

A GUIDE TO TRUE MANHOOD

5 STEPS TO OVERCOMING AN ADDICTION TO PORNOGRAPHY & MASTURBATION

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STEP 1

COME TO GRIPS WITH YOUR PROBLEM.

If you don't know that you have a problem, you'll never know that you need to overcome it. Come to grips with it by taking this plan seriously, following each step.

STEP 2

DON'T JUST WANT TO FIX THE PROBLEM, WORK TO FIX THE PROBLEM.

Simply desiring for an addiction to go away will never make it go away. It requires **HARD WORK** from you. Take action. By reading this 5 step plan, you are beginning/continuing the journey towards freedom, don't stop! It will be a difficult journey, maybe the hardest thing you ever do in your lifetime, but the destination is well worth it. Don't buy the lie that this addiction cannot be overcome, it can!

STEP 3

FIND A BROTHER (an Accountability Partner)

In order to overcome a pornography addiction, you must have brotherhood. It is essential in fighting the battle. *"Proverbs 27:17 As iron sharpens iron, so one man sharpens another."* You must, from the moment you begin holding each other accountable, be 100% open and honest. If you cannot be honest, don't waste his time. Find a brother, do it today! This brother can be any man, but it's best if you are working on similar battles together and able to meet in person. Meet as often as is needed, in-person is preferred, but communication through other means is suitable in times of desperation and in between in-person meetings. Vulnerability is not a sign of weakness, but rather a sign of wisdom. A wise man knows when he needs help. Ask specific, tangible, and quantifiable questions, looking to conquer the sins you are dealing with. One word answers, such as "good" or "fine", won't allow you to go deep. Be deliberate in your approach to accountability.

STEP 4

MAKE AN ACTION PLAN & IMPLEMENT IT.

Having an action plan of how to attack your addiction is essential. Your plan must address your temptations; therefore, your plan and the plan of the next man shouldn't necessarily be the same. The essential piece to having a plan is **ACTING ON THE PLAN AT THE FIRST INSTANCE THAT YOU RECOGNIZE A TEMPTATION**. If you act on your plan within the first second of recognizing a temptation, you are most likely to succeed. If you wait an extra second, your chances of putting up a strong fight are greatly decreased. And if you wait a full three seconds to act, you are setting yourself up for failure. You know your temptations, act quickly when tempted; it will save your life.

What does a plan look like? A plan, in this case, is a method of reacting to sexual temptation. (Remember, it must be an immediate reaction!) Some examples of plans (at the first instance of temptation) - praying (The Rosary, a specific prayer, a spontaneous prayer, etc.), calling your accountability partner (any day/time), leaving the room, getting away from the computer/TV/device/etc., leaving the house/office, working out, clicking 'close' on your web browser, etc. or a combination of some/all of these. Whatever the steps of your plan, they must be customized to your temptations and in direct response to the temptation. The plan should attack the temptation aggressively and allow for a situational mind/body change. If you are tempted by what's on the internet, make your plan in regards to protecting yourself from the internet. If you are tempted by magazines, make your plan in regards to protecting yourself from the magazines. Your plan must fit your temptations.

Simply having a plan is not enough, it must be acted on. Your plan is a perfect starting point and guide for the discussions which take place in accountability, and ideally, they should be connected.

STEP 5

PRAYER & SACRAMENTS

Pray regularly and pray hard. In the same way that David went to battle against Goliath, we too must trust that God will bring us through our battle with the giant and make us victorious. Trust in God and know that your prayer time with Him helps you to know Him better, as with any relationship. If we want to succeed in beating an addiction to porn, we must rely on God for help. We cannot do it alone. This goes for sacraments as well; run to him

It may also be helpful for you to seek out a counselor to work through your addiction. There are numerous support groups, accountability groups and prayer groups all across the country. Find one in your local area.