BREAK *free*

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. It might start out innocently enough – you run across an image on the internet – and you keep going back. You may not even realize how much power pornography has over you.

Does this sound like you, or someone you love?

- 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

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

Nazareth PROJECT
for Marriage and Family Formation

www.johnpaul2center.org/Nazareth-Project/pornographyhelp.htm