



## Escaping Porn

Pornography affects both men and women. Through the increase usage of computers, cell phones, and internet, access to porn has become much easier, making it harder to resist.

### Self-Assessment:

*Am I addicted to pornography? Be honest as you answer these questions:*

- Does porn make me feel high?
- Am I tolerant to a little bit of kink or violent stuff?
- Do I feel angry if I can't watch porn?
- What am I putting at risk in my life, in order to watch porn?
- Do I have a constant urge to watch porn that is consuming me?
- Do I feel that my life is out of control because of porn?

If you've answered 'yes' to most of these questions, you may be addicted to pornography. Yet, do not be discouraged! It is possible to break free from porn addiction.

### Ways to address it:

Psychotherapy/counseling  
12 step recovery programs  
Prayer and meditation

### Resources:

**Book:** *Cleansing the Sanctuary of the Heart: Tools for Emotional Healing*, by David and Beverly Sedlacek.

### Websites and podcasts:

<http://www.covenanteyes.com/2014/06/30/resources-women-struggle-porn/>  
<http://www.projectknow.com/research/porn-addiction-women/>

**Support groups** (Pornography Addicts Anonymous, Sexaholics Anonymous, Sex and Love Addicts Anonymous, Sexual Coercive Anonymous, Adventist Recovery Ministries)

<http://www.pornaddictsanonymous.org/>

**"Above all else, guard your heart, for everything you do flows from it." – Proverbs 4:23 (NIV)**

