



Teacher Notes

Suggestions for Overcoming a Pornography Habit

Taken from "What's the Bid Deal about Pornography? A Guide for the Internet Generation," pg. 94-118, Jill C. Manning

1. Get real and get out your calculator—calculate how much time you view pornography during a week. Calculate how many hours pornography is viewed a day, week, month, and year. Contrast that with a healthy habit in your life. Then compare the pornography use against the healthy habit.
2. Identify the rationalizations you use to help keep pornography in your life.
3. Figure out what matters most to you and the goals that motivate you.
4. Identify the needs pornography helps you meet.
5. Identify what triggers you to use pornography.
6. Tell someone and be accountable to that person.
7. Connect with “real” people.
8. Take really good care of yourself.
9. Shake up and clean up your room.
10. Get busy and get active.
11. Cut down on sugar and caffeine.
12. Cut off the access to pornography.
13. Establish new media standards for yourself.
14. Limit video game use.
15. Learn something new that’s challenging to do.
16. Take charge of your day.
17. Avoid being alone.
18. Learn about human sexuality from accurate sources.
19. Develop your spirituality.
20. Serve and focus on others.
21. Journal feelings.
22. Ride the wave out.
23. Join a support group.
24. Seek professional help from a therapist who treats pornography problems.
25. Talk with your doctor.
26. Practice, practice, practice
27. Learn the truth about pornography stars.