Forum:Hack Forums

Thread: My path to porn addiction recovery enlightenment

ailo - *November 14, 2025, 7:08 am*
Finally i gained consciousness from this evil wicked porn addiction and realized i was addicted it was subtle and it changed my brain i felt i like i was drugged mind was clogged it messes up how you think and procastinates in my case i even had some childhood problems combined with this, really messed up

I wonder if people men women can tell if someones a porn addict

I will do nofap for 30 days when i get the urges its my 5 th day i go for a walk or take cold showers

SIM-4331310 - *November 14, 2025, 7:19 am*
GL with the road ahead..I'm sure you'll make it..you got this....

diablospartan - *November 14, 2025, 8:56 am*
This adiction its such a dangerous addiction as the bad efects of it you dont feel but you dont have idea how much it affects your brain

Plus its not a discused topic and people tend to avoid asking for help as its a shameful topic

ailo - *November 14, 2025, 2:41 pm*
(Nov 14, 2025 09:56 AM)diablospartan Wrote: *[CITE]* This adiction its such a dangerous addiction as the bad efects of it you dont feel but you dont have idea how much it affects your brain

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Something clicked in my brain when i searched up why i feel like this and my symptoms been doing it for 13 years two times everyday expect few days

I didnt think much of it, it kills your emotions makes you numb you first realize it when you quit, btw can people notice your porn addict?

darkINT - *November 14, 2025, 2:43 pm*
porn and fast-food are damage the health , best way to get married and stay happy

RangoWorld - *November 15, 2025, 2:32 am*
If you cannot stop yourself from porn on your command and will. If you it comes in the way of your life. Like you spending time on porn instead of socializing or working. Then you are most likely an addict.

That being said. You need to slowly start cutting off. Going cold turkey maybe really hard if you have been watching it for so long.

ailo - *November 15, 2025, 3:07 am*
(Nov 15, 2025 03:32 AM)RangoWorld Wrote: *[CITE]* If you cannot stop yourself from porn on your command and will. If you it comes in the way of your life. Like you spending time on porn instead of socializing or working. Then you are most likely an addict.

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13 years 2 times a day just couple days i didnt it really affects you and family around its crazy

RangoWorld - *November 15, 2025, 6:32 am*
(Nov 15, 2025 04:07 AM)ailo Wrote: [CITE] 13 years 2 times a day just couple days i didnt it really affects you and family around its crazy
Go slow. Try it once a day then every other day. It will be a long journey. Don't think of doing it cold turkey but slowly limit your dependency on it. Because the upside is so much more worth than this.

diablospartan - *November 15, 2025, 7:52 am*
(Nov 14, 2025 03:41 PM)ailo Wrote: [CITE] Something clicked in my brain when i searched up why i feel like this and my symptoms been doing it for 13 years two times everyday expect few days

I didnt think much of it, it kills your emotions makes you numb you first realize it when you quit, btw can people notice your porn addict?
Well not so much people but some experienced people in life will feel you and also women will feel it

This addiction kills your energy and it makes you unatractive to women as the sexual energy you hold in you its the one who makes women attracted

ailo - *November 15, 2025, 8:22 am*
(Nov 15, 2025 08:52 AM)diablospartan Wrote: [CITE] Well not so much people but some experienced people in life will feel you and also women will feel it

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Can women really sense that

I think i may have ed cant even get hard using my imagination, i hope its not permanent

Hyper_Star_Here - *November 16, 2025, 5:07 am*
yeah this too bad and i have this addiction too but some good person help me to get out of this.

Wilmer - *December 1, 2025, 1:32 pm*
(Nov 15, 2025 09:22 AM)ailo Wrote: [CITE] Can women really sense that

I think i may have ed cant even get hard using my imagination, i hope its not permanent
Yes, a majority can for sure. I stopped a while back and just went to imagination or pictures some times. Has helped me keep everything in check without having too much pent up energy. If going down this road I suggest learning about dopamine as a whole. It effects memory, focus, passion and a good bit more. Porn, video games, social media, fast food and anything else that spikes your dopamine should be monitored. Some people can moderate and some can't. I struggle to moderate so I found my life improved significantly the more of those I cut off. Fast food is the only one out of those I still can struggle with but not near as bad as it used to be. Taking vitamins for your brain and working out can also help reverse negative effects to your dopamine. Good luck with the learning process! You've already realized the problem and that's the first step.

ailo - *December 2, 2025, 3:45 pm*
(Dec 1, 2025 02:32 PM)Wilmer Wrote: [CITE] Yes, a majority can for sure. I stopped a while back and just went to imagination or pictures some times. Has helped me keep everything in check without having too much pent up energy. If going down this road I suggest learning about dopamine

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Does it count as fast food if its from grocery store

How do i know which vitamin i miss

Wilmer - *December 3, 2025, 7:35 am*
(Dec 2, 2025 04:45 PM)ailo Wrote: [CITE] Does it count as fast food if its from grocery store

How do i know which vitamin i miss
Yeah not as much fast food as a whole versus extremely sugary food. It spikes dopamine. The vitamins are different for every person. Depends on your diet and environment for what you may need. In theory a well rounded diet gives you all the vitamins you need. Many are skeptical about the industry and rightly so. Tons of marketing and fake claims. You could compare them to medicine. If you're not sick and take medicine then you won't think it works and is fake. If you take vitamins for things you're not deficient in then they seem like they don't work. There are apps you can plug your diet into and it'll tell you what you may be lacking or can get a full blood panel at the doctor that will also show your levels for different ones. One I recommend for everyone is fish oil/omega 3s. Find a trusted brand and take them daily. Such a broad topic it's hard to recommend vitamins for people without knowledge of the person's lifestyle.

Spore - *December 3, 2025, 4:17 pm*
Once you take a step back and become aware of it, you realize how much of your life you have literally wasted to tugging on your meat. SO much time I wish I could get back

ailo - *December 4, 2025, 4:25 pm*
self awareness is good now, now i know its dangerous and bad

MoOne - *January 23, 2026, 12:44 am*
(Nov 14, 2025 08:08 AM)ailo Wrote: [CITE] Finally i gained consciousness from this evil wicked porn addiction and realized i was addicted it was subtle and it changed my brain i felt i like i was drugged mind was clogged it messes up how you think and procastinates in my case i even had some childhood problems combined with this, really messed up

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Wondered how you are doing? I’m approaching my 2nd month so interested to see how you’re holding up