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Interventions to Overcome Size Obsession

1. Step Away From the Porn

Porn can be habit-forming. Though it may be difficult to quit cold turkey, do it knowing you're making the best decision for your mental health. Talk to others you know who consume porn and find at least one other person who also wants to quit. Reaching goals as a community helps you stay accountable for your decisions.



2. Seek Mental Health Therapy

A trained mental health therapist can give you strategies for overcoming everything from porn addictions to body shame and dysmorphia disorders. Finding a mental health therapist can be like finding the right candidate for a job. You may go through several before you find one that clicks with you. Don't give up. The right one for you is out there.

3. Try Penile Augmentation

People undergo cosmetic procedures to change everything from breast size to eye shape. Cosmetic procedures can enhance your penis size, too. One option for penile augmentation stands out above the rest. Hyaluronic acid (HA) injections for penile growth are a safe and effective way to grow as girthy as you want. Your bulge looks bigger. Your junk hangs lower, extending the look of your member (No stones or weights required!).

