Twitter Thread by Spartan Psyche



Spartan Psyche
@SpartanPsyche

Men, this is how you reverse brain damage from years of porn / alcohol / weed / drug abuse ■;

Addiction is corroding a generation of young men. Brain fog, Zero drive, impotent, weak, robotic, hollow eyed junkies with uncontrolled cravings obsessed with a distorted illusion of intoxication. It's everywhere. If you do not make an effort to stop - It will destroy you.

If you're an addict is there no hope for you to break free and heal?

There is..

The human brain is a magnificent organ capable of a myriad of things.

One of its key strengths is to rewire and heal itself.. given time and right environment

Neuroplasticity is your brain's ability to change itself according to the stimulus it receives

Stimulus could be

a) what you do
b) how you feel bc of what you do

Anything that is repeated over and over forming a pattern over time ALTERS your brain neuro chemically

Let me put it very simply,

The habits you repeatedly indulge in wire your brain to function a certain way. This is to conserve mental energy and make it easier to do things you always do.

When this idea is clear to you, you can reverse engineer this to work for you

Remember this,

All of life's beauty stems from the human mind. Creation, nurturing, innovation - all of them.

Corrupting this pinnacle of technology with pornography is a self decaying process.

An act of resentment and hate upon yourself.

However,

However all hope is not lost.

You train vigorously to perfect your body

Likewise you can train your mind and reshape it into something that will elevate your life significantly

All it takes is to change the stimulus you feed it with

because From what it consumes, it creates.

Keep in mind a one size fits all approach will not work here.

They say it takes 21 days to form a habit - FALSE

People learn and unlearn at varied speeds.

Before you begin, understand that you will need patience.

You are going to undo years of neurochemical change.

Healing your brain from addiction happens in 5 stages

1) Cellular reshaping
2) Neuro stimulation
3) Modulation
4) Relaxation
5) Differentiation & Learning

I'll briefly walk you through them now..

1) Your neurons are constantly firing when you're an addict. When you stop, reshaping takes place at cellular level to bring you back to baseline. This is automatic, you don't do anything here. This is the brains first aid.

2) Light, sound and movement is used to stimulate..

.. and activate neurons. Dormant neural circuits are given new life. Healing begins here. You can help with exercise, sunlight, walks and reading (to create new thought patterns & neural pathways)

3) When your neurons are hyper active you are always in a state of hyper anxiety

.. this has to be turned off to sleep better, conserve energy and grow. Your mitochondria is energized. Cognitive repair begins.

4) Once the noise is silenced, the brain uses the surplus energy for healing. Also..

The Cerebral spinal fluid carries out toxins from the glia when you sleep.

Remember, Lack of sleep leads to toxic buildup. Makes you groggy. You can aid this phase of healing by making every effort you can to sleep better.

Read this, it will help https://t.co/X4N06nS1iH

> A 5% reduction in REM sleep results in a 13% increase in mortality rate.
>
> Porn, alcohol, marijuana, opioids - all drastically reduce REM sleep.
>
> This thread will show you how to OPTIMIZE SLEEP and REM cycles.
>
> Use this in your fight against addiction.
>
> Thread / pic.twitter.com/8CSxccV0Yd
>
> — Spartan Psyche (@SpartanPsyche) February 7, 2022

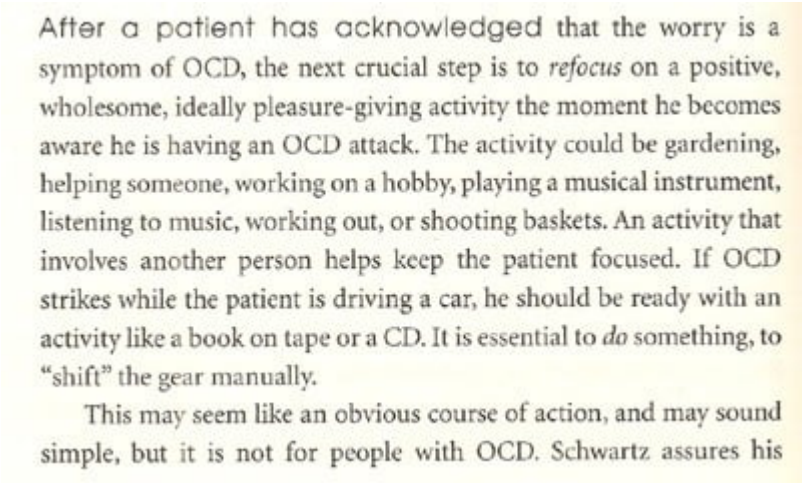
5) Your rested quiet brain is now ready for rewiring and learning

Use this technique in the pictures - its from Dr. Jeffrey Schwartz book for OCD patients but will work for porn compulsions as well

This was theory,

How do I put this into use?

Read on..



After a patient has acknowledged that the worry is a symptom of OCD, the next crucial step is to *refocus* on a positive, wholesome, ideally pleasure-giving activity the moment he becomes aware he is having an OCD attack. The activity could be gardening, helping someone, working on a hobby, playing a musical instrument, listening to music, working out, or shooting baskets. An activity that involves another person helps keep the patient focused. If OCD strikes while the patient is driving a car, he should be ready with an activity like a book on tape or a CD. It is essential to *do* something, to "shift" the gear manually.

This may seem like an obvious course of action, and may sound simple, but it is not for people with OCD. Schwartz assures his

Your brain at this moment, is shaped by all your habits, thoughts, experiences and emotions.

To rewire you need to break away from negative habit loops.

Replace them with new better ones and then Create new neural pathways with repetition.

HOW? Ill tell you..

But first

If you're a working professional looking to

< Break any habits
< Heal your brain chemistry
< Build systems to 10X productivity
< Completely transform your life

12 weeks coaching with me @ https://t.co/bIFaJyIVPy is all you need

Guaranteed results or you dont pay

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NOW,

The first thing you need to do is be uncomfortable

Shake your brain awake - it's been passive for far too long.

Find and involve in activities that you haven't partaken in before. This is to condition your brain into accepting changes.

This helps https://t.co/RSRMXLSCyD

> Unchained
>
> Actionable steps on how to break free from negative habit loops
>
> // THREAD // pic.twitter.com/vj5Z0sPQLi
>
> — Spartan Psyche (@SpartanPsyche) July 21, 2021

Once you've unlearned and shaken off the dirt, you refine and sharpen

Get out of your comfort zone and do hard things. This will vastly speed up the process.

Do difficult things, challenge your mind. Make it work.

This will be your guide,

https://t.co/BrpSOGDtkH

> Hard knocks
>
> How to train your brain into doing challenging things
>
> // THREAD // pic.twitter.com/tI9zav9q2D
>
> — Spartan Psyche (@SpartanPsyche) July 19, 2021

New activities increase the number of pathways built. These neural pathways get stronger over time, old ones weaken

Remember,

You're building a new you.
New thinking, new level of existence.

I've given you a full blueprint

Stop fucking around

Get to work

If you're a working professional looking to

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< Heal your brain chemistry
< Build systems to 10X productivity
< Completely transform your life

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