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aug 12 2017 i ve came to realize that i can literally adapt to any situation thrown at me due to
the severe anxiety pmo has given me i could be out with my friends and they would get into a
club i m

jul 14 2017 report your rebooting resets and relapses here evaluate your progress and the best
path to proceed forward this is a stumble not a fall and an opportunity for growth also this is a
place

dec 1 2021 you have some life experience under your belt and you have plenty of time to make
significant changes to turn things around

may 2 2020 beyond recovery mo masturbation and orgasm discussion while not particularly on
topic for this recovery oriented forum retention coined from semen retention is the act of

dec 4 2014 hey guys yesterday was 14th day since i stop pmo d and i feel its difficult but i will in
that no matter how tough it is my goal is 90 days and i beilive i will thiss

may 5 2017 with sensitivty levels going back to normal i find it annoying when i m meditating
and i pop a boner out of nowhere or by minimal trigger thoughts happen yo might be normal but
it s very

jan 16 2018 as a vegan its really important to inform yourself of proper nutrition i have been
vegetarian for 16 years now had developed a vitamine d and iron deficiency for years without

aug 26 2017 children are being exposed to pornography at younger and younger ages these
days often below the age of 10 many of us are experiencing significant detrimental effects before

may 2 2023 drawing inspiration from another poster thread you need to change how you re thinking you need to stop thinking about avoiding pmo and start

sep 28 2017 recovering from addiction often goes along with other self improvements here you can discuss about other areas of life health fitness dating advice social dynamics spirituality etc

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