

# UNDERSTANDING PORN ADDICTION

*"Am I A Porn Addict?"*

Soul Care Therapy  
Issue 1



<https://soulcare.simdif.com>

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With gratitude,  
Soul Care Therapy Team

***While this eBook remains the property of Soul Care Therapy, you can share it with anyone you know who may be having trouble with Pornography addiction.***



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Survivor Foundation.  
169-226 NPO



**Jain Batten**  
OWNER

+27749142341  
[soulcaretherapy1@gmail.com](mailto:soulcaretherapy1@gmail.com)  
<https://soulcare.simdif.com>  
Bulten Street, Krugersdorp - South Africa  
whatsapp - +27847961600



Soul Care Therapy



Website QR Code

**Certified Christian Life Coach/Minister/ Forensic Psychologist**





Editor-in-Chief

**Stephan Bester**

Managing Editor

**Iain Batten**

Content Director

**ASF Designs**

Art Direction

**ASF Designs**

Contributing Writers

**Iain Batten**

**Grant Schoeman**




# WHAT IS A PORN ADDICTION?

A porn addiction is similar to a chemical or drug addiction in which the addict replaces commitment and real relationships with another “drug”: pornography. A porn addiction also includes compulsive masturbation and an insatiable desire for more pornography. Over time, the addict becomes increasingly secretive and seeks out more extreme pornography.





A photograph of a person sitting on a grey couch, viewed from the side. They are wearing blue jeans and a white shirt. A silver laptop with the Apple logo is open on their lap. The background is a plain wall.

## **Did you know?**

**68% of young adult men  
and 18% of women use  
porn at least once a week.**

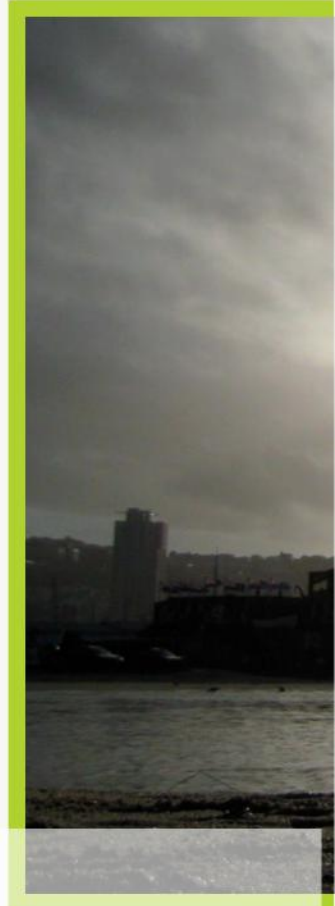
# **SIGNS OF PORN ADDICTION:**

- Spending a lot of time alone
- Compulsive masturbation and minimal engagement in sex
- Inability to stop viewing porn
- Becoming more secretive and isolated.
- Replacing real relationships with online fantasy
- Neglecting loved ones and responsibilities



## The reality is:

that everyone struggles with different things. For some, it's an overwhelming struggle with pornography. Our culture idolizes sex and sexuality in every form, as seen in countless movies, magazines, music and websites. It's no surprise that porn addiction has reached epidemic proportions.



# WHAT'S THE BIG DEAL ABOUT PORN?

## Porn addiction destroys relationships,

distorts your view of sex and healthy relationships, and even rewires your brain. Slowly pulling you away from reality, it becomes an all-consuming addiction. However, you can stop the destructive cycle of porn and live a life free of shame and guilt.







**Did you know?  
1 in 5 mobile  
searches are for  
pornography**





# What happens when you view porn?



Porn doesn't just have emotional or relational consequences. From a scientific point of view, pornography has a significant effect on your brain too. Here's what happens when someone watches porn:

- Like a drug, porn hijacks the reward pathway in the brain and creates new neuro-pathways. Each time someone views porn, those neuro-pathways become stronger.
- Viewing porn floods the brain with dopamine, a neurotransmitter that controls the brain's reward and pleasure center.
- Over time, a porn user develops a tolerance, resulting in the need for more and extreme types of pornography for arousal.
- In addition to rewiring the brain, addictions such as drugs and porn shrink the brain's frontal lobe, the part of the brain that is responsible for logical problem solving and decision making.





**Do you want to find out if you struggle with pornography addiction?**

**Do you exhibit sex addiction signs but need to find out if you are truly addicted?**

**You can contact us, and we will promptly send you a brief test.**



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*Jain Batten*  
**OWNER**

+27749142341  
soulcaretherapy1@gmail.com  
<https://soulcare.simdif.com>  
Bulten Street, Krugersdorp - South Africa  
whatsapp - +27847961600



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IT'S OKAY  
to ASK  
For HELP



# HOW PORN ADDICTION AFFECTS YOUR LIFE:



## Did you know?

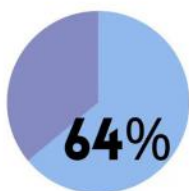
56% of divorce cases involved one party having an obsessive interest in porn.



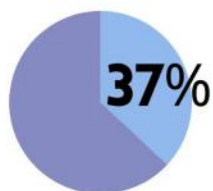
### MALE CHRISTIAN PORN STATS



have watched porn



view porn monthly or more



view porn several times a week

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### HOW MANY CHRISTIANS WATCH PORN MONTHLY OR MORE?

64%

of men



15%

of women



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Porn addiction makes real relationships less satisfying, encouraging an unrealistic view of healthy relationships.

Eventually, the porn addict becomes obsessed with pornography in more extreme forms, growing increasingly secretive and isolated from loved ones.

Men who are exposed to porn describe themselves as less in love with their partner than men who don't view porn. After being exposed to porn, people are more critical of their partner's appearance, sexual performance, and displays of affection.


Pornography often shows women as sexual objects. Porn addicts begin to view women as they are portrayed as subordinate and to be dominated. Unlike porn, real relationships are built on equality, respect and love.






Not only does porn objectify people, it also often glorifies violence, infidelity and abuse.



Porn addiction is devastating to the user's partner too. From ignoring their partner to feeling like he or she doesn't measure up, a porn addict destroys the relationship.

Health problems such as chronic erectile dysfunction and other sexual health issues often occur as a result of porn addiction.

The Effects of  
**PORNOGRAPHY  
ADDICTION**



-  **Straining Romantic Relationships**  
Loss of interest in romantic partners, leading to decreased intimacy.
-  **Damage to your Brain**  
It can affect brain structure and function, leading to struggles with motivation, decision-making, and impulse control.
-  **Adverse Effects on Physical Health**  
Physical health problems such as fatigue, insomnia, and neglect of personal hygiene.
-  **Mental Health Issues**  
Pornography addicts can experience increased levels of anxiety, depression, and stress.
-  **Decreased Productivity**  
Loss of focus on work and academic responsibilities, leading to decreased productivity and performance issues.

  
  
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# GETTING HELP

It takes courage and perseverance to own up to the problem and actually do something about it. You can be free from the shame and guilt of porn addiction. It's not an easy journey, but it's worthwhile for you to live your life to the fullest. Here are some practical steps you can take to get help:

- **Tell someone.** As difficult as it may seem, talk with someone you trust about your struggle with porn, such as a parent, pastor, counselor, or close friend. Opening up about your struggle isn't easy but it is an essential first step to recovering from an addiction.

- **Find an accountability partner.**

Find someone you trust to keep you accountable. Set aside a specific time and location where you feel comfortable discussing your addiction. Talk with that person weekly and have open, honest conversations about your struggle. This is an essential part of getting your life back on track and out of the destructive cycle of pornography.

- **Make a clean start.** Another key part of Recovery is getting rid of all pornographic content you have - any saved images or files, magazines, DVDs, etc. Let your accountability partner know you've deleted or destroyed the content you had.





- **Get professional help.** Soul Care Therapy provides a comprehensive 7-week one-on-one program, as well as small group sessions.

**Please find the relevant details outlined below.**

IT'S OKAY  
to ASK  
For HELP



**Are You Battling  
with A  
Pornography  
Addiction?**

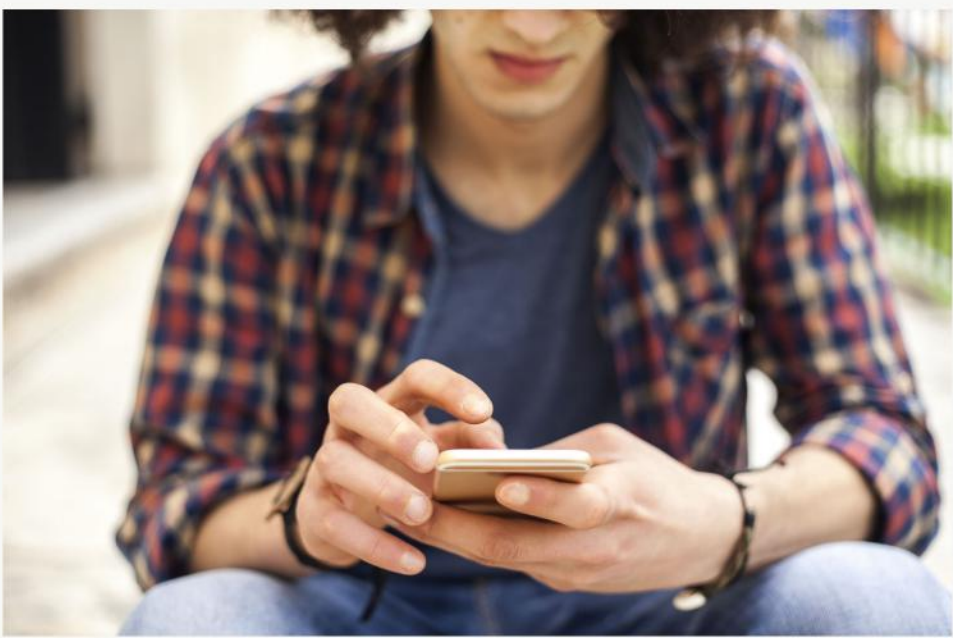
WE HAVE A WAY OUT...  
Call Us Today For Help  
0749142341  
#RenewingMinds

<https://soulcare.simdif.com>

There is support, so you don't have to try to stop by sheer will.

\*DON'T\*  
Quit





# RECOVERING FROM PORN ADDICTION





## Figure out when and where you usually struggle.

If it's late at night while you're on the internet, turn your computer off at 6pm and put it away or disassemble it completely. Some recovering porn addicts find it helpful to take time away from the internet completely.

## Stay clear of temptation.

Temptation to look at porn often comes when someone is bored, tired, or lonely. Have a plan when you feel tempted, like calling a friend, going on a walk, or enjoying a hobby. Try to get out of your environment and engage your mind and body in a positive way.

## Take care of yourself.

When your body is run down, you aren't at your physical and mental best. That makes you more likely to make bad decisions in a moment of weakness. Make a commitment to yourself to get enough sleep, exercise, and eat nutritiously when possible.

## Recovery is a journey.

If you end up looking at porn, be sure to let your accountability partner know as soon as possible. Overcoming porn addiction is a journey, and is won day by day. Porn addiction is a destructive cycle so when you breakdown, be transparent and talk to someone. Then start fresh.

The journey to recovery will undoubtedly involve numerous ups and downs. It is important to recognize that the path will not be consistently smooth. Ultimately, what matters is not the number of times you may stumble, but rather how many times you rise again.





# **TIPS FOR HELPING SOMEONE WITH A PORN ADDICTION**



## Listen without judgement.

It's a big deal for someone to admit and seek help for a porn addiction. While it can be a shock to learn about their addiction, listening and offering emotional support to your friend or loved one is key.

## Be there for them.

Overcoming a porn addiction can be a difficult journey. Show your friend or loved one that they are loved and accepted, and that you are a safe place for them to be transparent.

## Share this eBook!

Consider giving this [eBook](#) to your friend or loved one to help them overcome a porn addiction. Please encourage them to read over it and check out Soul Care Therapy resources to help them start on the road to recovery, including our [7-week one-on-one program or small group workshop](#).



# A SPIRITUAL PERSPECTIVE ON PORN

As we've explored in this e-book, pornography addiction has a real, damaging effect. At the most basic level, porn addiction is a person's attempt to cope with emotional, physical or spiritual pain. Porn is a poor substitute for real relationships, the addiction is unhealthy, and it doesn't address the real underlying issues of addiction. That's why it's important to get help and encouragement from friends, family, want to help you leave your porn addiction behind. No matter what problems or issues you've dealt with, know that God loves you and has a plan for your life beyond what you can even imagine.

*John 10:10 - NIV*



**10** The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

You are loved and accepted, regardless of what has happened in your past or your current struggles. God, professional counselors, and others want to have a real relationship with you and to help you overcome porn addiction.





**If you want to know more about  
having a relationship with God or have questions  
about dealing with a pornography addiction, chat  
with us on Whatsapp or online via our website**



**Scan the QR code to  
access our website.**



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# Watch out for our other eBooks Available soon:

## Topics that will be covered:

- Understanding Depression
- Understanding Suicide
- Understanding Self-Worth
- Understanding Lying
- Understanding Dating
- Understanding Anxiety

more interesting Christian articles are also available on our website at: <https://soulcare.simdif.com>



**Issue 2 out soon!**





# Feedback

We would love your feedback on this eBook about porn addiction.

Please feel free to give any comments on our website, email or  
Whatsapp

*(We look at each and every comment!)*

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