

Seven Points for Recovery From Pornography Addiction

1. *Honesty, self-knowledge, and commitment:* Admit you have a problem, take responsibility for it, learn the triggers that lead you back into pornography, and develop effective strategies to avoid acting out. Commit to doing whatever it takes to succeed in recovery.
2. *Purify your life:* Get rid of all pornography, and use technology to allow trusted others to monitor your internet use. Establish healthy boundaries to avoid going back to pornography.
3. *Support and accountability:* Use 12-step and other peer support groups for support and to help keep you accountable.
4. *Counseling:* See a professional counselor to identify and work through trauma or other psychiatric disorders that may contribute to your pornography use.
5. *Spiritual plan:* Even if you come from a secular perspective, being open to the spiritual may help you succeed in recovery.
6. *Education:* Learn about pornography addiction, its causes, the recovery process, and what healthy sexuality and intimacy look like.
7. *Virtue:* Use the virtues of honesty, patience, perseverance, courage, faith, hope, and transparency to combat your addiction. This will lead to the ultimate goal of recovery: transformation. It's becoming the healthy person you were always meant to be!

Source: Kleponis PC, *Integrity Restored: Helping Catholic Families Win the Battle Against Pornography*. Steubenville, OH: Emmaus Road Publishing, 2014.

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