

UNDERSTANDING

PORN ADDICTION

"Am I addicted to porn?"

THE **HOPE** LINE

WHAT IS PORN ADDICTION?

A pornography addiction functions much like a chemical or drug addiction. The individual begins to substitute genuine connection and relational commitment with another kind of “drug” – pornography. This addiction often includes compulsive masturbation and an unrelenting drive to consume more explicit content. Over time, the person becomes increasingly secretive and may seek out more extreme forms of pornography to satisfy their cravings.



You don't have to keep this secret to yourself.

If you ever feel the urge to look at pornography, don't face it alone. Visit TheHopeLine.com/chat-live to connect with a Hope Coach who can listen and help you find support. TheHopeLine is available 24/7.

So what's the big deal?

How **PORN** Affects Your **BRAIN**

- Pornography acts like a drug by hijacking the brain's reward system.
- Each viewing creates new neural pathways, which grow stronger over time.
- Porn use floods the brain with dopamine—the chemical that drives pleasure and reward.
- As tolerance builds, the user often seeks more frequent or extreme content to feel the same level of arousal.
- This process rewires the brain, making it harder to experience pleasure from normal activities.
- Over time, addictions such as pornography and drugs can shrink the brain's frontal lobe—the area responsible for logic, decision-making, and self-control.

How **PORN** Affects Your **LIFE**

- Men who view pornography frequently report feeling less emotionally connected to their partners than those who do not.
- Porn addiction diminishes satisfaction in real relationships and fosters unrealistic expectations about intimacy and love.
- Exposure to pornography can cause individuals to become more critical of their partner's appearance, sexual performance, and affection.
- Pornography frequently portrays women as objects to be dominated rather than as equals, worthy of respect. Over time, users may begin to adopt these distorted views of women.
- Pornography often glorifies harmful behaviors such as violence, infidelity, and abuse.
- Physical consequences, such as chronic erectile dysfunction and other sexual health problems, can also result from long-term porn use.

SIGNS OF PORN ADDICTION

- Spending excessive time alone
- Engaging in compulsive masturbation while showing little interest in real sexual intimacy
- Struggling to stop viewing pornography
- Becoming increasingly secretive or isolated
- Replacing genuine relationships with online fantasies
- Neglecting loved ones or personal responsibilities

It's not an easy struggle.

The truth is, everyone faces different struggles in life. For some, that struggle is an overwhelming battle with pornography. We live in a culture that idolizes sex and sexuality in nearly every form—through movies, social media, music, and online content. It's no wonder that porn addiction has grown to epidemic levels.

Take a Sexual Addiction Screening Test



To better understand the extent you may be addicted to pornography or unwanted sexual behavior you can take a free screening at xxxchurch.com/sex-addiction-test

GETTING HELP

It takes courage and perseverance to acknowledge the problem and take action to overcome it. Freedom from the shame and guilt of porn addiction is possible. The journey isn't easy, but it's worth it to live your life to the fullest. Here are some practical steps you can take to start getting help.

Practical Steps

Tell Someone

As difficult as it may feel, talk with someone you trust about your struggle with porn, such as a parent, pastor, counselor, or close friend. Being honest about your struggle is not easy, but it is an essential first step toward breaking an addiction.

Find An Accountability Partner

Choose someone you trust and ask them to help keep you accountable. Set a regular time and a comfortable place to meet and talk specifically about your struggle. Commit to checking in with them each week and having open, honest conversations about how you are doing.

Start Fresh

Another key step in recovery is removing all pornographic content you have—saved images or files, apps, and anything else. Delete or destroy these items, and let your accountability partner know you've done it. This helps reinforce your commitment to change and reduces the temptation to go back.



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Get Professional help

It's okay to reach out for professional support. Talking with a counselor can make a big difference as you process what you're going through. If you'd like to connect with a counselor, you can contact **Focus on the Family** at 1-855-771-4357.

Join a Support Group

Joining a support group can remind you that you're not alone and give you an opportunity to lean on others for encouragement and strength. Oftentimes, churches or ministry organizations will host recovery groups for those struggling with porn addiction. There are also online options for this like **captivesfree.com** and **smallgroupsonline.com**.

Helpful Recovery Resources

XXX Church - xxxchurch.com

- Online support community
- One-one-one Support
- Helpful blogs
- Recovery app

Captives Free - captivesfree.com

- Recovery support groups for men and women
- Helpful resources and blogs
- Recovery tools

Covenant Eyes - covenanteyes.com

- Accountability app
- Helpful blogs, ebooks, and resources.

Accountable2You - accountable2you.com

- Accountability app
- Helpful blogs, ebooks, and resources.

Faithful & True - faithfulandtrue.com

- Helpful podcasts, blogs, and resources
- Counseling

Note: Some of these resources may require paid subscription.

RECOVERING FROM PORN ADDICTION

Figure out when and where you struggle.

If it's late at night while you are online, shut your devices down by 6 p.m., put them away, or even disconnect them so they are harder to access. Some people in recovery from porn addiction find it helpful to step away from the internet entirely for a period of time.

Stay away from temptation.

The urge to look at porn often shows up when you are bored, tired, or lonely. Have a plan for those moments, like calling a friend, going for a walk, or spending time on a hobby. Try to leave the environment where you feel triggered and actively engage both your mind and body in something positive.



Remember that recovery is a journey.

If you do end up looking at porn, tell your accountability partner as soon as possible. Overcoming porn addiction happens one day at a time, and setbacks do not erase your progress. When you slip, be honest, talk to someone you trust, and then start fresh.

Take care of yourself.

When your body is run down, you are not at your physical or mental best, which makes you more vulnerable to unwise decisions in moments of weakness. Commit to getting enough sleep, exercising regularly, and eating as nutritiously as you can.



WAYS TO SUPPORT A FRIEND FACING PORN ADDICTION

Listen without judgement.

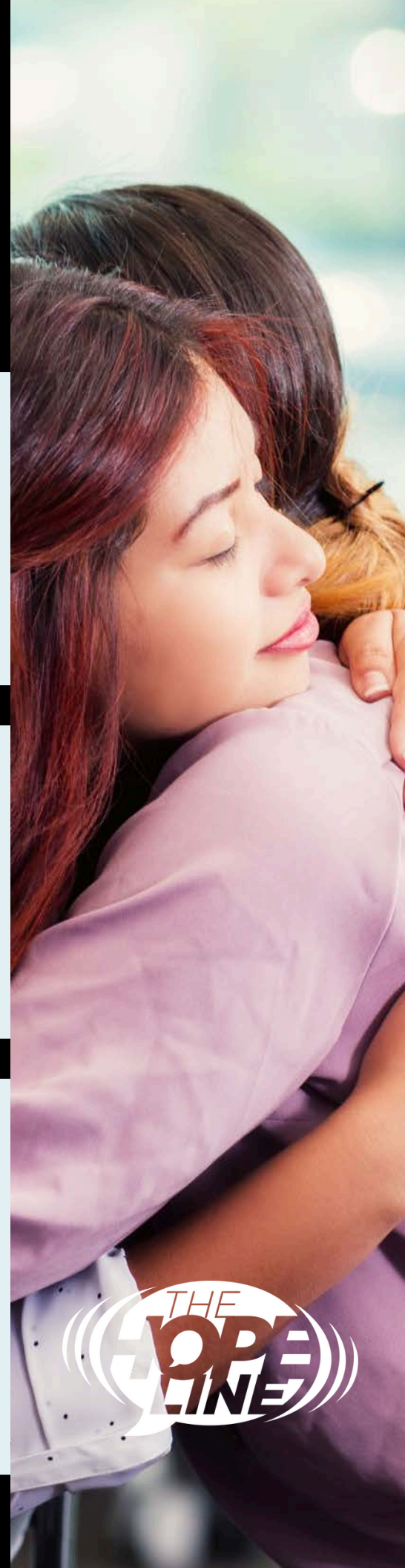
Admitting a porn addiction and asking for help is a big step. It may feel shocking to hear about your friend or loved one's struggle, but choosing to listen and offer steady emotional support is essential.

Be there for them.

Overcoming a porn addiction can be a very challenging journey. Let your friend or loved one know they are loved and accepted, and reassure them that you are a safe person with whom they can be completely honest.

Share this guide with them.

Consider sharing this digital guide with your friend or loved one as a resource to help them overcome porn addiction. You can also encourage them to explore the additional resources listed within this guide and at **thehopeline.com** as they move forward in their recovery journey.



A Spiritual Perspective

As explored in this ebook, pornography addiction has a profound and damaging impact. At its core, it represents a person's attempt to cope with emotional, physical, or spiritual pain, but porn serves as a poor substitute for genuine relationships. This unhealthy cycle fails to address the underlying issues, making it essential to seek help and encouragement from friends, family, professional counselors, and supportive communities.

At TheHopeLine, we genuinely care about you and are committed to helping you leave porn addiction behind. No matter the challenges you've faced, know that God loves you and has an unimaginable plan for your life. As Jesus said, "I have come so that they may have life and have it in abundance" (John 10:10 HCSB).

You are loved and accepted, regardless of your past or current struggles. God desires a real relationship with you and wants to empower you to overcome porn addiction.

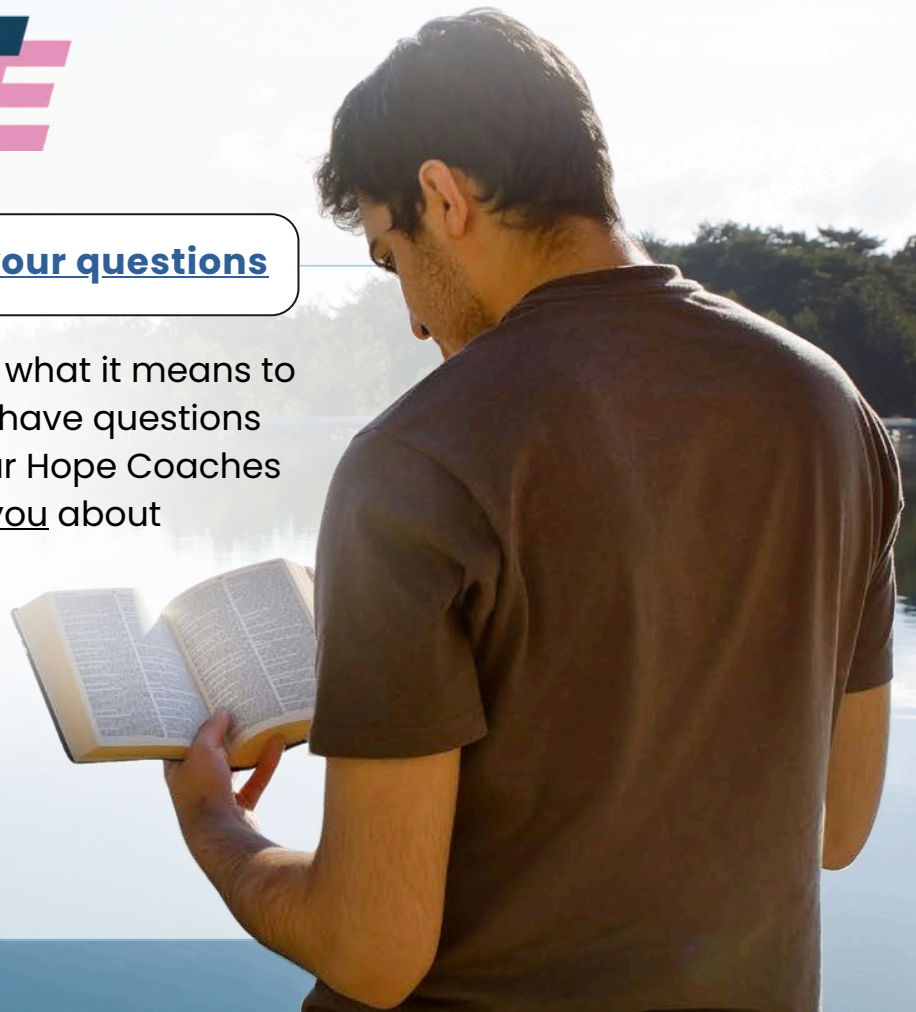


[Talk with someone about your questions](#)

If you want to know more about what it means to have a relationship with God or have questions about the topic of self-worth, our Hope Coaches are available 24/7 to chat with you about whatever is on your mind.



← **CHAT
LIVE WITH
A HOPE
COACH**



THE HOPE LINE

Our mission is to help students and young adults in crisis by offering sound advice and a safe place to connect. Through our online resources and the ability to chat live with a Hope Coach 24/7, we are here to help people make a true connection.

Founded by Dawson McAllister in 1991, TheHopeLine is a 100% donor funded ministry. If you would like to learn more about partnering with us, visit [**thehopeline.com/partners-in-hope.**](https://thehopeline.com/partners-in-hope)



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