

RECOVERING FROM PORNOGRAPHY USE

Recovery from pornography use is possible as we increase our faith and enable the power of Christ to help us heal. Elder Dallin H. Oaks of the Quorum of the Twelve taught: “Latter-day Saints believe in applying the best available scientific knowledge and techniques. We use nutrition, exercise, and other practices to preserve health, and we enlist the help of healing practitioners, such as physicians and surgeons, to restore health” (“Healing the Sick,” *Ensign* or *Liahona*, May 2010, 47). To fully recover from addiction, we need to draw strength from the gospel and find support from those who can help. The following steps can help you create an action plan to recover from your addiction. Further studying, pondering, and planning will help you determine the actions you should take. Consider creating the plan and reviewing it with someone you trust, such as a parent, spouse, friend, or Church leader.

1. **DRAW CLOSER TO THE LORD.** The Lord knows of your desires to recover, and He is anxious to help you.

a. **Personal inventory:** What am I doing to draw close to the Lord? What else can I do? Do I have faith that Jesus Christ can heal me? If not, how can I increase my faith?

b. **Potential action steps:** Pray, attend church, fast, study the scriptures, attend the temple.

c. **My action plan:**

2. **BE OPEN AND HONEST WITH OTHERS.** Recovery begins with openly admitting to yourself and others that you have a problem.

a. **Personal inventory:** Who can I tell? How can they help me? When and how will I tell someone if I haven't already?

b. **Potential action steps:** Tell someone (parent, spouse, bishop, or friend) about your addiction and be fully honest.

c. **My action plan:**

3. **TALK TO YOUR BISHOP.** Your bishop loves you and wants to help. He holds priesthood keys and can receive revelation and guidance to help you.

a. **Personal inventory:** How can my bishop help me? What help am I seeking? When can I make time to see the bishop?

b. **Potential action steps:** Contact the executive secretary or bishop to schedule an appointment; ponder about what help you need from the bishop; prepare your heart to accept the bishop's counsel.

c. **My action plan:**

4. **HELP YOUR FAMILY AND LOVED ONES HEAL.**

Addiction affects not only you, but also those you love.

a. **Personal inventory:** How are my loved ones affected? What help do they need?

b. **Potential action steps:** Acknowledge the impact of the addiction on family members and ask family and loved ones what help they need; seek forgiveness.

c. **My action plan:**

5. **GET SUPPORT.** You cannot do this alone. Support will help you overcome the addiction.

a. **Personal inventory:** Who has helped me in the past? Who else could help? What can they do to help me?

b. **Potential action steps:** Make a list of those who can help; ask someone for specific help.

c. **My action plan:**

6. **PROTECT YOURSELF.** Protect your home against potential vulnerabilities and make it a refuge and a sanctuary.

a. **Personal inventory:** Where and when am I vulnerable? What things do I need to change to protect myself?

b. **Potential action steps:** Implement Internet safety guidelines, install filters on electronic devices, use parental guidance features, and so forth.

c. **My action plan:**

7. **ATTEND AN ADDICTION RECOVERY MEETING.** The Church's addiction recovery groups provide a safe and confidential environment where people can support each other and learn to exercise faith and hope in the Savior.

a. **Personal inventory:** Which meetings can I attend? Who can attend a meeting with me to offer support?

b. **Potential action steps:** Find local meeting times and schedule a time to go; invite someone to attend with you; study the Addiction Recovery Program guide and take notes.

c. **My action plan:**

8. **CONSIDER PROFESSIONAL COUNSELING.** Counseling can help you understand the problem and find ways to overcome it. It can also help family members.

a. **Personal inventory:** Who could give me wise counsel? Where can I get a referral I trust?

b. **Potential action steps:** Ask others about counseling options; seek a professional evaluation to determine if counseling would be helpful; seek community resources in harmony with gospel principles.

c. **My action plan:**

9. **BE PATIENT.** Recovery and healing take time. Do not be discouraged as you start the process of recovery and feelings or compulsions still linger.

a. **Personal inventory:** What causes me to lose patience? When do I get discouraged? What expectations am I trying to fill? How can I stay encouraged?

b. **Potential action steps:** Set realistic expectations; acknowledge discouragement but do not dwell on it; find ways to feel hope when you are feeling depressed.

c. **My action plan:**

10. **LEARN ABOUT ADDICTION.** Learning about addiction and the process of recovery will help you heal.

a. **Personal inventory:** What resources, information, and literature do my bishop, family members, friends, or counselor recommend that I read?

b. **Potential action steps:** Review the overcomingpornography.org website, the pamphlet *Let Virtue Garnish Thy Thoughts*, and other recommended materials.

c. **My action plan:**

Where am I strong?

Where do I need improvement?

Who will I review this plan with?

For more information, please visit
overcomingpornography.org or
addictionrecovery.lds.org.

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