

# THE PORN DETOX: WEEK 1

- Your brain stem's purpose is to keep you alive. It scans your physical environment for needs tied to your survival. Food, shelter, water. Love, safety and belonging. This part of the brain is ancient. It still runs on hunter gatherer programming. It believes that if you are not loved, if you don't belong, you will be alone in the world and your chance of survival is slim. Tribe, love and belonging are VITAL needs. They are as important to the brain as food and water.
- When your brain stem senses that there is a shortage of any of these needs, it sends a signal through your nervous system. This is called the stress response. Your nervous system becomes active.
- When a belief system is the cause of your stress response, you cannot out run it or hide from it. The result is that the stress response is turned on for an extended period of time and the only option is to self-soothe.
- Most people self-soothe with drugs, alcohol or sex. Orgasm is a self-soothing mechanism.
- When orgasm is practiced with beliefs that cause the stress response, "I am a bad person for watching porn", then once orgasm happens, instead of soothing the nervous system, it becomes activate again. If you are a bad person, no one will love you and you will die - as far as your brain stem is concerned.
- Most men have only been taught to self pleasure while watching porn.
- The porn loop: Stress response is activated, try to self soothe through watching porn, porn activates negative belief systems about the self that reactivate the stress response, try to self soothe through watching porn..... so on and so forth.
- All beliefs are integrated into the brain through repetition or PRACTICE. Practice something new and you'll get a new feeling, outcome and reality.