2 Strategies To Win The Battle Against Porn Addiction

New Technologies And Insights To Crush Addiction To Porn And Regain Time, Energy, & Sexual Desire In Your REAL Life

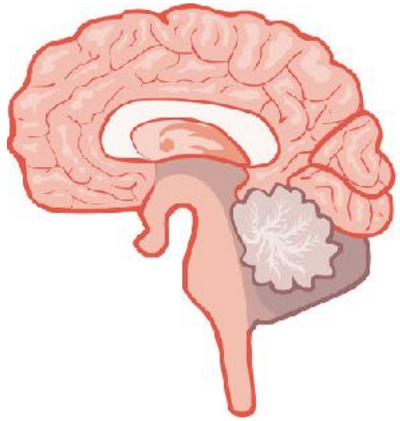
Alex Allman
LIFE LOVE PASSION

Quite Possibly The Most Powerful Training For Tackling Addiction Ever Created

- **Jack Trimpey**, author of "Rational Recovery"
- **Dr. João Goulão**, Director-General for Intervention on Addictive Behaviours and Dependencies for Portugal
- **Dr. Milton Erickson**, the guy they based NLP on
- **Dr. Michael Merzenich,** UCSF, pioneered work in neuroplasticity
- **Dr. Norman Doidge**, author of "The Brain That Changes Itself"
- **Dr. Bruce Alexander**, professor of psychology Simon Fraser U in Vancouver

Alex Allman
LIFE LOVE PASSION

The Bad Guy:



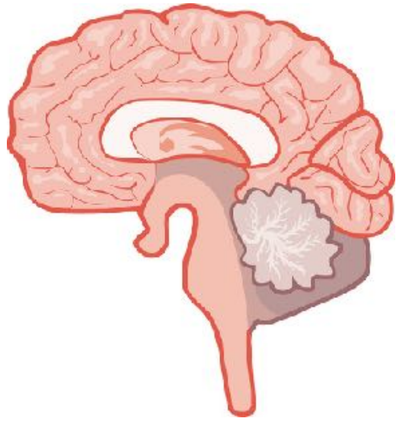
Your brain chemistry controls your IRRATIONAL view of reality

- Cranky from lack of sleep/food
- The sweaty 2 a.m. conversation in your mind
- Something goes from “want to” to “have to”
- Something goes from “can have” to “can't have”

The Ship Of Fools:
Understanding parts conflicts & how reason can be undermined
and reverse-weaponized as a genius enabler

Alex Allman
LIFE LOVE PASSION

The Good Guy:



You can consciously re-wire your brain… *using your brain:*

- We can consciously update our software
- We can manipulate the operating conditions/environment
- Understanding, optimizing, and replacing neural nets
- The Opportunity: Increasing ability to focus, judgement, analytical capacity, and sharpening effective decision-making capability

Alex Allman
LIFE LOVE PASSION

One More Bad Guy:

The $35 Billion Addiction Recovery Industry

Lance Dodes, a retired psychiatry professor from Harvard Medical School, looked at Alcoholics Anonymous's retention rates and found 5-8% success rate… vs. 40-70% for those who decide to "go it alone"

Dr. Lee Nelken Robins, Washington U. St. Louis did a famous study of Vietnam Veterans - 20% were addicted to heroine while overseas - 95% of them "just stopped" when they returned home… except for those who entered treatment…

"Once an addict, always an addict… I'm xx days sober"
"Relapse is part of recovery"
"I have no control - must surrender to a higher power"

In the US there is no mandatory national certification for addiction counselors-- only 6 states require that they even have a BA... in anything…

"Addiction treatment benefits those who treat far more than those who are treated"
- Jack Trimpey

Alex Allman
LIFE LOVE PASSION

LEVEL 1: "Moderate User" Recovery Program

www.revolutionarysex.com/the-porn-addiction-self-assessment-test

Dr. John David Sinclair - Model adopted by Finland (85% Success Rate!)
Cold Turkey intensifies cravings - Rats who had been exposed to alcohol for long periods of time and then deprived, went on crazy benders when re-introduced

Dr. João Goulão - Law 30/2000
- Decriminalization
- Give them something to get out of bed for

Dr. Bruce Alexander
- “Rat Park”
- “The drug only becomes irresistible when the opportunity for normal social existence is destroyed."

Alex Allman
LIFE LOVE PASSION

LEVEL 1: "Moderate User" Recovery Program

Setting Up Your Life For Success

Fill in alternate activities with non-screen-time stuff BEFORE you start quitting...

- Create and honor a free-time/social/fun calendar
- What you WILL do, not what you won't do - get excited about something
- Optimize for social activities like dance class or volunteering with others
- Meditation
- Sport/Exercise
- Hobby/Learn something new

Get a Porn Blocker

- Set a long, non-memorizable password
- Confine use to pre-specified times and build trust with yourself
- Begin associating resisting cravings for non-calendared porn use with victory, increasing personal power, self-trust, and self-esteem - Reward

Alex Allman
LIFE LOVE PASSION

LEVEL 1: "Moderate User" Recovery Program

Setting Up Your Life For Success

Keep Computer in public space
…or at least a space that you don't associate with masturbating

Immediately set up a "Cravings Journal"
- - video games
- - instagram
- - web surfing
- - seeing a picture
- - stress
- - being alone
- - coping mechanism
- - argument with wife/girlfriend
- - feeling sad…

Alex Allman
LIFE LOVE PASSION

LEVEL 1: "Moderate User" Recovery Program

Setting Up Your Life For Success

"Cravings Journal" (Cont'd…)

- - loneliness
- - break up with girl
- - facebook or other social media
- - overwhelm
- - frustration with work
- - alcohol, marijuana, etc
- - insomnia
- - sex ("chaser effect")
- - procrastination
- - sexual rejection or failure

Keep a journal of the "addictive voice" and begin referring to it in 3rd person

Alex Allman
LIFE LOVE PASSION

LEVEL 2: Full "Abstinence" Recovery Program

www.revolutionarysex.com/the-porn-addiction-self-assessment-test

Jack Trimpy - "Rational Recovery" - You're no longer an addict

Dr. Norman Doidge - "The Brain That Changes Itself"
- Intentional Neuroplastic Change

- The Opportunity: Increasing ability to focus, judgement, analytical capacity, and sharpening effective decision-making capability

Alex Allman
LIFE LOVE PASSION

LEVEL 2: Full "Abstinence" Recovery Program

Making A Permanent And Powerful Change

Get a Porn Blocker

- Set a long, non-memorized password and write it down
- After 3 days, take out the password and ritually destroy it

Buy "Rational Recovery"

- And read it
- Great for re-visiting when you need some support as well

R.A.I.N. in your cravings journal

R - Recognize what craving feels like.

A - Allow it to be present without pushing it away, allow it to come up, do its dance and fade away.

I - Investigate what craving feel like in your body - get curious.

N - Notice craving as it comes and as it goes - make observations

Alex Allman
LIFE LOVE PASSION

LEVEL 2: Full "Abstinence" Recovery Program

Making A Permanent And Powerful Change

Intentional Neuroplastic Change

- Resistance/Restraint - The “addictive voice”
- Intensity
- Repetition

Create an “emergency plan” for high intensity situations

- http://emergency.nofap.com/

Exposure Response Therapy

- Confronting Triggers
- Relapses are not set-backs
  - Gains aren’t erased
  - They can be used to strengthen your Intensity by breaking ASAP

Alex Allman
LIFE LOVE PASSION

LEVEL 2: Full "Abstinence" Recovery Program

Having A Powerful Partner For Change

- Shame & having a powerful conversation
- Share your resources - especially Gary Wilson's "Your Brain On Porn"
- Help her understand that you are doing it for "us" to make the relationship healthier, and also for yourself, to make yourself a better man
- Help her understand that it has nothing to do with her attractiveness or your attraction to her, relative to any other woman
- Warn her about the flat line
- Be mindful of "chaser effect" together
- Empower Her To Help: Emotional support, understanding/de-shaming, and lots of physical affection, touching, and cuddling

Alex Allman
LIFE LOVE PASSION

Masturbation

- Decisions to be made
  - Is masturbation a problem for you?
  - Level I: Scheduling sessions, replacing screen session for extra points!
  - Level II: Scheduling sessions
- Consider a “re-boot” period, particularly for Level II
- **IMPORTANT: No Porn Fantasies**

Alex Allman
LIFE LOVE PASSION

Community

- You’re not alone!
- Online groups (nofap.com, facebook, reddit)
    - Warning: Some overlap with misogynist groups
- Men’s groups
- Masculinity Mastery

Alex Allman
LIFE LOVE PASSION

The Next Level

- Mission Accomplished! The Power Of Self Appointment
- The Growth Mindset: Momentum & Possibility
- You can do anything if you understand you'll suck at it in the beginning
- The Possibilities Inherent In Self Authorship
- The Self Transformative Life
- Anthony Robbins, Ken Wilbur/Integral, Landmark Education, How To Man

Alex Allman
LIFE LOVE PASSION