


SHAME

WHY FIGHTING
PORN MUST
INCLUDE
FIGHTING
SHAME


A GLOBAL MOVEMENT OF FIGHTERS
FIGHT THE NEW DRUG


SHAME



**WE OFTEN HEAR THE
ARGUMENT THAT SHAME
IS A GOOD THING WHEN
IT COMES TO QUITTING
PORN—THAT SHAME
ACTUALLY HELPS
MOTIVATE CONSUMERS
TO QUIT PORN FOR GOOD.**

**RESEARCH, HOWEVER,
SHOWS THE OPPOSITE.**





**ACCORDING TO A 2011
STUDY OF PORN
CONSUMERS TRYING TO
QUIT PORN, RESEARCHERS
FOUND THAT SHAME
TENDED TO DRIVE PORN
CONSUMERS FURTHER INTO
A CYCLE OF UNHEALTHY
PORN CONSUMPTION
RATHER THAN HELPING
THEM CHANGE.**

GILLILAND, SOUTH, CARPENTER, & HARDY, 2011

GUILTY

PARTICIPANTS WHO FELT SOME *GUILT* OVER THEIR UNWANTED PORN HABIT, HOWEVER, TENDED TO MOVE PEOPLE TOWARD HEALTHY, LASTING CHANGE.

GILLILAND, SOUTH, CARPENTER, & HARDY, 2011

SO WHAT'S THE DIFFERENCE BETWEEN GUILT AND SHAME?

GUILT

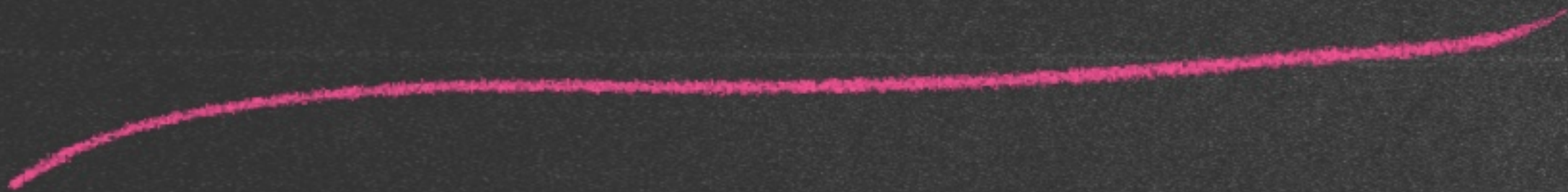
- 1 - LABELS BEHAVIORS AS UNHEALTHY OR "BAD"
- 2 - CAN BE HEALTHY
- 3 - MOTIVATES LASTING CHANGE
- 4 - "WHAT I DID WASN'T GREAT—I WANT TO DO BETTER IN THE FUTURE."

SHAME

- 1 - LABELS THE PERSON AS "BAD"
- 2 - ALWAYS UNHEALTHY
- 3 - OFTEN FUELS A CYCLE OF UNHEALTHY BEHAVIORS
- 4 - "WHAT I DID WAS BAD, I AM A BAD PERSON."



**SHAME DOES NOT HELP
PEOPLE QUIT PORN OR LET
GO OF UNHEALTHY HABITS.
IF YOU'RE STRUGGLING TO
QUIT PORN OR IF YOU
HAVE A LOVED ONE WITH A
PORN HABIT, KNOW THAT
SHAME IS NOT A HEALTHY
WAY TO MOTIVATE
MEANINGFUL CHANGE.**



GOALS

HOW CAN YOU PRACTICE BREAKING THE CYCLE OF SHAME IF YOU STRUGGLE?

1 - TALK TO SOMEONE

2 - REMEMBER THAT YOU

ARE NOT A BAD PERSON


3 - BE KIND TO YOURSELF

4 - BE PATIENT WITH

YOUR PROGRESS

AS ONE FIGHTER SHARED WITH US:

"LATELY I HAVEN'T VIEWED OR HONESTLY EVEN WANTED TO LOOK AT PORN. LONG STORY SHORT, I REMEMBERED WHO I TRULY AM—A DUDE WITH A GOOD HEART WHO MADE SOME POOR DECISIONS AND GOT SUCKED INTO AN ADDICTIVE CYCLE... THEN THROUGH AN AMAZING WOMAN AND SOME VULNERABLE CONVERSATIONS... IT SHOWED ME I'M STILL LOVABLE. IT BROKE THE POWER SHAME HAD ON ME."

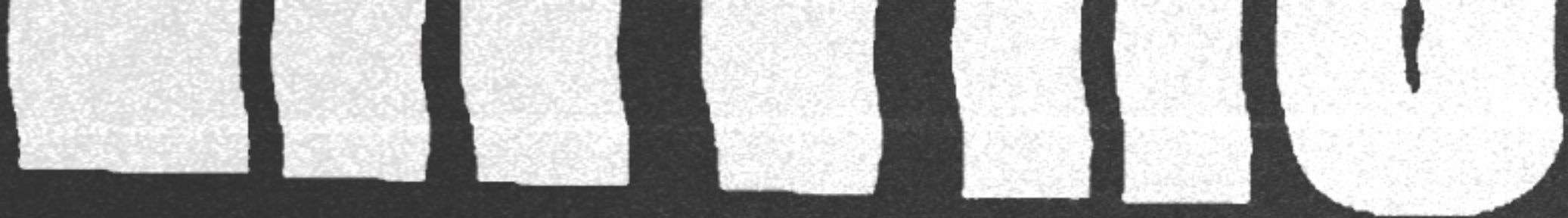


**EVEN IF YOU'VE HAD A PORN
HABIT FOR MOST OF YOUR LIFE,
IT DOESN'T HAVE TO BE PART OF
WHO YOU ARE AS A PERSON.**

**YOU CAN CHANGE AND LIVE A
HEALTHIER LIFE, FREE OF PORN
AND FREE OF SHAME.**

**GIVE YOURSELF
PERMISSION
TO CHANGE.**

YOU GOT THIS.



↑
FOLLOW

↑
TURN ON
NOTIFICATIONS



**FIGHT THE NEW DRUG IS A
NONPROFIT, AND WE ARE
SUPPORTED BY DONATIONS FROM
PEOPLE LIKE YOU.**

**PLEASE CONSIDER DONATING
TODAY TO SUPPORT OUR
EDUCATIONAL RESOURCES.**

FTND.ORG/DONATE

LIKE, COMMENT & SHARE

SAVE

