

# To beat porn it requires G.R.I.T.

- G - Get away

- It is not simply a character problem but a neurophysiological problem.
- There is a neurochemical cascade that happens and it starts from the first impulse.
- Turn away, click away from that image. Stop following that person on social media or putting yourself in the situation of the stimulus that starts you down the pathway that ends with you looking at porn.

- Resist temptation

- Like any character trait or habit there is a learning effect that happens with repetition.
- In this way habits are like muscles. If you want muscle growth you must work out and repeat certain movements under strain and the same goes for porn use. Resistance is key to growth.
- You have to try, even though it is hard, and you have to repeat this.
- *NB: it is rarely just about trying harder, but effort nonetheless is important and to be expected,*

- Inform yourself

- Feed yourself good materials
  - Learn about the brain science
  - If you spend one night a year looking at your finances or doing your taxes, can I challenge you to spend at least one night a year informing yourself about this topic. If not for you, then for those with whom you love and for your future relationships. If porn use is an issue for you then I encourage you to invest heavily in understanding the topic. E.g. books, courses.
- Part of this is seeing the **goodness** and **beauty** of sex and of each and every human being.
- Remind ourselves of how special each and every life is and how much dignity every individual person has. Learn about the goodness of sex, love and relationships and the immense beauty of it.
  - Eg. If you are a Christian seek our theology of the body, love, sex and marriage.
- Sex is not bad. That's why porn is a problem. It essentially trains the user to reduce the act of sex to being little more than an act of use.
- You also need to inform *yourself* about *yourself*.
  - This takes humility, conversation, counsel and an invitation to the Holy Spirit.
  - It involves analysing and understanding your lust triggers and your arousal template.

- Talk (to someone about your struggle and to others about the problem)
  - Share with someone (someone trustworthy, understanding and of the same sex)
  - Talk to others about the issue. We need to share with people about this issue. If you care about healthy relationships or if you care about stopping exploitation then you should care enough to talk about this issue.
  - *Lastly, but not least. If you are a porn user, you need to talk to someone to enable you to go on a journey of healing. None of the tips above will be fully successful unless a person gets healing for the brokenness that is at the centre of all sin. This little acronym (GRIT) doesn't allow for the full scope of the healing side of what is needed but the "healing" we all need is as important as any practical step or tip. This can happen through programs, books, and small group journeys as well as through professional Counsellors/Psychologists and Certified Sex Addiction Therapists. The required healing never happens alone.*