

Why do i feel sad/stop being a loser

1. The reason I feel sad because of my porn addiction, I wish i never started watching it, It's hard to stop but that's not a good enough of a excuse, and I will stop, I have to i will never become anything, if I don't, if i do stop, I can watch my life change, while watching me achieve my goals, if you're reading this, just take my advice please don't watch porn or even start masturbating, focus on your life/goals, porn is just a temporary feeling of pleasure,
2. I would recommend exercising, meditating, eating right, spending time outside, family time, fighting in the gym, staying away from things, like porn, masturbating, drinking, smoking, nudes, texting females, models. Keep your mind steady be positive, cause porn doesn't help, It just makes it worse
3. If you are ever having trouble with a porn addiction here are a few videos to help change your life, and to help you become a better person, while also helping you become successful. Also side note, porn can cause, family problems, change your mood, make you look at females, as one of these pornstars, It also makes you look weak, weak men don't become successful It just make women look at you as some creep, SO NEVER WATCH OR EVEN START MASTERBATING, and if you do start masturbating, just use your imagination.

By Nathaniel Retz.

https://youtu.be/AzetPwGZpJM?si=-O9Ui3I_hIm0DxTX

[\(19\) How To Stop FAPPING \(Full NoFap Guide\) - YouTube](#)

<https://youtu.be/M0dAK6IQsSk?si=gLyrzBa1Zyncdse8>

https://www.youtube.com/live/F6_6tJpaQsc?si=L9-zpMISvSEcsSzp