



The first step in overcoming pornography usage is to admit that what you are doing is wrong, and that you want and need to change. This takes courage! Breaking free of pornography isn't an event, but a process. We can help!

Here are a few things to keep in mind:

- 1. Realize you are not alone** — millions of men and women struggle with pornography usage.
- 2. Let go of the shame** — People who struggle with pornography often feel guilt and shame. Guilt can help us lead better lives, but shame makes us want to hide. Shame is not from God.
- 3. Receive the Sacrament of Reconciliation** — When we receive God's for-giveness, we take our addiction out of the darkness and into the light. Your priest can help you seek help for your addiction.
- 4. Seek professional help** — there are many excellent recovery programs. The Nazareth Project can help you seek the best one for you.
- 5. Realize that God still loves you!** God loves you deeply, and is drawing you into His mercy!
- 6. Take courage** — God has a special plan for you. By taking charge of your pornography usage and committing to help, you will become the person God created you to be!<sup>4</sup>

The Catholic Church loves you and cares for you. We can help you break free of pornography addiction. Through the Office of Marriage and Family Life, you can find:

- a therapist who can help you...
- a priest to provide pastoral support...
- Catholic support and recovery programs
- Help for parents and internet filtering tools
- Internet and print resources
- Non-judgmental support



**Take the first step! We're here to help!**  
[www.archmil.org/pornography-help](http://www.archmil.org/pornography-help)

# BREAK *free* OF PORNOGRAPHY USE AND ADDICTION



<sup>1</sup> Taken from "Overcoming Obstacles: Pornography, by Gerald Korson, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>.

<sup>2</sup> <http://reclaimsexualhealth.com/Education-Resources/Pornography/>

<sup>3</sup> "Overcoming Obstacles," Gerald Korson

<sup>4</sup> <http://integrityrestored.com/getting-help/men/>

“ Henry seemed to have it all—a loving marriage, four young children, and a solid middle-management position with a local financial corporation. He and his family lived in a good suburban neighborhood and were active in their local parish, where Henry was involved in the music ministry. At 35, he was poised for a promotion to a more lucrative upper-management post.

He always worked long hours, both at the office and at home, but in recent months he had shown signs of wearing down. To his wife and children, he seemed distant, irritable and gloomy, and he was spending longer and longer hours at the computer. He often missed out on family outings, saying he needed to work. Even his co-workers noticed a change for the worse in his mood, efficiency and productivity. He simply wasn't himself anymore.

Everything came crashing down late one evening when Henry's 11-year-old daughter, Hannah, walked in on him as he watched an Internet video of men and women engaging in sexual acts. Horrified, Hannah ran and told her mother, and this now-disillusioned family suddenly had some very serious issues to face.

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**Tragically, Henry's situation is not unique. While pornography has been around for centuries, the problem of addiction to pornography has increased dramatically in recent years largely due to its vast presence on the Internet.<sup>1</sup>**

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## ? WHAT'S THE BIG DEAL?

People sometimes think of pornography as “harmless,” and wonder what the big deal is with something you do in private. The reality is that pornography is deeply harmful - to the men, women and children who view it - and to all of society. Viewing pornography actually can “rewire one's brain,” causing neurochemical changes in the brain.<sup>2</sup>

Pornography usage is anything BUT harmless. The damage to men, women, young people, children and families is staggering. Porn addiction has reached epidemic proportions, and is becoming considered a public health crisis. Here are some of the effects of pornography usage on marriages:

- It destroys the trust and intimacy between husbands and wives
- It leads to the end of marriages
- It creates obstacles to real communication and personal interaction between spouses and family members
- It stimulates a distorted view of sexuality that can lead to riskier behaviors
- It draws focus away from family life, and from God, and sets a destructive example for children.<sup>3</sup>



## DOES THIS SOUND LIKE YOU?

- Each time I use pornography, I promise myself it will be the last time. And yet, it never is.
- It's hard to stop thinking about pornography
- I spend more time and/or money on pornography than I realize
- I choose viewing porn over my family, my friends, or even my work
- I feel like I can't stop viewing pornography
- I feel ashamed, guilty and depressed
- Pornography is hurting my marriage, my family or my job
- I'm scared someone's going to find out