



Identifying Porn Addiction

This article was originally posted on Fight the New Drug blog.

1.

Is your porn consumption escalating or feeling out of control?

When porn addicts look at porn, they find themselves progressively looking for more images, more often, and more hardcore material. If you find yourself in the process of viewing something arousing, then becoming bored and moving on to something else again, and again, and again, then that is a sign that your porn consumption is escalating. If you find yourself looking at harder material than when you first started, this is a sign as well.

2.

Do you have trouble controlling the amount of time you spend looking at porn?

Those who are addicted to pornography have a hard time controlling their urges to look at porn and find themselves buried for large chunks of time. If watching porn makes you late for school, work, or other activities, this is a big sign of growing compulsion.

3.

Do you think about watching porn even when you're not looking at it?

The definition of compulsion is that you find yourself preoccupied with something that you feel you must do. In most cases, painful emotions such as depression or anxiety set in if these compulsions are not satisfied. Pornography is a memory based drug and can be almost impossible to completely get out of your mind. Porn addicts sometimes find themselves constantly thinking of when they last viewed porn and how they are going to view porn next.



4.

Do you feel guilt, shame, remorse, cloudiness, anxiety, or depression after looking at porn?

Be in tune with yourself and follow your vibes. If you get any of the above negative feelings after looking at porn, it's a solid bet that you feel you have a problem or that you know it is not a healthy behavior. Positive activities are almost always reinforced with positive feelings. If you find yourself feeling cloudy or down after using porn but keep doing it anyway, it may be time to think about change.

5.

Have you promised yourself or others that you'll never look at porn again, only to keep watching?

If you've ever told yourself you were done watching porn and promised to never look at it again, only to end up viewing it just a short while later down the road, then you might have a compulsive/addictive pattern on your hands. Addicts have a hard time keeping promises of sobriety to others, but especially to themselves. If you have told yourself or others, "I could stop if I wanted to," but quickly found out otherwise, it might be time to get some help.

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