

Tips to Quit Porn

A Global Movement of Fighters
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Don't just quit —replace.

Especially in the beginning, it may feel like quitting porn creates emptiness in your life, but replacing those unhealthy habits with healthy ones can be super helpful. Exercise, 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 are key in healing 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 to watching 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 actually drives 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.

Tell someone.

Unhealthy habits thrive in secrecy, so opening up about your struggles and feelings can limit the power shame can have over you. Talking to a therapist can be especially helpful, as they can help you learn healthier habits and work through any underlying issues that drive any unhealthy behaviors.

Be patient with your progress.

Recovery is not linear—that's totally normal. A minor setback does not mean you have failed to reach your goal, it just means you should keep trying. It's okay if it takes time. Be patient and kind to yourself.

Download Fortify!



ftnd.org/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.

FIGHT THE NEW DRUG IS AN AFFILIATE OF FORTIFY AND MAY RECEIVE FINANCIAL SUPPORT FROM PURCHASES MADE WITH THIS LINK.

Even if you've had an unwanted porn habit for most of your life, that doesn't mean it has to be part of your life forever. It's not a part of who you are. You can achieve your porn-free goals and live a healthier, shame-free life.

There is hope, so keep trying.

You got this!