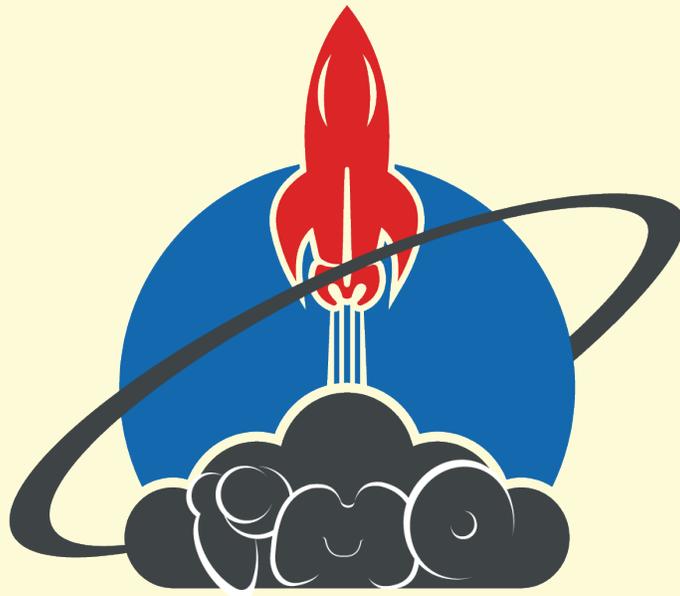


Getting Started with

NoFap[®]

How to use the NoFap[®] platform to
REACH YOUR GOALS

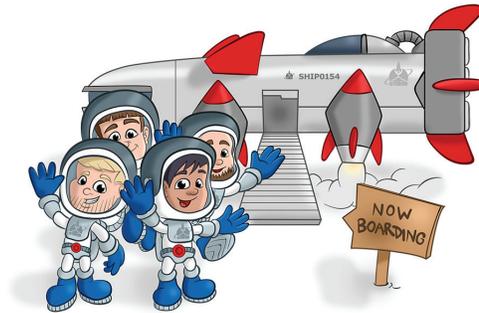


- Quit porn through the “rebooting” process
- Conquer out-of-control sexual behaviors
 - Pursue beneficial habits
- Live your ideal sexual lifestyle
 - Chase your dreams



Introduction

Hello and welcome to NoFap!



What is NoFap?

NoFap® is a comprehensive sexual health platform, empowering people to express their sexualities free from compulsive behaviors.

The *NoFap* platform provides many resources that will help you reach your goals:

- **Information** on how using porn can impact on your brain, your relationships, and your life. How to moderate sexual behaviors that you deem to be problematic, express your sexuality healthily, and build healthy habits
- **Programs and challenges** designed to help you set goals and keep you accountable
- **Guidance** to help you use your sexuality in a fulfilling, sex-positive way, in accordance with your values and sexual goals
- **Applications** to help you document your progress and stay motivated to reach your goals
- A helpful, supportive **community** of like-minded peers and experts who are rooting for you

NoFap is a sex-positive, secular, and science-based organization. We don't rely on moral or religious principles to support our arguments, preferring to use the latest scientific research, statistics, and the experiences of our users to illuminate the issue.

However, NoFap hosts an inclusive community, welcoming members of all religious and spiritual persuasions, or lack thereof. While the majority of our users do not identify as religious, we are happy to host large numbers of users from every major religion.



What is a Rebooter?

“Rebooters” are what we call those who voluntarily abstain from pornography - and often other sexual behaviors too. They might use the *NoFap* platform, or might never even have heard of us before. Rebooters can be found all over the world.

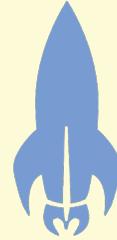
Abstaining from porn, masturbation, or sometimes even orgasm altogether (even during sex!), is called “rebooting,” as in “rebooting” a smartphone or computer “back to default factory settings.” Abstaining temporarily is what we have discovered to be the most effective tool that we have to quit porn sustainably, curb compulsive sexual behaviors, and ultimately live a better life with happier relationships.



Welcome to *Getting Started!*

This guide will provide you with the basics on:

- How Internet porn can change people's brains and behaviors
- How the "rebooting" process can reverse the effects of porn addiction and help you gain control over other compulsive sexual behaviors
- How to identify if you have a sexual compulsion that's negatively impacting your life
- Goal setting to help you get where you want to go
- What to expect while you reboot using the NoFap platform
- How to successfully make it through the most difficult parts of your reboot
- Why connection to others using the NoFap platform is helpful and important
- Ways that your life can improve when you have successfully completed your reboot



What is a Fapstronaut?

"Fapstronaut" is a nickname given to NoFap's users who are actively rebooting.

As you've signed up, you can now proudly call yourself a new Fapstronaut. Female users of the NoFap platform sometimes use the term "Femstronaut," but Fapstronaut is a gender neutral term - every user of NoFap can be called a Fapstronaut!

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We take your privacy very seriously. We will never share your information with others, for any reason.



What is going on with my brain?

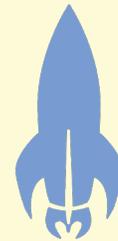


As a new NoFap user, you have probably realized that porn and excessive or compulsive sexual behaviors can have an extremely negative impact on people's lives. But you might wonder why. So how does an addiction to Internet porn develop? And, if you are having problems related to your porn use, how can you fix it?

What is porn addiction?

Porn addiction is a phenomenon of the brain. It is marked by use of pornography that proves difficult to stop *despite negative consequences*, and that often worsens over time. There are three common signs of porn addiction:

- **An increase in porn use over time.** You might go from looking at porn once a week to many times a day.
- **An increase in the *intensity* of the porn used.** For example, porn genres that used to disgust you may become the only thing you can get off to.
- **An inability to stop using pornography despite negative consequences.** You might skip important obligations to look at porn, or use porn during inappropriate times or in inappropriate situations. You might experience sexual dysfunctions or relationship problems. Many people continue to use porn despite these problems, and even after deciding that they should quit or regulate their consumption.



Because addiction is complex, the science of addiction is complex too. But a popular simplified version of the characteristics of addiction is the Four

Cs: an addict will suffer from a Compulsion to use porn, will Continue to use porn despite negative effects on their life, will be unable to Control their use, and will Crave porn when they are not using it.

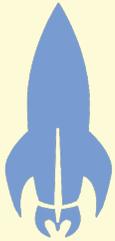


As you can see, some of these symptoms are more measurable than others. For example, it's difficult to directly tie a feeling of general fatigue to a porn addiction. And some are easy to spot: many men come to our website when they can no longer get an erection for sex or maintain it during intercourse. Reports from many thousands of people around the world link these symptoms to heavy porn use. By removing one variable from their lives - pornography - these same people report that these symptoms are usually reduced or reversed.

This list of reported negative symptoms is not exhaustive.

And people also report all kinds of unexpected and unique positive changes after leaving porn in the past.

The best way to find out if and how your sexual habits are affecting your life is to abstain from them temporarily. Some people join our platform and participate in a reboot out of curiosity, only to discover that their lives and relationships have greatly benefited from quitting porn.



You do not have to meet the criteria for addiction to pornography to experience negative effects from using it.

Some people - and these cases seem to be rare - who have problems related to their porn use say they are able to easily stop. Such people would not be technically defined as being addicted to pornography. If you are experiencing negative consequences of your porn use and are able to easily stop, first of all thank your lucky stars, and then consider if a period of abstinence would be good for you.



How Porn Addiction Works

The brain's reward system is an important factor in all addictions, including porn addiction. This cluster of neural structures helps us to learn from our environment by reinforcing behavioral responses to certain *stimuli*. These structures include circuits of neural pathways that have evolved to fire up when we encounter things that benefit us, subsequently encouraging us to seek out more of them.

These pathways release neurotransmitters like dopamine and endorphin when we encounter beneficial stimuli. This conditions us to repeat the experience. This process is fundamental to how we learn to survive and thrive in our environment.

Our reward system is naturally wired to reward us for having sex. Unfortunately the reward system, unlike our more-evolved conscious brain, seems unable to distinguish between masturbating to Internet pornography and having sex with a partner. The rational part of the brain and the reward system are out of sync: when you orgasm to porn, your reward system, in a sense, believes that you have successfully passed your genes to a new generation.

Porn can offer more sexual abundance, novelty, and stimulation than sex ever can. These three qualities make porn especially alluring to your reward system, and so especially addictive, because your reward center wants you to pass on your genes as often as possible.

Porn is more abundant than natural sex

The concept and material reality of "abundance" is new to the human species, which evolved under **conditions of scarcity**; our brains and bodies have yet to adapt to this new environment.

Many of our ancestors likely spent most of their time and effort on survival. Food had to be hunted or gathered, and prepared; enemies and predators had to be avoided; protection from the elements had to be found. Our world is very different today. The basics of survival - food, shelter, and safety - are now so convenient for many of us that we often take them granted.



Neurotransmitters are chemicals that the brain uses to send signals through the body. They relay signals to nerve cells called *neurons*. When the brain encounters something that will enhance your survival or breeding prospects, like food or a receptive sexual partner, the reward system uses the neurotransmitter dopamine to motivate you to take the appropriate action, such as eating or having sex. When you do the right thing, the brain rewards you by stimulating the release of endorphins, the neurotransmitter associated with feeling pleasure. This process also releases *DeltaFosB* (the higher the levels of dopamine released, the more DeltaFosB), a protein involved with learning and memory. This release of DeltaFosB allows the brain to link environmental cues to the pleasure response they initiated. Thus the brain teaches you to seek out what is good for you, and rewards you with pleasure when you act upon this impulse.



And our ancestors had to meet and interact with potential mates to experience sexual pleasure with another person.

Today, a pseudo-partnered orgasm is only a click away. *We can see more aroused, naked human bodies in an Internet porn binge session than most of our ancestors saw in their entire lifetimes.*

Our rational brains often know that too much of anything can be harmful - but our reward system doesn't. Once the reward system has been "wired" to learn that something is good, that thing remains good, at least until your rational brain intervenes. And if there is an abundance of that "good," your reward system will encourage high consumption (binging) in case the "good" becomes scarce again in the future. The idea of "all things in moderation," is simply not a concept the reward system recognises. The reward system always assumes that abundance will never last.

Porn is more novel than natural sex

Abundance isn't enough for our brain when it comes to sexual stimulation; our brains seem to be built to crave sexual novelty too. That's because our ancestors didn't just try to have a lot of sex to maximize their chances of passing on their genes; they sought to have a lot of sex with a lot of different people, ensuring a wider spread of their genes, and making inbreeding less likely.

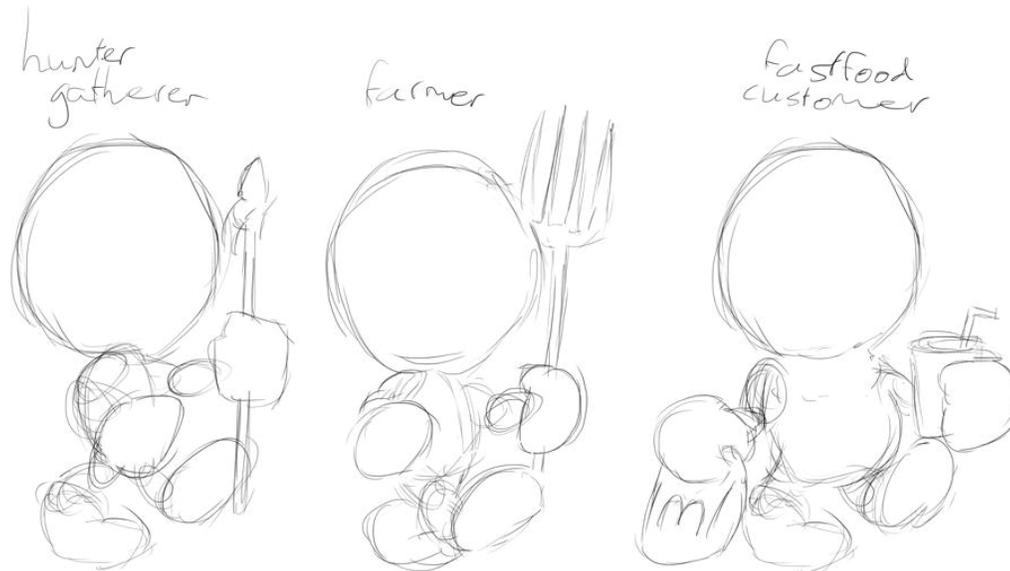
This constant search for new sexual partners is nicely illustrated in a phenomenon behaviorists call the *Coolidge Effect*.



The Coolidge Effect

The name "The Coolidge Effect" comes from a story about former US President Calvin Coolidge. Allegedly, on a tour of a farm, the President's wife was

impressed with the sexual stamina of a rooster. On being told the male chicken mated dozens of times a day, Mrs. Coolidge said, "Tell that to the President when he comes by." When Mr. Coolidge was told, he asked if the rooster mated with the same hen. "Oh, no, Mr. President, a different hen every time," he was told, replying, "Tell that to Mrs. Coolidge."



Experiments have found that many mammals of either gender - though the effect is more marked in males - often lose interest in sex with a familiar partner, show renewed sexual interest when presented with a new mate.

For porn users, this means that the same actors and actresses, scenes, and styles of sex may eventually get boring. So they move on to new genres and performers, often in the same session. Users report keeping large numbers of windows and browser tabs open while they browse porn, always keeping their levels of sexual excitement up as their brains are flooded with pleasurable neurochemicals.

And with modern high-speed Internet porn there is almost no end to the novelty a committed porn user can find.

Porn is more stimulating than natural sex

Porn can be more stimulating than sex with a partner. Porn performers often have surgically or digitally enhanced features, and they are filmed in fantastic and hyper-erotic situations that you are unlikely to encounter in real life.

For example, porn camera angles often provide close-ups of genital insertion that would be impossible, or certainly uncomfortable, to see in real life. When we have sex with a partner we have one view, not porn's multiple angles and close-ups of favorite body parts - body parts that are enhanced with camera tricks, lighting, makeup, and digital touch-ups.

Furthermore, many genres of porn deliberately cause anxiety in viewers as stress can increase levels of sexual excitement. Porn can do this by appearing to break taboos, or even the laws of physics and biology, as animated porn can. The addition of anxiety to the porn mix is designed to provide a bigger erotic hit than sex with a partner can.



This means that modern porn can deliver a greater payload of neurochemicals than partnered sex. It combines super-stimulation, novelty, and a never ending supply. Our reward system lights up and tells us to grab all we can, driving porn addicts to crave more and more stimulation and novelty.

Tolerance

“Tolerance” is common to all addictions. Increasing tolerance is seen when an addict no longer gets the same pleasure from stimuli that used to do it for them. This happens because the brain has been flooded with abnormally high levels of neurotransmitters for so long that it shuts down some of the neurotransmitter receptors to protect itself from over-stimulation. This means that over time, people may feel less and less pleasure from your stimuli of choice. This process is called **desensitization**. For porn addicts, this means they need increasingly abundant, novel, and super-stimulating porn to continue to get off.

A porn addict might escalate from 10 minutes watching to six or more hours a day. They might seek out new performers, kinkier scenes, and can even develop fetishes or sexual obsessions that previously would have left them cold. Porn addicts may also look for even more extreme, fantastic, or strange porn to get the same neurochemical hit as feelings of anger, disgust, or anxiety can add extra arousal to the porn experience for jaded users. Particularly upsetting for some users is an escalation into porn that they feel does not reflect their sexual orientation or doesn't align with their values.

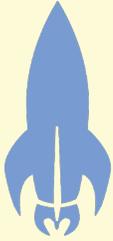
The Internet porn scene today is perfectly set up to deliver on this demand for abundant, novel, and super-stimulating material, which has become the new norm. In time many heavy porn users find that regular sex just doesn't cut it for them anymore.

Decreasing Quality of Life

A porn addict's reward system often changes to perceive pornography as disproportionately attractive compared to real-world sexual encounters. A human is naturally inclined to want to “mate” with as many of these porn “partners” as possible. And to do that, it might sacrifice other things to this overriding goal. You may start to feel tired, anxious, depressed, and uninterested in sex. You may find it hard to concentrate, or to motivate yourself to do the things you used to enjoy. Social situations may become unbearable. All these porn addiction symptoms - and their eventual disappearance - have been reported by our users.



Pornography can become so enticing to your reward system that your brain simply no longer pays much attention to real potential partners and only gets excited by pornography. This can lead to various sexual problems, most notably porn-induced erectile dysfunction, or PIED. At the root of PIED is the phenomenon of neuroplasticity. Neuroplasticity is the ability of your brain to learn from its environment, making changes in the actual structure of your brain to adapt to the world you put it in. For a porn addict, this world might come to revolve around frequent PMO sessions.



Experience erectile dysfunction? The Simple PIED Test.

Fortunately you can make a quick assessment of potential PIED at home. The *Simple PIED Test* should tell you if your erection problems could be related to porn use.

Masturbate without porn using just physical sensation. Avoid unrealistic fantasising and certainly avoid recalling porn this time, try to mainly focus on the sensation. After a suitable gap, use porn to masturbate, even to climax if you suspect a problem with ejaculation. If you're already abstinent from porn then try to replay some of your favorite porn scenes in your head.

If you are able to get and keep an erection using porn but can't without it, then you may have PIED.

But how do you know? If you can get an erection during this test, then physical problems aren't your issue. And, as you are alone during the tests, you shouldn't suffer from performance anxiety.

If you are able to successfully complete both these tests, but fail to successfully have sex with a partner, your problem might be related to performance anxiety or another non-physical cause. If you cannot achieve an erection at all, even while watching pornography, a trip to the doctor might be in order to rule out any physical cause.

This test is a quick and ready reckoner and if you are suffering from ED you should talk to a medical professional.

To simplify, excessive porn use can train the brain to regard pornography as a better, more convenient, and near-effortless way of having an orgasm instead of having sex with a real person. Therefore, it invests the sex drive into porn instead of real people. Eventually some porn addicts cannot get aroused by real people, no matter how attracted they might be to their sexual partner, but have no problem getting turned on by pornography.

Porn addiction, like any addiction, can significantly decrease your quality of life. This is largely because the addiction impacts the system the brain uses to motivate you to do what is good for you. Although dopamine is widely and incorrectly known as the "pleasure chemical," the "anticipation chemical," would be a better name. The desensitization process described above, shuts down some of the brain's neurotransmitters to cope with the unnatural flood of dopamine in the brain. It's reported that this makes the brain less able to respond to normal levels of dopamine. Many believe that the brain then prioritizes activities that can provide that super-normal dopamine payload - which for a porn addict is watching and masturbating to pornography. So porn addicts become extremely motivated to consume pornography, but other activities, even once-pleasurable hobbies, might become chores. With a weakened pleasure response and sense of motivation, life for a porn addict can progressively become more dull, paralyzing, and lifeless. They may need pornography just to feel "normal."



Do not use the *Simple PIED Test* as an excuse to PMO. We only recommend taking this test at the beginning of a reboot if you are concerned about a potential problem with PIED. There is no need to retest yourself throughout your reboot, and periods of low-libido "flatline" are to be expected - you don't need to keep testing your erection. If you have serious concerns about your ability to have or maintain an erection, visit a medical professional.



Problems stemming from porn use can leak into all parts of a heavy user's life - relationships, work, school, etc. For some heavy porn users, there may even be a link between escalating porn addiction and high-risk sexual behaviours: serial encounters with sex workers, unsafe sex, searching for porn that crosses the line into illegality, or even inflicting sexual violence on partners. Taking physical abuse from the fantasy world of porn into real life isn't "common" and likely can't be entirely blamed on pornography, but repeated exposure to extreme acts could have a normalizing effect on such behaviours in the way that heterosexual anal sex has been moved into the sexual mainstream by porn.

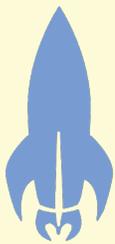
Pornography addiction can have a significant negative impact on people's lives as talents, potentials, and interests are sacrificed to an overriding concern for artificial sexual pleasure.

For more on
porn addiction,
please check
out our
Porn Addiction
page.



The process of “Rebooting” is the cure for porn addiction

If you feel like you are addicted to Internet porn, or are experiencing negative effects from your porn consumption, do not give up hope! Many thousands of people have reduced and reversed their symptoms by Rebooting. There are Rebooting programs of all sorts. But the NoFap Rebooting program is widely regarded as one of the most comprehensive, effective, and sustainable solutions to quitting porn and regulating out-of-control sexual behaviors.



At NoFap, we try to make the science of porn addiction as accessible as possible for our users. We use words like “pathways” and “rewiring” to describe the brain changes that occur. But brain science is not simple - in fact, the brain is one of the most complex and fascinating things that scientists are studying. New research is being published every quarter with many fascinating discoveries. It’s useful to understand what’s happening in your brain during porn addiction and a subsequent reboot. But if you find yourself getting stressed about the science, don’t worry, you don’t need to know the exact mechanics of neurochemistry to quit porn!

What is rebooting?

Rebooting is the process of abstaining from pornography for an extended period in order to allow your brain to reboot towards a natural, people-based, sexuality. A reboot may also include abstaining from masturbation, and for some Rebooters, even orgasm altogether.

By allowing the porn-addicted brain to unplug from pornography, many of the brain changes inflicted by heavy pornography use may be “repaired.” This is often described as restoring your brain back to “factory settings,” as you would with a computer or smartphone – hence, a Reboot.

The NoFap Approach

Challenges and community are at the core of NoFap’s approach to the Rebooting process. Our challenge programs insert a healthy degree of friendly competition into the rebooting process, with the NoFap team and community providing the accountability and support that Rebooters need to push their limits and achieve real and lasting success in their lives.

Travelling together brings a unique sense of camaraderie with other Rebooters on the NoFap platform, who will share in your victories, commiserate with you in your setbacks, encourage you to persevere when you are struggling, and help you to find the inner strength to persist beyond your urges.



Porn addicts’ brains are “rewired” to prefer pixels on screens over sex with human partners. This is because of their behavior has re-enforced neural pathways with dopamine and other neurochemicals, as well as the transcription protein DeltaFosB.



Program Parameters

Joining one of NoFap’s “Rebooting challenge” programs is simple. First, you should decide on your parameters. These include the duration of your challenge and from which behaviors you plan to abstain.

Currently, the NoFap program offers three *standard* sets of parameters for new users: Lite Mode, Standard Mode, and Hard Mode. NoFap recommends *Hard Mode* as the fastest and most effective way to sustainably quit porn and gain control over your sexual behaviors. The other two options are available if you feel that consuming pornography, and only consuming pornography, is your problematic sexual behavior, or you are sexually active and want to have sex during your reboot.

Lite Mode: Abstaining from Porn

Lite Mode or “P-Mode” requires only that a Rebooter abstain from looking at pornography. P-Mode Rebooters allow themselves to masturbate and to have orgasms (with or without a partner). While this mode is not as commonly practiced as other modes, some members arrive at the conclusion that watching pornography is their only problematic sexual habit.

Be aware that P-Mode has some pitfalls. While abstaining from super-stimulating pornography is undoubtedly a good idea that will help the brain rewire, it seems likely that a full Reboot can often take longer in P-Mode. This is especially true if the Rebooter is still masturbating and having orgasms while fantasizing and recalling porn-scenes porn-like scenarios, which still reinforces the association between pornography and orgasm.

As with Normal-Mode, which allows sex with a partner, Rebooters who still allow themselves to orgasm should be prepared for the potential to experience the “Chaser Effect” (see Pitfalls, below), which is a period after having an orgasm where some crave another orgasm very intensely.

P-Mode Rebooters may also fall victim to, or continue to suffer from, a common symptom of excessive masturbation: desensitization of the genitals. This can be caused by a desensitization of the nerves or a thickening of the tissues of the genitals as the hands or toys - especially over long masturbation sessions - physically overstimulate these body parts. This symptom, often triggering very rough “Death Grip” masturbation (“Death Schlick” for women), often clears up after a brief period of abstinence from overly intense masturbation. We recommend that P-Mode Rebooters learn to touch themselves more gently or use toys that provide a more gentle, “natural” sensation for the duration of their challenge.

Currently, the NoFap program offers three *standard* sets of parameters for new users: Lite Mode, Standard Mode, and Hard Mode



Standard Mode: Abstaining from Porn and Masturbation

The “Standard” PM-Mode is a Reboot in which the Rebooter abstains from both pornography and masturbation, but allows themselves to engage in sex and to have orgasms during sex. This is a popular choice among Rebooters who have partners or otherwise want to be sexually active.

Standard Mode is sometimes called PM-Mode (for Porn and Masturbation). However, Standard Mode has its own drawbacks. The *Chaser Effect* is a common problem for Standard Mode Rebooters. Furthermore, we speculate that some Rebooters find it challenging to have sex while not “pornifying” the sexual encounter or fantasizing about pornography, so it’s important to be mindful if you choose to have sex. Some people report that “Standard Mode” has slowed down their reboots and some people who choose Standard Mode eventually fall back into using porn.

However, anecdotal reports from hundreds of successful Standard Mode Rebooters has convinced us that this is a very viable approach to Rebooting. While it *potentially* may take longer than a Hard Mode reboot, it will certainly do the job, and having sex with a partner may actually help speed up the process of rewiring the brain to prefer real people instead of pixels on a screen.

Hard Mode: Abstaining from Porn, Masturbation, and Orgasm Altogether

With large numbers of video gamers among the community and the NoFap team, we lovingly nicknamed this mode *Hard Mode*. Abstaining in Hard Mode means no PM or O, so no orgasms, even with a partner. Many Rebooters do a Hard Mode reboot by default since they do not have partners or are not sexually active. Rebooters with partners can still do Hard Mode, but will want to get their partner on board with the idea of abstaining from sex, or even experiment with non-orgasmic sexual techniques. One such technique, *karezza*, has been successfully practiced by some of NoFap’s users and many Rebooters throughout the Internet.

While Hard Mode may seem like a more difficult reboot than P or Standard Mode, Hard Mode Rebooters don’t have to deal with the Chaser Effect, and they may experience the benefits of rebooting more quickly than if they’d tried other rebooting parameters without success.

Still, Hard Mode Rebooters should be prepared for several potential challenges. These are outlined in the Pitfalls section below.



There is a lot of good-hearted debate within the NoFap community as to which rebooting mode is better: *Standard Mode or Hard Mode*. Each mode has its supporters, and detractors. Hard Mode supporters argue that total

abstinence from sexual stimulation allows the brain to rest and dedicate more resources to rewiring itself towards a more natural, partner-based sexuality. Standard Mode supporters argue that having sex with real people actually “reverse rewires” the brain to associate sex, sexual pleasure, and the libido with real people instead of pixels. Whichever side you take in this debate (if you take one at all), it is important to realize that both modes have proven to be successful approaches to Rebooting. So don’t worry too much about which mode is better; just do what feels right for you and your life situation!



Abstaining from Other Behaviors

Rebooters need not strictly limit themselves to NoFap's official formats when choosing their challenge parameters.

We encourage Rebooters to tailor their challenge to their own needs and aspirations. While most members of the NoFap community design their Reboots around quitting porn and abstaining from masturbation for a period of time, that doesn't mean that Rebooters are limited to our standard program options! A Rebooting challenge is a good time to look at some other problematic habits. Do you spend too much time cruising social media for sexy pictures? Do you feel compelled to visit massage parlors or hire prostitutes? Do you engage in other sexual behaviors to an extent that they on your quality of life?

We encourage people to use our *choose-your-own-challenge* model to pursue other habit-breaking goals and improve their lives. Whether you do it after you reboot from porn or during your porn reboot, our platform is available for anybody who wants to improve their life.

Your goals don't have to be limited to your sexual lifestyle. Do you drink too much coffee? Do you live a sedentary lifestyle or have poor eating habits? We find that making too many large changes all at once is usually difficult to sustain, and it is therefore important to be mindful of overloading your list of habit modification. However, Rebooting is a golden opportunity to make your life better, and NoFap is an excellent environment in which to find support as you reach your goals. So if you have one or two goals you want to try to accomplish along with your Reboot, go for it! Just be careful not to overburden yourself.

Challenge Duration

After you have selected your challenge, the next step is to choose its duration. Once you've chosen a duration, it's important that you stick with it until the end. But don't get too hung up on what the perfect duration for you is. It's best that you just choose a time period and get going! After a period of abstinence from your chosen sexual behaviors, it's fine to increase your duration if you feel like your brain needs more time to reboot.

Here are some suggestions for choosing a duration:

Fixed Number of Days

NoFap's gold standard of success is our **90-Day Reboot** program. Ninety days is an initial duration that is challenging and effective for most, yet still very achievable. It's also sufficiently long that many users see marked improvement in their well-being once they've achieved victory. Many Rebooters will start with this 90-day challenge only to reevaluate towards the end that extending their challenge would be of benefit.

However, users can choose any number of days that they feel appropriate. Some ambitious users will try to go an entire year or longer, while other users are so entrenched in their behaviors that reaching two weeks proves a difficult challenge for them. The key is to choose a length of time that you'll be able to look back on with a sense of accomplishment when completed it.



Those skeptical of the Rebooting process may wish to try it out for just seven days. A short challenge is manageable for most but can act as a sneak peek of both the benefits and obstacles of taking on a longer abstinence. At the very least, seven days should be enough for anyone to determine whether they have a problematic porn habit; if Rebooters have difficulty abstaining from porn for seven days, it's a pretty good sign that a full Reboot would be beneficial.

Monthly Challenges

One alternative to choosing a length of time is to take part in our monthly challenges. Our website hosts challenges where users can sign up to take part in a reboot to abstain for a calendar month. This can be a good entry point for users who want to test the water with a shorter reboot while experiencing the camaraderie of participating in a community event.

Symptom-Based Durations

Rather than using a set length of time to mark their reboot, some users choose to Reboot until they feel the benefits of a healthier sexuality. This can be a good choice for people who engage in a challenge specifically to see if it can help them with a problem they are experiencing. For instance, someone who might suspect their erectile dysfunction is caused by porn (popularly known as porn-induced erectile dysfunction, or PIED) could give rebooting a try to see if it alleviates their symptoms.

We recommend that symptom-based Rebooters start with a 90-day goal and then reassess their symptoms. Problematic porn habits don't cause sexual dysfunction overnight, and they usually won't heal overnight, either. The brain and body need time to recover from a years-long habit.

While a symptom-based challenge is a good technique for people looking for concrete results, NoFap does not promote Rebooting as a panacea. If you are experiencing physical or psychological symptoms that bother you, please consult your doctor.

Day Counters and Challenges

NoFap's community forum provide day-counters for tracking consecutive days of abstinence from your chosen sexual behaviors. These counters can be reset when a member decides they have broken their abstinence streak.

The counter is meant to track your entire current streak, not your progress in your current challenge. Therefore, if you do back-to-back rebooting challenges, your day counter rolls over from one challenge into the next. For instance, if you choose to do a September challenge followed by an October challenge, you don't need to reset your counter to day one on October 1st.



Some Rebooters prefer not to give themselves a "challenge" at all, but to just see how long they can go on their current streak. Some Rebooters don't even keep track of the number of days that they've been abstaining for. There is some wisdom in this mindset. It is not uncommon for Rebooters who have completed a challenge to relapse soon after. Many Rebooters do this because, having accomplished their goal, they let their guard down, and are not prepared when their urges return. Not setting a challenge can encourage some Rebooters to be more vigilant for longer, and thus can help those individuals who believe they will be weak in their moment of victory. Many Rebooters benefit from immediately setting another goal after reaching their initial goal. It all depends on what works for you!



Challenge Duration vs. Reaching a Full Reboot

Our rebooting challenges are meant to help a person Reboot, that is, to return to a healthy sexuality with a preference for sexual interactions with people rather than with a computer screen. However, a Rebooter won't necessarily be fully Rebooted at the end of their challenge. Your brain will be fully Rebooted when, and only when, it has reversed the side effects of your problem habits, namely masturbating excessively to pornography. (For more information on the brain science of Rebooting, see our [page about rebooting](#).) The best way to identify if you've Rebooted or not is to assess whether you still experience the same symptoms you had before starting a Reboot. This topic is discussed in more detail later in this guide.

Many Rebooters find they feel significantly better after 90 days

Many Rebooters notice results after 90 days. However, heavy porn users or those who went through puberty using modern Internet porn often find that they need more time. Some people, especially those with PIED, have required a year or longer to achieve significant results.

It isn't possible to predict exactly how long it will take an individual to reverse porn-induced sexual dysfunctions. Therefore, it is best to be observant, reassess often, and take things as they come.



Pitfalls

Every Reboot contains its own challenges. Some of these challenges are unique to specific individuals, others are more universal. Below are some common tests, reported by a majority of the NoFap user-base.

Dealing with Urges

You most likely will get urges to go back to the habits that you are abstaining from. This is completely normal. But of course it is not good to respond to them by giving up on your goals.

Urges will often go away in a matter of minutes if you do not act upon them. It is neither physically or psychologically harmful to resist an urge. In fact, resisting urges helps develop discipline and willpower, both of which can be applied to great effect in other areas of your life.

So, how do you resist urges?

If you can identify your triggers, you can create strategies to avoid them.

Identifying Triggers

One great way to overcome your urges is to reduce their frequency.

Urges may be triggered by environmental cues that your brain has learned to associate with pornography - such as being alone in your room, or suddenly seeing a photograph while browsing social media.

If you can identify your triggers, you can create strategies to avoid them.

For example, if you spend a lot of time on social media sites browsing profiles, take notice of attractive images, and end up opening an incognito browser window to look at porn, you may consider going on a “social media fast,” only browsing social media when you are in the company of friends and family, or turning the images off on your browser while using the internet.

Or if you have developed a habit of PMOing before going to bed, and find it hard to sleep without it, then fixing your sleeping habits should be a priority. Try removing any internet-enabled devices from your room at least an hour before bedtime. Don't spend the hour leading up to bed browsing the internet. Instead, read a book, write in a journal, or do something else to help you wind-down. Many people find it useful to break that link between using electronic media and preparing for sleep. Even changing your location before bed, from your bedroom to the family room, can help disassociate bedtime with porn use.

There may be a double benefit here. Research has shown that the light from electronic devices can disrupt our sleep rhythms and reduce the quality of our rest. The National Sleep Foundation recommends at least a half-hour of avoiding electronic devices before sleep, and, ideally, completely removing gadgets from your bedroom.



Browse more safely. The most obvious trigger is a sexually arousing image. Technology won't yet allow you to manage your physical environment so that you won't see another titillating billboard, magazine cover or TV ad. But where you can control your environment you'll be making it easier on yourself if you make it as rebooting-friendly as possible.

That might mean cleaning up your Internet experience. Many Rebooters use some sort of content filter or safe browser to help them stay away from porn. There are many choices across operating systems and styles of monitoring.

Some choose to use accountability software that will email a friend, their partner or a accountability partner when they access questionable sites. That can be a powerful incentive to stay away from porn.

Potentially arousing images are very common online. Ad blocking software will remove a whole class of suggestive imagery. Using some search engines allow you to remove adult material from search results. For extreme protection while browsing online, most web browsers allow you to turn off all images while you browse.

The NoFap community is a great resource for tips on safe browsing. If you have any questions start a thread on the forum and ask away.

Remember, though, that these things are just tools to help you. You will know you have succeeded at your reboot when you can encounter arousing material and move on, resisting any urges to look at porn, or feel no desire to indulge in your old, unwanted behaviors. Some NoFap users shy away from using these tech tools because they feel they undermine their ability to develop this willpower. That's a choice for you to make.

The NoFap community is a great resource for tips on safe browsing. If you have any questions start a thread on the forum and ask away.

Processing Emotions

Emotions can also be powerful triggers in pornography addiction. Most porn addicts, at some time in their lives, have used PMO as a coping mechanism to suppress uncomfortable feelings. Conversely, some porn addicts find themselves so "numbed" that they tell us that PMO becomes one of the *only ways* they can feel much of anything. They may use porn as an easy, reliable way to provide some emotional arousal.

Common emotions that can trigger urges are boredom, stress, anxiety, sadness, and loneliness.

If you suspect that you may be using PMO to deal with emotions, try to be mindful of the emotional environment in which your urges arise. The next time you feel an urge, stop, and ask yourself: What feelings and/or sensations am I having right now? Where in my body am I feeling this sensation? What thoughts are accompanying these emotions? Am I anxious about an upcoming interview? Lonely because I was just rejected?

Remember that your emotions won't kill you. They can be powerful, but you can develop the skills to deal with them more effectively than by reaching out for porn every time you feel down.



A difficult emotion can be very uncomfortable. If you don't give your emotions the energy they need to affect your actions, then they are merely something you are experiencing in the moment, like the sound of a car passing by, or the shade of the tree you are sitting under.

Consider the popular "urge surfing" technique that some users decide to employ: Instead of running away from your emotions, you can try *feeling* them. Slow down your breathing. Bring your attention to your emotion. Explore it. Breathe into the emotion, bringing your openness and curiosity to the feeling.

When you do this, you will find that you create space around the emotion - it's simply not so important or powerful anymore. You will still feel it, of course, but it is bearable. This may take some time, but with practice it is possible to become completely comfortable with the emotional pain. This is because you are not feeding the emotion with your mental energy by getting caught up in it. Instead, by just letting the emotion be, you will find that not only is the emotion tolerable, but, like an urge not acted upon, it might soon fade away.

Common Urge-Management Strategies

Learning to identify your triggers and process your emotions should help to reduce the number and frequency of your urges. However, there are also several countermeasures you can take while experiencing an urge to motivate yourself to maintain your resolution and keep your streak going.

Changing Your Surroundings

One of the most common strategies among our members seems to be very simple - change your environment. If you are feeling an urge to slip back into old habits, go somewhere where you are less likely to reset/relapse. Once out of your danger environment, it is easier to think with a more level head, and make the decision that is most in line with your goals. Simply going outside or into company is a great answer; most people don't use porn in public. Leave all Internet-connected devices behind if you can; if you can't access porn, you won't use it.

Quick, High-Rep Exercise

This strategy is very popular. Among the NoFap community, exercise was quickly discovered to be an effective urge-killer.

When you experience cravings, you can try to stop what you are doing, drop to the floor, and do as many fast push-ups as you can manage. If push-ups aren't your thing, you can substitute squats or, if you have a pair dumbbells nearby, a quick set of curls. Any exercise will do. The physical activity focuses your brain's attention on the exercise, and Rebooters report that the cravings often swiftly disappear.



Some other exercises that are easy, portable, and great urge-killers:

- Sit-ups/crunches
- Lunges
- Jumping Jacks
- Wall-sits
- High knees/run in place
- Squats

Meditation and Mindfulness

Another popular way to deal with urges is through meditation and/or mindfulness. Urges are often accompanied with sexual imagery. Getting caught up in that sexual imagery, i.e. fantasizing, gives the urges power and makes them much stronger. But if you can prevent yourself from paying attention to that sexual imagery, people report that the urge often dissolves in a matter of seconds.

You can use a quick meditation technique to combat urges. When sexual images pop into your mind, immediately bring your attention to your breath. Don't try to breathe in any particular way, just try to keep your focus there. Some people count their breaths. Others focus on the feel of their breath in certain parts on their body, such as their nostrils or throat. If your attention strays, just bring it back to the breath. When the urge has passed, you can return to what you were doing and go on with your day.

Meditation and mindfulness may take some practice before you can successfully employ them against urges, especially if you are new to the techniques. But they are usually well worth the effort you put into them. Not only are they some of the most successful urge-killers, they have an added benefit of reducing stress and anxiety - two commonly reported symptoms of porn addiction AND two common emotional triggers.

Quick Distractions

Many people who are confronted with urges to look at porn employ various activities to distract themselves and give themselves time to remove themselves from the situation. NoFap doesn't officially recommend all of these techniques, but they're often employed by our user-base and Rebooters around the world.

Holding Your Breath

This is a very simple technique. Whenever you experience a strong urge, simply hold your breath! Your body will often quickly forget about the urge as it deals with the sudden crisis of oxygen deprivation. It is better to practice this technique with as little air in your lungs as possible (just push all the air out of your lungs by contracting your abdominal muscles before holding your breath), as the less air in your lungs, the faster your body will go into "crisis mode."

Meditation and mindfulness may take some practice before you can successfully employ them against urges, especially if you are new to the techniques.



If you decide to practice this technique, please be safe. Don't hold your breath until you pass out, and certainly do not do this while underwater. You likely want to talk to your doctor if you have concerns about stressing your body like this. This is not a contest to see how long can hold your breath. It is just a simple biohack to force your body's attention away from pornography and onto something else.

Cold Showers

Cold showers are usually more of a preventive, or preemptive strategy than an emergency urge-manager. Though if you can jump into freezing water in the heat of the moment, you will probably instantly kill any urge that you were having to PMO. But cold showers don't travel well, so most of the Rebooters who use them do so not to get rid of urges, but to discipline themselves and increase their willpower so they are more able to resist urges when they do arise.

Regular cold showers teach you to be comfortable with being uncomfortable. Who wants to jump into freezing cold water for the next five minutes, right? But if you can stay in that shower, despite the cold, despite the discomfort, you are learning the strength of will to resist an urge. Like cold water, urges are just another uncomfortable experience. Learning to deal with feeling uncomfortable, and not acting upon your body's immediate desires is a great way to learn to beat down urges.

A word of warning. There are some risks associated with sudden exposure to very cold water (particularly for those with heart conditions and high blood pressure) and with prolonged exposure to cold water. If you are considering this method, please talk to your doctor first and keep in mind it is a step by step process. Gradually decrease the temperature of the water so your body is not shocked. Please be mindful of your health.

Snapbands

"Snapbands" are simply rubber bands that you wear on your wrist, which some Rebooters have found to be a successful tool to employ against urges. When you feel an urge, you can simply pull back the band and let it snap against your wrist. The momentary pain wakes you up from the automatic pilot "PMO zombie mode" that so often leads to relapse. You can then take steps to contain the urge or remove yourself from temptation.

Use your common sense here. If you decide to practice this technique, you want a band that will give you enough of a shock to snap you out of relapse. But don't go beyond that. This is not about inflicting pain or punishment. We aren't "recommending" this technique but are including it because it's popular among Rebooters. If you have struggled with self-harm you might wish to skip this technique.

Other Ideas

There are many programs and supplemental material, unrelated to porn addiction, that might help you overcome urges. Our users are finding and using techniques from all around the world to help them make the right decisions in the moment.

Please share your favorite techniques with others on the forum!



Many of the techniques, strategies, programs, books, and therapies, discussed here, are regular subjects of discussion on NoFap's forums.

NoFap is always working on creating more content to help our users manage urges and create sustainable, PMO-free lifestyles. Make sure that you stay subscribed to our newsletter to stay up-to-date on our releases (go to [this page](#) to sign up, if you haven't already).

Chaser Effect

The Chaser Effect is a period of *significantly increased urges* that potentially can follow an orgasm during a Reboot. People may encounter the Chaser Effect after having sex, masturbating - whether to porn or not - or even having a wet dream. The Chaser Effect is common, so there is no need for worry if you encounter it. However it often creates some difficulty for Rebooters who plan on orgasming during their reboot, or Rebooters who have relapsed and are trying to restart their reboot.

The "Blue Balls"

"Blue Balls" is the name commonly given to vasocongestion. During vasocongestion, deoxygenated blood is retained in the genitals, which may lend the blue tinge that gives the condition its nickname. It is commonly caused by prolonged sexual arousal without ejaculation, but this is not always the case. Vasocongestion can be uncomfortable but it is usually completely harmless.

This is reported by both men and women (less commonly), women dubbing the experience "Blue Vulva."

While orgasming will usually relieve a person of these symptoms, many medical professionals agree that there is no harm in abstaining from sexual release *for a period of time*. Vasocongestion is widely reported as safe and will normally resolve in around an hour.

Some Rebooters find that non-sexual massage of their genital area helps to alleviate discomfort. Other strategies that seem to be effective in relieving vasocongestion include applying ice packs to the groin area, taking a hot bath, lying down, or lifting heavy objects (with correct technique, of course, from the legs, not the back).

Because vasocongestion is usually caused by sexual arousal, the simplest way to avoid it is to avoid getting turned on all of the time. This can be accomplished by strictly avoiding fantasy and other mental sexual imagery, as well as pornography and other sexually suggestive media, during the course of a Reboot.

If the discomfort does not go away, contact a doctor, as this may be a sign of a more serious ailment, such as a hernia or testicular torsion. Also, NoFap does not endorse lifelong abstinence from orgasm. NoFap's program helps you achieve the benefits gained from a *temporary* period of abstinence from orgasm. Most of our users go on to orgasm through sexual intercourse, or even through occasional masturbation without the use of porn, after completing a Reboot.



Flatline

Many Rebooters report temporary periods of little to zero libido with little to zero interest in sex during their reboots. Rebooters have reported that it is sometimes accompanied with low energy, lethargy, tiredness, and other symptoms. In fact, for some people, the flatline might feel remarkably similar to depression.

For a heavy porn user, who is used to an overexcited libido that constantly bombards them with urges to act out sexually, this flatline may be confusing, or even concerning.

Some Rebooters over-react when they hit the flatline, and end up masturbating to porn just to make sure they haven't completely ceased to function sexually.

The best advice is: Don't panic! The flatline is a normal part of the rebooting process. It may last several weeks, and may come back during your reboot, *but it eventually goes away*. If it does not, contact a healthcare professional. Also, if you ever feel the desire to self-harm or if you feel "down" for an extended period of time, that is not a normal part of the Rebooting process, and we suggest immediately contacting a mental health care professional. See the disclaimer in the beginning of *Getting Started* for additional resources.

In mild cases, the flatline can be a time to relax a bit (but not too much!). Some Rebooters find the lack of sexual urges peaceful. If somebody has been constantly bombarded by sexual desire and imagery for significant parts of their lives, the flatline can actually be considered a bit of mental relief for them.

For a heavy porn user, who is used to an overexcited libido that constantly bombards them with urges to act out sexually, this flatline may be confusing, or even concerning.

Emotional Rollercoastering

NoFap users just starting a reboot are often eager to experience all the benefits reported by thousands of other Rebooters. These positive changes often come with time, if you stick with your rebooting goals.

Rebooting, however, is not a magical pill. You will not suddenly wake up on the morning of your seventh day and discover your brain fog gone, your social confidence through the roof, and potential partners attracted to you like moths to a light bulb. Neither is rebooting a linear process. Overall, the net change usually curves towards more positive changes, but within that curve, there are usually emotional ups and downs.

You might feel amazing for a month; then a bad day full of urges and frustration will smack you down out of nowhere. Or you might have a week of feeling apathetic, and wake up the next day feeling upbeat. Just keep pushing forward, and take each day step by step.

Your friends, family, and coworkers might notice your emotional shifts before you do, complimenting you on your positive attitude or commenting on your moodiness. Whether this feedback is positive or negative, take it as a sign that your reboot is underway.



Since many Rebooters have for years been using pornography to regulate difficult emotions, they will now have to discover new and healthier ways to deal with their unprocessed - and perhaps even repressed - emotions.

However, this isn't the proper medium to give people individualized mental health advice. If you feel that your emotional state has changed significantly enough to have a negative impact on your life, or that you've experienced a period of negative emotions or apathy for more than a couple of weeks, we urge you to speak a mental health professional.

Wet Dreams

For porn addicts who are used to ejaculating frequently, waking up to wet underwear might be somewhat surprising! After all, anecdotally at least, porn addicts usually have fewer wet dreams than someone who doesn't masturbate at all. If a Rebooter started their habits early in life, they may have *never* experienced a wet dream.

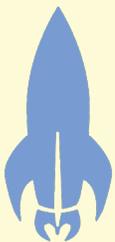
There is no need to worry, wet dreams ("nocturnal emissions") are completely natural. The body occasionally needs to get rid of excess fluids, and wet dreams are one way of doing it. Having produced enough seminal fluid to keep up with your porn habit, your body is probably still used to more frequent ejaculations.

But usually bodies adjust to ejaculating less frequently. So as time passes, Rebooters usually report that their wet dreams reduce in frequency.

And in case you are wondering whether a wet dream constitutes a relapse: no, the general consensus is that wet dreams, being involuntary, are not relapses because you had no conscious control over the process as it proceeded.



Some Rebooters learn the skill of lucid dreaming, or conscious control over dreams, to stop erotic dreams, and hence wet dreams, in their tracks. While it is certainly possible to do this, it takes a lot of practice to become proficient at it. Most Rebooters are content to let their wet dreams occur, and just deal with any elevated levels of urges that might result.



"Wet dreams" often occur with women in reboot too, minus the ejaculate. Same rules apply, it doesn't count as a reset or relapse.

Just be aware that after a wet dream, Rebooters can experience the Chaser Effect: stronger-than-normal urges to relapse.

Spontaneous Emissions

Just like some Rebooters have wet dreams, spontaneous emissions can also occur during waking life in males who are abstaining from orgasm for a period of time. This can be very alarming to Rebooters who have never experienced them before, but like wet dreams, they are completely natural. Some male Rebooters report spontaneous emissions immediately after urinating, others have reported that these emissions can happen at random times throughout the day. Reportedly, a male Rebooter does not have to be aroused to experience spontaneous emissions.



As with wet dreams, spontaneous emissions are not considered grounds for a reset/relapse, and will likely disappear or reduce in frequency as your body adjusts to orgasming less frequently.

Spontaneous emissions are not usually accompanied by the *Chaser Effect*, since for the most part they are not the result of sexual stimulation (unlike nocturnal emissions, which are usually accompanied by erotic dreams). However, everyone is different and it would probably be best to be on your guard.

Although this phenomenon is common among Rebooters, if you have concerns about body function changes, it is best to consult with a medical professional.



Relapse

So.. you relapsed. You might have felt like the urges were too strong or that the promise of pleasure was too appealing.

Whatever the reason, you may be feeling like a failure. You may be feeling like rebooting is impossible, and that you will never make any progress. You may be kicking yourself for your temporary moment of weakness, because now you know that the shining promise of pleasure has turned out to not be as good as expected.

Yes, you are human. Humans mess up. But failure to reach your initial goals does not need to be the end of your journey. Try again. Stand back up. Relapse is a chance to learn, to become stronger, and to make amendments to prevent the same mistake from occurring again.

Get Up Again

If you have relapsed, don't panic. Most Rebooters relapse at least once during their reboot. Porn addiction, like any addiction, is not an easy adversary to defeat.

Your progress isn't completely erased. Even though your counter has gone back to day one, if you went days or months PMO free, much of that progress is still with you.

Get back up, dust yourself off, and continue onward. Learn from what happened, and strive to do better next time. Success doesn't come to only people who never stumble; success comes to people who, despite stumbling, learn how to get up again.

Don't Binge

It's important to "minimize the damage," and that means not bingeing. After a relapse, the *Chaser Effect* may have kicked in and you will likely be feeling strong urges. You might try to rationalize subsequent PMO sessions. You might tell yourself that since you relapsed, all your progress is gone, and so you might as well enjoy yourself. But bingeing will further negatively impact progress you have made during your streak. If you slip, you must be strong and stop that slip from becoming a slide.

The first week after a relapse usually is the hardest. Our users often report that they are more sensitive to pornography, and things that never bothered you before, such as a lingerie ad, might trigger significant urges. If this happens, you are just going to have to deal with it, and take steps to make sure they are minimized.



Even though most Rebooters reset at least once, this is not excuse to relapse "just to get it out of the way," or agonize about whether you

will break your first streak, or successfully reboot in one go. Plenty of Rebooters *have* rebooted without ever relapsing, so just do your best, and don't overthink things.



It is a good idea to plan ahead for this potential increase in urges. Many Rebooters who have just come from a long streak purposely create a safety net for themselves during the first week after a relapse, so that they can be prepared for the urges when they come. You could move your computer to a more public area, or only browse the internet in the company of others. You could browse the internet with the images off in the browser, or install a comprehensive porn blocker. Additionally you can remind yourself to employ strategies like the ones listed above in the *Urge-Management* section, so that if urges do come, you will be well-equipped to deal with them.

Learn from What Happened

Relapsing is a learning opportunity. It is an occasion to look back, reflect on your streak, consider what worked for you, and think about what you could have done better. This is an excellent time to identify your triggers and your weak spots. Once you have understood your vulnerabilities, you can fix the leaks, so to speak, and prevent similar relapses from happening in the future.

For example, say you were excessively fantasizing about your ex because you were feeling lonely. This fantasizing elicited strong urges, which eventually led to you opening a porn site and relapsing.

Using this knowledge, you can decide to make a conscious effort to meet new people, as well as to stop fantasizing about your ex. If you are consistent in these resolutions, it will be difficult for this particular trigger to make you stumble again in the future.

Let the NoFap Community Know

After you relapse, it is good to let your friends in the NoFap community know by posting in your journal, and resetting your counter, if you have one. It might feel embarrassing and maybe even humiliating to admit you messed up, but not telling the truth is selling yourself and the community short. If you pretend that everything is fine while relapsing regularly, not only will you create unrealistic expectations for your fellow Fapstronauts, but you will also be in denial about the severity of your own problem. Lying to others is lying to yourself. If you do not confront the reality of your porn addiction, you will never be able to defeat it.

Being honest about your failure will also strengthen the bonds between you and the people you interact with in the NoFap community. As they commiserate with you and encourage you to do better, you will find yourself warmed by their kindness, and motivated to go that extra step to make your next streak your last streak. The next time you encounter strong urges, you can remember all the people in the NoFap community who are rooting for you. And in that moment of weakness, you will find that the accountability the NoFap community offers can be your strength.

After you relapse, it is good to let your friends in the NoFap community know by posting in your journal, and resetting your counter, if you have one

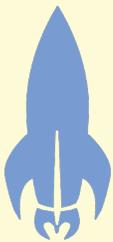


By being vulnerable and admitting that you messed up, you will develop compassion for other Fapstronauts' failures, becoming an authentic, encouraging voice that gets them out of their rut and onto the road to success. Being vulnerable is not a sign of weakness; vulnerability actually makes us more emotionally healthy by building resilience to shame and the feeling that we are not worthy of connection.

Still Having Problems? Get Some Expert Help

Can't seem to stop relapsing? Feeling down because everyone in the NoFap community seems to be making progress while you are not? Don't be discouraged. Everyone's story is unique, everyone's brains are different, and some addictions are much more severe than others. If you grew up on high speed internet porn and spent many hours a day browsing pornographic websites, you may have a much more difficult time in your reboot than someone who started on Playboys and lingerie catalogs. You may have had the misfortune to have been introduced to high-speed internet porn before puberty, but that does not mean your habits can't be modified. With enough effort and resolve, you, too, can find freedom and reach your sexual health goals.

If you find that you have difficulty gaining traction in your reboot, you might explore [NoFap Groups](#), which is NoFap's exclusive accountability service. *NoFap Groups* is an accountability program that meets every week via teleconferencing software. Meetings are hosted the NoFap Team and the service periodically hosts NoFap's founder Alexander Rhodes. NoFap Groups is designed to provide you with consistent, reliable accountability, so that when you experience significant urges, you can find the motivation within yourself to defeat them.



Relapse vs. Reset

There's a difference between a "reset" and a "relapse." While these terms are often used interchangeably in the NoFap community, the mental health care community would draw key distinctions between the two terms. "Resetting" means you have failed to reach a goal you have set yourself, and you need to *reset* your day counter on the NoFap platform back to the first day. "Relapsing" is a more serious issue, involving a return to previous - or even escalated - problematic behaviors and their consequences. So for a porn addict, one occurrence of using porn can be considered *both* a reset *and* a relapse. But for one occurrence of safe, non-harmful sex without the use of porn in NoFap's "Hard Mode" rebooting program, mental health care professionals likely wouldn't dub it a "relapse" since having sex is a healthy human behavior. Partnered sex during a *Hard Mode* reboot might be considered a "reset" since you didn't reach the goals that you set for yourself.



The Benefits

If you are addicted to internet porn, and internet porn is having negative impacts on your life, quitting porn will likely reduce or even eliminate these symptoms. There are also other benefits to quitting porn. Although these changes may not be as dramatic or life-changing as the reversal of sexual dysfunctions, they can be powerful positive influences on a Rebooter's life.

The “Superpowers”

Many Fapstronauts talk about the “Superpowers” that can be gained as they go through their reboot. Who has super-human abilities? Superheroes. And what are superheroes? They're fictional characters - sorry, it's true - so don't expect to be leaping any buildings in single bounds anytime soon. However, the positive psychological effects that Rebooters attribute to abstaining from pornography and masturbation can feel very profound and powerful, especially if you have been wallowing in addiction for a long time. Rather than the superpowers being a boost beyond normal human capabilities, they are probably just that, a return to normal, natural function, free from the negatives caused by a problematic habit.

Reported Superpowers include:

- **Confidence.** One of the most common “superpowers” reported is the feeling of increasing confidence.
- **Creativity.** Some of our users report a boost in creativity after or during a reboot. Some take up new creative pursuits, while other find that they are more efficient and better at problem-solving. Proponents of “sexual transmutation,” a theory often discussed on the NoFap platform, ascribe this increase in creativity to channeling sexual energy into constructive projects, rather than dispersing it with masturbation to pornography.
- **Social benefits.** Rebooters often report feeling more at ease in social situations, saying they are less socially anxious and more tuned in to how others are feeling.
- **Motivation.** Increased levels of motivation is one of the most commonly reported superpowers. Rebooters who have been chronic procrastinators may find it easier to get up in the morning and get stuff done. They may find themselves being more productive at work, or suddenly diving into an old hobby with renewed interest and zest.
- **Increased sexual interest from others.** Many Rebooters claim to notice more signs of sexual attraction being directed at them: more smiles, more eye contact, more flirting. Some theorize that this may be due to an increase of sexual pheromones, which PMO has reduced. Others say that it is a natural result of feeling more confident and being more proficient in social situations.



Don't get hung up on the idea of "superpowers." Some Rebooters report a fantastic response to abstinence from porn very quickly, and we must assume they do so honestly and in good faith. However, we are all different and all of our rebooting experiences will be different. Mood swings - from euphoria to despair - are also commonly reported porn withdrawal symptoms of porn addiction, so be cautious of being swept up in your ups and downs as you reboot. And remember that other factors - particularly if you are undergoing adolescence or if NoFap is part of a broader programme of change - may play into your experience, and the reported experience of other Fapstronauts. If you feel great quickly, great! Keep going, and don't use it as an excuse to test yourself. Long-term, sustainable change is your goal here and we believe - and science increasingly shows - that leaving porn behind will bring that.

Free Time

Fapstronauts who spent 2,3,4, or more hours a day PMOing will find that they suddenly have 2,3,4, or more hours to use as they please when they quit porn. Gaining back time which you can use in productive or relaxing pursuits is one of the greatest benefits of rebooting.

However extra time may also be a burden if it leads to boredom, or is used pursuing other less-than-ideal activities, such as binge eating, binge television watching, or binge gaming. It's best to find a good hobby that really interests you, and that you will gladly invest the extra time in.

Reduced Anxiety and Shame

Many people report that several weeks of rebooting significantly decreased their levels of anxiety. This effect seems particularly potent among Rebooters who were dealing with social anxiety. While the mechanism behind this reduction is not fully understood, there are several theories that are intriguing.

It could be as simple as where people are putting their time and energy. Many people who grew up on high-speed internet porn put a lot of time into the habit instead of their interpersonal relationships. When you cut out internet porn, suddenly there is more time and energy to put into developing social skills and cultivating relationships. After quitting porn, many people report a marked improvement in their social skills with friends, families, schoolmates, coworkers, and even strangers.

Porn use is often associated with shame. This is especially true of heavy porn users, or users who built up tolerance to vanilla porn and escalated to more extreme and anxiety-inducing genres of pornography that might not align with their values. No matter how porn-positive you are, or how often you tell yourself that "everybody" does it, few people enthusiastically share the details of their porn habit with others.

This sense of shame or a feeling that somehow you don't deserve connection with others because of your porn habit, can cause many people to withdraw from social opportunities. It might even make you feel paranoid; scared that everybody you meet is suspicious that you are a porn addict. Rebooting is one tool to address this sense of shame. Rebooting can often lead to confidence and decreases in social anxiety.



Rebooting also provides more concrete ways in which shame is reduced. It allows people to be themselves without having to hide a significant part of their lives. They don't have to worry that friends will see porn sites autocompleting in address bars or search boxes on their computer. They don't have to worry about a family member stumbling on some naughty picture while using their computer. They don't have to fear that a stray tissue paper will be noticed by guests.

Breaking free from this shame and anxiety may increase confidence in other areas of life. Many Rebooters find themselves more confident in offering their opinion at work, or more willing to approach potential sexual partners.

Having said that, we do not endorse rebooting as a cure for all psychological problems. There are other ways to address shame and anxiety. Shame and anxiety can be very detrimental to life and there are other methods, aside from rebooting, to address it. Some people consider temporary shame as useful to identify behaviors that aren't in-line with their values. But once shame becomes self-limiting or self-destructive, it should be addressed - likely in ways beyond rebooting, such as practicing self-acceptance and tools commonly employed in professional therapy.

If you feel you need help with anxiety, depression, shame, or any other psychological issue, talk with a mental health care professional.

Reversal of Sexual Dysfunctions

There is very strong anecdotal evidence that pornography is a major contributing factor to—if not the primary cause of—sexual dysfunctions in heavy users. These include the inability to achieve or maintain an erection, called erectile dysfunction (porn-induced erectile dysfunction, or PIED), delayed ejaculation, genital desensitization, and a general disinterest in real-world sex. Check out our [Porn Addiction 101](#) page for more information.

The scientific evidence for PIED get stronger each year. There is already a body of scientific studies which show that erectile dysfunction (ED) in young men was rare up until about the year 2000 when ED studies suddenly started showing a sharp uplift in ED rates among young men. This sudden shift correlates in time with the sudden and rapid expansion of high-speed Internet, bringing a new level of intensity to the addictive qualities of viewing porn. Our community has provided heaps of anecdotal evidence linking their use of high-speed Internet porn to their ED, and science is finally catching up. Since 2014, studies designed specifically to test for a link between porn and ED have shown a strong correlation, supporting the hypothesis that porn can cause ED.

There is also strong anecdotal evidence from our community that rebooting can clear up these dysfunctions for many individuals. While scientists have yet to study the effects of rebooting on PIED, specifically, we can draw conclusions from what we do know. We know that ED in young porn users is almost certainly the result of changes to the neural network of the brain called the reward system, since it has been shown that most ED in young men is not caused by low testosterone, and can't be caused by decades of physical lifestyle choices as is often the case in older men (smoking, obesity, etc). We also



know that changes to the reward system caused by addiction can be reversed in addicts who abstain for a sufficient time. Our conclusion is that PIED is reversible once men remove porn from their lives.

This has been demonstrated time and time again, as Rebooters report to the community that their PIED and other sexual dysfunctions were reversed by abstaining from pornography. Visit the [Success Stories](#) section of our forums to read many examples.

Having said that, we make no claim that rebooting is a cure-all for sexual dysfunction. If you are experiencing sexual dysfunction after quitting porn and it is negatively impacting your life, talk to your doctor.

Self-discipline

Rebooting helps to develop self-discipline and willpower, especially if practiced alongside other willpower-enhancing activities, such as cold showers and an exercise regimen.

This self-discipline and strong willpower will help you in other areas of your life. Much of modern consumer culture is built on the idea of instant gratification. You want something (even something you had no idea you wanted five minutes ago)? It's a mindset that fits very well with the consumption of online porn.

However, the lasting satisfaction of real achievement requires a significant investment of time and energy. Losing weight, learning a new skill, training for a marathon, or completing a major project: these things aren't something you can purchase online with your credit card. They require discipline, willpower, and the ability to delay gratification.

The ability to delay gratification is positively linked with academic success, physical and psychological health, and social competence. Studies have shown that porn addicts, like other addicts, have a decreased ability to delay gratification. Because of this decreased ability, porn addicts may also experience poor psychological and physical health. Rebooting, however, often helps to restore your ability to delay gratification, which in turn may contribute to success in other areas of your life, including better physical and mental health.

The “Surge”

The “Surge” is a temporary boost in physical energy experienced by males not long after their abstinence from ejaculation begins. This may be caused by a temporary spike in testosterone levels recorded in some studies. But even women-in-reboot sometimes report this phenomenon, likely due to the excitement of making such a profound life change or just having increased arousal from not orgasming for a period of time. Numerous members of the NoFap community report this increase in energy and vitality, and whatever the cause - biochemical or psychological - Rebooters can take full advantage of the Surge and enjoy it while it lasts!



Cultivating Good Habits

Many Fapstronauts discover a new passion for life. Suddenly, defeating their porn addiction is not enough. They want to learn new skills, start new hobbies, and pursue ambitious life goals. By cultivating good habits and pursuing your passions, you can build up your self-confidence, reduce your vulnerability to triggering emotions, and constructively use your time and energy to pursue your long-held dreams.

It's up to you to decide what habits or hobbies you want to pursue. You are the best judge of what types of activities will give you that positive boost that you need!

Pursuing good habits and engaging hobbies can be an excellent way to fill that time you were spending PMOing. These PMO replacements can stimulate your brain and can help you to feel more productive and accomplished.

If you feel up for an extra challenge, try adding new habits or hobbies to your challenge parameters. Commit to working on your habits or hobbies regularly throughout your challenge.

But don't get carried away! Too many new behaviors may overwhelm you. Start with one or two pursuits and really excel in them. Set small daily goals for one or two habits and work on them as consistently as your schedule permits. After handling them successfully for a sustained period, you can slowly ramp up to bigger or more challenging goals. Refrain from taking on more new routines until your first set have become second nature.

Avoiding Escapism

Your reward system is a tricky customer. Once you start denying it one form of dopamine by abstaining from porn, it often seeks out another. Replacing one addiction with another is common to all addictions - the professionals call it "cross addiction" - and Rebooters should be on their guard against other damaging or compulsive behaviors. Cross addictions often resemble the addiction they replace, so Rebooters may find themselves playing video games excessively, binge watching Netflix, or spending inordinate amounts of time on the internet. Your brain is likely used to high levels of dopamine, and in order to maintain those levels, it might be driving you to indulge in other dopamine-creating activities.

Even if you are able to maintain your abstinence from porn, indulging in cross addictions or other habits which aren't beneficial to you is probably not the best way forward. Thankfully, after a period of rebooting, many people report that everyday activities, such as exercising or hiking, become enjoyable again.

What you need is relaxation rather than escapism. A relaxing hobby is engaged in deliberately and will leave you feeling refreshed and recharged. Escapist activities are often compulsively pursued, performed as a way of avoiding uncomfortable duties or feelings. They can leave you feeling depleted.

It's up to you to decide what habits or hobbies you want to pursue. You are the best judge of what types of activities will give you that positive boost that you need!



It's a fine distinction and one that only you will be able to draw. Video games and reading can be relaxing hobbies for one Rebooter while providing destructive escapism for another. Are you engaging in an activity because it's something that you want to do, or to avoid something that you don't want to do?

Exercising and Dieting

People have discovered that rebooting is a perfect time to commit to a new exercise or dieting regime. Whether you want to eat healthier, or start going to the gym regularly, a reboot is the perfect time to challenge yourself to achieve health and fitness goals.

Be careful not to take on more than you can handle as you get active or change your diet. Set small, achievable goals that can be worked on every day. Your goals should be challenging enough to make you feel accomplished, but not daunting enough to cause you to distress and give up entirely.

For example, a previously sedentary Rebooter might want to start with a short hike in a local park, or a 15-minute walk on the treadmill, rather than jumping into a high-intensity exercise program that might leave them feeling discouraged. Someone looking to eat healthier might do better to simply commit to eating more vegetables, rather than suddenly becoming a vegetarian or starting an intermittent fasting regime.

You can use the Internet as a positive resource, including our forum. There are countless exercise, fitness and health resources that can give you good advice.

Exercising

Exercising is an excellent complement to any reboot. Not only can it help fill your newfound extra time, it can help also help reduce some of the negative effects of porn addiction, and any withdrawal symptoms you may experience as you quit PMO.

Exercise helps reduce stress, and boosts the levels of endorphins in your system, which can help you make the transition from high levels of dopamine to more normal amounts. It can improve self-confidence, alleviate anxiety, boost brain power, sharpen your memory, and fix your sleep-regulating circadian rhythms.

Dieting

While you're getting fit, your reboot is a great time to finally clean up your diet. Commit to providing your body with the nutritious food it needs to be a healthy organism and you'll reap the benefits. Like exercise, healthy eating can boost your mood, help you concentrate, increase your productivity, make you more energetic, and help you feel happier and healthier. A good diet will also decrease the risk of cardiovascular disease and cancer, as well as help you control your weight.

Additionally, paying attention to your diet can help you control binge eating habits, which can be bad for your mental and physical health. Binge eating is a common reaction to stress and uncomfortable emotions. It is also a common escape behavior that Rebooters fall into when they start a reboot. As we've seen, replacing your porn addiction with other compulsive habits is not the best way to reboot. Luckily, many of the tools you are using to quit porn can be successfully employed in taking care of your



binge eating habits as well. Like PMO, defeating binge eating depends on self-discipline and informed strategy. It is best to learn to deal with any emotions or stress in a healthy, empowering, way, without a neurochemical crutch.

Everyday Living Skills

A pornography addiction can make you depressed, unmotivated and listless. Doing even the simplest things can feel like a chore - brushing your teeth, doing the laundry, or keeping your home clean all fall by the wayside.

A reboot is a perfect time to start making a habit out of those everyday living skills which you have neglected. If you regularly spent hours a day browsing porn, you will find that all that extra free time you now have is perfect for getting stuff done around your home. Use it to clean the bathroom, take out the trash, do the laundry, or cook that special meal you have been planning on trying for months. Keeping your living environment clean and neat may seem like nothing much, but everyday achievements like this can boost your self-confidence and help make you feel good about yourself again.

And these everyday living skills will help you in other endeavors you may have taken up during your reboot. For example, if you used to eat fast food all the time but now want to eat more healthily, you will want to learn how to cook. As with all these skills, start with something small. Simple stir-fries or pasta dishes are good ways to begin. These dishes are easy to make and can be delicious and healthy too - master them and then move onto more complicated recipes.

Hobbies

Hobbies are a good way to fill your extra time and avoid getting bored, which is a common trigger for porn use. Remember, hobbies should be relaxing rather than a way of escaping reality: a pursuit you can use to channel your creative energies, rather than dispersing them through brain-numbing activities.

The options are almost limitless. Perhaps there's an unfinished project you can return to - that book you never quite read. Or perhaps you're looking for a new passion. Something that requires developing a skill and that will channel your creativity can be particularly fulfilling: learn to play a new instrument, break out the knitting needles or woodworking tools, learn to speak a new language.

Again, hobbies are great ways to help accomplish other goals you may have identified for your reboot. For example, if you have committed to exercising more, than hiking, jogging, or joining a sports team is a great way to fulfill that goal. Or if you have decided to adopt a whole food diet, then starting your own vegetable garden is an excellent way to keep yourself busy while providing delicious produce.

If you don't yet have any hobbies, try volunteer work. Volunteering is an excellent way to keep busy and focused on something other than pornography. Additionally, by helping others and interacting with people, you will be giving your mood a boost as well as improving your social confidence and people skills.



Further Benefits of Leaving Porn in the Past

As discussed above, excessive use of pornography, and porn addiction, can cause tangible dysfunctions in your sexuality, and these are most often reduced or eliminated through the proprietary NoFap rebooting process.

Your Relationships

As you likely know already, people's sexual habits, especially an addiction to Internet porn, can have an impact on their relationships of all types.

- **Family and Friendships:** People who quit porn often report that they have more time and energy to invest into their family members, friendships, and coworkers.
- **Romantic Partners:** According to many anecdotal stories and recent statistics, pornography is a factor in many divorces. Porn addicts often grow less attracted to their partners and less interested in partnered sex. Problems in the bedroom often trickle into every area of romantic relationships. Through quitting porn, many couples report that their relationships have been “reignited.”
- **Potential Romantic Partners:** Many Rebooters report an increase in confidence and feel more comfortable interacting with potential partners. They may feel more motivated to seek out partners since an orgasm is no longer just a click away.
- **Strangers:** Many Rebooters say that they feel more at-ease in social situations and feel “more connected” to the world around them.

Pursuing your passions

Want to do something amazing? Write that novel? Climb that mountain? Run that marathon?

Rebooting can be the springboard for your dreams. Our users often find themselves experiencing a new zeal for life, either during a reboot or after they have successfully completed one. Instead of procrastinating their days away with compulsive porn use, binge television watching, and other compulsive behaviors, Rebooters often find themselves once again tackling personal goals and dreams with enthusiasm and energy.

Pursuing your passions is certainly a worthwhile activity. But how do you know what you are passionate about?

The ancient Chinese philosopher Confucius said, “Choose a job that you love, and you will never have to work a day in your life.” While this is excellent advice, finding what “you love” might be the hardest part of following it.



Fortunately there are some easy ways to identify what you are passionate about:

- **Remember what you loved as a child.** Often our deepest passions emerged in our childhood, when we did not have to worry about how we were going to make a living and what we were going to do with our lives. These childhood interests are strong indicators of the type of things you are really enthusiastic about. What really engaged your attention as child? Writing? Sports? Exploring nature? Try to get back in touch with these early instincts, and see where they take you.
- **Ask your friends and family.** Sometimes we get so caught up in our own thoughts that we completely miss the most obvious details of our lives. In such cases, asking friends and family can help us look at our own lives more objectively. Ask those who know you well what kinds of things *they* think make you happy. What do they see you throwing yourself into? We are not always the best judges of ourselves, so look for the views of outside eyes.
- **Don't think about money.** If money were not obstacle, how would you like to spend your life? Traveling? Running a shelter for abandoned cats? Climbing mountains? Of course you won't be able to ignore finances while pursuing your passions, but imagining how you would like to spend your life if money was no object is a good gauge of what you love.

However, even after these steps you may still find yourself at a loss.

Don't despair. Despite what the many of the Internet's follow-your-passions gurus say, passion can be found. Passions can be cultivated as well as discovered.

This is the difference between a genius and a master craftsmen. Some people are born with gifts that allow them to excel in a certain field, a sport, for example. Others cultivate the gifts they have through tireless practice and continual application. Passion is not just some fleeting interest in an idea. It is a high energy engagement in a field, and it follows a natural trajectory: learning the basics, honing your ability, and finally achieving excellence.

So if you find yourself unable to decide exactly what you are passionate about, just pick something you enjoy and stick with it. Become an expert in it. The more you practice, the more you engage in that activity, the more you will be likely to feel passionate about it, and the more you will be able to bring enthusiasm to your work.

And if you invest a significant amount of time into an activity and still aren't enjoying it, choose something else. Passion can be cultivated, but it cannot be forced. It doesn't hurt to try out many different things to see what works the best for you and your lifestyle.

Don't despair. Despite what the many of the Internet's follow-your-passions gurus say, passion can be found. Passions can be cultivated as well as discovered.



Other Stuff: The “Superpowers” Sexual Energy Directing

You might see the word “superpowers” used on NoFap. Critics love to cite this as an example of a misleading claim of the benefits of rebooting.

However, they misunderstand the spirit in which the term is used. No Rebooter believes - or should believe - that they're going to get x-ray vision or the ability to fly. But the removal of a significant negative influence, the “rebooting to factory settings” with the abilities and potentials that you would have had if you had never had a problem with your sexual habits, can be a profound change.

As a society, we aren't best serving ourselves by being hooked on instant satisfaction. By rebooting our brains back to default factory settings, we are reaching a level closer to our potential, regaining our humanity, and gaining organic, natural sexualities. Which, compared to the way things were while we were addicted to porn, seem like superpowers.

Then again, some people might abstain from masturbation and orgasm for long periods of time, and practice sexual transmutation, that is something you might want to explore in the future, and is heavily discussed on the NoFap platform. We'll be offering more information on this in the future, stay tuned by staying subscribed to the newsletter ([click here](#) if you aren't subscribed).

How do I Know I'm Rebooted?

Finishing a challenge, for example 90 days of abstinence, is not necessarily the same as completing a reboot. In a challenge, you set a certain amount of time and abstain from porn for that period - it's a great achievement! However, the duration of a reboot is set not by you, but by the time your brain needs to reverse porn addiction-induced changes in your brain's reward system. It will take as long as it takes.

The clearest sign that reboot has occurred for many Fapstronauts is a return to normal sexual function. If you suffered from PIED, DE (delayed ejaculation) or PE (premature ejaculation), then having these issues clear up is a good indicator that you have successfully rebooted.



While the reversal of physical symptoms like PIED is a great indicator for the successful completion of a reboot, the reversal of the more subtle

symptoms like brain fog or social anxiety are less reliable. These symptoms can be more easily and quickly cleared up - if they are porn-related - than sexual dysfunctions like PIED. So you may experience greater levels of concentration or social confidence *during* your reboot and, while this is certainly a positive sign, it does not mean that you are completely rebooted.



Subtler signs of a completed reboot might include:

- Being able to appreciate a person's attractiveness without "pornifying" them.
- Being attracted to the whole person, rather than *just* their body.
- Desiring organic sexual encounters rather than just how it's scripted in pornography.
- Having no cravings to look at pornography.
- Finding sexual relationships to be much more satisfying.



Conclusion

Thank you for taking the time to read **Getting Started with NoFap**. We hope that you found it helpful.

While we will be thrilled if you go off and use this information to better your own life, we're also excited for the potential that you have to be best-equipped to not only improve your life, but the lives of those around you. Together, we are leveling up humanity, one reboot at a time.

We can't even fathom the cumulative effect that the rebooting movement is having on society. The NoFap organization is proud to be a part of it. And you are a part of it too. Thank you.

Just imagine how many people are out there who feel like they are slaves to their next orgasm. How many people are addicted to the limitless abundance of Internet porn. Imagine how many people's potentials have been squelched by these sexual problems, and how quitting porn can help them unleash their gifts upon the world.

Remember this. When it comes to rewiring your brain away from pixels and back to people, expect the unexpected. No two experiences of using the NoFap program are exactly the same. Everybody has their own unique journey to go through, and you must accept whatever may come.

Rewiring your brain is not a linear process. You will see this phrase often, and for good reason. One day you might be having a smooth time, while you might wake up the next day feeling utterly defeated by your craving to log on one more time. **The key is to keep moving forward.**

If you are experiencing distress, remember that you are not alone in this journey. NoFap is here for you, along with the wonderful community that it hosts. Ask questions, ask for help, share your struggles, share your successes, and help others to achieve theirs. That's how to get the most out of your journey.



Legal Stuff

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If you are experiencing thoughts about self-harm or suicide, get help immediately. Contact a hotline.

