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# Ways to win over internet pornography (a self-help material)

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Initially, this text was prepared in concise form in cooperation with the sexologist Dr. Slavoj Brichčín. It was created as an answer to the questions that we obtained via e-mail. This self-help material can be distributed without any restrictions.

## Negative motivation works quickly and strongly

Work with motivation. Be aware of the disadvantages of addictive behaviors for the body and mind, unpleasant experiences from the past and possible problems that can come in future. We can recall awkward feelings and states of exhaustion, or we can realize that the internet is not that anonymous. The network administrator at work or your family members can easily find out which web pages you visited and what you did there.

**Our opinion:** Negative motivation helps to manage the crisis and cravings more quickly. This also applies to various forms of addictive behavior.

## Positive motivation is pleasant

Work with positive motivation as well. Realize the advantages of a good self-control in relationships, at work, spirituality or health. The advantage of self-control is the fact that a person becomes more independent.

**Our opinion:** Working with positive motivation is pleasant and suitable for maintaining a good health in a long term. It is also appropriate to realize the problems caused by addictive behavior first, and then the advantages of a good self-control.

## New beginning, possibly complemented with computer fasting

Disconnect the internet. Delete cookies, offline content and bookmarks that can pose a risk from your browser. Delete all materials that might pose risks from your hard disk. Then run the antivirus and antispyware. In case of relapse repeat the procedure. It is even better to avoid using the computer for a week or longer.

**Our opinion:** These web pages contain viruses and spywares very often. These programs are then installed into computer without the owner's consent and send personal information, redirect the browser or cause other serious complications. Therefore, this recommendation protects your computer as well as your data. Moreover, from the psychological perspective, this represents a cleansing ritual and a new beginning.

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## Be aware of your body

Pay more gentle attention to your body, it will reward you for it.

**Our opinion:** A good perception of your body protects health. A person who recognizes fatigue or pain in time takes corrective action quicker. Damage is thus prevented and productivity and efficiency is increased. Good self-awareness protects the musculoskeletal system including the spine and internal organs.

## Focusing

Use focusing. Instead of your fantasies, focus on the surroundings, situations, sounds and feelings; realize what time it is etc. This order may also have a deeper dimension. Do you realize what information comes to you through this or that medium? Replace the bad taste with something better.

**Our opinion:** Focusing brings a person from the world of unreal fantasies to reality and improves self-control. Focusing on internet pornography significantly narrows consciousness.

## Be more aware of your mind

You can thus recognize irrational cravings or emotions that make people do stupid things. When craving leave the computer immediately and focus on something else.

**Our opinion:** Even otherwise intelligent person is often behaving foolishly when under the influence of cravings and emotions. These situations must be avoided. If you are able to realize when the craving occurs, you can prevent it in future. You can correct the “infected thoughts”, i.e. thoughts distorted by craving.

## Better perceive your energy and energy of your surroundings

According to Chinese medicine, the liver function affects mainly male sexuality. However, the liver is also connected with eyes. If the energy of the liver rises in the eyes, there is a lack of energy in the lower body. Energy that comes from the pornography is not good. Reckless desire for wealth is usually behind this energy.

**Our opinion:** Whether you believe in energy or not, modern research has found out that frequent pornography viewing increases the risk of impotence. According to scientists, improvement can be expected only after several months of abstinence from pornography.

## Time limitation

Use the computer only for a limited time and for performing specific tasks. The time that you saved can be spend on health care, exercise, meaningful hobbies and relationship development.

**Our opinion:** By long sitting in front of the computer you get exhausted and thus you are less in control of yourself. You need to be well-controlled. Therefore, it is necessary to lead balanced life.

### **Place limitation**

You need to have your computer positioned in a place where other family members can see it. This is useful especially in children. It can also facilitate self-control in adults.

**Our opinion:** To have the possibility of being controlled makes the abstinence easier.

### **Disconnect the internet temporarily**

If possible, work without an internet connection.

**Our opinion:** Working without an internet connection is safer in terms of protection from computer viruses. In addition, the craving is thus weakened and the self-control strengthened. Also, no program upgrade will disrupt your work now, which is also an undeniable advantage.

### **Bear the consequences**

In case of recurrence punish yourself by an unpleasant physical work. For example: clean up, wipe the kitchen floor and scrub the bathroom tiles.

**Our opinion:** Physical exercise or work tunes a person not only by diverting attention but also mentally. In addition, it helps the blood circulation which relieves the congested pelvis. Another obvious advantage is that you will have your house cleaned. This “penalty” should follow immediately after the problematic behavior occurs. The psychological effect of this procedure is thus increased.

### **Physical activity helps in many ways**

Exercise, work physically, walk!

**Our opinion:** Exercise helps the body and mind. The modern man often suffers from hypokinesia (lack of exercise). Adequate physical activity is effective in preventing many problems, and also protects the heart, joints and spine.

### **What do you really need?**

Realize your true physical, mental and spiritual needs. You will be then able to meet these needs in a healthy and wise way.

**Our opinion:** Sitting at the computer and dealing with dubious materials can replace the unmet needs in many areas of life such as emotional, relational, spiritual, the need for self-fulfillment, etc. Even the self-control is improved when the reasonable needs are satisfied adequately.

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## Distractions

When craving turn off the computer and do something safe. Interesting and useful activities prove to be the best.

**Our opinion:** Distraction is moderately effective and enjoyable process. Instead of repeating the same meaningless activity over and over, you can choose from an infinite number of better options.

## Can you breathe correctly?

Breathe slowly in the abdomen and lengthen your breath when exhaling.

**Our opinion:** Breathing and emotions are related. A person who is under stress breathes differently than a person who just sighed. Quiet and deep abdominal breathing with prolonged exhalation calms and improves self-control. It helps not only when craving for pornography, but also in dealing with negative emotions and stress. You have to breathe anyway, so why not breathe healthy?

## Appropriate diet helps

Avoid animal proteins and alcohol. Also eliminate too fatty, spicy or otherwise irritating food.

**Our opinion:** Excess of protein and irritating substances that are excreted in urine worsen the self-control. Overeating with animal fats (except fish) is not healthy. In modern society, many people suffer from obesity. Obesity brings major health risks such as heart disease, diabetes, tumors, etc. The bad mood and lack of exercise, i.e. lengthy sitting at computer or in front of TV are the main causes.

## Rest

Get plenty of rest and enjoy plenty of healthy sleep.

**Our opinion:** Well-rested people are in better self-control. Fatigue and exhaustion would only worsen the self-control. This applies to self-control in relation with the use of internet as well as self-control in other areas of life.

## Relaxation and autosuggestion

Learn to relax. At the end of your relaxation you can use autosuggestion, e.g. 1. I am calm and in control of myself. 2. I am calm, wise and responsible! 3. I live a healthy life, I act wisely!

**Our opinion:** The relaxation techniques relieve anxiety, depression, fatigue and exhaustion. When someone exercises before bedtime, relaxation makes it easier to fall asleep. State of calm induced by a relaxation technique increases the efficiency of autosuggestion. Autosuggestion formula can be also used shortly before falling asleep or right after waking up. The mind is then more susceptible.

## Laughter and humor

Use humor. Isn't it weird to fall in love with processors, computer operative memory or light-emitting diodes? Or with a fat programmer who operates the web pages? Or with the greedy owner of the web pages who profits from them?

**Our opinion:** Laughter and humor moderate the negative emotions and help being over the problems. And you certainly need a perspective. Just a little laughter is helpful. I wrote a book called "The Healing Power of Laughter" that deals with this topic. Maybe you can still buy it somewhere. Or you can watch some of my videos of different kinds of laughter on [www.youtube.com/drnespor](http://www.youtube.com/drnespor).

## Beware of the self-control enemies

Avoid all the stimuli that impair self-control such as movies, newspapers/magazines, alcohol and drugs.

**Our opinion:** High-risk stimuli and addictive substances impair self-control. A person who tends to behave addictively in one area may have a tendency for other addiction problems. This person should be more careful. Alcohol damages the liver and some alcoholic beverages contain kidney and urinary system irritating substances.

## Time management

Time management helps in many ways, for instance from severe stress.

**Our opinion:** The balance between the responsibilities and relaxation, responsibilities and entertainment, work and home leads to a greater life satisfaction and makes the self-control easier. Boredom and lack of activities but also work overload and long-lasting overwork are dangerous. It is better to avoid all of them.

## The principle of oppositeness

Create opposite thoughts and engage in activities that are incongruous with the risk content of the internet.

**Our opinion:** The human mind can be easily transferred from one state of mind to an opposite state of mind. For many people it is thus easier to invoke positive thoughts than overcome the negative ones.

## Learn to manage stress

Aside from physical activities, relaxation techniques (see the videos at [www.drnespor.eu](http://www.drnespor.eu)), friendly company, quiet environment and psychotherapy also help manage stress.

**Our opinion:** Stress prevention and stress managing significantly enhance self-control. In addition, they are beneficial to health.

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### Your own methods

The self-control can be improved by walking a dog, spending more time in nature, doing spiritual exercises and rituals or by quiet and melodic music.

**Our opinion:** People are different and therefore it is good to find out what works best for you.

### Medical help

If the self-help is inadequate, seek professional help from psychologist, psychiatrist, marriage counselor or sexologist.

**Our opinion:** Sometimes, lack of sexual modesty may be related to other psychological problems. A medical specialist can best assess the diagnosis. Help of medical professionals and self-help are complementary.

### More information

Nešpor, K. *Jak přežít počítač*. Kralice: Computer Media 2011; 128.

Nešpor K. *Sebeovládání: stres, rizikové emoce a bažení lze zvládat*. Praha: Portál 2013; 152.

For more information about the prevention and treatment of addictive diseases visit [www.drnespor.eu](http://www.drnespor.eu). Other self-help guides for people with addictive diseases and their loved ones, relaxation recordings and much more can be found there.