

FREEDOM FROM PORN



FIGHT
THE BEAST

Porn & Sexual Addiction Recovery



Fight The Beast:
7-Day Condensed Guide to
Porn Recovery

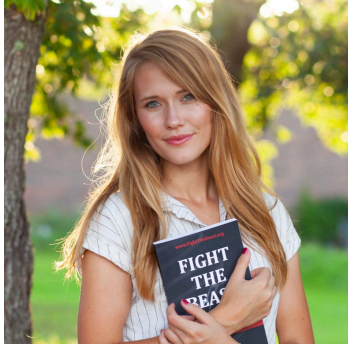
by Heather Nielsen

About Fight The Beast

Fight the Beast is an educational organization and movement helping individuals and communities overcome sexual addictions. We're on a mission to educate, inspire, and empower men and women everywhere by offering an effective and comprehensive path to overcoming porn and sexual addiction. We've already reached millions of individuals worldwide and helped thousands to stop or reduce their use of porn!

Don't miss out on this opportunity for real change. If you are a male over the age of 18, please consider joining us in our FREE online men's community @ member.fightthebeast.org.

Be sure to follow FTB on YouTube & social media for motivational, recovery content!



An Open Letter from our Founder, Heather:

Hello and welcome!

I'm truly excited & grateful that you're taking this step towards recovery! I understand how difficult quitting can be, but I have put together some awesome tools for you and I'm here to help you on your journey! My goal is to give you the resources and support you need to confidently achieve your goals. So, take a deep breath—you've got this, and I'm here to help.

Sexual addiction can be, at times, a mental, physical, and spiritual nightmare with insatiable urges and overwhelming guilt. This constant tug-of-war can be exhausting, leading to feelings of failure, shame, and eventually hopelessness—I understand! However, if you're ready to finally put porn or sexual addiction behind you, today marks a pivotal point in your journey. Even if you've tried and failed many times before, I'm going to help you transform your mindset so you can actually *stop relapsing* and achieve *results*.

Over the next seven days, I will guide you through a transformative experience that will mentally and emotionally prepare you to quit porn and set you on the path to lasting change. By choosing to start this course, you have already demonstrated incredible courage and commitment, and I applaud you for taking that important step. In this guide, I will provide you with powerful insights and strategies to help you overcome your addiction. Together, we will lay a foundation of hope and knowledge that will prepare you for a porn-free life.

Absolutely no one is too far gone. Your freedom is just around the corner...

Let's take these next few steps together!

Heather Nielsen,
Fight The Beast

The Journey to Freedom Starts Here

Now, imagine for a moment....

Imagine a life where you are no longer controlled by addiction, where your relationships thrive, your self-esteem soars, and you discover true intimacy. (No, really. Close your eyes, take a minute, and try...)

How does it feel? How are things different? And how would you feel differently about yourself?

I hope the prospect is wonderful and exciting! But perhaps recovery is a little difficult to envision or sounds too good to be true—that's okay! Recovery is a process and the first step of that process is beginning to believe in your success. Although you may not see it clearly yet, I promise that by taking small, intentional steps every day, you will witness the transformation unfold within yourself.

How This Guide Works

In this mini-course we have a few objectives:

1. Unravel the negative mindsets and fears holding you back
2. Understand the recovery process and how to be successful
3. And take the first steps towards lasting change

By going through this challenge just one day at a time (10-15 minutes a day) and allowing yourself to sleep on what you've learned, you'll be able to better process and internalize each step.

Here's what we will cover in the next few days:

- Day 1: Why Quit Porn
- Day 2: Believing Recovery is Possible
- Day 3: The Process of Recovery
- Day 4: Your Recovery Game Plan
- Day 5: Reducing Urges
- Day 6: Root Causes & Unmet Needs
- Day 7: Rewiring Your Brain

I firmly believe that recovery is possible, and I am here to help you make it a reality.

Emergency Procedures for Urges:

Over the next few days, I'm going to teach you critical tools for your long-term success, but in the meantime, here are few of the top tools for urges that you can start implementing *TODAY*:

- **Cold Showers & Ice Baths:** Cold showers significantly reduce addictive urges, so much so that many drug and alcohol treatment centers have incorporated them in their methods. Firstly, it concentrates blood (and oxygen) in the brain and heart, and secondly, cold exposure significantly boosts dopamine, one of the primary hormones responsible for your urges.
- **Breathing exercises:** There are a number of useful breathwork techniques for anxiety or increasing brain-oxygen that can help you manage urges.
- **Limit Access to Triggering Content & Porn:** Including music, TV, and social media
- **Write Down 3 Reasons You Want to Stay Clean Today:** Repeat each day until you are confidently recovered
- **Accountability:** Have an accountability partner you can reach out to whenever you experience urges
- **Commit:** to going the next 3-7 days porn free by handling urges *"some other way"*
- Don't bring your phone to bed

As you begin the change process, you'll also want to begin internalizing the following affirmations and concepts:

- *"I won't steal pleasure from my future"*
- *"I have to break the cycle of urges"*
- *"I won't abuse what is meant to be a gift from my partner"*
- *"The feeling of urges are uncomfortable, but I don't have to give in"*
- *"Engaging in sexual pleasure this way will lead to miserable consequences"*

We will be diving deeper into how to handle urges in the coming section.

So Let's Get Started!

I am thrilled to be part of your recovery and by the end of these 7 days, I am confident you will be equipped with the knowledge, mindset, and motivation to embrace a porn-free life and unlock your true potential.

Day 1: Why Quit Porn

The Negative Effects of Porn

You're probably familiar with the phrase "porn rewires your brain" or "porn kills love". Sexual addictions are mentally, emotionally, spiritually and even physically numbing. They destroy relationships and marriages, distract from your career and goals, and lead to a life of emptiness and regret. Yes, ***porn is highly destructive in every aspect of life.***

Psychologist Patrick Fagan, a psychologist who spent more than a decade researching the effects of porn, says: *"Pornography hurts adults, children, couples, families, and society. Among adolescents, pornography hinders the development of a healthy sexuality, and among adults, it distorts sexual attitudes and social realities. In families, pornography use leads to marital dissatisfaction, infidelity, separation, and divorce."*

Today we're going to look at some of the scientifically proven effects of porn on *your* brain and life. By shedding light on these effects, I aim to empower you and most importantly—motivate you—to break free and reclaim your life.

Note: The symptoms mentioned below can vary from individual to individual, and not necessarily everyone will experience all of them.

Pornography and Your Mental & Emotional Health

First we will look at the far-reaching influence of pornography on your mental health. This list is particular symptoms caused by porn, however numerous studies have shown how porn can exacerbate existing mental illness. It's also important to point out that if you don't, that as a long-time consumer of porn, you may not be able to even recognize some of these symptoms in your own life just yet, as they may seem normal to you. However, these effects should not be overlooked.

Below are a few of the ways porn may be affecting your mental health:

Self-esteem issues: One common side effect of porn, is decreased confidence and self-esteem issues. This is in part due to the fact that watching pornography can create unrealistic expectations and standards for one's own body, performance, and relationships. This can lead to feelings of inadequacy, comparison, and a distorted self-perception, eroding self-confidence and self-esteem over time.

Emotional dysregulation: Pornography can interfere with emotional regulation leading to heightened reactivity. Additionally, prolonged exposure to porn can also lead to a sense of emotional numbness and difficulty connecting with your emotions authentically.

Depression: Porn consumption has also been associated with an increased risk of depression. Pornography can disrupt the brain's reward or dopamine system, leading to desensitization and a decreased ability to experience pleasure from everyday activities. This diminished reward response, coupled with potential feelings of guilt, shame, and isolation associated with porn use, can contribute to the development or exacerbation of depressive symptoms.

Anxiety: Anxiety is another mental health effect linked to porn addiction. Pornography can stimulate the brain's stress response and contribute to heightened levels of anxiety and chronic worry. Anxiety may also arise from various sources, such as fear of being discovered, performance anxiety, social anxiety, or concerns about the impact of porn on relationships and personal well-being. Over time, these anxiety-inducing factors can negatively affect overall mental health and quality of life.

Loneliness: Moreover, pornography consumption can lead to a distorted perception of healthy relationships, deteriorate your ability to feel love/loved, and exacerbate loneliness. It can also create unrealistic expectations and promote objectification, thereby undermining the development of authentic connections and emotional intimacy with real partners. This can further contribute to feelings of loneliness, dissatisfaction, and a sense of disconnection from others.

Pornography's Impact on Your Neurological (Brain) System

The consumption of pornography can also have profound effects on your brain health, influencing various cognitive processes and neural pathways.

Heightened stress: While you may falsely believe porn will lower your stress, the truth is, it can actually increase it over time. One notable impact of porn addiction is a heightened activation of the fight-or-flight response. This is due to porn's effect on the brain's amygdala, responsible for processing emotions and fear, leading to a state of hyperarousal and fight-or-flight response. This can cause you to feel more emotionally reactive or check out of situations rather than addressing them. These physiological effects, coupled with the emotional strain of guilt and shame often associated with pornography use, contribute to increased stress levels and a negative impact on overall well-being.

Poor decision making: Continued exposure to pornography can also lead to the erosion of the prefrontal cortex, the part of the brain responsible for decision-making, impulse control, and rational thinking. The constant overstimulation of the reward system can weaken the prefrontal cortex's ability to regulate impulses effectively, leading to poor decision-making and an increased vulnerability to impulsive behaviors.

Cognitive impairment: Additionally, porn addiction has been linked to cognitive impairment and decreased overall cognitive functioning. Prolonged exposure to explicit material can overload the brain with excessive stimuli, leading to reduced attention span, difficulties with memory retrieval and consolidation, and diminished problem-solving abilities. This cognitive impairment can manifest as **brain fog**, where individuals experience a sense of mental cloudiness, decreased clarity, and reduced mental sharpness.

Additional addiction symptoms: Furthermore, some studies suggest that the effects of porn on the brain share similarities with addictive substances like heroin. Excessive porn consumption can lead to changes in the brain's reward system and neuroplasticity, potentially resulting in a dependency on the stimuli provided by pornography. These changes can contribute to cravings, withdrawal symptoms, and an escalating need for more intense material to achieve the same level of satisfaction.

But porn addiction is not hopeless! Don't forget: there is also **proven potential for positive change** within the brain. The human brain possesses remarkable plasticity, allowing it to adapt and heal. By acknowledging the potential negative effects of pornography on brain health, individuals can embark on a transformative journey of rewiring their neural pathways and fostering healthier brain functioning. Despite the severity of the impact that pornography can have, the encouraging news is that numerous studies have demonstrated the possibility of recovery from its effects. With dedication and the right approach, individuals can reverse the negative consequences of porn addiction and restore their brain to a state of balance and vitality.

Pornography and Your Physical Health

Furthermore, porn addiction can have detrimental effects on one's physical well-being, manifesting in various ways that can significantly impact overall health and vitality.

Erectile Dysfunction: Research has indicated that one common physical side effect of porn addiction is erectile dysfunction, with studies showing that up to 70% of chronic porn users experienced difficulties achieving or maintaining erections. Recently, a growing number of men are even experiencing Death Grip Syndrome which is characterized by only being able to achieve or maintain an erection with porn and masturbation but not a partner. This can lead to frustration, anxiety, and strained relationships.

Adrenal fatigue: Another prevalent physical consequence of porn addiction is adrenal fatigue. Excessive exposure to explicit material can overstimulate the brain's reward system, leading to increased production and release of stress hormones like adrenaline and cortisol. Over time, this constant activation of the adrenal glands can result in fatigue, exhaustion, and a weakened immune system.

Sleep problems: Difficulty sleeping is also a notable side effect associated with porn addiction. Engaging in late-night viewing sessions or prioritizing pornography over restful sleep disrupts the natural sleep-wake cycle. Studies have shown that individuals with porn addiction tend to experience higher rates of insomnia, sleep disturbances, and irregular sleep patterns. The resulting lack of quality sleep can further contribute to decreased cognitive functioning, mood swings, and overall diminished well-being.

Decreased energy: Furthermore, decreased stamina is a common physical consequence of porn addiction. The super-normal stimulation provided by pornography can increase risk of depression and demotivation for physical exercise. As a result, individuals may struggle to sustain physical activity or experience a decline in overall stamina and energy levels, affecting their overall physical fitness and vitality.

There is also significant anecdotal evidence from numerous professional athletes and fighters who attribute their success to practicing abstinence. Many of them firmly believe that abstaining from sexual activities, including pornography, can significantly contribute to building power, focus, and winning matches. While empirical evidence on this specific correlation is limited, anecdotal experiences highlight the potential benefits of abstaining from sexual stimuli for enhanced performance.

Take this quote, for instance, from David Haye the heavyweight boxer:

“I don’t ejaculate for six weeks before the fight. No sex, no masturbation, no nothing. It releases too much tension. It releases a lot of minerals and nutrients that your body needs, and it releases them cheaply. Releasing weakens the knees and your legs. Find a lion that hasn’t had some food for a while, and you’ve got a dangerous cat. I’ve been doing that since I was fifteen and it’s part and parcel of my preparation now. That’s why I am who I am today — it’s down to all those little sacrifices. Find me another boxer who makes that sacrifice, and you’ll find another champion.”

Furthermore, some studies suggest that testosterone levels may experience a temporary surge after a period of abstinence. On the seventh day of abstinence, it has been reported that testosterone levels can increase by approximately 45%.

TRUE OR FALSE: Do you need to “use it or lose it?” Although some men claim that regular release is necessary to avoid prostate cancer or sexual dysfunction, this is not true for teens and young men. In fact, studies have shown an increased risk later in life for young men who release regularly. (Studies on adult men are still highly controversial and have mixed results.)

Pornography and Your Relationships

Pornography can also hurt your relationships, influencing how you view people and affecting intimacy (sexually and emotionally). Excessive exposure to pornography can shape your view of

others as objects of gratification, rather than as multifaceted individuals with emotions, needs, and desires. It can also hinder the development of genuine empathy, emotional intimacy, and healthy communication within relationships. Below are some additional ways porn can affect your relationships and future relationships:

Marriage: When it comes to marital relations, the detrimental effects of pornography are especially pronounced. Startling statistics reveal that approximately 60% of divorce filings involve porn in some capacity, highlighting its destructive influence on marital stability. Research has also indicated that porn use can make individuals 2-3 times more likely to experience divorce. The consumption of pornography can create unrealistic expectations, lead to emotional disconnection, and erode the trust and intimacy within marriage.

Dating: In the context of dating, pornography can hinder the establishment of healthy relationships in many ways. Frequent exposure to explicit material may lead to a diminished desire for real-world connections causing individuals to settle for less fulfilling interactions or to struggle with establishing authentic emotional connections. It can also distort perceptions of what constitutes a suitable partner, leading to skewed expectations and potential dissatisfaction in relationships.

Parenting: Parenting is another area that can be profoundly impacted by pornography addiction. Engaging in pornographic content can consume significant amounts of time and mental energy, diverting attention away from important familial responsibilities. It can hinder one's ability to be fully present and emotionally available for their children. However, it is encouraging to note that many individuals who embark on the path of recovery report experiencing a dramatic increase in their capacity to love, connect with, and nurture their children. Breaking free from porn's grip can open up opportunities for deeper emotional bonds, enhanced parenting skills, and a more meaningful family life.

Pornography and Your Spiritual Well-Being

Pornography's influence extends beyond physical and mental realms; it can also have a significant impact on one's spiritual health. Engaging in frequent pornographic consumption can lead to decreased empathy and emotional sensitivity, affecting not only your relationships with others but also your connection with God and the world around you. The objectification and dehumanization inherent in pornography can erode your ability to empathize with the experiences and emotions of others, hindering your capacity to connect on a deeper, spiritual level.

Guilt and shame: Guilt and shame are common emotions experienced by individuals grappling with porn addiction, often creating a barrier between oneself and spiritual practices. The weight of these negative emotions can make it challenging to approach religious ceremonies and rituals with confidence and a sense of purity. The dissonance between one's spiritual aspirations

and the reality of addiction can lead to a sense of unworthiness, hindering the ability to fully engage and experience the spiritual depth and meaning of religious practices.

Distraction: Engaging with pornography can trigger an unhealthy preoccupation with sexual thoughts, detracting from things of higher value and the authentic beauty present in the world. By constantly fixating on explicit imagery and fantasies, one may become disconnected from the profound experiences and spiritual enlightenment available in everyday life. The ability to appreciate the sacredness and awe-inspiring aspects of nature, relationships, and spiritual teachings may be hindered by the addictive pull of pornography.

However, embarking on a journey of recovery from pornography addiction can offer the opportunity for spiritual growth and enlightenment. Breaking free from the grips of guilt, shame, and sexual distraction can open up space for a deeper connection with oneself, others, and the divine. Reclaiming emotional sensitivity and empathy can help reestablish a harmonious relationship with the world and God, fostering a greater appreciation for the beauty and wonder that surrounds us. Through the healing process, individuals can find solace, forgiveness, and renewed spiritual connection, allowing them to embark on a path of enlightenment and rediscover the true essence of their spiritual journey.

Pornography and Your Resources: Time, Money, & Energy

Pornography's influence extends beyond personal well-being and can also have a significant impact on your valuable resources such as time, money, and mental energy.

Time: Engaging in excessive porn consumption can consume considerable amounts of time, as individuals find themselves increasingly drawn into the allure of explicit material. Hours that could be spent pursuing personal goals, engaging in meaningful activities, or nurturing relationships may be squandered in the pursuit of momentary gratification.

Finances: In terms of financial resources, pornography addiction can lead to significant financial strain. Subscription fees, pay-per-view content, or other related expenses can accumulate over time, draining your financial resources. Moreover, the addictive nature of pornography can lead to impulsive behaviors and poor decision-making, potentially resulting in financial instability and the prioritization of immediate gratification over long-term financial well-being.

Mental energy: Elon Musk pointed out a disturbing reality: "A massive amount of thinking, like truly stupendous amounts of thinking, has gone into sex. Without purpose—without procreation. Which is actually quite a silly action in the absence of procreation. A lot of computation has gone into, "How can I do more of that?"

This quote sheds light on the immense amount of mental energy that can be consumed by sexual thoughts and actions, particularly in the absence of procreation. This highlights the

significant computational power that has been invested in finding ways to enhance and intensify sexual experiences. However, excessive consumption of pornography can perpetuate a cycle of constant sexual fixation, diverting mental energy away from more productive and fulfilling endeavors.

Additional Symptoms to Look Out For:

Psychological Symptoms:

- Inability to control or stop porn consumption
- Spending an excessive amount of time viewing explicit content
- Neglecting responsibilities and obligations due to porn use
- Preoccupation with sexual thoughts and fantasies
- Loss of interest in real-life sexual experiences or difficulties with intimate relationships
- Withdrawal symptoms when attempting to quit or reduce porn consumption
- Persistent cravings for pornography
- Development of tolerance, needing more explicit or extreme content to achieve the same level of arousal
- Experiencing distress, guilt, or shame as a result of porn use
- Compromised mental well-being, such as increased anxiety, depression, or decreased self-esteem.

Physical Symptoms:

- Erectile dysfunction or difficulty achieving and maintaining an erection
- Reduced or altered sexual sensitivity
- Fatigue and low energy levels
- Disrupted sleep patterns, including insomnia or irregular sleep cycles
- Decreased physical stamina or endurance
- Headaches or migraines related to excessive porn consumption
- Muscular tension or pain, particularly in the neck, shoulders, and back
- Poor overall health due to neglecting self-care or engaging in sedentary behaviors.

Recognizing the impact of pornography on your resources can serve as a catalyst for change. By redirecting your time towards meaningful activities, reclaiming control over your financial choices, and harnessing your mental energy for personal growth and achievement, you can break free from the grip of pornography addiction. Taking proactive steps towards recovery will not only restore your resources but also provide the opportunity to cultivate a more fulfilling and purpose-driven life.

The Benefits of Recovery

But rather than dwell on the negative aspects, which you are no doubt aware of, let's focus on the **positive effects of quitting**—the RESULTS of this process. Instead of sharing my own thoughts, however, I want you to hear directly from some of the men who have successfully transformed their lives through recovery. Here's a snapshot of their experiences, in their own words:

"My focus has improved significantly."

"My productivity has improved dramatically."

"My mental health is so much better, and I no longer feel depressed."

"My self-control has improved significantly, and I'm making better choices."

"My values have changed in a good way. If something isn't right, I take the time to make it right."

"I feel a lot more clarity, and less distraction."

"I'm making better eye contact with people, and I feel more confident in social situations."

"I feel better about myself."

"My exercise workouts have improved."

"I have actually lost so much weight since starting this program that everyone keeps asking me, 'What diet are you on?!' The truth? The porn diet. It's changed everything!"

"I went from seeing nobody and being really depressed about a lack of intimacy, to having a healthy sex life and an extremely promising relationship."

"I feel like a better parent (I am able to bond with my daughter much better than before)."

"I can deal with challenges more effectively."

"I respect people more in general, but I especially appreciate the beauty in the opposite sex."

"I don't feel the need to rush. I enjoy taking the time to develop a conversation, and I enjoy socializing more than I have in a long time."

What an incredible collection of comments about the benefits that come from quitting porn! The good news is, these are just a few of the benefits you have to look forward to with recovery. There are so many more that will deeply change your life in numerous positive ways.

Identifying Your Motivating Reasons to Quit:

Recognizing the negative effects of pornography and sexual addiction in your own life is the first step toward freedom. Now, it's your turn to take **ownership** and recognize the negative effects in your own life! On either a print out of this challenge, a digital document, or a separate notebook, record your answers to the following.

The Power of Writing: *In our course, we emphasize the significant impact that writing can have on your success rate. We strongly encourage you to take the time to write your thoughts in a journal or note on your phone. By neglecting to write, you may not achieve the same results or success rate.*

Record Your Thoughts on The Following:

1. How has porn or sexual addiction impacted you personally?

2. How has it affected your relationships or potential relationships?

3. How do urges or intrusive thoughts affect your schedule or ability to function productively?

4. How has porn or sexual addiction impacted your confidence and self-esteem?

5. If you experience guilt and shame associated with your addiction, what do you wish were different about your life now or your past mistakes?

Your Goals for the Future:

6. If you could snap your fingers and wish away your sexual addiction, what would you want your sexuality to look like moving forward? What does healthy sexuality look like for you?

7. How will your relationships improve without porn/sexual addiction?

8. How will your mental health improve without porn/sexual addiction?

9. What other aspects of your life might improve if you could guarantee recovery?

10. What is motivating you to start this journey now at this point in your life?

Day 2: Believe Recovery is Possible

Recovery from porn addiction can often seem like an impossible mountain to climb, and it's completely understandable to feel skeptical or discouraged. However, I want you to know that you are not alone, there is hope, recovery IS possible, and I am here to guide you towards a brighter future. ***Trust the process!***

Today, I invite you to take a leap of faith as you open up your mind to the idea and potential for lasting change. I understand the challenges you've faced and the doubts that may cloud your mind, but I am here to assure you that recovery from pornography addiction is not only possible but entirely within your reach. The very fact that you are here, seeking a change, shows the strength and determination within you to overcome this obstacle. Believe in yourself and the potential that lies within you. It's time to let go of self-doubt and embrace the exciting adventure that awaits you on the road to porn recovery.

Can you see it?

In the introduction, I asked you to visualize your life without pornography and I want you to do so again but this time record your thoughts. Take a moment to imagine your life free from addiction— one without guilt or shame, where your mind is free, your heart is open to genuine connections, and your spirit is lifted by the possibilities that lie ahead. Imagine reaching your highest potential and feeling genuinely happy.

Record: How do you envision the highest version of yourself? What does reaching your highest potential look like? What changes do you hope to make? Record your thoughts:

Record: More importantly, what does it feel like? How might you FEEL differently as that version of yourself?

Your Greatest Tool: The Power of Choice

The fact is, we all have the ability to make choices—a remarkable gift that allows us to shape your life and determine your destiny. You have the ability to choose whether you continue down the path of addiction or embark on a journey of healing and transformation. By recognizing and embracing that power, you take the first step towards breaking free from the chains of pornography. (And you're already headed in the right direction!)

Although pornography rewires your brain in a very real way, and there may even be times your addiction feels out-of-control, it's important that you believe in your ultimate and real ability to make the right choices.

Now, consider this scenario: Imagine you are offered a million dollars to quit pornography for just 30 days (*sounds like a MrBeast challenge*). Would you do it?! I'm guessing you would and you would probably succeed too! I mean, you'd be crazy to relapse and lose a million dollars!

The key, then, lies in recognizing that the same power of choice resides within you, regardless of external incentives. The truth is, freedom from porn is **invaluable** and the benefits can change your life in unimaginable ways. All you have to do is press on!

Record: How does this analogy challenge your current beliefs? Could you successfully complete the challenge for \$1,000,000? If so, how? What would you do to guarantee success?

“You only fail when you stop trying.”

▮ No matter how many times you may have stumbled or fallen in your journey towards recovery, it's crucial to remember that the path to healing is not a linear one. Each setback can serve as an opportunity for growth and learning. The key lies in your willingness to rise again and approach your recovery journey with a renewed perspective and better tools at your disposal. Embracing a mindset of resilience and determination can empower you to try again, but this time, armed with newfound insights and strategies. Remember, recovery is not defined by the number of times you have fallen, but rather by your unwavering commitment to rise and try again, embracing the journey with a fresh perspective and a steadfast resolve.

Recovery from pornography addiction is indeed possible, and it is within your reach. Embrace the power of choice, nurture your capacity to learn and grow, and lean on the support of a compassionate community. Believe in your ability to overcome obstacles, learn from setbacks, and build a life that aligns with your truest aspirations. Believe you can and you will!

Is Recovery Really Possible?

“I’ve tried to quit before and failed.”

“I’m just not strong enough to beat this.”

“Every guy does it. And any guy that says he doesn’t is lying.”

These are just a few of the damaging and negative comments I hear when talking to those who struggle to quit porn. Perhaps you’ve felt this way before. If you’ve tried to quit before and failed, it may seem like an impossible dream. However, I’d like to share three simple analogies to help you understand why that’s not true! Recovery is real and within your reach! I’m going to prove it to you....

Self-Control is Not the Issue

All too often, I hear people say: “I just can’t do this anymore” or “I couldn’t keep going.” I’m here to tell you that’s not true because addiction is not simply an issue of self-control or discipline. Let me explain.

Think about this for a moment: What if you or a loved one were taken hostage at gunpoint and the captors said “if you watch porn, we’ll shoot”? What would you do? Would you give in? Or would you have the self-control to resist? I’m positive that at gunpoint you’d be able to resist, which proves that you do have the self-control and power. What you lack, however, is a solid reason. Find a reason and you’ll have the motivation to change.

Anyone Can Do This, Or More Precisely, Anyone Can NOT.

More often than not, relapse occurs in “changing your mind” and *that* is the problem you have to work through. While urges may become unbearable and even feel compulsive at times, there are *always other options*. While pornography and masturbation alter the brain in a very real way, you still have the **ability to choose** and it’s up to you to own it!

Unlike climbing a mountain or training for a marathon, when it comes to porn and masturbation, the choice you are making does not require grueling *action or effort*. It simply requires that you get out of your head and *not give in* to urges. Although I strongly advise avoiding triggers and working through the urges in a healthy way, doing absolutely nothing is also an option.

Anyone can choose to **not** watch porn or touch themselves. In fact, it actually takes **more** effort to seek it out and do it, than it does to **not**. So in this case, doing *nothing* in a way is the path to freedom.

The bottom line is: completing this challenge is *yours* to choose. It does not require any special skills or effort except the desire to quit and a willingness to push through. That may be easier

said than done, but **you do have the power to succeed**. Everyone does. You have to believe in yourself!

Success Requires NEW Solutions

What if you've tried to quit before, and failed? Maybe you've tried an addiction recovery program before or even therapy with no success. After years struggling with addiction, you may feel tired and worn out from the fight.

Like a vehicle spinning its tires in the mud, perhaps you've been putting in the effort, only to sink deeper and deeper. What you've tried in the past may not have worked, but that doesn't mean it's hopeless. It means you need NEW solutions and a NEW strategy.

For example, if your vehicle were literally stuck in the mud, you might call a few friends to help push or pull you out, set up a winch, or increase traction. Similarly, if you find yourself spinning your tires in *addiction*, the solutions are similar: increase traction (or understanding), call a friend, and increase your level of support.

Again, this is why *Fight The Beast* has been so successful at helping individuals **quit for good!** These strategies provide new solutions to help you get unstuck!

Others Have Succeeded, Why Not You?

As a porn recovery coach, it's been incredible for me to witness thousands of individuals from every walk of life who have triumphed over pornography addiction with remarkable transformations. Their stories serve as powerful inspiration, demonstrating that you too have the potential to achieve success in your porn recovery journey. All it takes is a burning desire for change and a knowledge of the process that will guide you towards your goals.

Here are a few messages from our members and "graduates" to inspire you:

Fight The Beast has helped me to adopt a new identity as a man who no longer wants to look at porn and who no longer struggles with masturbation. It gives me a sense of accomplishment to recognize that I now belong to a small group of men - Anonymous Member

I have been 100% pmo free for 2 months and I have never felt so good in my life. My relationship with my wife and children is amazing and my professional career is at an all time high as well. I was introduced to porn as a 13 year old boy and now being 35 it has been a rough road and many attempts to quit and have not had this long of a pmo free streak. – G.W.

After struggling with porn for over two decades it was hard to see a path out. Taking ownership of my actions by forming new habits and discipline, helped turn my despair into hope. Not being

weighed down by the shame and regret of porn has given me the freedom to pursue higher goals and create more meaningful connections with friends and family. Quitting porn has been the most rewarding decision of my life! – T.W.

The FTB 30-day program has helped me kick a 40 yrs addiction to pornography and masturbation. I have so much more energy and drive for success. With her help and tools I'm over 400 days clean. Thank you Fight The Beast! – J.R.

I was so deep in porn and masturbation for over 30 yrs. Tried everything to try to quit. Heather's 30 day recovery program fought the Beast inside me and won. I have made it to 45 days and still going, taking each day as it comes. Never felt better in my life. Thank you Heather for publishing your book. – D.K.

Recovery allowed me to be in tune with my emotions again. I never realized how muted my life was due to my addiction until I began to quit. It was tough, but as I processed the negative feelings that I was hiding from, I started to experience positive feelings too. I've never known joy like living sober, and I hope anybody struggling with porn can experience it too. – R.K.

Be sure to join our Men's Community, if you haven't already! Come and get the support and advice you need to succeed! <https://member.fightthebeast.org>

Make the Decision to Quit

It's simple yet powerful, but in order to quit, you have to actually **decide to!** Addiction rewires the brain, but that doesn't mean you are powerless. Anyone CAN quit if they put their mind to it. That means no more saying things like: "I want to" or "I *should* quit". Even saying "I *hope to*" isn't good enough here. You have to actually say to yourself "**I AM going to quit.**" You need to want it and believe it's going to happen.

This also means no more saying:	Instead, start saying things like:
<ul style="list-style-type: none">● I hope I don't relapse● I hope I don't mess up● Quitting would be nice● I hope I get through next week	<ul style="list-style-type: none">● I don't <i>have</i> to relapse● I will reach my goal● I AM going to quit● It may be difficult, but I WILL get through

Applying This Section:

Record: Is recovery something you want to achieve? If so, why?

Record: What excuses could be holding you back from starting recovery?

Record: Next, make a list of your fears and concerns regarding your personal ability to recover. For each concern, write one step you can take to overcome it or seek out support for. (We will discuss practical recovery steps at the end.)

Record: Are you willing to put in the work?

Always remember that you are not alone in this endeavor. By participating in our community you can connect with men that understand your struggles and can offer encouragement and guidance along the way. Be sure to share your journey with trusted friends or participate in our online community. Together, we can uplift and inspire one another, celebrating each milestone and supporting each other through the challenges.

Day 3: The Process of Recovery

Difference Between Abstinence & Real Recovery

“*What do you mean by REAL recovery?*” you might ask.

Think about how many times have you said to yourself: “I’m never watching porn again!” only to slip a few days, hours, or weeks later? This is what I call **abstinence** without recovery.

By simply “going without” for a time, you successfully practiced *abstinence*, but you did not sufficiently rewire your brain or heal from the addiction.

Recovery is different—it involves thoroughly healing your root causes and overcoming triggers. It involves changing your values and beliefs at your very core so you *never* go back. And YES, it *can* be done!

As we discussed before, recovery is not rocket science, but there ARE methods that do and don't work. Understanding these proven methods and approaches for successful recovery will help you achieve results faster and easier. By arming yourself with knowledge of the recovery process, you are empowered to better navigate the obstacles, overcome the challenges, and ultimately achieve lasting freedom.

Today, I invite you to embrace the journey of overcoming urges and rewiring your brain. Together, we will explore the key steps necessary to build a foundation for lasting change. By incorporating the power of a proven strategy and holding yourself accountable, you can break free from the cycle of addiction and create a life of freedom, fulfillment, and genuine connection.

The path to overcoming these urges can be summarized in four essential steps or "R's":

1. Removing triggers
2. Responding to urges
3. Addressing root causes
4. And ultimately rewiring your brain (*a product of persistence and time*)

This system takes a holistic approach, targeting all aspects of recovery, both mental and physical.

In addition to these key processes in recovery, there are also two critical tools that can significantly impact your success rate which we'll look at next....

Two Essential Tools for Recovery

As said before, to conquer your addiction, you need the right tools at your disposal. According to research, there are two primary tools that have the greatest impact on successful recovery:

- 1) Using a proven strategy
- 2) Having an accountability person(s)

Without these essential components, most people find themselves trapped in repetitive cycles of addiction with no real progress. However, by adopting a proven strategy designed to address the specific challenges of pornography addiction and seeking out support and accountability, you significantly increase your chances of success. At FightTheBeast.org, and here in our community, we offer these tools and more for your convenience and success.

The First “R” of Recovery: Identifying & Addressing Your Root Causes

Addiction is not simply a surface-level issue; it is often rooted in underlying causes that are unique to each person. In order to successfully conquer pornography addiction, it is crucial to identify your underlying needs and triggers and embark on a journey of self-discovery to unravel the personal triggers that drive your addiction. Understanding the "why" behind your addiction is a vital stepping stone towards reclaiming your life. By addressing your root causes head-on, you set the stage for a transformative recovery experience.

The Second “R” of Recovery: Removing Triggers

The next step in the journey of overcoming pornography addiction is identifying and removing triggers from your life. Triggers can be both internal or external factors that fuel the cycle of addiction. Internally, they include emotions, thoughts, or patterns of behavior that weaken your mindset seeking out explicit content. Externally, triggers can be environments, situations, substances/foods, or even people that stimulate the desire to engage in illicit sexual behaviors.

By understanding your triggers, you gain valuable self-awareness that empowers you to take proactive steps in managing and responding to them effectively. The next step then is to learn the coping techniques and healthier mental strategies that will allow you to navigate triggers with resilience and determination. Through this process, you develop the ability to redirect your focus, challenge negative thought patterns, and cultivate a mindset that promotes positive choices.

Identifying and removing triggers not only reduces the likelihood of relapse but also encourages healthier habits and thought patterns. By removing these obstacles, you gain greater control over your actions and empower yourself to make conscious choices aligned with your recovery goals.

Record: List any external triggers you've identified:

The Third “R” of Recovery: Responding to Urges

Sexual urges are normal and natural. I know that may be stating the obvious, but it's important to start recovery with a balanced and honest perspective. When it comes to your sexual urges, there's really no need to feel guilty or ashamed for experiencing them. Just know that you don't have to act on them.

Contrary to common belief, most of the intense urges you feel in the first few weeks of recovery are NOT your natural sex drive, but rather withdrawal-like symptoms of addiction. While your urges may become extremely uncomfortable and distracting, making it feel as though relapsing is the only way to alleviate the mounting frustration, this is not the only solution. There are effective strategies and support systems available to help you navigate these challenging moments without resorting to a relapse— strategies we will be discussing in depth soon!

When you experience strong sexual urges, it is essential to acknowledge the powerful neurochemicals involved which can cloud your thinking and make it difficult to make rational decisions. In a way, it can be similar to the influence of drugs or alcohol—weakening your judgment and self-control. Additionally, porn addiction erodes your prefrontal cortex making it difficult to think clearly in the heat of the moment. This is in part what it means when they say “porn rewires your brain.” By recognizing this influence, and equipping yourself with proven mental and physical techniques, you can begin to manage urges more effectively.

Conquering your urges for lasting recovery requires understanding your root causes, making the necessary mindset shifts, and learning strategies that will help you manage and divert your sexual energy. If you're ready to dig deeper and learn the ins and outs of responding to sexual urges, our 30-day course provides a comprehensive roadmap. We'll explore the root causes of your addiction, teach you effective strategies to manage your day-to-day urges, and help you create a personalized plan for your recovery.

The Fourth “R” of Recovery: Rewiring Your Brain

Finally, rewiring your brain, in the context of porn recovery, means creating new neural pathways and patterns of thinking that support your journey towards healing and freedom from addiction. This means consciously and consistently challenging old habits, beliefs, and behaviors associated with pornography use and replacing them with healthier alternatives.

This process of reprogramming your thoughts, emotional responses, and behavioral patterns, enables you to make conscious choices aligned with your recovery goals. This rewiring requires time, effort, and dedication, but it opens the door to lasting change, personal growth, and a renewed sense of control over your life and well-being.

By actively engaging in the process of rewiring, you are deliberately creating new neural connections and patterns that support healthier behaviors and choices while rebooting your dopamine system. This rewiring process helps weaken the old associations related to pornography use while strengthening new pathways aligned with your recovery goals. As you continue to reinforce these new patterns through consistent practice and effort, they become more automatic and ingrained, reducing the power and influence of addictive urges. Rewiring your brain is a transformative journey that not only resets your neurological system, but your mindset, emotions, and behaviors—ultimately fostering sustainable change and long-term recovery.

Record: Which steps of recovery or tools have you overlooked in the past? Do you feel more prepared now? If so, why?

Day 4: Your Recovery Game Plan

I sincerely hope the last 3 days have been inspiring for you and that you've been able to catch a glimpse of the incredible possibilities that lie ahead! Over the last 3 days, we have covered: the negative effects of porn and benefits of quitting, proving recovery is possible and within YOUR reach, and the tools and steps necessary to succeed in recovery.

The goal has been to help you prepare mentally to take that next step with confidence— to put porn and sexual addiction behind you for good. In order to do that successfully, it's time to dive deep into each of the strategies and steps we've discussed up to this point.

Next we're going to shift into some of the very practical steps that will help you to overcome urges, triggers, and negative thoughts.

Elements of Your Game Plan

Before jumping into commitments and goals, you need to establish a plan. Why? Because without a plan, you're setting yourself up for failure. Would you go into battle without a strategy or play a sport without a game plan? Of course not! So let's look at the components of a good plan:

- | | |
|---|---|
| <input type="checkbox"/> Correctly set goals | <input type="checkbox"/> Accountability/ support person |
| <input type="checkbox"/> Exit & reset strategies | <input type="checkbox"/> Remove/block possible triggers |
| <input type="checkbox"/> Healthy stress-relief activities | <input type="checkbox"/> Time for meditation/ introspection |
| <input type="checkbox"/> A list of distraction activities | <input type="checkbox"/> Awareness of other relevant lifestyle changes for your success |
| <input type="checkbox"/> People you can connect with | |

NOTE: For more information on each of these strategies and to get the complete roadmap to success, I encourage you to enroll in the 30 day online course or get a copy of the *Fight The Beast Book*, at **www.FightTheBeast.org**.

Setting Goals

There is a debate in the recovery community about whether you should “just quit” or set goals and track streaks. Some do better quitting cold turkey and focusing on a holistic change, while others struggle with the idea of quitting for good. What's most important is that you choose the system that works for you and if you notice a negative effect, try switching it up. For instance if the stress of tracking your streak causes you to relapse, try a different tracking method, or stop counting altogether.

Be sure to always set a reachable goal. Getting burnt out or overwhelmed is the quickest route to failure. Set a goal that pushes you, but that you feel comfortable committing to, and be sure it is specific and well documented. This strategy will help you to defeat urges, overcome mental roadblocks, and get to your long-term goals quicker.

Seeing the goal all the way through is an important sacrifice worth making for your relationship with yourself, your confidence, and building discipline. *Remember, if you struggle to follow through, don't give up! Accountability and support can boost your success by 95%! If you haven't yet, take a look at our men's 18+ community at <https://fightthebeast.org/> for more support.*

My Game Plan:

Write your plan for each of the following here or in a separate journal.

Healthy activities for reducing stress:

Distraction activities I will use:

Names of people I can connect with/ reach out to:

My accountability/support person:

Possible triggers I have or will remove/block:

My specific time for meditation/introspection each day:

Other lifestyle changes I want to make that will promote success:

Day 5: Reducing Urges

Where Do Urges Come From?

The number one question I get asked as a recovery coach is: “What do I do when I’m having urges?” And people are often disappointed by my answer: “There’s no easy answer, that’s why I wrote an entire *book* on it.” You see, urges are a little more complex than they might seem and in order to reduce them, you must first *identify* their origin.

First, there are two primary types of urges: mental and physical. Each of these require different strategies to address them. The good news is, with the right tools and strategies you can not only reduce the frequency of urges but also the intensity! Understanding the sources of these urges can help you resist them. There are proven methods for preventing and coping with urges, it’s just a matter of learning the strategies that work.

There is a third category here which we won’t cover, and that is love-based desire for your partner. This kind of intimate longing is healthy and distinctly different from addictive urges for sexual release.

Types of Urges:

Mental urges might include: <ul style="list-style-type: none">● Emotional triggers; Stress, anxiety etc.● Unmet psychological needs● Intrusive thoughts● Unhelpful beliefs● Insecurity	Physical urges might come from: <ul style="list-style-type: none">● Hormones (primarily testosterone)● Arousal due to external triggers● Withdrawal-like symptoms and dopamine cravings● Excess of energy● Lack of stimulation / boredom
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Tip: When you experience urges ask yourself the following:

1. What *type* of urge am I experiencing?
2. What can I do to satisfy that need or desire in a healthy way?

The Biggest Mistake You Can Make

The biggest mistake you can make is identifying with your urges and thoughts. For example, saying things like: “I want, I’m horny, I need,” etc.. Let me explain:

Thoughts and urges come as a result of chemicals that can be triggered by anything from the weather to a fragrance, or even the microbiology of your gut. The reality is: you are not your thoughts or your urges. If you were, you could control them. Right? And think about this: for the vast majority of the time you are completely committed to quitting. You make plans and fight urges throughout the day.

The difference between fighting them and giving in, though, is often a matter of whether or not you identify with them. The moment your thoughts shift from “the urges I’m experiencing” to “I” or “my” you lose power over them or, in other words, you give them control. Instead, it’s critical you see your urges and thoughts as an experience. Allow them to exist in your body as necessary, but don’t claim them or identify with them. Simply learn to coexist with the urges while keeping your deeper goals at the wheel. You also needn’t feel guilty over thoughts you can’t control, such as when you are asleep dreaming, so don’t worry about that.

The Second Biggest Mistake You Can Make

One of the most common causes for relapse, and the second biggest mistake you can make is viewing porn as a ‘*tool for success*’. Examples of these thoughts include:

1. “I’m horny and can’t focus. Masturbation will help.”
2. “I’m frustrated with my family/ girlfriend/ co-workers. Porn will help.”
3. “I need porn to calm down before bed.”

4. “I don’t want a relationship. Porn will help me not want/need women”

If you view porn, or other addictions, as a tool for coping with life, the logical choice will be relapse. It’s a no brainer. If you believe “porn = success,” you will continue to choose the porn. However, if you reframe it, and recognize that addiction is the cause of many of your unwanted symptoms, quitting becomes the most logical decision even in times of difficult urges. The way you think dictates your actions. Change your thoughts and you will change your life.

Remember: Porn is NOT a tool for success.

About Hormone Cycles

For Men:

Oh yes, men have “a cycle” too, and understanding your testosterone cycle is critical for your success. That’s because most relapses (porn, masturbation, or orgasm) occur *on*, or *just before*, a cycle peak day. If you understand your personal cycle, however, you’ll be able to plan accordingly and make better decisions.

For men, there are two primary cycles that influence testosterone. The 7-day post ejaculation peak day and a cyclical 21-day (average) cycle. This explains why the most frequent days for relapse are weekends (for all addictions) and days 7, 14, 21, and 28. Again, awareness will bring you greater success!

For Women:

There is also a science behind women's urges and addiction, where women's hormones typically come into play around ovulation. During this phase, rising levels of estrogen and testosterone can enhance sexual desire, potentially making it a vulnerable period for those battling sexual addiction and leading to increased urges or relapses. Understanding this hormonal cycle is crucial for developing strategies to manage and mitigate its impact on addiction recovery efforts.

Dealing With Urges Correctly Is *Comprehensive*

I often see recovery advertisements claiming things like: “The Easy Way to Quit Porn” or “Do This ONE Thing to Quit Porn for Good”. The problem with these methods is that they fail to address your personal **root causes** and establish **long-term habits**. One of the reasons our method of recovery is so effective is that we address **all aspects of addiction**. Here are a few of the tools we use and encourage:

<p>Prevention of Urges:</p> <ul style="list-style-type: none"> ● Addressing deeper needs ● Healing from the past ● Cut out triggers ● Reframe porn ● Have a strong reason ● Constructive self-talk ● Have a strategy ● Testosterone cycle planning 	<p>In The Moment:</p> <ul style="list-style-type: none"> ● Physical urges: reduce & comfort ● Mental urges: redirect & stop negative thoughts ● Distractions ● Rewards ● Accountability ● Meditation ● 100 + ways
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In our programs, we provide additional training on each of these elements individually, to dig deeper and help you effectively implement the right solution.

- Which of the sources of urges mentioned previously do you most often experience?
- What insights have you had in this section about your urges?

Day 6: Root Causes & Unmet Needs

In the porn recovery community, there is some confusion about what root causes really are. I often hear people falsely claim things like stress, loneliness, or boredom as root causes. However, These are things that I typically place in the triggers category rather than “root causes”. That’s because oftentimes they are temporary states of being rather than underlying issues.

Root causes on the other hand, are a little deeper. They include your conscious and unconscious beliefs about yourself, sexuality, or the world around you, your spiritual health, and whether you have created a life of meaning and purpose.

There is another category in between these two, however, and that is your unmet needs. These can be temporary needs or chronic deprivations ranging from food and rest to mental stimulation and intrapersonal connection. When your needs go unmet, it can lead to a state of dysregulation, which can make it challenging to think clearly and respond effectively to various challenges. In this state, you become more susceptible to temptations and urges, and it may also have a negative impact on your cognitive functions.

Here is a complete breakdown to help you visualize the difference between these three.

Triggers	Unmet Needs	Root Causes
<i>Temporary circumstances, typically external, that trigger urges or thoughts</i>	<i>Mental or physical needs that should be met in a healthy way</i>	<i>Foundational issues that cause or perpetuate your addictive behaviors</i>
<ul style="list-style-type: none"> ● Stress / Things causing stress ● Being alone ● Boredom ● Guilt/Shame ● Physical urges ● Hormones ● External factors ● Social media ● Thoughts ● Etc. 	<ul style="list-style-type: none"> ● Validation ● Connection ● Social experiences ● Excitement ● Adventure ● Rest ● Self-care ● Etc. 	<ul style="list-style-type: none"> ● Beliefs / Attitudes ● Poor relationship w/ self ● Struggling spiritual health ● Living outside your values ● Weak moral grounding ● Poor coping skills and cognitive dysfunction ● Untreated/undiagnosed mental illness

**Also, note that I did not include things like childhood trauma, sexless marriage, or PTSD but I explain why in the full course.

Identifying Your Unmet Needs

If urges have one *benefit*, it's that they're really good at indicating unconscious needs.

Sexual urges are not just about physical desires. They're like signals, telling us there are deeper emotional or psychological needs that are not being met. Just as our body might signal a deficiency through physical symptoms, our minds express unmet needs through these urges. The key is to look beyond the surface urge and understand what is really behind it. By understanding and addressing these underlying needs, whether for emotional connection, stress relief, or self-esteem, you can find healthier, more fulfilling ways to satisfy them. This approach helps in not just managing the urge, but also in nurturing your overall well-being.

Below are a few of the most common deeper needs that lead to relapse as well as potential alternatives for coping. (Additional needs and tools are covered in the 30-Day Book and online course versions.)

Escaping	Chasing	Healthy Solutions
Insecurity	Affirmation, validation, recognition	Cultivate self-confidence & sexual wholeness; be what you need; love & validate yourself

Hormones, urges	Release	Experience them without the need to act; learn to coexist with them; find meaning in them
Boredom / Depression	Excitement	Be okay with your natural cycles of highs and lows, embrace the lows; OR get out and DO something exciting, exercise for endorphins
Stress	Peace of mind, rest, pleasure	Meditate, exercise, get fresh air, take a break, do something for self care, etc.

Ask yourself the following next time you are actively struggling with urges:

- *What are my needs right now?*
- *Have I neglected self-care?*
- *What could I do to alleviate the root of the problem without turning to porn?*

Chronic emotional or physical deprivation and unmet needs will make it difficult for you to think clearly and make positive choices consistently. Self-regulation, and thereby successful porn recovery, begins with a healthy, balanced life. You need to be in a **healthy, regulated state of mind** to make good choices, and addressing your root causes and unmet needs is a critical first step. Plus, taking steps to address these underlying issues will not only boost your recovery, but help you live a healthier and more fulfilling life overall. It's a **win-win** you can't afford to put off!

Day 7: Rewire Your Brain

You may have heard that porn and other addictions “rewire your brain.” It's true, but how does that happen, and what should you do about it? Each of the activities in this guide are designed to rewire different parts of your brain, and guide you through the process of recovery.

After years of consuming toxic, pornographic material and the resulting cycles of guilt, shame, secrecy, and insecurity, recovery may feel overwhelming. Mentally, pornography “rewires” your thoughts, perspectives, expectations, and emotions, with hundreds of studies confirming this. The process of long-term recovery involves shifting these perspectives and developing positive habits of thought. Learning to believe in yourself, to forgive yourself, to take ownership of your life, and to view sexuality in a healthier way are all critical to your success.

Now that we've clarified the difference between root causes and unmet needs in Day 6, we're going to address how to begin rewiring those root causes and the negative thoughts that feed addiction. According to John C. Maxwell's “6 Steps of Change”, your thoughts are the first step of change. Change how you think, and you can begin to change your beliefs, attitudes, behavior and life.

Below are some of the most common negative thoughts and false beliefs that contribute to struggles with porn and sexual addiction. Do any of these resonate with you?

- "I'm not good enough in bed."
- "No one wants me"
- "I'm not worthy of love."
- "I'll end up alone."
- "She's going to leave me anyway."
- "What if I don't find anyone I like / attracted to?"
- "I can't recover."
- "I'm going to fail eventually. I'll just give in now."
- "It's just harmless entertainment."
- "I'll start tomorrow"
- It will help me to
 - Focus (post nut clarity)
 - Relax
 - Sleep
 - Feel in control, attractive, etc.
 - To go slower in a relationship
 - Perform better
 - Reduce urges

If any of these thoughts resonate with you, it's a sign that you still have work to do in your recovery— and that's okay! Remember, rewiring your brain from years of pornography and sexual addiction takes time and effort; it's a journey that won't happen overnight. Transforming your mindset will transform your life, but only if you're willing to take those steps and begin letting go of the beliefs and thoughts that have kept you addicted.

Changing these negative thoughts takes time but there are a few tools you can use to accelerate the process and make the shift in your thinking.

- Begin journaling and making note of your negative thoughts. Write out the healthy mindsets you want to adopt.
- Talk with a friend, mentor or coach who can help you identify your negative thoughts
- Keep a note in your phone where you log all the intrusive thoughts you experience with the goal to process and let go of them. **Identify the following:**
 - The trigger that prompted the thought
 - The past experiences that contributed to that thought
 - The beliefs (true or false) that contribute to it
 - The true or positive thought you want to replace it with.
- Read books or watch content that can help you overcome your mental blocks
- *More in-depth exercises & explanations in the 30-day course*

Record: The negative thoughts that lead you to relapse or are holding you back.

Record: The inspirational thoughts you want to adopt.

Concluding Thoughts

The tools and exercises in this 7-Day program, as well as the advanced tools in our complete 30-Day Program, will help you achieve success in recovery, but only if you APPLY THEM. Please take the time to reread and review throughout your journey, but remember: the above exercises are *useless* unless you put them into **action** in your daily life and thought processes.

As we near the end of this 7-day guide, I want to inspire you and encourage you to begin applying what you've learned, if you haven't already. Over the last few years, I have personally witnessed thousands of individuals thrive on their personal recovery journey, while others, unfortunately, never really tried. Some of them lacked faith and hope in the possibility of recovery, whereas others became discouraged and gave up early.

Recovery is real. Transforming your mindset and achieving your potential is within your reach—after all, it's YOUR potential and your choice.

I have thoroughly enjoyed putting this course together and I hope that it has inspired you in your recovery. My hope for you is that you will apply the things that you've learned, and begin today to take additional steps towards long-term success. Believe in yourself, believe in the process, and most importantly never give up.

Everyone's recovery journey is different, with unique challenges to overcome, but I guarantee you that if you stay on course, your breakthrough moment will come. It could be today, tomorrow, or next year. but I promise you that it will come.

Be sure to take a moment today to pat yourself on the back for completing this 7-Day course and make a plan for your continued growth!

If you're not already a part of our community, I warmly invite you to join our online men's group. Also, follow @FightTheBeastorg on social media and YouTube for extra support and inspiration. Hearing your success story and testimonial would mean the world to me so I hope you will consider sharing that in the community or with me on social media.

Again, wishing you success!

Heather Nielsen,
Fight The Beast

Our Programs

Fight The Beast is a porn and sexual addiction recovery organization ***changing lives & healing relationships.***



The Program

At the core of our recovery program is a powerful, step-by-step, 30-day guide for quitting porn & sexual addiction. It's available in book or online course format for both individual use and group recovery programs.



Online Community

Community is extremely valuable in becoming and staying porn-free. Our shame-free community (currently available for men) provides a supportive and private space for men to discuss their symptoms, challenges, and successes with others committed to living a porn-free life.



Personal Support

Coaching and accountability are by far the best tools for overcoming porn and sexual addiction relapses. Urges, recurring negative thoughts, and feelings of failure are difficult to cope with. Having a private support person available to answer questions and work through difficult days takes the burden off family and friends, prevents feelings of isolation, and boosts success.

The Pledge



“I pledge to be porn-free for my mental, physical, and spiritual health. I commit to staying physically and mentally disciplined, rejecting all forms of pornography, while strengthening and encouraging others to do the same.”