

COST VS COMEBACK

Clarity is the antidote to urges. When you know exactly what you're losing and exactly what you're gaining, the choice becomes obvious.

THE COST OF STAYING

Be brutally honest. What is porn costing you right now, today?

What porn is costing me if I keep doing this:

The cost that hurts most:

Why this cost matters:

THE GAIN OF QUITTING

This isn't about giving something up. It's about getting something back.

What I gain by quitting:

The gain that matters most to me:

Why this matters:

THE DECISION

Put it in one sentence. Make it yours.

The reason I'm quitting — in my own words:

Growth lives on the other side of action.