

# 8 TRUTHS FOR FIGHTING:

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1 – I am not alone  
and I need to be helped

2 – I am not my addiction

3 – Every happy life includes  
a portion of solitude, never  
a portion of pornography

4 – Pornography DESTROYS  
the depths of the person.  
It destroys lives and families

5 – A relapse does not mean  
that I wasted my time

6 – I will always be IN DANGER

7 – Fighting, I am stronger  
than I think

8 – I will never get discouraged.  
Every day is a new day

# 7 FACTS ABOUT INTERNET PORNOGRAPHY :

**1 IN 3 ADULT MALES** « admit » to *regularly*  
visiting a pornographic site.

**80% OF 15-17 YEAR OLDS** have visited  
or seen the contents of hard porn several times  
on the Internet.

**11 YEARS OLD !** Average age of first Internet  
exposure to pornography

**1 IN 8 WEBSITES** are pornographic.

**420,000,000 PORNOGRAPHIC  
INTERNET PAGES** (89% in the U.S.)

**100,000 WEBSITES** offering illegal child  
pornography

**\$ 97,000,000,000.** Total revenue  
of the pornographic industry in 2006 (larger than  
the revenues of the top technology companies  
combined: Microsoft, Google, Amazon, eBay,  
Yahoo!, Apple, Netflix and EarthLink).

# No PORN !

## INTERNET PORNOGRAPHY

**FACTS**

**DAMAGE**

**ANSWERS**

[www.no-porn.info](http://www.no-porn.info)

## AN ADDICTION STRONGER THAN TOBACCO OR ALCOHOL ?

The physiology of the human brain is such that an **image** has much more impact than **text** or even **sounds** (stronger chemical emission of epinephrine).

Through the Internet, the image stimulus is not only passively received (like on TV), but it is also provoked by the user (who clicks what he wants to see), so that the satisfaction of desire is not delayed, but **immediate**. This immediateness of this satisfaction provokes very strong **addiction** or dependence.

The feeling of shame, contempt for others (reducing them to an object), aggressiveness, sadness, and **solitude** all increase the distress, self-hatred, remorse, emptiness and pain, and therefore the addiction again.

The body is not destroyed like with tobacco, alcohol, or drugs. But it is deeply and quickly altered in its ability to have relationships with others that are **free, adult, and happy**. Hope, joy, freedom are destroyed.

The damage is substantial to one's ability to love, trust, give of oneself, or to start a family.

## 10 STEPS GUARANTEED TO GET FREE:

### BE VERY PRAGMATIC

**1** – Immediately destroy all pornography : books, photos, movies, Internet links...

**2** – Download an **Internet filter with a password** (Cf. [www.no-porn.info](http://www.no-porn.info) ), and ask a friend (your wife) to keep it for protection

**3** – Find a **sponsor**, a friend who will help when you are tempted. It's impossible to do it alone. For married men, your wife can also play this role.

**4** – Re-program your brain : restrict the images that you see, Internet, TV...! **Reading** and is a good way. Sports as well.

**5** – Watch **risky situations without mercy**: people, times, places, conversations, thoughts, alcohol, fatigue, physical, stress...It is easier to extinguish a candle than a fire. You have to be extreme here, like an alcoholic who refuses to touch a drop of alcohol. Being 98% chaste doesn't work...

### ...AND IF YOU ARE CATHOLIC :

**6** – Take a time of daily prayer, a heart to heart with God (at least 20 minutes). The **Rosary** is also very powerful.

**7** – **Daily reading of the Word of God**, and memorizing Bible verses is an efficient way to re-program the brain.

**8** – **The Eucharist** as often as possible obtains grace and the Author of grace Himself, our Savior Jesus Christ. Grace reminds us of the unconditional love of the Father, and thus our dignity as sons of God.

**9** – In case of failure, do not wait, but go immediately to the **Sacrament de Reconciliation** (Confession) to get back up.

**10** – In times of temptation, quietly **invoke the Name** of "Jesus" or "Mary" repeatedly. Call on the Holy Spirit, and be assured of victory in every struggle. "Whoever prays, wins. Whoever does not pray, falls."