



# HOW TO SUPPORT SOMEONE WHILE THEY QUIT PORN

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# BE PATIENT WITH THEIR PROGRESS

Progress is rarely linear and quitting porn cold turkey is the exception rather than the rule.

Remember that setbacks aren't failures, they're usually just part of the process.

Focus on progress rather than perfection. Recovery takes time, and that's okay.



# AVOID SHAME

Porn is a sensitive issue, and your loved one may already feel a lot of shame about their porn habit.

Regardless, research confirms that shame can actually fuel unhealthy porn habits rather than motivate real change.

Instead of using shame, remind them that they're loved and worthwhile, even if it takes time for them to quit.





# SPEND TIME WITH THEM

When giving up an unhealthy habit, it's best to replace it with healthy ones, so one of the best ways you can help is to **actively engage with your loved one in healthy outlets.**

Pick up a new hobby together, be exercise buddies, or check out a new coffee spot—just spend time together!

# RECOGNIZE WHAT'S BEST FOR YOU

While helping your loved one,  
don't ignore your own needs  
and boundaries.

Take the time you need to  
evaluate what is best for your  
own emotional health, both  
presently and in the long run.





# RECOGNIZE THAT CHANGE ISN'T ALWAYS AUTOMATIC

This goes for you and your loved one—the process may be frustrating for you and them, and it's okay if you don't respond perfectly every time. **Change takes time and practice**, so be patient with them and yourself, and keep trying.



# EDUCATE YOURSELF

Learning about pornography's negative effects can help motivate you and your loved one in the recovery process.

You can **educate yourself** by reading our Get the Facts articles, which summarize the data on porn's impacts, including why it can be difficult to quit.

See [ftnd.org/get-the-facts](https://ftnd.org/get-the-facts)



# DON'T POLICE THEM



Be a safe space for your loved one to share openly and honestly, but try not to police their every move. It's not your job to keep them on track.

Check in with them on how they're doing, but **don't force them to share details that won't be helpful to either of you.**



# UTILIZE RESOURCES

There are so many resources to help you and your loved one along the way—recovery platforms, support groups, conversation blueprints, resources for parents, etc.

**You're not alone in this!**

**Visit [ftnd.org](https://ftnd.org) for more info.**