

5 STEPS TO OVERCOMING AN ADDICTION TO PORNOGRAPHY & MASTURBATION

An Action Plan to End the Destructive Power of Porn

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Disclaimer: the info contained in this document is not full-proof & may not work for you, & is not intended to be inclusive. Some people struggling with sexual addiction need counseling/therapy, medication, in-treatment, etc.

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. Learn your specific temptations, downfalls and failures – pinpointing the exact cause of your failings gives you a clear vision of what to attack. You are reading this, so “step 1 complete.”

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 (accountability partner) TO MEET WITH REGULARLY. 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 man sharpens his fellow man.” You must, from the moment you start holding each other accountable, be 100% open and honest with each other. 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 meeting in person.

STEP 4: MAKE A PLAN. Having a plan of how to attack your addiction is essential. Your plan needs to address your temptations; therefore, your plan and my plan 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/phone/etc., leaving the house/office, working out, clicking “close” on your web browser, etc. or a combination of some/all of these.

The plan's initial purpose is 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.**

STEP 5: PRAY. 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.

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.