



**Dr. Wyatt Show Podcast  
Episode # 262**

**How to quit porn in 7 steps!**

**[www.drwyattfisher.com](http://www.drwyattfisher.com)**

- 1-Do you want to quit porn for moral reasons, health reasons, relationship reasons?**
- 2-What's the hole in your soul porn fills? Is it sexual frustration, loneliness, a sense of power, etc.?**
- 3-When are your most vulnerable times to look at porn?**
- 4-How aware are you of the slow build of desire for porn? How can you change your environment when it occurs?**
- 5-How could installing blockers on your devices help?**
- 6-How could having an accountability partner help? Who could be this for you?**
- 7-What steps can you take this week to redirect your sexualized thoughts of others and funnel them toward your partner?**
- 8-Discuss these questions with your partner and decide together what changes you want to make.**