

# Personal Progress Helped Me Overcome Pornography

Name Withheld


When I was 10 years old, I was exposed to pornography. After that, I became heavily involved in it for two years. When I was 12, my mother decided to have a family home evening on the law of chastity. I realized during this family home evening that I had a problem and that it was unhealthy and wrong. I told my mother about it, and she helped me get rid of the pornographic materials I had. Later that week, I received a blessing from my bishop.

For the next three years, I tried to stop using pornography, but I kept having relapses. One night when I was 16, I was struggling especially hard. I remember falling to my knees and praying for help, because I knew that when we

have challenges, we need to pray to Heavenly Father for all things. During my prayer, I received peace and strength.

I then had the idea to fill my time with something good to replace the temptation. I started to work diligently on Personal Progress. As I did, I felt my Savior's love. Heavenly Father helped me to vigorously focus on Personal Progress instead of pornography. The more I focused on the teachings of Jesus Christ in my Personal Progress, the more I became resistant to the temptations of pornography.

Heavenly Father also helped me in other ways during my struggle. He helped me realize that I couldn't go on the computer alone or else I would be tempted to search for



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## PRINCIPLES AND TIPS FOR ADDRESSING PORNOGRAPHY

**Remember your true identity.** Prayer, scripture study, fasting, and worship allow you to connect with who you really are.

**Be humble and honest, and seek truth.** By doing these things, you can see yourself and the situation clearly.

**Turn to Jesus Christ.** Your goal is to become perfected in Christ, not to be perfect all at once.

**Rely on Jesus Christ, and do His will.** As you learn to rely on His power and the guidance of the Holy Ghost, you can overcome your challenges.

**Study “Let Virtue Garnish Thy Thoughts.”** It’s available at [lds.org/manual/let-virtue-garnish-thy-thoughts](https://lds.org/manual/let-virtue-garnish-thy-thoughts).

**Make a plan.** Write and share your personal plan for change. Evaluate your influences, and make specific “if, then” plans to respond to them.

**Look for additional support and help.** Talk to parents and Church leaders to determine what kind of additional help (including professional counseling) may be needed.

### REMEMBER

- It takes faith, hope, and time to heal.
- Healing and change come through focusing on the Savior, not on the habit.
- Help and support are available through Church leaders, professional counseling, family, and friends.

Find more information about these principles, as well as additional resources, at [overcomingpornography.org](https://overcomingpornography.org).

pornography. I decided that when I wanted to use the internet, I would use the computers at a nearby public library instead of the devices at home so that I would always be surrounded by people.

With the help of the Lord, I finished my Personal Progress and received my Young Womanhood Recognition. I felt so good and proud and thankful to my Heavenly Father for helping me to get this far. My relationship with the Lord felt so strong because I had relied on Him for so much help. Eventually, having become clean and strong, I went on to serve a mission.

Heavenly Father is willing to help us with our righteous desires if we ask Him. I know how important it is to use the grace of Jesus Christ’s Atonement at all times. If we desire to overcome our weaknesses and turn to God, He will help us. **NE**