

Pornography Addiction – Online Helps

There are a variety of approaches for someone who wants to get off the disordered sexuality merry-go-round, which only makes one dizzy and prevents us from enjoying the abundance of life Jesus promised He came to give us and which our heavenly Father wants us to have and enjoy.

There are a number of services available on the Internet to help a person become free from the dependency on porn and all the various forms of sexual behavior that is not in accord with the way in which God designed us in order to truly love and be loved. Here are a few of them. I haven't used any of these myself, nor do I know anyone who has, that is, not yet. However, we are only now just beginning to do something about the plague of porn and of the many destructive improper uses of our human sexuality, which is a truly awesome gift from God to allow us to love and be loved in a way that is truly life giving for everyone involved.

I have received emails from [Covenant Eyes](#), and I find them to be of a high quality and quite impressive. [Strive](#) is offered by Matt Fradd who is highly recommended by pastoral workers in our Diocese in Montreal and he gave two talks on [Thursday, September 26th](#) on "Parenting the Internet generation" and on "Porn: Seven Myths Exposed". I would be inclined to think that you can certainly trust his Strive offering. I've looked at Reclaim and Fortify and they seem legitimate and honest.

Please email me your impressions once you engage in one of these. You will find my address at the end. One thing is certain, and that is that your decision to do something in order to change is how you will begin to experience relief. God offers us all his love and divine power, and his only condition is that we follow up on the good desires He gives us and that all along the way we give Him our consent to do what He wants to do in us.

[Strive](#) to become the man you are meant to be is a powerful 21-day challenge to help men get the tools in place necessary to get on the path toward freedom. It is a practical step-by-step plan to break free from pornography, and a supportive community of men from around the world journeying together. You'll also have lifetime access to the challenge and current and future live events. This is for any man who engages pornography and/or masturbation at any level. Whether you are doing this every day or only occasionally falling, that's a clear red flag that something is off internally and needs to be dealt with.

You simply cannot continue to engage in pornography and/or masturbation and love others rightly. And this is such a slippery slope. Porn use always leads to more porn use and more deviant forms of porn use. That's what the science is telling us. When we no longer get aroused at the more "vanilla" forms of pornography, we seek something a little more edgy which becomes a little more violent and soon we find ourselves in a place we never dreamed we would be. We want to help you stop that vicious cycle before you go to that place.

There is more information in the [FAQs](#) tab section. For now, the program is free, but in time, they may have to charge a fee for it. After all, we all need to earn a living and the worker deserves his wages, Jesus once said.

[Fortify](#) is an online support community for men and women – young and old – seeking lasting freedom from pornography. Fortify was designed to equip individuals struggling with compulsive pornography use – young and old – with tools, education and community to assist them in reaching lasting freedom. Our mission is to help spark an uprising of people tired of porn messing with their lives – and ready for something far better. In addition to a series of instructional videos and accompanying training, Fortify offers many opportunities for individuals to share insights and stories together. This is from their "[About](#)" page. This [sign-up page](#) gives a complete breakdown of the services offered for **free** and what you get for the **Premium** version at **US\$9.99 / month, US\$6.95** for students, and **free** for teens 13-17 with and approved scholarship. They have a chat option allowing you to get in touch with someone who is apparently qualified to offer this service.

[Reclaim](#) God's Plan for Sexual Health is an online service available 24 / 7 which is anonymous, private, and secure; a science-based approach designed to activate or re-activate, form, and strengthen your "human decision system". It is offered at low cost (a soft drink or coffee a day) which gives you a daily tracking calendar and a personal journal. That seems to be not much but it adds up to **US\$49 / month** or US\$245 up front for 6 months (5 months with a 6th month free). The operating principle is that if something is free it doesn't trigger our commitment, but when there is a cost, we have to find inside our willingness to commit, which is essential to success. Also, their incredible investment of people and technology needs to fund itself.

You also get online "crisis tools" to help you with cravings and urges to act out unwanted sexual behaviors. Reclaim is also a prayer network, faith focused, a social support, with real world application, safe and anonymous, so you can be always moving forward. You would begin this Online Recovery Program with 10-15 minutes of training a day over several weeks from six modules, which will give you incredible knowledge and understanding about your life as a human being. They offer a [free mini course](#) which is really a promo and intro to the program.

[Covenant Eyes](#) is a service offer to give you the assurance of having caring people become your allies to help you become accountable for your Internet use and communication. The idea is that the service allows you to recruit people who know and love you to help you be accountable. Once you sign onto the service, you log in all your devices - PC, laptop, tablet, phone, etc. - and Covenant Eyes monitors your use, logs any suspicious images, blurs them, and reports on them to your allies. This allows your allies to support you, affirm you, ask helpful questions, and support you in formulating and accomplishing realizable goals for yourself. They have a high success rate.

They offer the service free for 30 days, and after that, they charge **US\$15.99 per month**, but there is room for up to 10 users and unlimited devices. A whole family or two families or a bunch of friends could sign up into one account; so it would only cost them a cup of coffee a month for each member on the account.
