



Habit vs Addiction

Separating habit from addiction is important. Not everyone who watches pornography will become immediately enslaved. Sometimes parents can worry their child will become an addict after being exposed a few times. Too often, as fear and shame enters the parent-child relationship, it can make the problem worse by creating distance, isolation, and may complicate feelings that already exist. People who fall into porn are not “bad” people, and not all people who are exposed become addicted.

Habits require minimal effort and time to change the behavior. As a human being, we are naturally drawn to habitual patterns because repetition creates familiarity and comfort. Positive habits can even become tools of survival. Sometimes, however, habitual behaviors take a dark turn and develop into addictions.

Addiction demands an integrative, long-term plan to treat negative physical, social, and spiritual symptoms like withdrawal as well as the emotional disconnect between body and behavior.



When trying to assess your son or daughters pornography use it can help to hear some of the warning signs of porn addiction.

These include:

- **Being consumed with thoughts of porn even when they are not actively viewing it.**
- **Viewing porn on a smart phone, iPad, and/or iPod during school, work, or in social situations where you might be seen.**
- **Feeling ashamed, guilty, or depressed about their porn viewing.**
- **Continuing to watch porn despite any harm it has had, is having, or may have on their relationships, school, work, or home life.**
- **Early onset of sexual activity.**
- **Getting upset when asked to stop using porn.**
- **Losing track of time when viewing porn.**
- **Trying and failing to quit.**

Recovery requires that you honestly assess their behavior and how it is affecting their health, relationships, faith, and life to understand the difference between habit and addiction.