

CONFESSIONS OF A PORN ADDICT:



**SECRETS  
TO ELIMINATE  
PORN ADDICTION  
FOREVER**



**ELEVATED RECOVERY**  
GET HIGH ON LIFE

# Thank You

## For Downloading This Free Ebook.

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If you are reading this document, then you've most likely been searching for information out there, about how to control your behavior with pornography or masturbation. If that is the case, then you're in the right place.

If you've also been using willpower, this information will show you an easier path. Most men use willpower and they fail in controlling their behavior over and over again.

**You'll learn three things in this book.**

➤ Control      ➤ Peace of Mind      ➤ Self Confidence

The first step in freeing yourself from your out of control behavior, is learning how to control it. You're going to become a much happier man when you learn that; I can guarantee you peace of mind. If you're just sick and tired of worrying about your lack of control over this behavior, realize that its one of the things holding you back from happiness. And finally, you're going to become a much more confident man. Confidence in this area of your life simply comes from having positive results. As you go through the recovery process and gain control of your behavior, you'll become a lot more confident. When you are experiencing lots of losses in your life...when you're still struggling to control a specific part of your life, there's no way you can be confident.



There are a few things you need to know- a disclaimer, before you continue reading. The first is, I do want to let you know that this is not some salesy "quit porn quick" thing.

This is not the ultimate solution, but it will give you a ton of information that you may have never found elsewhere and for some of you, it might actually transform your life.

This is not therapy and it's certainly not a substitute for therapy. I recommend that you always consult a licensed medical professional for any issues related to compulsive behavior. Therapy deals mostly with your past. I am interested in your present and where you want to be in the future.

This is not religious, nor does it preach morality of any sort. I do not use any religious methods to help men control their behavior.

Finally, my advice for you if you want to get through this book is:

**You must be ready to quit porn.**

You just might have had a past trying to do this. The reason why I say this is because many men reading this book feel that quitting porn is a priority...but the truth of the matter is that they only kinda want to quit porn. They do not want to completely stay away from it. If you still hope to watch it someday ...if you're that type of guy, you can stop right here because this book will do you no good.

This is for men who really want to be done with their out of control behavior. Men who want to have sex. Men who want to have an awesome sexual life, without pornography and compulsive masturbation ruining it.

**A FINAL  
DISCLAIMER:**

The content in this ebook is made up of lessons which I have learned from clients of mine who have worked with me for the past six years. Many of my clients have been off porn for two to five years and these are the 7 secrets to their freedom.



To be absolutely transparent, I will share some of my clients' testimonials. If you have been struggling with this behavior and failing, some of these testimonials may seem far fetched...but it is very important to realize that there was a lot of hard work involved in the recovery process.

*Have you ever found yourself struggling with porn, with absolutely no idea how you can control this behavior?*

You've tried everything but NOTHING you do seems to help you regain control.

You're no loser. Every other area of your life is in control but you're starting to notice that porn is the one thing which is absolutely out of control. You have literally become a slave to it. As soon as you have an urge, you feel a strong need to masturbate...a strong need to stimulate yourself.

Or perhaps you're one of those guys...I'm talking about a very specific type of man. One who can stay off porn for a few months, but you always get to a point where you binge out of control for a few weeks, then stay off porn for a few more weeks or month.

A never ending cycle.

It doesn't matter whether you are off for four months, seven months, or nine months- you always seem to have a "binge pattern" with pornography.

You may have been part of an online community, recovery group or 12 Step community that helps men deal with their compulsive masturbation and pornography use. You possibly heard men discuss how long they've been off porn. However, while it appears to be that they talk about using willpower, the truth is you might just feel like your willpower can't get you to a year. You may have lots of questions to ask:

*“How exactly is this accomplished?”*

*“Can I truly stay off porn for 2 years?”*



If you've ever wondered what men who stay off porn for over two years are doing, you're in the right place. If you believe porn is most likely the one problem that has been holding you way back from your potential and in every area of your life, you're in the right place as well.

At this point, I can assure you that once you understand the seven things I am going to share, a few things are going to happen. One of them is the fact that you are no longer going to feel guilt-ridden about slipping or relapsing. You will also be able to predict your recovery- when you are about to slip or relapse.

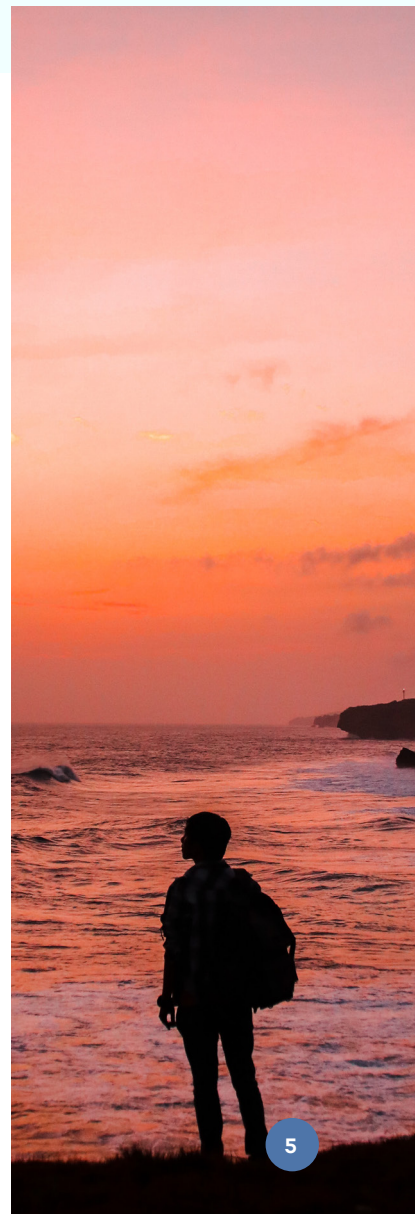
This process will make it easier to find out when you are most at risk for relapse, and you'll also know how to prevent it. You're also going to let go of willpower, which can never be sustained. Most of you know that I am against willpower considering the fact that it is finite. You're going to learn a system of recovery. No matter what has been sabotaging you, or holding you back in recovery, the secrets you will learn in this book will take you to the next level. In conclusion, you're going to have a recovery plan that will help you stay off porn for at least two years.

### But why two years?

"For at least two years" is simply because that has been the length of time a man would need to completely re-wire his brains neural pathways to get to a point where he

experiences no urges for porn or masturbation. There are men who re-wire before that time range, of course. A lot of research that is being carried out on porn addiction and its effects on the brain. In my experience coaching men to recovery from addiction for the past six years, two years is the sweet spot where you can move on with your life. Does that mean you're going to struggle for two years? Of course not. It's simply a yardstick for recovery.

Bear in mind that recovery from your porn habit doesn't have to be a "drag". I believe that if you're sexually active, and you're in a relationship, you should still be able to have sex, you should still be intimate with your partner while you are in recovery, and it doesn't have to be complicated, stressful or confusing. It doesn't have to be that way.



# About Me

A little bit about me real quick for those of you,

who don't know me...



My name is J.K Emezi. I'm a Sex & Porn Addiction Recovery Mentor. I help smart, ambitious and successful men to quit their sexually out of control behavior like porn and sex addiction so that you can maximize your life, perform at your real potential and remain in the driver's seat which is what you need to be to maintain the success that you want in life.

I am a trained professional, and I still spend weeks each year undergoing more training to help men with their sexually compulsive disorders. Since I began working in this field, I have never stopped learning because this is a rapidly evolving area where a lot of research needs to be done. I stay updated on every single published study on the science of sexually compulsive disorders and addiction.

I work with clients from all over the world- from venture capitalists and entrepreneurs, to lawyers, medical professionals, world class athletes, politicians and the occasional celebrity who requires confidential help.



However, my life wasn't always like this. I had a pretty normal childhood. But something happened to me when I was 8 years old. We had a nanny. Both my parents were in the medical field- this kept them very busy. Every day, our nanny would turn on cartoons for us on TV and read a comic book. I was always intrigued, so one day I asked to read one of the comics.

She smiled at me and said: "J.K it's not for you- it's for grown-ups."

If only I had listened.

Since she lived with us, it didn't take long for me to find it... under her bed. Well, this "comic book" turned out to be pornography, and I won't bother going into the details of the plot so as not to trigger you. It was a comic book with a lot of sexual images, and all kinds of sex acts which were absolutely new to me. I remember looking at the drawing in this book and experiencing a strange new sensation. It was a combination of fear, disgust, fascination and arousal. What I didn't realize then was that I was experiencing my first "chemical high". There was so much dopamine, so much adrenaline flowing through me because I knew it was "naughty". My parents always said "Don't look at naked people" and "Close your eyes" when there were kissing/passionate scenes on TV. I knew this was "bad" but for some reason, I just couldn't stop myself from looking through it, even though I knew it was a "wrong". There was such a good feeling associated with it, and as a result, for the rest of my childhood, I always chased that high. And by the age of 13, I had started masturbating and by the time I was fourteen the next year I was already a full-blown porn addict.- masturbating 8-12 times per day and constantly seeking out porn wherever I could find it.

At that time in my life, most of my sexual behavior was masturbating and watching porn. I would go at it a minimum of 8 times a day, and unfortunately by the time I was 17 I had what is now known as Porn Induced Erectile Dysfunction (PIED). I'm thirty-four years old now, and back then nobody knew what PIED was. What I did know was that without pornography I couldn't get an erection. Sometimes, when I woke up in the morning I would have erections, but I just couldn't get it up anymore when it comes to looking at girls. Somehow I always assumed that when you're 17 years old, you should be able to get hard or get an erection at the drop of a dime, but I didn't. That led to a lot of social isolation. I was ashamed because I would look at girls in my class, I would go home and masturbate to them. It took longer and longer to get erect while masturbating. I would see them at school, and feel so much guilt, thinking "Oh crap, I was masturbating to you last night". My penis wasn't working. Everyone's talking about having sex. I couldn't have sex, and it felt awkward.

So that was my life. I realized I was extremely socially isolated. I referred to myself as an introvert, and you might have done the same in order to justify your shame and social anxiety. Sorry to break it to you, but you might not be an introvert. It might just be one of the side effects of your porn addiction.

## Why I Quit Porn

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By the time I was 21 years old, every moment of my life was about sex. I was broke, spending all my money on live cam sites and liquor at the bars where I would use “liquid courage” to try to have sex. This approach didn’t work, so I started looking at online personals and escort ad in a desperate bid to have sex.

Eventually, in what is probably the most embarrassing moment of my life, I almost got robbed while trying to have an anonymous sexual encounter after a long evening of binge watching porn and live cam sites. The sex never materialized, but I did realize how close I had come to possibly losing my life.

That moment was rock bottom for me. I realized how low I had fell. I was raised by well educated, conservative parents who thought I was off in college studying hard...instead, I was cruising around in the middle of the night like a sex crazed lunatic, searching for a hole to put my penis in. I was disgusted with myself and resolved to find a solution at any cost.

I began taking my recovery from my porn habit seriously and over the next two years, I tried everything, and I mean everything.

I tried the religious approach.

I tried therapy.

I went for group therapy, spent a lot of money on that; and finally...you know what I realized?





I just realized that most of the professionals helping me-the psychiatrists, group leaders, counselors... bless their hearts, but they didn't believe in porn addiction. And even if they did, they didn't think it was a big deal.

I realized that I really had to see and meet people who had accomplished the feat of overcoming this behavior. I started looking for men online who overcame their porn addiction and finally, I came across a number of them.

They straight up told me: "Dude, the willpower thing doesn't work." These men were not "teaching" this. They were just regular guys going on with their lives who had happened to struggle with this behavior and overcome it in their own ways. They weren't part of any community- just random men whom I had scoured the depths of the internet to find and connect with in real life. The ONE thing they all had in common was that they were massively successful at one or two areas of their life. Sometimes it was their finances, other times it was an artform or skill.

Porn and masturbation was the one thing that got in their way. I count myself as very fortunate to have them agree to share their stories with me and in some cases, they became my mentors. With their support, I ended my compulsive behavior with porn and masturbation.

If you who are curious, it took me about eighteen months. The most common question I get from men is: "J.K, how long is it going to take ?". You'll learn more about that in the 7 Secrets.

When I realized that learning directly from men who had actually cured this behavior on their own was the quickest way to handle it in my own life, I tested it out by getting mentors for other areas of my life. My specific purpose was all of the things that porn had taken away from me - like my motivation, self belief, ambition, confidence, concentration, energy, and so much more. In the area of my mindset - I used to have the self belief of a loser. I quite literally believed that I was a loser. I had a terrible physique and was underweight. I was always trying to go to the gym but there was zero motivation, so I never gained any consistency in that area. My bank account was overdrawn from spending all my money on live cam sites.

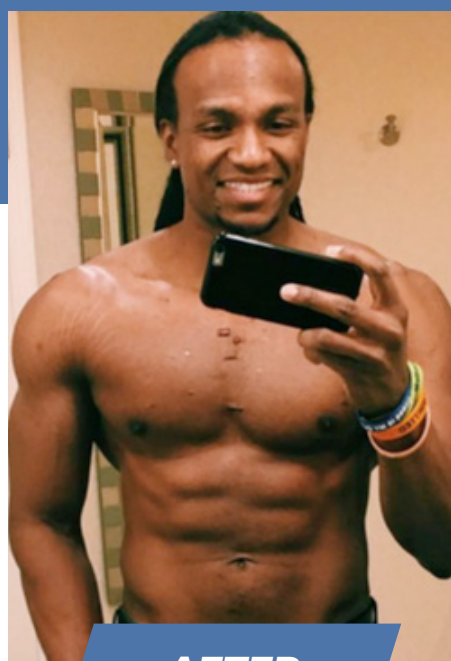
With the help of mentors, I went from being completely broke to getting into sales, even though I didn't know I was going to be good at that because I thought I was an introvert. I ended up building a six-figure sales business by the time I was 26 years old which really helped me out with my confidence.

I found a mentor to help me with my physique and I became fit and athletic. Literally everything about me changed over the next two years.

Below are a couple of my before and after pictures. I know they look stereotypical “before I started going to the gym and after I went to the gym” clickbait kind of pictures, but the truth is that I really transformed my life by quitting porn. It was almost as if it was the ONE thing standing in the way of everything in my life.



**BEFORE**



**AFTER**



**BEFORE**



**AFTER**



My relationship with women improved tremendously. I started dating. I started having sex. It wasn't anything crazy, but finally, I was just happy. Having sex proved to me that it wasn't that much of a big deal. As soon as that happened I was able to focus on other things with my life; and finally, I gained what I would consider to be the biggest benefit: my passion.

It simple. I have a unique ability to help men end their out of control behavior with sex and pornography.

Yes, I know I've just been talking about myself a little bit, right?

Its mostly for those of you who are hearing about me for the first time. If that's the case, I encourage you to do what a mentor of mine calls "assuming bullshit".

There's a lot of BS and snakeoil on the internet. So here is my advice and you've probably never heard this from somebody online. You know what that means? What it means is you see somebody online telling you that they'll help you, simply assume it's BS until they prove themselves. I really believe in that because I wasted years on approaches towards ending porn use that did not work.

Before we get started with the 7 Secrets, take a moment and visit this link to see what men who follow the 7 Secrets have to say about me:

[CLICK HERE](#)

I also highly recommend that while you "assume bs", you also keep a bit of an open mind because these are the things that have worked for men who have absolutely stayed off porn for between two years and five years. Many of these men have been off porn AND masturbation as well.

So please pay attention.



## SECRET #1

# YOUR BELIEFS GIVE AUTHORITY TO YOUR BEHAVIOR



Your beliefs give out power to your behavior. They give authority to your behavior, and many of you have just been making the mistake of jumping into controlling your behavior with a mindset which goes something like:

*“I want to control my behavior, and I am going to implement willpower, but I don’t want to find out what the root cause of my is.”*



Here are a few instances of the beliefs that are holding you back.

Do you have this belief of:

"You know what it is? I failed so many times, so this is just the guy I am. I am a guy who watches porn, or you could take me as a guy who has a high sex drive. I'm just that kind of guy. I can't control it". That is a belief.

Another common one is:

"I don't know what the big deal is, everybody does this. I think I'm just making this a big deal. Everybody masturbates. The doctors, whoever, they all say that masturbation is a normal, healthy behavior."

These are your beliefs and no matter how many times you try to quit, you still wonder why you can't stop, but you've never cared to examine that root behavior.

Here's another big one. You tell yourself:

You tell yourself: "You know what? Just this one time won't hurt. I'm three months in. Just one time and I can get back on the train because I'm very sexually frustrated."

Now that we know what some of your beliefs are, how do they sabotage you and how can you change them?

The easiest way to change them is to rewrite them. Lets use the belief: "Just this one time won't hurt."

"Just this one

The question to ask yourself is: Does one time hurt or doesn't it?

You are 70 days off porn, or you are two weeks off porn and masturbation, and you watch porn **just once**. What happens?



You're laying in bed one evening, on your phone your phone, scrolling through social media and next thing you know, something triggers you. You then binge watch porn and masturbate for an hour or two.

What happens the next morning? Well, you're going to masturbate the next morning. If you don't, you're probably going to do it again the next evening. You broke your streak and you're back in your cycle of masturbating and watching porn.

That may not be exactly how the process works for you, but its definitely a recognizable pattern. If you do not re-write your specific belief, nothing is going to change for you. My advice for you is to start keeping a journal to keep track of your beliefs and examine all the beliefs that you have concerning your porn and masturbation behavior. On one page, write out your current beliefs, and on the opposite page, write out the reality- your new belief.

Make a point of reading it every day.



**TIP**

Verbalizing your beliefs (saying them out loud), is much more powerful than reading them in a journal. You can also record all your new beliefs in your phone and listen to them once a day. Within 30 days, you'll start acting in accordance with them.

## SECRET #2

### GET OUT OF GEAR 1



The second secret is to get out of gear one. This is because the first gear is the most labor-intensive and manual mode of all. I'll tell you a quick story. When I was about 17 years old, my dad was teaching me how to drive. He drove a stick shift and when I got on the highway with him for the first time, I could just remember being so excited about driving that I only paid attention to the road and the accelerator.

Curiously, the car wouldn't move as fast as it did when my dad drove. All these cars were whizzing past us. I looked at my Dad and said: "Dad, I think something's wrong with your car- it not accelerating. Why isn't it moving as fast as other cars?"

He didn't say anything for a while then finally he got pissed off and said " J.K, change gears and get out of gear one!!"



At this moment in your life, if you see people moving past you in every area of their life including behavior with porn, dating, their physique and health- including whatever areas you're struggling with, I suggest you take a closer look at what gear you're in.

You are most likely still in gear one in this area of your life. That's means that you're doing it all on your own- it the toughest, most "manual" way possible. What do I mean by "doing it all on your own?". It means that you really believe in the statement: "I got this."

You always tell yourself: "I can do this on my own". But yourself -how long have I been telling myself that story? The truth is that you are keeping it to yourself because of your pride. You're keeping it to yourself there's a lot of guilt and shame. This makes it nearly impossible for you to recover.

What you don't realize is that you're going to move into gear two and gear three when you start sharing it with others, because porn addiction thrives in shame and secrecy. When you shine a light on it by just talking to people about it – then the shame goes away and guess what? That's when you'll be able to change from gear one to gear two. My advice to you is to stop keeping it a secret. Speak to someone you trust about it.

Peter Drucker said, "Efficiency is doing things right, but effectiveness is doing the right things". Now you might be doing things right. For instance, you might be keeping track of your days off porn and "counting". You might be improving your willpower. What is these things...these common sense approaches were not the right things?





## SECRET #3

# ACCESS YOUR VALUES



Porn erodes the values you grew up with. Most men grew up with good values. Our parents taught us to be, good or decent men- don't lie, don't cheat, don't steal, and don't be violent to women.

Those of you who had sisters heard some variation of "Stop being mean to your sister ." Well, what does porn teach you to do? We know that porn today is violent, most of it. It teaches us to rape. It teaches us to hurt people. It teaches us all kinds of messed up behavior that erodes our values.

You're not waking up and saying:

*"Oh okay, my values are I am a trustworthy guy. I am a man who treats women with respect. I don't --"*

No- you're not saying those things! But you ARE watching porn every day, and needing more and more violent and depraved material to orgasm to. This habit is changing your real values.

Every single man who has stayed off porn for two to five years has done one thing. He has gone back to his original values or created new ones.

Ask yourself right now:

*“What are the values driving my life?”*

I guarantee that if you’ve got this far into the book, you cannot say what five of your true values are.

Let me explain something to you.

If you don’t know what your values are then you are headed nowhere with your masculinity, much less recovery. When you go back to your values you will build a strong foundation for quitting porn.

Accessing your values is going to help you change your lifestyle. Personally, accessing my values made me realize that the only reason I was running a six figure sales organization was because I wanted validation from people. I wanted to make money to impress people who didn’t care about me , because I believed it would make me feel important and valued.

While quitting porn, I realized that I was making money just because I thought money would bring me attractive women, sex and happiness. Don’t get me wrong. Money is great, but once I quit porn and identified my values, I realized that I was in my career for the wrong reasons. So I changed my career.

Its much better to wake up with a clean and clear conscience – a mind filled with peace, give the day my best and go to bed with a clear conscience that evening. Many of my clients-entrepreneurs, engineers, doctors, managers, consultants- regardless of their career, they became very clear about their values and how they wanted to integrate this into their life..

## SECRET #4

# USE SYSTEMS



I have a little acronym for system.

## S.Y.S.T.E.M

*Something. You. Stick to. Emphatically and Methodically.*

A system allows you to do the same thing over and over again while getting increasingly **predictable** and **improved** results.

Willpower is the most common method used by men to stay off porn and masturbation. Unfortunately, it's not a system because you cannot stick to it emphatically! This is because willpower is finite. You can run out of willpower. It is not methodical either.

Men who have stayed off pornography for years use systems.

When you have a system, you will realize that your slip or relapse back into porn and masturbation did not happen randomly. A system shows you that your relapse began days or weeks ago when you stopped engaging the self-care behaviors that have been keeping you off porn. Masturbating and porn use are simply the most apparent effects of your behavior- the physical manifestation of the relapse. However, the actual relapse began a while ago when you neglected to take care of some aspect of your environment, your biochemistry, your emotions, or your community.

Another example of a system is “self-talk”.

What do you tell yourself every day as a guy who struggles with porn? When you are on a streak of not watching porn and you suddenly give in to the urge do you tell yourself:

«Bob, you’re pretty awesome to have achieved 80 days free of porn. No you know exactly what could sabotage you at this point! Its not the end of the world- you’ve learned a lot about yourself over the past few weeks without porn or masturbation». ?

**Chance are- you don’t. You’re most likely to say:**

“Bob, how could you be so stupid! That was some nasty stuff you watched! You’re not even into that kinda thing. Again! You can’t do this ONE simple thing. You can’t take charge of your sexual behavior . . . you always tell yourself you’re going to do that, but you never freaking do it. You are always seriously jerking off like a teenager! Even your sex life sucks! You can’t even get laid”.

**Does that sound familiar?**

That’s our typical self talk when we’re addicted to pornography. A system will help you change the conversation you are having in your head. You are the expert on yourself. Systems teach you to master the areas of your life that are out of control. The parts of your life which you medicate with porn.

There are also systems for managing relationships when you’re in recovery.

How do you tell your girlfriend or your wife ***“Honey, my penis works best when I’m fantasizing about another woman”?***



Well, there's a system for doing that.

How do you deal with flat lines? Those times in recovery when you feel no urges for sex and instead feel dull and unmotivated.

Systems will get you there. Every man who has regained control over his sexual behavior understands and utilizes at least some of the systems depending on where he is on his recovery journey.

When you finally understand how you can have a relapse prevention plan , once you know how to use self-talk , once you know how to actually have an active sexual life while recovering from PIED(porn induced erectile dysfunction) , all you need to do is repeat the system until you are free from your behavior.

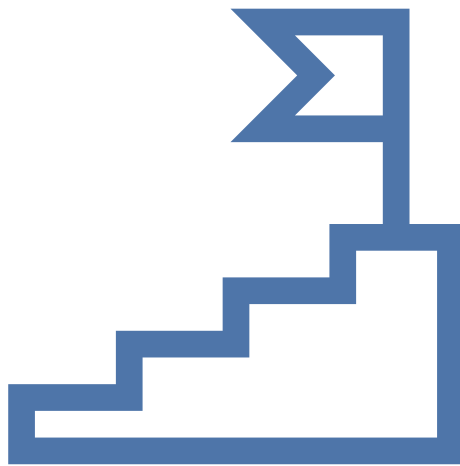
The best part of the system is that you have a timeline as to when you can expect to have full control over your behavior.



## SECRET #5

### MEASURE YOUR PROGRESS WITHOUT PRESSURE:

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This happens to be my favorite and the most important step in my opinion. Here is why. Many of us try to make ending our behavior with porn and masturbation perfect, and that's because we count. We see recovery as an event. What that means is we want to go for 365 days without watching porn or masturbating.

Listen, you are not a celibate monk. You're a regular human being! You are not perfect. What happens when you aim for perfection is that each slip destroys your self-esteem. Do not forget- ending your behavior with porn use is not an event. It is a process. There is no special day where porn will no longer be in your life . It is a process. And processes have ups and downs.

That being said, here is the mistake to avoid:

You're trying your best of stay off porn and masturbation for as long as possible. You count down days, and you get to Day 90. Unfortunately, early in the morning on Day 91, you had a wet dream which was followed up by some masturbation. So you chalk that up as a loss and the next day is Day 1.

Do you know what happens when you start from Day 1 when you slip? You learn nothing from what happened.

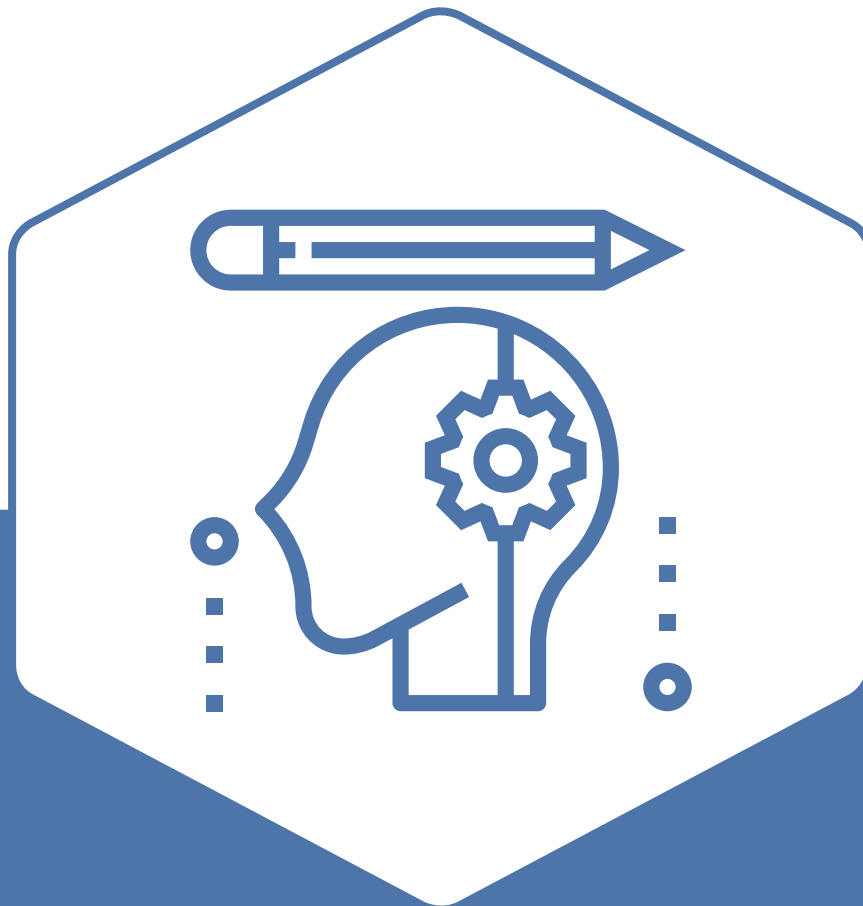
However, when you are measuring your progress without pressure, and slip on Day 90, you don't get emotional. You don't beat yourself up. Instead you'll say: «I did so well. What sabotaged this? Oh, I see... my boundaries. I made the mistake of bringing my phone to bed every night for the past three nights» or «Oh, it was social media. There was this girl I met and I was on her Facebook, Instagram, Snapchat, or dating profile. I was on her Snap Chat and that caused me to relapse. You've got to draw a boundary with that .»

Guess what? In the next 90 days, you are never going to slip because of social media again, and you keep doing that till all of your boundaries are locked down. That is actually how ending your out of control sexual behavior works without pressure.

In recovery, you measure your wins. You don't measure how many times you relapsed. Remember this – “When you are in recovery, your future is always bigger than your past - always!” You have way more life ahead of you, but unfortunately, thanks to your dependence on willpower, your past is always bigger than your future. You are always looking back at your relapses and your failures, and that is why you can't make any progress. What men who have been off porn for years have in common is that they see their future as bigger than their past, and they don't beat themselves up over slips.

## SECRET #6

# LEARN NEW COPING SKILLS



Now understand this, guys. Yes, you can watch high-speed internet pornography over a period and because you have repeatedly been exposing yourself to that, your brain re-wires. It becomes a habit.

However, when we dig deep, we find that many men are medicating an issue. You are watching porn and masturbating to feel better about a stressful situation, strong emotions like anger or sadness, or some unresolved issue from the past. Maybe you were abused physically or sexually, or it may be an unresolved issue with your sexuality or your religion or how conservative you are. Sometimes, its loneliness and a lack of intimacy. Many men tell me loneliness. "I masturbate because I feel I need intimacy. I want to be close with someone, but I can't be, so I masturbate".



When you were a teenager or in your early twenties, whenever you felt angry or sad or stressed- instead of developing coping skills to deal with these emotions, you turned to porn. You masturbated to feel good. When you got rejected by a girl, your way of dealing with it was to masturbate . So you never learned skills for dealing with stress which didn't involve porn to make you feel better.

Perhaps you've developed habits such as : "Oh, I've got to watch a movie to chill. I've got to drink alcohol to deal with stress. I'm going to play some video games when I'm stressed" These are not coping strategies for healthy adults. These are for boys. You're a grown man and to progress in life, you need to learn coping skills. Every client of mine who has been off porn for up to two years develop an arsenal of coping skills for the most common issues they dealt with. If client found himself angry or frustrated often, then we worked on developing an appropriate coping skill.

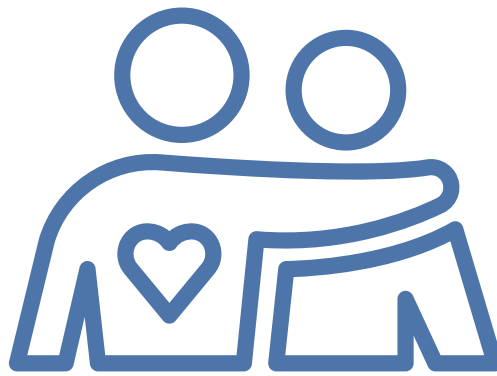
When you have the right coping skills , you gain power over this behavior, because whenever any of those things happen - loneliness, lack of intimacy, a strong emotion such as anger or sadness, you immediately have something else that you can use and you never need to fall back on porn or masturbation.



## SECRET #7

### INVEST IN MENTORSHIP:

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The seventh secret is that every single man who had stayed off porn had some sort of mentor.

#### Here's what I mean:

If you wanted to go on vacation to one of the beautiful islands of Bali, Indonesia and you've never been there before, would you simply charter a plane and fly there yourself?

Would you get into the cockpit with no training, no map, and no co-pilot to guide you and try and go to this place where you intend to relax, where you're going to be free, a place where life is going to be good.

No. You are not going to do that. So my question to you is when you're trying to get to a place in life where there is freedom, where there is control of a behavior you have struggled with for years and years...why would you try to go all the way to full freedom on your own without any system, without any map? Why are you using willpower?

### That is the you should seriously ask yourself.

Personally, I wanted to be free of this behavior so badly that if there was a way to quit, I would have figured it out- even if it took a lifetime to learn. That, however would have been a wasted life. Thankfully, I now know a way to do this for free, but back then I was a broke college student and ended up taking loans to find freedom. I was spending money I didn't have. I'm still embarrassed to admit it, but over the years, I spent almost \$50,000 on therapists, group counseling, alternative treatment methods, intensives, retreats and much more. I now call this my "recovery education" to feel better about my lack of results in those early years, but the truth is that I got scammed many times, spent time with people who simply didn't understand my problem and as a result I gave up many times.

I told myself "Nobody can help me beat this problem». I'd then give in and go back to porn for months and suddenly get motivated to try again. This went on for years and years.

The beautiful thing is that all those moments where I completely gave up and all those moments where I really felt I could beat it.. all of those added up to become a part of my successful recovery. 11 years off porn is nothing to sneeze at.

It doesn't have to take you that long. See, the only thing I needed was belief. I don't know about you guys, but I am the kind of guy that needs to seem someone do something first before I do it.

I know all the motivational speakers will say «You are unique! You don't need to watch other people. Blaze your own trail».

Sorry.I am not a trailblazer. There are some things in my life I did without the guidance of others, and quitting porn was not one of them. If I had that mindset, I'd still be a loser today at the age of 34.

I had to see people who were successful and follow their map to get there. That's just how I operate, and there is no shame in that.

I had to see people who were successful and follow their map to get there. That's just how I operate, and there is no shame in that.

Every man who has ended their out of control behavior with porn and masturbation had at some point met somebody who had done the same. They found somebody who had beat it and stayed away from it for years while living a fulfilling life and they used that person as their yardstick for success in that area of their life.

**There is a shortcut. That shortcut is mentorship.**

Does it have to be with me? Absolutely not, but the shortcut to getting all of these things is mentorship from somebody who has a system, who has actually beat their porn addiction and has been off it for a minimum over two years. Let me tell you this. If somebody says «Hey man, I can help you quit porn» and you're like «That sounds awesome, how long have you been off porn and masturbation?», they say «Yeah man, I stopped masturbating for like thirteen months»... they are not fully recovered. Their brain has not fully re-wired. That's something I want you to keep in mind.

Lets have a quick recap, then I have a gift for you for getting this far into the book.



**SECRET 1:**

The first secret is your belief. Understand that your beliefs give authority to your behavior.



**SECRET 2:**

Get out of gear one. Stop hiding and doing this on your own.

### SECRET 3:

Access your values. Go back to the man that you were and if you don't know the man that you were because you've been addicted to porn for so long, start creating values for who you want to be. When you wake up in the morning, know the type of man you are. I know what I stand for and I want you to know who you stand for because if you watch porn, you have no idea what you stand for.

### SECRET 4:

Use systems. Use something predictable, brother! If you are running a business, you need a system for business. If you are an engineer, your career is about systems. A lawyer understand the justice system and how to interact with it. Entrepreneurs master multiple systems. If you are trying to build muscle, you need a system too. Going into the gym and randomly using equipment is a recipe for failure.

### SECRET 5:

Measure your progress without pressure. Stop beating yourself up! Stop counting down and telling yourself. «Well, its Day 28. I relapsed. So now I'm going to feel like crap and feel suicidal, depressed, and out of control». This is a behavior that can be fixed.

### SECRET 6:

Learn new coping skills. Are you stressed? Are you always depressed, always sad, always angry? Do you have some unresolved issue that you keep going back to? «My marriage is messed up. Maybe I deserve a more attractive partner, my relationship is ruined. I hate my parents, I have social anxiety, I'm not where I thought I would be in life, This girl cheated on me 5 years ago and I can't get over it. I am a virgin; I haven't gotten laid... “

Whatever that issue is, you've got to develop coping skills first.

### SECRET 7:

Finally, get yourself a mentor. Stop fighting this alone and get yourself the right mentor.



Seven secrets. That's a lot of secrets and each of these secrets had their own little details. You might be overwhelmed. All you know is willpower. The truth is that although I have only scratched the surface, it's not complex. It's pretty easy to put it all together.

### Here's how I can help you:

If you are ready to get hands-on,

I've developed a No- Obligation Free and Confidential "Cure My Porn Addiction In 90 Days" Consultation Call which I conduct over Skype or via phone with you.

Here is what we accomplish together in this fast-paced, zero-nonsense session:

### REALITY:

Despite how hard you try to maintain a boundary with a device that you watch porn on, no matter how many times you promise yourself "never again"- you keep slipping by breaking that boundary. The good news is that a boundary problem can be quickly and easily corrected. I'll walk you through our three-step process (which takes literally about six minutes) that shows you exactly how to know what critical misstep not to take. This will immediately increase your self-confidence because you'll finally be in control of your environment

### RESULTS:

Lying awake at night worried about if you can truly quit? We've helped hundreds of clients clear this hurdle of self-doubt with three specific belief strategies. With weekly results- your self-doubt will be replaced with genuine hope for freedom

## ROADBLOCKS:

You're all too familiar with how easily a porn binge can happen and how painful it can be to relapse. One day you're 9 days free of porn and the next you've got multiple tabs open searching for the perfect scene to orgasm to. I'll identify your biggest roadblocks that sabotage your journey to freedom from porn.

This 60 minute Consultation Call is conducted by me - J.K Emezi. I've worked with over 400 clients one on one including entrepreneurs, venture capitalists, celebrities, visible government officials, church leaders, prominent athletes, lawyers and

professionals from a variety of industries. Please be assured that this presentation will not be a thinly disguised sales presentation; it will consist of the best intelligence I can supply in a 60 minute time span. There is no charge for this call, but please be advised that the call must be strictly limited to 60 minutes.

This consult will typically take place within 1-2 weeks of your application.

To apply, visit the link below:

[CLICK HERE](#)

## *Want you* **TO ASK YOURSELF:**

If all this was to give you control over your life and give you freedom, would it be worth it?

If you were able to become a happier man, slightly happier and have peace of mind, not waking up every day worried about all these issues that porn brings... would that be worth it?

If you could fix your relationship with your partner and stop worrying about porn ruining everything you have built; If you were a little bit more confident, just a little bit more, maybe enough to talk to that girl you want to talk to; or maybe enough to do that stuff with your career or with your life, which that porn has been holding you back on... would it be worth it?

[CLICK HERE](#)

I'm J.K- your brother in this struggle, and I'll see you on the brighter side of this journey