



WHAT DO YOU SEE?

9 PRACTICAL TIPS FOR PORN FREE LIVING:

- 1. Be honest about the size and the nature of the problem.** Being brutally honest about the difficulties you are struggling with will take courage, but you can't begin to deal with the issue without first being totally honest about the type of problem you are struggling with.
- 2. Have a plan for dealing with failure.** People who start their battle against porn with an awareness that they will make slip ups along the journey of taking back control, and who have a plan for what to do when those mistakes are made, are far more likely to overcome those setbacks in a much faster and more positive way.
- 3. Recognise your triggers.** What are the things that trigger you to want to look at porn? Is it stress? Fear? A particular memory or emotional hurt? Learn to know what these are and have a plan for dealing with the trigger. So, for example, if stress is a problem, and you recognise that you're having a stressful day, have a plan in place to deal with that stress before it spirals out of control and you find yourself sitting in front of a computer that night looking at porn again.
- 4. You need community.** Almost every successful fight against porn involves having people in your life who will support you and keep you accountable in the goals you are setting in your struggle against porn.
- 5. Always focus on first steps and small changes.** When you first face up to a pornography problem it can seem overwhelmingly large - and almost too big to even battle. The key to success is not to focus on the large end goal, but to instead focus on the smaller changes and first steps that you can make which will start moving you toward your final goal of not being held captive to pornography.

6. Make sure you are managing technology in your life well. Try and make the Internet and online spaces the icing on the cake, rather than the whole cake. Keep devices out of your bedroom, and make sure you use them in public spaces where people can easily see your screen if they walk past. Make sure you use some form of Internet filtering and accountability software - something that both blocks porn AND can report to an accountability buddy about what you're doing on your device.

7. Make sure you live a life of intentional living. Don't just let life happen to you, make sure that you have plans and goals, and you have a daily routine that you stick to. Many people find themselves falling back into old habits when they have no concrete and intentional plan for their life.

8. Make sure that you use your leisure time to serve others, as well as doing things you find enjoyable. The issue that lies at the heart of porn is self-gratification, and one of the most effective ways to counter a constant temptation towards self-gratification is to try and develop a habit of self-giving into your life instead.

9. Always plan in advance for changes in your routine. Many people who have highly effective strategies for dealing with porn can find themselves coming unstuck when their regular routine changes for holidays, etc. The only way to avoid this pitfall is to think ahead and put plans in place to deal with any major temptations that you know will be new during the change in your regular routine.

FREE Online Video Series: Practical Tips for Porn Free Living

Practical Tips for Porn-Free Living offers practical advice and concrete strategies that anyone struggling with pornography can implement in their personal life in order to start making forward momentum.

You can watch all of the videos online for FREE at:
www.family.org.nz/pornfree



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