. Or, in other words, I convince myself that: "Who cares? I love this fetish and I want to jerk off to it" So, no matter what, it seems, I relapse. I have even tried to disconnect my internet and live "unplugged" and I hide my Wi-Fi USB in my car, but eventually my addicted brain convinces me to go out in the middle of the night, get the USB, hook it up, and relapse.”
TAK	March 11, 2016	Re: TAK's Journal	February 29, 2016	“I came way too close to watching porn. Way too close. So I was reading though sites that were a little of pornographic nature, but not actually porn. I managed to get away from them after a couple of minutes or so and tried doing something else to distract myself. An hour later I was intentionally looking for something that wasn't strictly speaking porn either (but I was definitely tricking myself into going down a slippery slope) so I went on a website and I am so lucky that what I clicked on turned me off pretty much instantly and I came to my senses and turned the computer off.”
qasddd	March 1,	Re: I NEED TO BEAT THIS	January 24,	“So, another relapse. Definitely not as strong and willing to quit as

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	2016		2016	when I lasted 7 days. It usually takes weeks of excessive PMOing for me to start feeling down and depressed, which ultimately makes me want to quit.”
M019	January 3, 2016	Re: Finally getting my life back. The one I lost at 8 years old. M019	November 19, 2015	“I noticed that logging on to hear every day just reminded me of my addiction. What i did was stop logging in every day, black all internet from everything, and pick up a couple hobbies to stay busy. Also, most importantly, make the choice of quitting.”
faulmc	March 6, 2016	Re: 19, Virgin, Starting again: Relapsed bad after 90+ day streak	February 7, 2016	“Today I have been craving porn so bad, as I write this my temptation to relapse is almost overwhelming. On facebook today I slipped and found a picture of a Kaley Cuoco, she had had the superman Costume painted over her naked body, I stopped to stare but went away from the picture, ever since I have been craving, porn and masturbation, I'm hoping I can get past this and go to sleep tonight. I'm not sure what to do because I don't want to relapse but I want to look up porn. My brain says 'just one more time.'”
j_nickles	November 16, 2015	Re: Jack's Journal	October 22, 2015	“Anddddd guess who relapsed tonight. Yours truly. I ignored one of my triggers which is hanging up after our nightly Skype call. I crave intimacy afterwards and of course clicked on twitter. I didn't O but I definitely watched a ton.”
John Thevan	November 24, 2015 & November 28, 2015	Re: Becoming Human Again	Guest User	“I've been spending more time on the internet that I should have today. I have identified another trigger today. Youtube is a very subtle but powerful trigger that should be avoided. So far I have blacklisted two websites from my life. Facebook Youtube.” “I relapsed again, the minute I came back from my trip. It was most likely due to me seeing my parents again that brought back a lot of stress and anger associated with them.”

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Category- Coping Skills

Name of Individual	Date Posted	Thread	Date of Membership	Comment
malachi11	February 8, 2016	Re: I'm 16 and I can't quit alone	January 31, 2016	"I can see why everyone stressed the importance of exercise so much because it takes your energy and releases it in a positive cause. You're tackling two birds with one stone, fitness and rebooting."
John32	September 3, 2015	Re: 18 year old male, beginning the 90 day journey	November 10, 2013	"Unfortunately the fantasizing will take a while until you can fully control it, do something else when the fantasies appear like go to the living room and read a book as far as you're not on your own you should be fine."
Jeff Miller	September 13, 2015	Re: 18 year old male, beginning the 90 day journey	June 9, 2015	"Don't go to bed unless it's night and you're super tired, that's what I did and I haven't thought about porn (I was very addicted and have full ED and all). Take up fitness or boxing, boxing is great because it kind of motivated you to get fit without you having to motivate yourself haha. Just keep yourself occupied."
antipmowarrior	September 24, 2015	Re: 18 year old male, beginning the 90 day journey	Guest User	"What I recommend is that you should make socializing something with a high priority... If you do not stimulate your brain with cool activities like socializing, it will naturally fantasize its way back to porn. Also, I can recommend meditation exercise, this will help you in the process of learning how to let your thoughts continue."
Reboot12q	September 27, 2015	Re: 18 year old male, beginning the 90 day journey	Guest User	"Delete any porn videos if you still have [any] left, forbid yourself access to porn sites."
ant1ninthysix	November 6, 2015	Re: The Youngest Member in this Forum?!	August 19, 2015	"So block porn sites and stuff, quit using SocialNetworks and creepy bullshits."

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picats3141	November 6, 2015	Re: The Youngest Member in this Forum?!	November 25, 2012	<p>“You have to be able to recognize when you’re getting an urge. That’s the first step, otherwise you just relapse on autopilot. Secondly, you have to find a replacement activity for PMO. If you find yourself bored/horny in front of your computer or phone, shut it off. Go outside for a walk, practice an instrument, get some homework done, hang out with friends...”</p>
phil413	October 9, 2015	Re: 17y/o Christian-road to recovery	October 9, 2015	<p>“I definitely felt a few urges coming but I didn’t tolerate them. I immediately did my breathing exercise and prayed it went away. The trick to beating the addiction is never let urges fester.”</p>
Hector	June 9, 2015 & October 4, 2015	Re: Back to achieve my natural high [17]	May 16, 2015	<p>“Meditation truly liberates me. It brings me happiness which lasts unlike pleasure. Fapping might calm you down for a few seconds but it will be followed by shame, stress and fatigue. Meditation only has positive aspects. I am relying more and more on meditation to act in the way I want when stressed or triggered.”</p> <p>“Remove easy access to porn. I always put my phone on a table no super close to me and now my laptop is in a different room. If it is not accessible to you, urges will not be as frequent or as strong.”</p>
L_T_D313	December 18, 2013	Re: Lo’s no pmo journal (again) DAY 122 relapse	August 25, 2013	<p>“A quick note on my progression with the addiction, I havestopped having urges during the late night I’ve been up till five multiple times this week no p urges. I think we all place too much emphasis on no pmo. When you stop thinking ohh I’m not going to m, o, or p for x amount of time there’s little to no pressure on your mind. It becomes normal for you not to do any on [sic] the three. Just as p and m had become a part of your llifestyle [sic] so does not doing either once you free your mind of constantly telling you not to p, m, or o.”</p>
Apeman	June 8, 2015	Re: Game on, PIEd	April 9, 2013	<p>“Exercise is a massive mood booster. It also strengthens your willpower. And makes you resilient in the face of stress.”</p>
John32	September 6, 2014	Re: Waving Porn Goodbye	November 10, 2013	<p>“Thats great progress man, focusing our energy on real girls and talking to them like normal people rather than objectifying them</p>

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				from a distance is a way to get your mind of pmo. Keep at it and keep on talking to real people rather than jerking off to fake people behind the screen..."
AlphaMatata	March 19, 2013	Re: 18 years old. Want to live the best life.	March 19, 2013	"So here's my advice: when ever [sic] you feel urges, stop whatever you are doing and take deep breaths and count from 100 to 1. Switch off the computer. The computer is a main trigger for me. I have installed multiple parental filters with random passwords, because sometimes the urges are so strong that my reptillian [sic] brain will tell me to hack the filter by bypassing it."
Gondapa	April 7, 2013	Re: 18 years old. Want to live the best life.	March 25, 2013	"...try going for a walk or doing some sports to take your mind off things, it is essentially dopamine receptors in your brain which are craving for simulation through porn and PMO and starving then is causing these headaches. Productivity focus concentration and attention span will all improve if you hold off PMO and MO."
HowToKapow	February 24, 2015	Re: [Age 15] Never giving up	February 7, 2013	"I'm using Convigo Browser, it blocks all other browsers and only lets you through filtered mode. A lot safer than k9 even."
picats3141	March 16, 2015	Re: [Age 15] Never giving up	November 25, 2012	"I've found that if you start talking to more people, you get more dopamine naturally, so I then don't need porn for my dopamine fix. In turn, not PMOing that day gives me extra energy to socialize, which again helps replace dopamine from PMO....see how a chain reaction of good can start? I find that even after a few days clean, my mind feels so much more energized."
robotic_mind	May 23, 2014	Re: Italian Journal AGE 19	December 14, 2013	"no filter is going to prevent you from all the relapses but every filter is going to remind you of your commitment."
1Day@aTime	July 24, 2014	Re: Italian Journal AGE 19	Guest User	"if you don't leave [the house] it could lead to relapse so if your [sic] reading please get out and go an do something exercise or if you cant play video games for as long as it occupes you and when you feel the impulse to relapse leave the house and go outside it might sound crazy but no matter how late it is just go outside and

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				get your mind off of it man.”
OrionTempest	January 29, 2015	Re: Breaking The Curse (17 year old)	Guest User	“I have already taken steps to ensure that I embrace other activities than PMO. But clearly, more steps need to be taken. I should become more serious about volunteer work and work more often on improving my French. When I see that I am becoming better at other things in life, that insecure part of my brain is going to get smaller and smaller because [sic] it realizes and recognizes my achievements.”
Boda	February 12, 2015	Re: Breaking The Curse (17 year old)	February 9, 2015	“Hey! just wanted to stop by and say that emptying your mind and hus your desire to do it really has helped me in the past. The whole trick is to want to not fap and meditation can help get rid f that want. If you find yourself unable to resist then stay near anyone and everyone around you, not giving yourself the chance to fap. If there is no one around then work out till you drop, sweat out the desire and take a cold shower afterwards. The longer you last the harder it gets!”
OrionTempest	March 5 2015	Re: Breaking The Curse (17 year old)	Guest User	“I have reconnected with the meditative process as outlined in Mark's video. I simply need to implement into my daily schedule and practice it; just as I've done so with exercising and reading. Meditation is really important because it allows me to remain grounded in the face of urges.”

Category- Indications of Management of Use

Name of Individual	Date Posted	Thread	Date of Membership	Comment
J Dizzle	July 18,	17- I need to put an end to	Guest User	“Since I started trying to get rid of my addiction I got a gym

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	2015	my porn addiction		membership and have gotten considerable bigger and stronger... “ “Moved my laptop downstairs for the vast majority of the day. I went for a 1.4km run in the evening and studied briefly. No random erections or morning wood.”
Jackrabbit7	December 1, 2014	16: Journal - Getting my shit together	December 1, 2014	“The times I have gone without PMO I have felt fuller, have more energy, and more sociable.”
Hector	August 10, 2015 & August 17, 2015	Re: Back to achieve my natural high [17]	May 16, 2015	“With every urge that I overcome, every negative thought I ignore I become stronger. Negative thoughts get replaced with positive thoughts. “There comes a point where I don’t even think about porn. I understand that urges can come at any time and I know how to handle them. I know the power of mediation and I know how to harness it.”
Mr X	October 4, 2015	Re: PMO is not an option	July 23, 2014	“I feel like my brain is rebalanced, or at least rebalancing. PMO is becoming fairly distant and I’m happy to report that I’ve had next to no cravings recently.
L_T_D313	December 19, 2013	Re: Lo’s no pmo journal (again) DAY 122 relapse	August 25, 2013	“A little post right here. I’m now finding out I can get semi's (nothing too strong but not too weak either or long lasting) just by thinking about natural sex. When I think about porn (rarity) I get no response.”
Stretchcomic	June 15, 2015	Re: Game on, PIED	June 7, 2015	“I’ve finally crossed the 3 week mark, and I can already see the changes in myself I had hoped for. My optimism is sky high, confidence and libido are up, and best of all that libido isn't directly connected to a screen!”
Master3	September 9, 2014	Re: Waving Porn Goodbye	July 27, 2014	“30 days. The improvements i have seen. 1: Very easy to sleep now, before i used to be in bed trying to sleep for 1 hour and now its easier, just a couple of minutes and i dont wake up during night, i used to wake up like 1-5 times while sleeping before, it feels so good right now

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				<p>2: My confident is higher, it feels more smother to talk to girls and im more relaxed, i dont care as much what people think of me (except if i act like a douchebag) and thats [sic] made it easier to talk to girls.</p> <p>3: Can get erection again by imagination, but its not that hard full yet, i will get there one day.</p> <p>4: Morning wood are stronger now, my D looks bigger now cause its full erect, like it used to be before porn.</p> <p>5: Im more in control of my mind and body, its easier to concentrate now in school. But need to motivate myself to get to school in time in the morning.</p> <p>6: More energy while doing sports, i get hype from nowhere and thats good.</p> <p>7: I think my testerone level were a little low while watching porn and its returning to normal, im starting to workout again after a break in summer, hoping that will speed up things.</p> <p>8: Urges doesn't appear anymore, only get small amounts and they are easy to beat of, my mind doesn't even get any porn thoughts anymore like it used to when i watched porn, and porn memories are fading away.”</p>
nomrefapalexander	April 9, 2013 & April 13, 2013	Re: 18 years old. Want to live the best life.	March 1, 2013	<p>“When I was at school I experienced great pleasure when I was around my classmates. A possitive effect of no PMO. I was more confident than before, my voice tone was lower and more deeper.”</p> <p>“I can now conclude after the minor relapse that those benefits are not placebo effect. They were: improved focus and concentration, despite some low productivity; more intense emotions - life wasn't boring anymore; almost no self-consciousness while around people, not being in my head while talking to someone. Before the self talk was HEAVY; deeper voice, have a projection in my voice, while before most people had to tell me to repeat myself.”</p>

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OrionTempest	February 19, 2015	Re: Breaking The Curse (17 year old)	Guest User	<p>“I feel much better. I am better at managing my emotions. I have an easier time working under pressure or stress and I simply feel more confident. My throat feels better too.</p> <p>The urge to PMO rarely comes to me and even when it does, it's dismissed without much effort. I am no longer fighting myself and my emotions; I am simply focusing on doing the things I love to do (study and learn, play guitar, listen to music, read) and everything else just works out.”</p>
YellowArmy	August 26, 2013 & May 13, 2014	My Journal	March 20, 2013	<p>“21 days down, forever to go! I'm feeling positive still and everything is going well. Work I have been enjoying as I see and meet a lot of people everyday, not to mention the amount of time it wastes stopping me from relapsing. Im feeling mentally strong enough this time around to finally beat P, I just hope I stay in this frame of mind!”</p> <p>“Haven't been on here in so long now! I guess that can only be a good thing 😊 I genuinely haven't thought about actively looking at P since I've started this current reboot, and if I'm honest I didn't believe I'd be able to give up P forever but I believe now I will be able to. Life is currently so great without spending time on the computer masturbating my life away, I usually go out every Friday night now clubbing where I meet loads of different people. I have made some great friends since doing this. But I've also had some bad times resulting from going out meeting certain people... And to think I used to sit in my room watch P and O. What a waste that was.”</p>
Lakers711	March 3, 2015	Re: My Recovery Journal, “the journey of a thousand miles begins with one step”	Guest User	<p>“Was a very great and exciting day! many new developments as I near the 2 week mark 😊 . So as of today the HOCD and a lot of the other OCDs are almost completely gone its remarkable. I used this new tactic that involves me focusing on the present as I find I tend to day dream a lot and when I day dream/fanasize I get anxious and hence triggers some HOCD and other OCD but now that I can sortve empty my mind Im a lot more happy and free. It seems</p>

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				other people are noticing including girls (several of whom talked to me today) I also went out of my way more than usually to interact with them with this new found mental strength. Im really happy now that I have found away to control the HOCD and eventually destroy it. As for the femdom/porn I really have not thought about it at all It seems I'm keeping busy doing other things and unlike before whenever I think of that stuff I now think of this site...Its keeping me on track unlike before when I probably would have relapsed by now. NEVER AGAIN."
macniner	September 10, 2013	Re: MacNiner 19 yrs old.....relapse!	July 3, 2013	"worked out today. feel more confident. getting glances from the ladies 😊"
Califree209	July 20, 2013 & July 25, 2013	Re:18 - My Journal - The journey to a great/better life	May 30, 2013	"So another fantastic reason to not PMO is that talking to strangers is just so easy now. Before I would probably just be all awkward but now I was actually the one to say hi to people first. That's a big benefit for me." "Woke up feeling tired but after I brushed my teeth the energy came back. Good news though.. I forgot to add yesterday that I also could tell that my voice was a little deeper than usual. And while i'm singing this morning it seems deep again. Will see if it stay for later. Excited to hit the gym up later. Haven't had morning wood since day 11. I can easily get boners anyways."
David in Catharsis	July 25, 2012	Re: Age 19- Now or Never	Guest User	"Day 36. I've ben very busy, but for the first time in my life I'm being able to go to gym, play tennis and still get good grades at school. I'm not as reserved to participate in class and don't feel awkward arround many people. I'm feeling awesome!"
Reincarnated	June 4, 2014	Re: My self expression journal. Age 16	Guest User	"Feeling a lot more centered and satisfied today on day 3 no 0 . Got good sleep last night, and feel good today. Less mood changes (so far)." I'm experiencing a lot of diminished anxiety. I'm kind of realizing

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				<p>that PMO gave me a lot of problems with paranoia and worrying. AKA anxiety.”</p> <p>“Wow; it's so nice to be able to socialize with people and not feel nervous or insecure. Not giving into PMO is very helpful and makes many problems in my life much more manageable.”</p>
AstroDino	January 11, 2015	Re: I'm, 16, Getting rid of my addiction	Guest User	“Guys, i'm actually feeling more useful and free. I think my social life has gone up and i am not as depressed. I'm loving this NO PMO thing. Thanks”
Innocence	December 12, 2014	Re: Let's rewire!	October 15, 2014	<p>“Today I've been feeling a lot better, been working out again and it felt pretty good to be active again. Something special did happen today, as a (girl) friend of mine offered me a hug and of course I gave her a hug but suddenly.. That feeling I hadn't felt for years, I suddenly had a bit of a warm feeling in my chest, of course it was rather small but the fact that I got it really means to me this reboot is making big progress. Getting warm feelings again, morning wood returned most of the time so I'm really seeing progress and I'm really happy about it.”</p>
xravenoux	May 23, 2013	Re: Renewed vigour	April 14, 2013	“Since having streaks of abstinence I definately felt, at times, more motivated to seek a relationship, get a girlfriend and experience intimacy.”
the100ker	December 23, 2012	Re: Trying to improve, new life ahead	October 23, 2013	<p>“Anyways these last few days I ha also realised that I'm paying more attention to girls and their body and though I do not feel extremely aroused I really enjoy their company and have a desire to make out and have physical contact. This is not a full recovery at all but at least I'm getting in touch with what I think I truly desire in life and starting to feel the real sensations of my body. Another good thing is that because of all the "working out" I've been doing this year I gained a lot of confidence with my own body allowing me to be shirtless in public and with friends which</p>

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				is a really big step for me.”
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