

Struggling with an Addiction to Porn?

Here are some resources that will help:

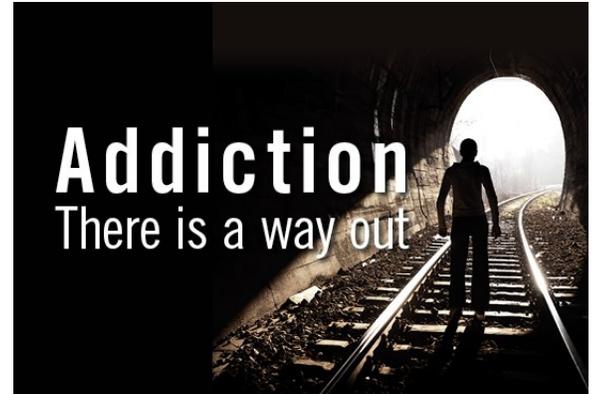
<http://learn.covenanteyes.com/porn-free-challenge/>

<http://endsexualexploitation.org/resources-struggling/>

<https://www.xxxchurch.com/connect>

<https://addictionresource.com/addiction/pornography-addiction/treatment/>

The following apps are available to help fight the addiction to porn:



Victory (LT)

By Life Teen

Open iTunes to buy and download apps.

[View More by This Developer](#)



[View in iTunes](#)

Description

The fight for freedom from pornography is a battle you can win. But, every battle needs a plan. The Victory app provides a strategic battle plan for liberty in the struggle against pornography.

[Life Teen Web Site](#) [Victory \(LT\) Support](#)

[...More](#)

What's New in Version 1.3

- Bug fixes



IMQuit - Quit addiction

piapox.com Health & Fitness

★★★★★ 1,505

Everyone

Loading device compatibility...

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End Sex & Porn Addiction FREE

The Mindful Habit Health & Fitness

★★★★★ 1,000

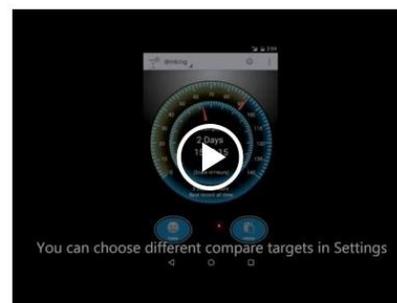
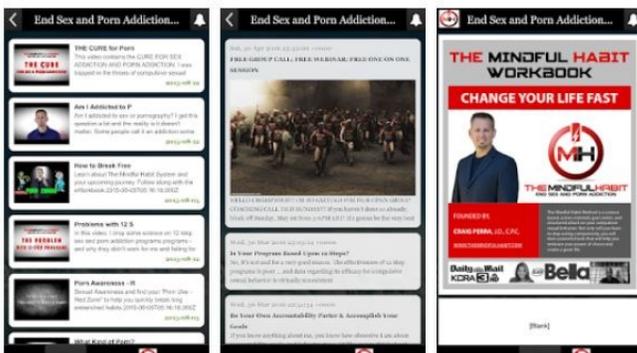
Teen

Offers in-app purchases

You don't have any devices

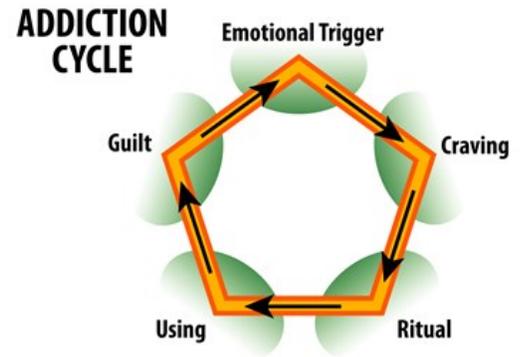
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Alcohol, smoking, pornography... No matter what addiction you are fighting against, IMQuit will give you a powerful weapon. It can trace your behavior and give you a clear overview about your recovery process. You can compare with your history record and share your success with your friends. Quit addiction is not easy, but IMQuit will help you get through it with less pain and more fun.

Most important, if you are struggling with an addiction to porn, video games, drugs, alcohol, or anything else you need to tell a trusted adult right away. It is important to have an accountability person in your life who knows the battles you are fighting and can be there for you when you are struggling.



Signs of Pornography Addiction

How would you determine if pornography use is harmful to you? The following are signs your use is problematic:

- The use of pornography feels out of your control. You are unsuccessful in your efforts to limit your use or stop.
- You experience a cycle of excitement and stimulation before and during use, followed by intense shame, guilt, remorse or depression.
- You go out of your way to hide your use from others, frequently delete your internet browsing history, or lie about your use.
- You spend considerable time thinking about pornography when you are not using it, as well as taking time to plan when you will use it again.
- The time you spend watching pornography increases to the point of taking precedent over other responsibilities, hobbies or relationships.
- Your use of pornography has negative consequences in your life. For example, you may participate in increasingly risky behaviors that may cause you or others physical or emotional harm. Your use may negatively impact your academics, job performance, or even place you at risk to lose a job if caught.
- Your pornography use or other sexual behaviors cause problems in intimate relationships, create emotional distance between you and others you care about, or cause people in relationships with you to feel neglected or distrustful.

Any of the signs above could indicate your pornography use is a problem. If you are concerned you or someone you care about may have a problem, please view the resources below for professional help or recovery meetings.

Ideas for Changing Pornography Usage

- Change routines and environments that lead to pornography usage. Avoid high-risk situations.
- Make a list of the positive and negative consequences of using versus not using pornography.
- Spend less time alone. Review the status of your friendships and relationships. Are they meaningful and satisfying? If not, what would make them more fulfilling?
- Learn new ways of coping with strong feelings like anxiety, loneliness, anger, depression and boredom.
- Identify activities that can help you relax, enjoy yourself and feel re-freshed.

