



**How has your life  
improved since being  
porn-free?**

Type something....

A GLOBAL MOVEMENT OF FIGHTERS  
©FIGHT THE NEW DRUG

**WHILE FIGHT THE NEW DRUG IS NOT A RECOVERY-FOCUSED ORGANIZATION— WE PRIMARILY FOCUS ON EDUCATING ABOUT THE HARMFUL EFFECTS OF PORN AND ITS CONNECTIONS TO SEXUAL EXPLOITATION—THERE ARE QUITE A FEW PEOPLE WHO FOLLOW THIS MOVEMENT BECAUSE THEY'VE EXPERIENCED FOR THEMSELVES HOW HARMFUL PORN CAN BE IN THEIR LIVES.**

**WE POSED THIS SIMPLE QUESTION TO OUR INSTAGRAM FOLLOWERS:**

**HOW HAS YOUR LIFE IMPROVED SINCE BEING PORN-FREE?**

**IN RESPONSE, WE GOT  
HUNDREDS OF ANSWERS  
FROM BOTH MEN AND  
WOMEN. AND WE THINK  
YOU'RE GOING TO WANT  
TO SEE THEM FOR  
YOURSELF, ESPECIALLY IF  
YOU'RE CONSIDERING  
QUITTING PORN OR YOU  
KNOW SOMEONE WHO IS.**

- **"Less stress and deflecting, more ME!"**
- **"Being porn-free helps me to feel alive."**
- **"I no longer look at women as objects."**
- **"Confidence in my own self-image. I never thought myself an attractive man until I started to quit."**
- **"I'm not ashamed of myself all the time. It feels like I'm finally myself."**
- **"Generally speaking, overall happier."**
- **"I've been excelling in school and being more productive."**
- **"My relationship with my husband has improved and my daughter gets all my attention."**
- **"More confidence in myself and personal relationships!"**
- **"My husband has trust in me, and I have trust in him."**
- **"I don't view people as objects anymore."**
- **"I don't feel guilty 24/7."**
- **"I can finally be friends with girls without feeling guilty."**
- **"More confidence, more alive."**

- "I feel more secure in myself. Also more confident in the relationships around me."
- "Better sex!!"
- "It certainly can provide the mental stability that not much else can."
- "I've begun to see women as people again."
- "I don't know why/how, but I feel happier all-around."
- "It's improved the relationship I have with myself and my wife."
- "I feel more motivated, more confident about my body, and I've stopped seeing others for their body parts."
- "My boyfriend has opened up to me for the first time. So much love and intimacy."
- "I can actually have sex with my girlfriend, I suffered from erectile dysfunction as a 22-year-old due to my addiction."
- "As a minority, my last 3 relapses were real wake-up calls, made me quit for good."
- "Improved mental health and more time to read!"
- "I don't have to constantly compare myself to others."

- "I don't feel like a slave. I don't have unrealistic expectations of what men should do to me."
- "I am happier and don't feel weighed down."
- "I have the motivation to change and better myself every day."
- "FREE and authentic. I can be myself, now."
- "Since my boyfriend has quit, I feel so much more loved and valued in our relationship. We're both happier."
- "Better and deeper relationships, especially with my husband."
- "I am more attracted to and have an improved romantic relationship with my partner."
- "My mental health has improved and the standards from porn don't rule my relationships."
- "I feel more free."
- "It's helped tremendously, and improved my relationship with my girlfriend."
- "So much easier to love my friends!!"
- "I can more authentically love other people for who they are."

- "I got a girlfriend who I've been with for almost a year, got a job and I started going to college."
- "I've been way more active and in the moment, and I have more time to spend with my family."
- "I have so much more self-worth. I don't objectify myself as much as before. Thanks for everything!"
- "I simply have more time on my hands."
- "I can see the world through a new lens. I am no longer a slave to the addiction."
- "The stress and anxiety that used to be persistent in my life is basically gone."
- "Increased ability to focus and accomplish my goals."
- "I can have deeper relationships with guy friends without looking at them in a sexual way."
- "Mental health, can have control of my thoughts."
- "I no longer live under guilt and shame. It's like I'm breathing for the first time."
- "I'm so happy and I finally feel free."
- "Sex is much more romantic and intimate."

- "I feel guilt-free and proud that I was able to overcome my addiction!!"
- "I have more control over myself."
- "Huge confidence boost. I'm free to be me with absolutely no shame."
- "Everything has improved. I'm no longer depressed or ashamed."
- "More energy and joy in the small things!"
- "I have changed a lot, I am not ashamed of myself, I feel like a human."
- "Small joys like eating good food or it being a nice day are amplified!"
- "I feel much more happy and much less lethargic!"
- "My creativity and energy levels are at an all-time high and more importantly I love this FREEDOM."
- "I am more aware of my life and thoughts, living in the present. All positive thoughts and lots of energy."

- "I feel like I'm more capable of giving/receiving love without the pressure of unrealistic standards."
- "No more shame, hiding, less insecurity, more stability in all areas. And an awesome marriage!"
- "I don't struggle with my [body] dysphoria nearly as much anymore."
- "I'm able to look at women in a non-objectifying way now."
- "Learned discipline, one of the keys to happiness and unlimited energy and control."
- "As a woman, I have so much more respect for myself."
- "I gained the desire to express myself artistically."
- "Really happy and calm."
- "My boyfriend can have physically have sex with me again, more intimacy in general."
- "More time to enjoy life and better sleep."
- "I have become confident and learned to love myself and others."
- "Definitely feel less alone. I can feel more self-assured without needing external approval."

**WE FIGHT FOR REAL LOVE  
BECAUSE WE BELIEVE  
EVERYONE DESERVES TO  
LIVE THEIR BEST,  
HEALTHIEST LIFE  
POSSIBLE, AND THAT  
INCLUDES BEING AWARE  
AND UNDERSTANDING HOW  
PORNOGRAPHY CAN TAKE  
AWAY FROM REAL-LIFE  
EXPERIENCES AND  
HEALTHY RELATIONSHIPS—  
INCLUDING THE HEALTHY  
RELATIONSHIP YOU HAVE  
WITH YOURSELF.**