

My Symptoms from PMO (20 years+ addicted)

by Stan in recovery 4.2.2025
(<https://staninrecovery.neocities.org>)

- Night terrors
- Insomnia
- Muscle twitches
- Daily panic attacks (bad ones)
- Anhedonia
- Brain fog
- Inability to concentrate on complex tasks
- Nerve problems
- Vision problems
- Back pain
- Depression
- Hopelessness
- Paranoia
- Suicidal ideation
- Poor hygiene/fungal rashes in my groin
- Stains on my shirts and clothes
- Erectile Dysfunction
- Extreme social anxiety
- Narcissistic thinking
- Self-victim complex
- Adrenal depletion
- Screwed up sleep/waking hours
- Relationship/ intimacy avoidance
- Shame
- Recurring thoughts of hurting self and others
- Self-hate
- and much more

Additional Consequences:

Lead to: constant staring and objectification, inappropriate sexual jokes and art, grooming college girls, cheating, loss of self-respect, loss of friends, loss of major life goals, financial and legal consequences

*“Addiction is giving up everything for One Thing.
Recovery is giving up One Thing for EVERYTHING”*