

1. Receive the Sacrament of Reconciliation regularly! Whenever you are in a moment of temptation, start praying the Our Father and Hail Mary. Our Lord and Blessed Mother will be with you!
2. Attend Mass every Sunday (and more frequently if you can!)
3. Spend time before the Lord in Eucharistic Adoration, at least one hour per week (you should spend your time here instead of looking at porn).
4. Pray the Rosary and Chaplet of Divine Mercy daily!
5. You may be covering the pain of some deep hurts with pleasure. You should start speaking with a good, holy priest about your situation. The priest will help you understand the underlying reasons why you are looking at porn.
6. There are many resources available. For starters, I would STRONGLY recommend resources from **chastityproject.com**:

[www.chastity.com/qa/category/pornography/](http://www.chastity.com/qa/category/pornography/)

**You should also do the following immediately to battle Internet porn:**

1. If you want something to watch on your computer, watch EWTN via the Internet ([www.ewtn.com](http://www.ewtn.com))
2. You can also watch Eucharistic Adoration from your computer ([www.savior.org](http://www.savior.org))
3. You should get a desk crucifix and put it in front of the computer.

4. Have family pictures and holy cards taped to the computer.
5. Have the computer blessed by a priest or deacon.
6. Say an Our Father, 3 Hail Mary's, and a Glory Be before going on the computer.
7. Read the following:
  - *Delivered: True Stories of Men and Women Who Turned from Porn to Purity*
  - *The Porn Myth: Exposing the Reality Behind the Fantasy of Pornography*
  - *Bought With a Price: Every Man's Duty to Protect Himself and His Family From a Pornographic Culture*
  - *Muscle Memory: Beating the Porn Temptation*
8. Go to these websites to learn more:
  - <http://chastityproject.com/>
  - <http://www.reclaimsexualhealth.com/>
  - <http://www.pureintimacy.org/>