



# RECOVERY FROM P\*RN ADDICTION

A GLOBAL MOVEMENT OF FIGHTERS  
©FIGHT THE NEW DRUG



**REGARDLESS  
OF HOW LONG  
YOU'VE STRUGGLED,  
RECOVERY FROM  
A PORN HABIT OR  
ADDICTION  
IS MORE THAN  
POSSIBLE!**

**IT'S BIOLOGICAL.**





# **AVOIDING PORN, EVEN BRIEFLY, REDUCES HARM**

Although many people experience withdrawal symptoms while trying to overcome unhealthy habits, resisting those cravings is like building a muscle —the more you exercise it, the stronger it gets.

**FERNANDEZ, D. P., KUSS, D. J., & GRIFFITHS, M. D. (2020)**



# IDENTIFYING & CONFRONTING NEGATIVE THOUGHTS AIDS IN PORN RECOVERY

Cognitive Behavioral Therapy helps patients recognize and let go of unhealthy or unhelpful thought patterns and behaviors. It has been proven to help those addicted to pornography overcome their addiction.

YOUNG K. S. (2013)



# MINDFULNESS THERAPIES AID IN OVERCOMING PORN HABITS

As consumers learn to accept both the good and the bad as normal parts of life and learn healthier ways to deal with stressors, recovery can start to feel much more possible.

SNIEWSKI, L., FARVID, P., & CARTER, P. (2018)



# SHEDDING SHAME HELPS CREATE A LASTING TRANSFORMATION

Studies show those who felt **guilt** about their porn habits were more likely to change their habits.

Those who experienced **shame** about their porn habits were more likely to stay stuck in an unhealthy cycle of porn consumption.

GILLILAND, R., SOUTH, M., CARPENTER, B. N.,  
& HARDY, S. A. (2011).





**WANT TO EXPLORE  
THE FULL SCOPE  
OF THESE  
EMPOWERING  
FINDINGS?**

**[FTND.ORG/RECOVER](https://ftnd.org/recover)**

Dive into our comprehensive report detailing these groundbreaking studies on overcoming a porn habit or addiction.



↑  
FOLLOW

↑  
TURN ON  
NOTIFICATIONS



**THANKS FOR READING  
ALL THE WAY THROUGH!**

You can help more people learn  
about the negative impacts of porn  
by supporting our educational  
resources at

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

LIKE, COMMENT & SHARE

SAVE

