

# NOFAP TIMELINE

THE NOFAP JOURNEY IS DIFFERENT FOR EVERYONE, BUT BASED ON THE DATA FROM PEOPLE WHO HAVE GONE THROUGH IT, THERE ARE CERTAIN STAGES THAT ARE COMMON.

## FIRST WEEK

Starting a nofap journey can be incredibly empowering, but it's also one of the hardest things a man can do. It takes dedication, willpower and motivation to break free from old patterns of behavior and replace them with healthy new habits. Fortunately for those of us grappling with porn addiction and excessive masturbation, there is a system – the nofap challenge.

## SECOND WEEK

The second stage of the nofap journey is often the hardest. This is when you really start to fight against your old patterns of behavior, and it can be tough to stay motivated.

## THIRD WEEK

As you work to change your behaviors, you'll start to see changes in your procrastination. Maybe your productivity will skyrocket, or you'll start to focus on self-improvement.

## WEEK 4

During these days, you may experience a lot of cravings and urges. It's important to remember that these are only temporary, and will eventually go away. You may also find that your relationships with others start to change – for the better.

## WEEK 6

During these days, you may experience a lot of cravings and urges. It's important to remember that these are only temporary, and will eventually go away. You may also find that your relationships with others start to change – for the worse.

## WEEK 5

By now, you should be starting to feel really good. This is the halfway point of your nofap challenge, and you should be seeing some amazing changes in both your body and mind.

## WEEK 7

By now, you should be starting to feel really bad. This is the halfway point of your nofap challenge, and you should be seeing some serious setbacks in both your body and mind.

## WEEK 8

During these days, you may experience a lot of cravings and urges. It's important to remember that these are only temporary, and will eventually go away. You may also find that your relationships with others start to change – for the worse.

## WEEK 9

At the end of this stage, you will find that your love for life begins to resurface. Your morning woods will start to return by around Day 50–Day 60. You will find joy in the smallest things, like breathing. Your level of concentration will improve.

## WEEK 10

The fifth stage of the nofap journey is often a time of great progress. This is when you really start to see the benefits of your hard work, and you may find that your old behaviors start to fade away.

## WEEK 17+

Many guys report that at the second part of stage 5 they feel the benefits like if they were on testosterone therapy are clear and many men report feeling better overall

## WEEK 24+

There's no need to worry anymore – you'll feel all the energy and positivity you need, and your life will be trending upward.

