Quit Porn Without Willpower

28 reflections to accompany your guided audio journey.

Listen safely. Pause when you need to. Use your own words.
You can repeat a session or return after a missed day.
There is no perfect streak required to use these pages.



Original self-help reflections. Not diagnosis or clinical care.
No affiliation with Allen Carr's Easyway. For adults 18+.

DAY 01

Understand What You Expect from Porn

What do I expect porn to give me, and what happens afterward?

DAY 02

See the Whole Porn-Use Cycle

Which part of the sequence do I tend to leave out when I want to watch?

DAY 03

Separate the Urge's Promise from the Result

What does the urge predict, and what does my experience tell me?

DAY 04

Meet the Need Behind the Porn Urge

What need might I be trying to meet, and what would address it more directly?

DAY 05

Find Satisfaction Beyond the Quick Rush

What leaves me satisfied after the moment has passed?

DAY 06

Challenge the Fear of Missing Out on Porn

What do I fear losing, and is it larger than this one habit?

DAY 07

Find Your Personal Reason to Quit Porn

What is my clearest personal reason to leave this pattern?

A brief weekly review

What did I notice sooner? Which next step felt realistic?
What would I like to try or repeat next week?

DAY 08

Notice an Urge Without Acting on It

What changes when I distinguish the urge from the action?

DAY 09

Support Your Decision Without Fighting Yourself

What would supporting my decision look like instead of testing my strength?

DAY 10

Break the “Just This Once” Bargain

Which bargain sounds convincing, and what usually follows it?

DAY 11

Make Space for Boredom Without Porn

What kind of break do I want when I call myself bored?

DAY 12

Care for Stress Without Returning to Porn

What would direct care look like after a stressful day?

DAY 13

Take One Step Toward Real Connection

What kind of connection am I looking for, and what small step could make room for it?

DAY 14

Stop Testing Yourself by Looking at Porn

What test or checking ritual can I stop requiring of myself?

A brief weekly review

What did I notice sooner? Which next step felt realistic?
What would I like to try or repeat next week?

DAY 15

Change What Happens After a Porn Trigger

What is the earliest cue I can notice, and what new action could follow it?

DAY 16

Give Your Phone a Better Place at Night

Where could my phone rest so that it supports the evening I want?

DAY 17

Finish Your Task and Close the Screen

What action can mark the end of a screen task for me?

DAY 18

Stay with a Difficult Feeling Without Porn

What can I do while a difficult feeling is present, rather than waiting for it to disappear?

DAY 19

Separate Porn Use from Healthy Sexuality

What becomes clearer when I separate porn use from my broader sexuality?

DAY 20

Ask for Support While Keeping Your Privacy

What support could I ask for while keeping appropriate privacy?

DAY 21

Notice Progress in an Ordinary Porn-Free Day

What small practical gain matters to me even on an ordinary day?

A brief weekly review

What did I notice sooner? Which next step felt realistic?
What would I like to try or repeat next week?

DAY 22

Measure Progress Beyond Your Streak

What information helps me understand my choices without reducing myself to a score?

DAY 23

Return to Your Plan After a Porn Lapse

What would help me stop a difficult sequence instead of extending it?

DAY 24

Plan for Tomorrow Without Fear of Future Urges

What is one realistic plan, and what future worry can I leave unanswered for now?

DAY 25

Rediscover Pleasure in Everyday Life

What can I enjoy without expecting it to reproduce the old pattern's intensity?

DAY 26

Remember Why You Chose to Leave Porn

What part of the whole picture is most useful for me to remember now?

DAY 27

Keep the Support That Helps You Quit Porn

Which supports will I keep, and when would I reach for additional help?

DAY 28

Build Your Plan Beyond the 28-Day Journey

What understanding, action, and support will I carry beyond day 28?

A brief weekly review

What did I notice sooner? Which next step felt realistic?
What would I like to try or repeat next week?

WHAT YOU WANT TO CARRY FORWARD

Keep choosing.

A moment I want to prepare for

Name the setting, the first action, and the thought you recognize.

My next small action

Write something you can actually begin in that situation.

The practice I want to return to

Choose a session or reflection to repeat, without a deadline.

If your use feels persistently out of control or affects daily life,
consider support from a qualified mental health professional.