

here's how to impact your local community.

Print this out and tick things off as you do them. People following this guide will create a global conversation about pornography, realistically enabling hundreds of millions of people to quit.

Everything here is simple, effective and free, and without ideology or bias.

expires 3/7/2024 — do not follow this guide after this date!!

go to <https://quiteasily.org/local>

why? our campaign is always evolving, and different things work better at each stage

now.

cultivating mental clarity and serenity

- I sat in a dark room for six hours without distractions and thought about life.
- I printed out this checklist.


local.

cultivating mental clarity and serenity

- Search for different organisations in your area on maps, and make a list below.

churches, mosques, religious organisations, addiction organisations, shelters, and many more

- I found a printer to use at _____
home, work, school, university, library, copy shop, grandparents
- I printed out letters from quiteasily.org/letters.
- I gave these letters (even anonymously) to these places.
 - ___ x church letter(s)
 - ___ x mosque letter(s)
 - ___ x _____ letter(s)
- I've printed ___ posters to and put them around _____
you can find these at quiteasily.org/local
- I videoed myself doing these tasks (even anonymously) and posted them to social media with #quiteasily and #shareyourstory (optional)
- I've marked these places done on <https://quiteasily.org/map>

what's urbit?
~racnec~palren/easypeasy 

what would you say to that porn watching guy who hurt you?

unless we converse, it'll keep getting worse

#shareyourstory

quiteasily.org easypeasymethod.org

Hello,

Pornography is a massive problem everywhere, and you no doubt have many people seeking help from you and living with shame.

A lot of people wrestle with quitting pornography because they try using willpower -- anything involving counting days, blocking, restricting, rewarding or punishing yourself for using porn -- but these approaches don't work because they don't target the reasons that people have for using pornography in the first place.

Porn users must believe that pornography has benefits, such as stress relief, aiding concentration or relieving boredom, or helping with any other reason they could think of, otherwise they just wouldn't use it. However, since porn is something that we can't chemically handle, it creates a tiny little withdrawal in the brain, leaving people "more" stressed, less relaxed, and less able to concentrate than someone who never started using it.

It's this tug of war that makes all addictions difficult to stop: "It's not good for me, but I enjoy it", and porn is sneakily sad due to it being introduced at such a young age.

By showing users that their reasons for using pornography are illusions, people quit painlessly because they're no longer wrestling with themselves. They notice a thought that they want to use pornography, and they realise that it's a lie from a "little monster" inside their brain craving to be fed.

As pornography is very easy to quit when done correctly, all you need to cure the world is showing people this illusion, and then teaching them how to quit (by recognising they don't enjoy it, and genuinely enjoy being free) and they'll just naturally spread the message forward to others.

You're receiving this letter because there's a book that has helped many people that does just that, and it's completely free and always will be, and someone who read it wanted to share this letter to someone in their local community.

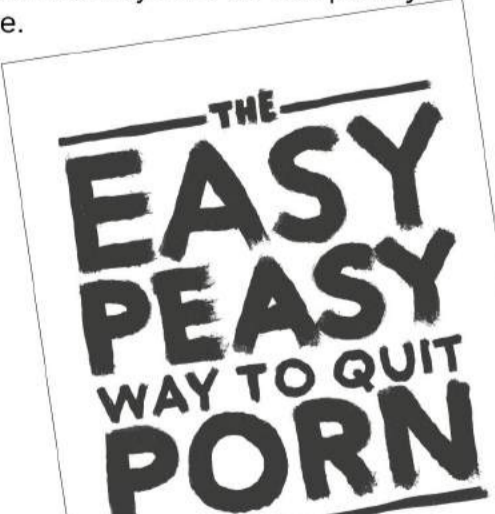
I think the only thing holding good discussions back is the stigma -- partly out of being labeled as an "addict" (instead of a porn user) and the uncomfortable nature of recognising the problem. Fortunately, the tide is shifting against pornography -- scientifically, socially and spiritually -- and we just need to unite people together.

I'm the author of easypeasymethod.org, which has helped around a million people to quit pornography. People regard it as "the method to quit", and it's grown to this size through word of mouth because it works.

My purpose is creating mass social change against pornography through changing the narrative around it and bringing people together instead. Hence, the book is and always will be completely free, and my aim is making it as accessible as possible, everywhere.

As such, myself and others are asking for your help.

All the people in your congregation, even if they don't use it themselves, are directly and indirectly impacted by pornography -- and freeing themselves, and those they love, would mean the message growing very quickly.



Cheers mate! Now consider spaces where you could share addiction recovery resources. These could be group chats, online communities, and local organisations.

Then, check out <https://quiteasily.org/help> to get involved further