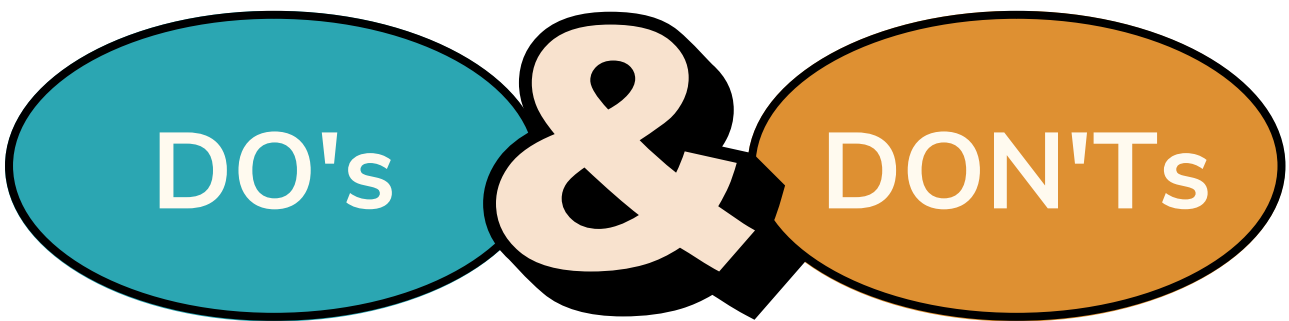


# Pornography Addiction



**There is Hope!**

## DO's

- Find an accountability partner
- Take it one day at a time
- Give yourself grace when you stumble
- Engage in curriculum to help guide you

## DON'Ts

- Try to do this on your own
- Hide this struggle from your friends
- Get discouraged when you stumble
- Think it will just go away on its own

