

Things I tried to quit PMO that didn't work:

1. Having 1 dedicated laptop for PMO, the rest for work
2. Setting timers and alarms while on computers
3. Changing desktop background to nature scenes and inspirational quotes
4. Keeping laptop and phones in the other room from where I sleep
5. Only using laptop outside
6. Removing all apps / wiping my phone
7. P Blockers
8. Destroying the laptop and deleting my stash
9. Only looking at PMO I made with girlfriends (homemade personal stuff)
10. Only M
11. Only M before bed
12. Only M to sensitive, emotionally connected thoughts
13. Disconnecting the Internet at home
14. Dating
15. Not dating
16. Looking for a "healthy" relationship with a "nice girl/ woman"
17. Only looking at "vanilla" categories
18. Only looking at P on "safe" sites
19. Only looking at soft "homemade" P
20. Exercising as much as possible to get endorphins
21. Eating healthier, focusing on weight and appearance (bleaching teeth)
22. Using dating apps
23. Not using dating apps
24. Self-harm and Self-punishment after relapses (eating dog food and tearing up money)
25. Looking at romantic photos of past gfs to "connect emotionally"
26. Reading about P industry harms
27. Reading about PMO addicts who got arrested and went to jail
28. Watching videos of women abused by P industry and sex harms
29. Learning about feminism
30. Learning about trauma and examining my past thoroughly
31. Going to therapy
32. Not going to therapy
33. Reading old poems and love cards by exs to feel romantic and connect emotionally
34. Setting goals for myself
35. Watching P recovery / NoFap videos every day

36. Reading studies on how the brain works in addiction
37. Journaling
38. Putting stickers on my laptop reminding me to stay safe
39. Putting large notes with pictures on multiple walls reminding me of alternatives to PMO
40. Calling suicide hotlines
41. Going to Support groups
42. Reading self-help and therapy books (to "understand" myself)
43. Keeping busy all the time
44. Compulsively focusing on work / working as much as possible
45. Smoking weed & taking pills
46. Playing music all the time so brain doesn't think of PMO
47. Keeping lights on always
48. Keeping curtains open always
49. Keeping pants on at all times always, except when using the bathroom
50. Deleting email accounts
51. Creating new email accounts
52. Buying new credit cards
53. Not going outside to social events
54. Going outside to social events
55. Lots of online shopping
56. Watching super-macho military-style self-motivation videos
57. Watching inspirational videos and talks of people who survived poverty and addiction
58. Planning to kill myself
59. Sleeping in my car without Internet