

MEN ADMITTING TO ACCESSING PORNOGRAPHY AT WORK **20%** CHRISTIANS WHO SAID PORNOGRAPHY IS A MAJOR PROBLEM IN THE HOME - 47%

40 MILLION U.S. ADULTS REGULARLY VISIT PORNOGRAPHIC WEBSITES PROMISE KEEPER MEN WHO VIEWED PORNOGRAPHY IN LAST WEEK **53%**

INTERNET PORNOGRAPHY SALES **\$4.9 BILLION**

PORNOGRAPHIC WEBSITES **4.2 MILLION** (12% OF TOTAL WEBSITES)

PORNOGRAPHIC PAGES **420 MILLION**

DAILY PORNOGRAPHIC SEARCH ENGINE REQUESTS **68 MILLION** (25% OF TOTAL REQUESTS)

DAILY PORNOGRAPHIC E-MAILS **2.5 BILLION** (8% OF TOTAL EMAILS)

MEN

BREAKDOWN OF MALE/FEMALE VISITORS TO PORNOGRAPHY SITES: **72%/28%** MALE FEMALE **\$89/SECOND** IS SPENT ON PORN

43% OF INTERNET USERS VIEW PORN **10%** OF ADULTS ADMIT TO INTERNET SEXUAL ADDICTION

Get some accountability — www.x3watch.com

A FRIENDLY MESSAGE FROM XXXCHURCH.COM

70% OF WOMEN KEEP THEIR CYBER ACTIVITIES SECRET.

WOMEN

BREAKDOWN OF MALE/FEMALE VISITORS TO PORNOGRAPHY SITES: **72%/28%** MALE FEMALE

17% OF ALL WOMEN STRUGGLE WITH PORNOGRAPHY ADDICTION.

TODAY'S CHRISTIAN WOMAN'S ONLINE NEWSLETTER ADMITTED TO INTENTIONALLY ACCESSING INTERNET PORN. WHILE MANY WOMEN WROTE IN TO EXPLAIN THEY'D ACCESSED THESE SITES TO BETTER UNDERSTAND WHAT WAS LURING THEIR HUSBANDS.

WOMEN FAVOR CHAT ROOMS 2X MORE THAN MEN.

1 IN 3 VISITORS TO ALL ADULT WEB SITES ARE WOMEN. **9.4** MILLION WOMEN ACCESS ADULT WEB SITES EACH MONTH.

13% OF WOMEN ADMIT TO ACCESSING PORNOGRAPHY AT WORK

WOMEN, FAR MORE THAN MEN, ARE LIKELY TO ACT OUT THEIR BEHAVIORS IN REAL LIFE, SUCH AS HAVING MULTIPLE PARTNERS, CASUAL SEX, OR AFFAIRS.

Ten Steps to be Healed from a Pornography Addiction

Step 1: Admit that there's a problem: This first step is vital and if you are not willing to admit that you are not in control and that your lust, your use of porn, your masturbation is a problem then unfortunately this site has no more use for you.

Step 2: Set yourself a goal: Burn them, delete them, set up a porn filter on your computer. Set realistic goals.

Step 3: Prayer: I would fail in my mission if I did not address the necessity of prayer, and by prayer I mean, repentance, surrender, trust. These are all exceptionally hard things to do, we don't like to repent because we don't like being wrong.

Step 4: Fasting: Fasting strengthens our wills and our hearts. I would encourage you to join www.e5men.org e5 men is an growing army of men who are sick of the lust and the lies they've believed and are now taking a day a month to fast for a woman in their life.

Step 5: Replacing the habit: To defeat a bad habit, it's important to develop a good habit, in order to displace the bad one. Get up off your tail and get involved in some physical exercise, etc. Do something productive such as helping the poor, etc.

Step 6: The importance of an accountability partner & confessor: You cannot do this alone. Check out this accountability software that shows your friends EXACTLY what you've been viewing. You are going to need solid brothers to fight beside. Find a fellow man that you trust and share with each other your struggles, your falls & your victories. I cannot stress enough how important the sacrament of confession is.

Step 7: Know your battle field: You know where you are likely to fall into lust. For me it was late at night on the computer when everyone else was in bed. You must know your battle field and act accordingly. Jesus said "If your eye causes you to sin, tear it out" What is Jesus saying? He's warning us not to pussy foot around with sin. Allow me to give you a modern day translation "If your computer causes you to sin, get rid of it!, if your Television causes you to sin, throw it away!" And yes it is that serious.

Step 8: Mastery over the eyes: Basically the eyes are the gate way to the soul and what you choose to let in will affect you for better or for worse. So what do you do? You starve the eyes. Look away from the porn rack.

Step 9: Do not become scrupulous: An easy trap to fall into when breaking free from porn is to become scrupulous, constantly examining yourself to see if you sinned or not.

Step 10: Do not despair: One thing I have come to understand is that Jesus Christ did not come to earth and die on a cross to kick us while we are down. He does not come to condemn but to raise up and save. The Lord humbles, the Devil humiliates. The Lord corrects, the Devil accuses. You are not the enemy of God, you are his beloved son (daughter) in whom he is well pleased, he sees all of you, even the parts your ashamed of and he loves you. This love is a cleansing love, it burns, breaks and liberates. You are not in this fight alone and you are capable of overcoming this. The mercy of God is infinite and endless.

Visit www.theporneffect.com for more info or check out www.xxxchurch.com Confidential help is available through the Campus Counseling Services in the Field House.

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