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Introduction

It is so easy to find pornography on the Internet. Anyone can do it. Unfortunately, once you find it and use it, it doesn't go away. It stays in your memory and it changes you. It becomes a problem. If you are reading this booklet, either you think you have a problem or someone who cares about you thinks you do. If that someone is a priest and you have confessed it in the Sacrament of Reconciliation, then you understand porn use is a sin. If you haven't confessed it yet, please do so soon.

The sinfulness of porn isn't limited to the fact that you are looking at sexual images or even that it exploits the people who are its "stars." The sinful power of pornography exerts itself in how it changes you. It charges you up and empties you out at the same time. It takes your time and energy and leaves you with nothing to show for it. It makes you feel shame and keep secrets. It leads you to think of other people as tools of pleasure rather than as full human beings. It pulls you away from the people you love and who love you. It takes over your life a piece at a time.

While God has given humans sexuality for loving intimacy and reproduction, using porn strips sexuality of love and meaning. So by using pornography, you are corrupting one of the greatest gifts God has given to you. That may not be your intention, but that is what is happening. The excitement of pornography is not compatible with the love God wants you to experience through sexuality.

If you have been involved with sex on the Internet more than once, it has become a problem for you. For your spiritual well-being, health, and happiness, you must stop. What you need to do to stop depends on how big a problem it is; there is no "one size fits all" solution. Just remember, you must stop.

This booklet will help you determine the seriousness of your problem with Internet pornography and it will offer you tools to stop using it. It will also point you toward a healthy, loving, and faithful sexuality. God did not give us sexuality to tempt us or test us. God gave it to us out of love, to bring us closer to each other, to bring us closer to Him, and to bring new life into the world. Porn corrupts this gift, but God can renew it if we work with Him.