

Table 1: Elements of Quitting

Smoking Cessation		Pornography Cessation
Self-monitoring & nicotine fading	→	Self-monitoring & cutting back
Social Support:	→	Social Support:
Support letters	→	Accountability software
Recruiting support	→	Accountability partner(s)
Fences:	→	Fences:
Getting rid (e.g., cigarettes)	→	Getting rid (e.g., porn stash)
Thorough cleaning	→	Installing the software blockade
No hidden triggers left	→	No hidden triggers left
Defenses:	→	Defenses:
Nicotine Replacement Therapy*	→	“Dopamine replacement therapy”
Coping with urges	→	Coping with urges
Getting through withdrawal	→	Being willing to suffer
Offense:	→	Offense:
Positive motivation	→	Positive motivation
Active coping	→	Active coping
Relaxation	→	Relaxation
Pleasant events	→	Pleasant Events

*And/or other pharmacological treatments not containing nicotine, like varenicline tartrate or bupropion hydrochloride.