

Finding Your WHY

WHY do you want to live a life free from porn and masturbation? What is your compelling reason?

Without establishing your *WHY*, you won't have any clear motivation to conquer tough times when you feel overwhelmed, stressed, on edge. You need to have a clear cut *WHY*. Without establishing this in the beginning, relapse is inevitable.

(Don't take more than a day to fill this out. You will probably come back to this more than once to update it, based on your growing self-awareness. Once you are done with it, print it to remind yourself why you are doing this every day. When failures, overwhelm, and negative thoughts are pushing you back, read this aloud to yourself to remind you of why you started and why this is all going to be worth it.)

STEP 1: ISOLATE THE PAIN POINTS

The first question you need to answer is how porn and masturbation have caused pain in your life. Here are a few additional questions to get you thinking:

- How has porn and masturbation impacted you negatively in the past, and why must you get away from that? (Write at least 5 consequences that you have experienced.)
- What will happen to you if you never get over porn and masturbation?
- What pain have you felt in the past that you have to get away from and never feel again?
- What can you **never** allow to happen to your future self because of this problem?

People are twice as motivated to get away from pain than they are to run toward a dream. So really think about what you want to get away from, and remember it when things get rough.

Here's an example:

"I had no motivation to do anything knowing that I was a slave to PMO addiction and that I couldn't control it. My PMO addiction made me feel like I was a walking zombie. I never want to live like this again."

STEP 2: IMAGINE THE DREAM

Greg Plitt famously said, "If you can mentally see the end of your journey, then your body will physically find a way to achieve that goal." It's truly amazing what achievements are possible - no matter how difficult they may seem - when you can visualize them in your mind.

So now that we have isolated the pain points you're trying to get away from, what is your end goal? Here are a few additional thoughts to get your mind moving in the right direction:

- What do you hope to get out of this journey of recovery?
- Write down some amazing things that will happen to your life if you end up quitting porn and masturbation for good. What will your dream life look like? What kinds of new things and experiences would they include?
- What's the best thing that could possibly happen when you conquer porn and masturbation for good? What is the best case scenario?

STEP 3: IDENTIFY WHO YOU'RE FIGHTING FOR

In order to find success in this recovery journey, you won't be able to do it in isolation. You are going to need to identify a relationship that provides meaning to this difficult (and at times, painful) journey. You need to be fighting for someone.

What is one relationship that gives meaning to your pursuit of recovery? Who is the person you will fight for? And why are you fighting for this person?

STEP 4: INDICATE YOUR COMMITMENT

This is where you are going to put the first 3 steps together to formulate your WHY. And then you're going to activate it by turning it into a commitment statement. Here's what it can look like when you indicate your commitment:

*"I commit to showing up every single day and taking massive action on what I am learning because I need to overcome **[insert pain points]**. As I experience real recovery, I'll finally be able to **[insert dream]**. And when I inevitably go through tough times on this journey, I will remind myself that I'm fighting for **[insert person you are fighting for]**."*

You've got this and I believe in you!



Brant

