

# PORNFREE RADIO

## Start Here Check List

*r/pornfree • Posted by u/BackToTheBreath*



## Basics/Getting Started

- [107 - The 7 Day Porn Free Plan](#)
- [106 - FASTT Checkins](#)
- [105 - Daily Tracking](#)
- [93 - Morning Routines](#)
- [92 - Edging](#)
- [54 - 5 Essential Habits of Pornfree People](#)
- [37 - The Fastest Way to Freedom](#)
- [27 - 5 Ways of Tracking Success](#)
- [114 - Tips for Smart Devices](#)

## Building A Pornfree Plan

- [Porn Free This Year](#) (<https://recoveredman.com/thisyear>)
- [95 - Part 1 - Your Why](#)
- [96 - Part 2 - Your Plan](#)
- [97 - Part 3 - Your Tribe](#)

## Relapse

- [3 Part Video series on dealing with relapse](#) (<https://recoveredman.com/relapse>)
- [117 - 3 Common mistakes guys make after a relapse](#)
- [58 - Fail Better Part 1: Recovering from a Relapse](#)
- [59 - Fail Better Part 2: Preventing Relapse](#)
- [22 - The Biggest Warning Sign of a Relapse](#)

## Spouse/Partners

- [111 - The top 3 lies partners believe with Hope Ray](#)
- [70 - Hope for Partners, Wives, and Girlfriends with Hope Ray](#)
- [74 - Hope Ray Returns: Partner's Q&A](#)

## Other

- [118 - Interview with Female Addict on redefining identity](#)
- [75 - The 5 Lies That Keep Us Coming Back To Porn](#)
- [91 - The Feeling Wheel](#)
- [82 - The 5 Characteristics of Great Accountability Partners](#)
- [61 - Deleting your stash](#)
- [05 - A Porn Free Travel Plan](#)