



## Addiction to Porn Help



There is an addiction in this society that affects thousands of people, yet the discussions about its use and abuse are often pushed aside and ignored out of shame and misunderstanding.

With our culture's obsession with sex coming from all angles including television, advertisement, social media, and many other forms, it is no wonder why some people do become addicted to pornography.

**Pornography accounts for over 40 million Americans** as regular visitors to pornographic internet sites.

The following infographic details just how serious and ingrained the use of pornography is in our society and culture ([source](#)).

These numbers and accounts of usage really aren't that different when it comes to an individual of faith.

As pornography is easily accessible, and the Internet of today makes it possible to have access to this material with just a few simple clicks either on one's computer, tablet, and/or phone.

All it takes is an Internet search and one can find whatever pornography that they desire.

A person does not have to leave their home to access this material.

There is no more going to the adult store and having to make a purchase.

A person can see pornographic images and watch movies without having to leave their home.

They can even order this material online.

Granted, for some adults, looking at these images alone is not harmful or addictive, but those individuals are growing smaller in number.

Besides there are many other social, moral, and personally responsible reasons why one should refrain from utilizing pornography.

Although primarily, it is when a person cannot look away and their addiction begins to affect their relationships that there is definitely a problem with pornography.

If a person is trying to access porn at places that can have serious consequences such as at work, then this is a key sign there is a problem.

Like other addictions, when one is struggling with a compulsion and/or addiction to pornography, they usually cannot give it up on their own.

They almost always need the assistance of a professional counselor, group counseling, and a group of their peers to help give up this addiction, develop healthy relationships, and learn how to manage their lives without their compulsion to pornography usage.

One of the major struggles with pornography is that it creates the illusion that one's intimate needs (of which sex is a part) can be met through the fantasy that is offered in whatever pornography one may be using.



In addition to being attracted to the physical images, people often become addicted to the fantasy.

There are so many different types of pornography that push the sexual boundaries so a person can find what they are looking for.

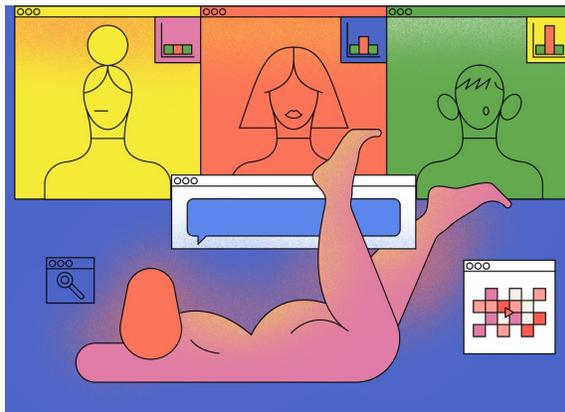
For some, part of the appeal is that the participants in pornography cannot say no.

They submit to every sexual demand that their partner has without protest.

An addict usually becomes so interested in the world of pornography that their intimate relationships suffer, sometimes to the extreme of erectile dysfunction.

Not to mention, one can spend an enormous amount of time and money on porn, for it is easy to purchase a large amount of pornography and the price is not always cheap.

**There's a porn website that makes approximately 8.8 Million a year**



## How to Quit Porn

Pornography Addiction: Signs, Symptoms, & Treatment

### How to Help Someone With a Porn Addiction

- Start with empathy
- Encourage seeking professional help
- Set boundaries
- Take care of yourself
- Nurture your relationship
- Encourage healthy activities
- Encourage self-compassion
- Remind them why they're working for change



A counselor, specifically one trained as a Certified Sex Addiction Therapist by the International Institute for Trauma and Addiction Professionals, can help an individual struggling with a pornography addiction in a number of ways.

A trained professional can help people see a more realistic picture of what is going on in their lives with so much pornography use.

Many people are in denial that they have an addiction to pornography.

They do not think that anything is wrong with watching pornography.

An adult will not realize that they are spending all of that time watching other people being sexual, and it is hurting the ones around them.



A counselor will work with a person to get them to realize the effect that their addiction is having on others.

Counseling will help a person learn how to develop healthy relationships with others.

They can leave their fantasy world and develop meaningful relationships.

### **How Can a Counselor Help Me Quit Porn?**



There are several ways in which the counselor can help a person that is addicted to pornography.

They will work with the individual in counseling sessions to understand and overcome the shame and guilt from their sexual/ pornography addiction.

A person can easily become embarrassed about the sexually explicit images they are viewing, and the behaviors they may engage in as a result.

The counselor will be able to help the individual remove the shame and explore the real issue that makes these images appealing.

The shame is important because it often is a major catalyst in instigating the individual's continuing use of pornography, even if they don't want to use it anymore.

There is a plan of action the counselor will develop to help a person learn to heal and manage their addiction.

Most people cannot just stop watching porn on their own.

One of the first things that can be done is to help the addict find a way to self-monitor their behavior.

They can include setting up a schedule for computer usage. They may have access to the computer at a specific time in the day for a certain period of time.

The computer may be moved into a common area of the home where the usage can be viewed by others.

The counselor will also help a person think about the other activities that they enjoy.

This can be engaging in physical activities or participating in a hobby.

These activities can keep the mind and the body busy.

If a person is participating in another pleasurable activity, this can become a good substitute to looking at pornography.

There may be some other issues that a person with pornography addiction is experiencing.

They may have a mental health issue that is left untreated.

The unfulfilled part of their life may be filled with the feeling and excitement that pornography has to offer.

Many people that are addicted to pornography are suffering from conditions such as depression, anxiety, stress, and low self-esteem.

If a person is suffering from these conditions, the counselor can help them work out these issues.

They can work on the causes that lead to the addiction. In addition to working on these issues over the long term, the counselor can help a person cope with these issues on a daily basis.

They can help a person learn meditation as well as breathing techniques that can help them calm down.

When a person is tempted to look at pornography, they can use these calming techniques to help them pause and regroup.

## **Rewards for Good Behavior**

In order to stay on a path of recovery, people do need to reward their good behavior choices.

This is something that is commonly done to help correct or change the behavior of anyone.

The same framework can be used to help those suffering from addiction.

The counselor can help a person build a system of positive reinforcement.

There are some goals that can be set.

For example, if a person is able to avoid looking at pornography for a period of one day, they can get some form of small reward.

This could include going to the movies or another thing that is pleasurable, positive, and does not involve pornography.

Once a person is able to make their daily goals, they should expand upon them.

Instead of just one day, a person will need to go three days at a time without accessing pornography.

Once a person is able to meet this goal, they should try to go a week without accessing pornography.

This will help build up self-esteem and replace negative behavioral choices with positive and productive choices.

There are several other ways in which a counselor is needed to help a person suffering from an addiction to pornography.

Like other addictions, this is serious and a person cannot just give it up on their own.

The counselor can help reinforce the positive changes that a person is making.

They will certainly help them celebrate the small victories and accomplishments

# PORN ADDICTION HELP

SAMHSA's National Helpline, **1-800-662-HELP (4357)** (also known as the Treatment Referral Routing Service), or **TTY: 1-800-487-4889** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

## The Bible's Response



Addiction to pornography can be one of the most difficult addictions to overcome.

With point and click availability on the internet, many people have fallen into the habit of viewing pornography on a frequent basis.

Christian Counseling provides resources to help end pornography use and restore the person to victorious living.

### **Matthew 5:27-28 New International Version**

#### **Adultery**

27 “You have heard that it was said, ‘You shall not commit adultery.’<sup>[a]</sup>

28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

## **1 Corinthians 6:18-20 New International Version**

18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

20 you were bought at a price. Therefore honor God with your bodies.

Pornography is sexually explicit material that dehumanizes, objectifies, and degrades men and women for the purpose of sexual arousal.

Usually it is photos or videos; sometimes it takes the form of stories or comic book drawings.

My advice, is to seek whatever your sexual needs and desires and have them be fulfilled by your spouse - partner, as we just read in 1 Corinthians 6:18-20.



**Friends, please remember, that you can't buy your way into Heaven or out of Hell.**

Rev. Jesus Del Rio, Ed

