



# HOW TO QUIT POORN



A GLOBAL MOVEMENT OF FIGHTERS  
©FIGHT THE NEW DRUG



# TRY THERAPY

Research suggests that therapy is one of the most effective ways to help people quit porn.

Studies find that problematic porn consumers show a **92% reduction in porn consumption** after being treated using Acceptance and Commitment Therapy, with an 86% reduction 3 months later, and that 95% of the Cognitive Behavioral Therapy patients were able to manage their symptoms after 12 weeks, with 78% showing sustained recovery after 6 months.

Sniewski, Farvid, & Carter, 2018

Young, 2013

# DON'T JUST QUIT —REPLACE.

Especially in the beginning, it may feel like quitting porn creates some emptiness in your life, **but replacing those unhealthy habits with healthy ones** can be super helpful.

Read, try new recipes, start painting—focus on what you can do, not what you can't.

# EAT, SLEEP, & EXERCISE!

Exercise can boost neurogenesis, the formation of new cells, as well as dopamine receptors, which can help heal the brain's frontal cortex.

By **recharging your body** with the sleep, fuel, and energy it needs, **you'll be better equipped to deal with stress** in healthy ways and feel better physically and emotionally.

# RECOGNIZE YOUR TRIGGERS!

Setbacks often happen when you're  
Hungry, Angry, Lonely, or Tired (HALT).

If you're feeling triggered, find something more productive to distract you.

Talk to a friend, take a nap, eat some cereal — whatever it takes to get yourself back into a good headspace and back on track.

# SPEND LESS TIME ON YOUR PHONE.

Scrolling through social media at night or turning to your phone **whenever you're bored can easily lead back to porn.**

Consider not using your phone late at night, keeping it in a different room while you sleep, setting time limits, or using filtering software.

# LET GO OF SHAME.

Research shows that shame can actually drive people back to unhealthy behaviors rather than motivating sustainable change.

Remember: **you are not a “bad” person** for struggling with this. Be kind to yourself, be patient with your progress, and keep trying.

# DOWNLOAD FORTIFY!

Fortify is a free, **science-based recovery platform** that actually works.

In fact, 90% of users report that Fortify has significantly helped them move toward lasting change.

**[ftnd.org/fortify](https://ftnd.org/fortify)**

Fight the New Drug is an affiliate of Fortify. Fight the New Drug may receive financial support from purchases made with this link.



# BE PATIENT WITH YOUR PROGRESS.



Recovery is not linear—that's totally normal. **A minor setback does not mean you have failed.**

Research shows that even quitting porn for a short time can lessen its negative effects. It's okay if it takes time.

Be kind to yourself, and be patient.

Keep fighting!



FOLLOW



TURN ON  
NOTIFICATIONS

# HELP SUPPORT OUR EFFORTS.

As a 501(c)(3) nonprofit organization, we rely on generous donations from our Fighters to help effectively educate people on the harms of pornography.

If you found this information helpful, please consider donating to help us make more content just like this!

[ftnd.org/donate](https://ftnd.org/donate)



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