

Things you can do...

Things you can do personally...

1. If you are struggling personally, tell someone.
2. Put an Internet filter and accountability software on your home computer.
3. Put an Internet filter and accountability software on your laptop and any other remote devices with web access such as your phone.
4. Make sure there is Internet filter software on your work computer.
5. Have a standing weekly lunch with an accountability partner.
6. Join a prayer and support group that meets regularly
7. If you are married talk about this with your spouse. Pornography is an attack on your marriage and you will need to work together to overcome it.
8. Whether married or not, be proactive in getting counseling to deal with pornography use.
9. When you travel stay at hotels that do not have pornography available in the rooms. If that is not possible, have the front desk turn off the pornography access when you arrive.
10. Educate yourself about the harms and social costs of pornography.