

BREAK *free* OF PORNOGRAPHY USE AND ADDICTION



DOES THIS SOUND LIKE YOU?

- Each time I use pornography, I promise myself it will be the last time
- 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 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

It's hard to know when you have a pornography addiction, and it's even more difficult to admit you have one, and get help.

The Catholic Church loves you and cares for you. We can help you break free of pornography addiction. Take the first step and find help!

www.archmil.org/pornography-help

