

# 7 Proven Tips for 90 Days of No Fapping



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This is a list of my best tips for crushing PMO.

In fact, these strategies have helped my coaching clients get clean and stay clean.

(Most of them were surprised with the results.)

And they have also helped me stay PMO-free for 6 years.

The best part?

All of these tips will help you do the same.

Let's get started.



# Tip 1: Set a goal and track progress

According to studies, setting a goal in writing increases the likelihood of achieving it up to 40%. And tracking it keeps you motivated.

### Do this:

- Create a goal to stop PMO for a specific number of days. 90 days is a good place to start.
- Write your reasons for achieving this goal.
- For every new day you stay clean, make a mark on a calendar.

### Example:

My first rebooting goal was a 90-day challenge. My reasons included maximizing my potential and becoming an authentic and transparent person who didn't have to hide his bad behaviors from others. I also wanted to increase my self-esteem and get more confident.

I reviewed my goal and reasons at least twice a day. That's how I built a neural pathway between where I was and where I wanted to be.

I also tracked the number of days to keep myself aware of my progress and motivated.



### Tip 2: Break your patterns

PMO is a habitual thing. You get triggered by your environment or mood. But if you become aware of those patterns, you can break them, making it easier to stop the habit.

#### Do this:

- Change your environment. Spend more time in other places and be around other people.
- Replace the devices that you use to watch porn. For example, get another laptop or a phone. Not having money is not an excuse. You can buy them used at low prices.
- Notice which feelings trigger PMO for you and avoid them.

#### Example:

When I was quitting PMO, I realized that staying alone in my office in the evening triggered my urges. So I made sure to stay at home with my family as much as possible. It also had the added benefit of making me happier—I felt I was contributing to my ex-wife and son instead of stealing time away from them.

I also got rid of the old laptop that I associated porn with.

Plus, I knew my urge to masturbate often resulted from challenging tasks that made me feel tired. So I had to change how I thought about such tasks. I started to view them as opportunities for growth instead and felt excited.



### Tip 3: Replace PMO with a new, pleasurable habit

Using the pain and pleasure principle is key to rebooting your brain. Let's see how using pleasure works first.

#### Do this:

- You can't just stop the PMO habit because it will create a void in your mind and double the craving. You need to develop a new habit to replace the old one. Make sure to link pleasure to that new habit to develop it faster.
- Add it to your list of goals, e.g., "Every time I have an urge, I read a few pages from my favorite book."

#### Example:

I would usually masturbate before sleep. And I replaced this PMO habit with listening to music as I was lying in my bed at night. I made sure to listen to new music so that I felt engaged.

Sure enough, my mind started to link pleasure to that new habit. And I felt good, even though I wasn't masturbating.

When I had especially strong urges, I would listen to a playlist of my favorite songs. This is the playlist that I love a lot but listen to rarely, reserving it for these kinds of challenging moments.



### Tip 4: Reward yourself for abstinence

The second component of using pleasure to break from PMO is creating a reward for yourself. This should be something pleasurable that you look forward to.

#### Do this:

- Think of something that will feel like a reward for abstinence.
- Add it to your list of goals, e.g., “I reward myself for not masturbating by going to a restaurant with a friend on Sunday.”

#### Example:

When I went through the process of stopping PMO, I had a weekly reward for myself. If I hadn't masturbated during the week, I would allow myself a pizza on Sunday. (I loved pizza back then but didn't allow myself to have it otherwise.)

A coaching client of mine used to eat just soup during the week. But for every 10 days without fapping, he rewarded himself with pork ribs and ice cream.



### Tip 5: Make relapses unpleasant

Now let's look at how embracing pain can help you quit PMO. The first component of using pain strategically is to ensure you don't enjoy relapses.

#### Do this:

- Think of something that will make masturbation less fun so that your mind starts associating pain with it.
- Add it to your list of goals, e.g., "I masturbate in an awkward position to ensure it's unpleasant."

#### Example:

When I relapsed, I didn't use any porn or coconut oil as a lube. I masturbated standing up and watching myself in the mirror to acknowledge how pathetic I was. I even visualized my ex-wife and my son watching me. Quite disgusting!

So yeah, it did spoil the fun. And my mind started to associate pain with relapsing. Soon enough, I felt motivated to avoid it altogether.



### Tip 6: Punish yourself for relapses

The second component of using pain is creating a punishment that comes after relapsing. As a result, you'll want to avoid the punishment and masturbation itself.

#### Do this:

- Come up with a punishment that you'll give yourself for relapses.
- It's best if something good comes out of this punishment in the final analysis.
- Add it to your list of goals, e.g., "I will go outside and pick up litter in the streets immediately after a relapse."

#### Example:

A coaching client of mine made himself mop floors immediately after masturbating. He hated it and normally never did it. This was something his wife did. So it had a positive effect on his family.

When you contribute to others as a result of punishing yourself, it makes the punishment strategy even more effective.



### Tip 7: Get support

You can deepen your commitment to breaking free from PMO using other people's help.

#### Do this:

- Let other people know you're going through the rebooting process to feel more accountable.
- Establish daily check-ins with a like-minded person to stay motivated and keep feeding your mind with positive information.

#### Examples:

- 1. Accountability partner.** Get another person who's going through the same process to talk to you daily and support each other.
- 2. Rebooting group.** Get on a group with like-minded people to share experiences and motivating ideas. Use Meetup.com to find such groups or join Sexaholics Anonymous.
- 3. Coach. That's your best bet.** Not only is a coach the best accountability partner but they'll also provide you with support and strategies to help you on your journey. Investing in a coach is much more motivating than using a free accountability buddy. That's because you want to get maximum value out of coaching and not waste the money paid to the coach.



### What's next

Did any of these tips resonate with you? Becoming aware of your blind spots is a great place to start. But it doesn't mean you'll fix them. What will help is creating and following an action plan.

But quitting PMO is extremely challenging and uncomfortable. As a coach, I help clients make those changes as quickly and easily as possible.

Do you want not to feel ashamed ever again? Do you want to stop regretting the wasted time?

If yes, let's have a no-fee breakthrough session. Let's create awareness and habits to help you tackle the rebooting challenge. Commit to a clean life today.

***The alternative is loneliness, shame, and emptiness.***

### BOOK YOUR NO-FEE SESSION:

 **+1 647 858 5430**

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