

LUKE KNIGHT

WAR ON PORN!

Prepare Your Mind for
Battle

This book is not protected by digital rights management. You may share it with friends as long as you do not charge them for it and you provide the book in its original, unaltered form.

WAR ON PORN!

Prepare Your Mind for Battle

© Luke Knight, 2015.

CONTENTS

[FOREWORD](#)

[STAGES OF CHANGE](#)

[HOW TO USE THIS BOOK](#)

[THE MANY BENEFITS OF BREAKING THE PORN HABIT](#)

[YOU CAN DO IT](#)

[YOU ARE THE ONE WHO MUST DO IT](#)

[IS PORN AS ENJOYABLE AS YOU THINK IT IS?](#)

[WILL ESCAPING FROM PORN BE AS PAINFUL AS YOU EXPECT?](#)

[PORN AND YOUR TIME](#)

[PORN AND YOUR SELF-ESTEEM](#)

[PORN AND FREEDOM FROM FEAR](#)

[PORN AND YOUR HEALTH](#)

[PORN AND YOUR RELATIONSHIP WITH YOUR PARTNER](#)

[PORN AND YOUR SPIRITUALITY](#)

[YOUR FREE WILL](#)

[SELF-COMPASSION](#)

[BENEFITS TO OTHER PEOPLE](#)

[HOW COMMITTED ARE YOU?](#)

[BIG LIES OF PORN #1: I HAVEN'T GOT TIME](#)

[BIG LIES OF PORN #2: I'LL DO IT TOMORROW](#)

[BIG LIES OF PORN #3: JUST THIS ONCE](#)

[CONCLUSION](#)

[ALSO BY LUKE KNIGHT](#)

FOREWORD

The object of this book is to provide you with the motivation you need to completely eradicate every last vestige of pornography usage from your life. What you're about to embark on is not an easy undertaking. Porn is not a game. Porn is an evil, lethal enemy to be battled relentlessly and ruthlessly until it's completely exterminated. This is not a walk in the park: it's WAR!

In [*Porn Escape: Confidently Walk Free from the Prison of Pornography*](#), I presented a practical program to help people break free from the porn habit. The book includes dozens of tips, based on the latest scientific research into willpower and self-control. I'm convinced that these methods work — if people will only use them. Yet, not everyone is ready to do that. As I'll explain later in this book, some people need help to move beyond contemplation and begin taking action.

The fact is, you're not going to get anywhere in your fight against pornography unless your mind is resolutely made up to do so. You have got to be 100% committed. If you aren't, you'll fail and you'll watch porn until you die. The relaxed mentality that got you into watching porn won't get you out of it. You need to be relentless in your insistence that **you will eradicate porn from your life and you will not be denied**. You must be courageous, determined, unwavering, dauntless! But how do you achieve that state of mind?

Whatever you do in life, you're always going to be more successful if you accept the truth rather than fantasy. The first step to resolving any problem is to understand it. The only way to understand the problem is to set aside preconceptions and see things the way they actually are. Not the way you'd like them to be. Not the way you've been telling yourself that they are, perhaps for decades. Not the version you give your friends, your spouse or your boss. The truth. The way things really are. This is the truth that will set you free from porn.

If you're to free yourself from the grip of porn, you need strong motivation, the type of motivation you can only get through very deep introspection, connecting yourself with what is really important to you. You have to relinquish wishful thinking and start seeing things the way they really are, not the way you'd like them to be. Rather than burying your head in the sand, you need to reflect carefully so as to find out the truth about yourself, your life, your thought processes.

No sensible, mature person would analyze this question and conclude that pornography viewing is advisable and beneficial. On the contrary, it is absurd to allow this pathetic compulsion to blight the remaining decades of your life, until you either lose your eyesight or die still addicted to porn.

To borrow some language used by Bertrand Russell, I would say: "Whenever you begin to feel tempted to commit an act that your reason tells you is **irrational, futile, self-centered, degrading, exploitative of others and an appalling waste of your time**, examine the causes of your urge and **convince yourself in detail of their absurdity**." As Russell himself said: "Do not be content with an alternation between moments of rationality and moments of irrationality. **Look into the irrationality closely, with a**

determination not to respect it, and not to let it dominate you.”

I will never cease being astonished at the extent to which porn victims have allowed their minds, their thinking processes, to become warped to the degree that they fail to recognize even the most basic and obvious realities about their condition. The only cure for this is rational, careful, objective thinking — something porn victims are typically very reluctant to do.

Anyone who carefully considers this question will conclude that there is only one rational choice: **Discontinue porn viewing immediately before it does any more damage.** For you to become thoroughly convinced of this, you need to spend some time carefully considering your relationship with porn. Is it what you want it to be? Should you continue viewing it? Are you ready to stop? What are you willing to do to be able to stop? How badly do you want it?

By the end of this book, my hope is that you will have come to appreciate just how humiliating, how soul-destroying, it was to have to do the things you were doing. How it made you a slave. How it confiscated your free time and your money. How it debased you, made you feel that you were inferior and that you’d never be good enough. My goal is that by the end of this book, you’ll be absolutely determined that you are **not willing to put up with that garbage ever again!**

STAGES OF CHANGE

Many years ago, researchers DiClemente and Prochaska identified the five stages a person typically goes through in overcoming problem behavior such as smoking, overeating and problem drinking. The stages are as follows:

- **Precontemplation:** Not considering making a change.
- **Contemplation:** Considering the possibility of making a change; possibly somewhat undecided.
- **Determination:** Preparing to take serious action to make the change in the near future.
- **Action:** They have a plan and are implementing it.
- **Maintenance:** Less danger of returning to previous behavior, although there may at times be slips.
- **Termination:** No longer tempted or afraid of the behavior.

For you to have picked up this book, you aren’t in the **precontemplation** stage. You are evidently already at least in **contemplation**. The questions in this book are designed to help you to move from contemplation to **determination**. Once you are there, you will find suggestions on how to move on to the **action** stage in my other book [*Porn Escape: Confidently Walk Free from the Prison of Pornography*](#).

So, please, don’t die contemplating! Use this book to help you move from contemplation to determination. Make the change. **Stand up and fight!** Make the determination that you will never again torment yourself with the defeatist victim mentality of the porn addict. You have the potential to be living an entirely porn-free life this time next year. Studying this book is your first step.

HOW TO USE THIS BOOK

Each section opens with a brief commentary. The comments are fairly direct, even blunt on occasion. Don't be offended. I'm not having a go at you. **I respect you greatly for your desire to get free from this trap.** I simply want to jolt you into thinking clearly about these questions.

If you are a porn victim, it is because your mind has been corrupted — thoroughly corrupted, saturated with wrong ideas. Over the months, perhaps years, you've come to accept these fallacies as the truth. Now it's time to challenge them robustly. You will be amazed, and appalled, that your mind got to be so thoroughly infected. Porn skews the mind; it introduced distorted thought patterns, which are then taken for granted. Soon it's difficult to distinguish the truth about porn from wishful thinking. But it's only the truth that will set you free. Be determined to get to it.

This book is intended to be read meditatively. In other words, you should think and reflect carefully on the questions that are asked. Listen to your conscience. Ask yourself: What do I really feel about this question? Make some notes. If you're religious, pray about it. If not, just think deeply about it. Try hard to get in touch with your real feelings about porn use.

In an book chapter entitled "The Crystallization of Discontent in the Process of Major Life Change," Roy Baumeister explained how people begin to make changes. He explains that "the crystallization of discontent" can be "understood as the forming of associative links between problems, conflicts, costs, objections, and other negative features of one's involvement, so that a broad pattern of dissatisfaction and shortcoming is discerned." The abstract of this article explains that "the crystallization of discontent links together ... problems or costs that previously seemed unrelated" and that "a multitude of problems or costs can outweigh a broad pattern of positive features and benefits and can therefore provide the impetus to initiate a major change." Reflecting on these questions can help you to crystallize *your* discontent with your present porn involvement and help you to make the major change you are starting to desire.

THE MANY BENEFITS OF BREAKING THE PORN HABIT

If you're currently hooked on viewing porn, you're doing it for a reason. Porn compulsion is not the result of a virus. **It's the result of skewed and distorted thinking patterns.**

If you are to stop viewing porn, you need to make it crystal clear to yourself that **porn will never, ever give you what you want.** Porn doesn't have what you are looking for. It's trying to solve a problem in a way that just makes the problem worse. It's not relieving your stress; actually, it's causing you more stress. Think: Does wasting hours every day relieve stress or put you under more stress? Does missing out on necessary sleep cause you stress? Does a guilty conscience relieve stress or compound it? You know this very well. Not to use that knowledge is pure stupidity, plain and simple, and it must stop now. So, think:

- If you were starting your life over again, knowing what you know now, would you make a conscious choice to begin viewing porn?
- Would you consciously decide to be lumbered with a life handicap that will consume hundreds of hours of your time, leaving you with feelings of guilt,

shame, fear and embarrassment?

- Would you recommend porn viewing to your kids? Would you encourage them to start looking at porn? Why not? If it's not good enough for them, why is it good enough for you?
- Does this bizarre habit provide you with anything positive at all? Even if you do manage to think of some 'benefits' that superficially appear to be positive, aren't there much better and less problematic ways of getting those benefits?
- Porn is essentially selfish and immature. Is that the type of person you want to be?
- In your pursuit of porn, are you behaving like a responsible, sensible grown-up, or like a child?
- Is porn viewing a rational choice for any logical, intelligent person? Or is it an insult to your intelligence to continue engaging in this behavior when there is a way out?
- Is porn viewing a logically defensible choice, a sensible, attractive option, or is it a pathetic withdrawal from real life, the retreat of a loser?
- Is spending hours every week on such a pointless activity an intelligent thing to do? Or is it one of the most unbelievably stupid things you could do with your time? Are you an intelligent person or a foolish one? If you're an intelligent person, why are you behaving like a foolish one?
- Are you living in an alternative reality where porn is good for your health, takes up no time at all, strengthens your self-esteem and your family relationships and is universally appreciated and applauded? Or are you going to see porn for the filthy, disgusting parasite that it is?
- Are you ready to stop lying to yourself about what porn is doing to your life?
- Are you ready to quit downplaying the disadvantages of your porn addiction?

YOU CAN DO IT

Henry Ford is reputed to have said, "Whether you think you can or whether you think you can't, you are right." In other words, self-belief is an essential element for success. In [Porn Escape](#), I discuss some of the science that supports this view. If you're to put maximum effort into creating a porn-free life, you must believe that it is possible for you.

The fact is that the majority of people in the world are managing to live quite adequately without porn. It may sometimes appear that everybody is using porn but actually that's a lie. There are billions of men and women who are not viewing porn. Not only that, millions of people are totally disgusted by it. Presumably you know that and that's why you don't broadcast your porn activities to others. Furthermore, thousands of people who were once porn victims have gotten free from it. So consider:

- Are you really that different from the thousands of people who have overcome a porn habit in the past?
- If you search the internet, you can find the personal testimonies of people who have overcome porn; do you have any real reason to believe that they have some special gift that you haven't?
- People manage to break addictions to nicotine, alcohol, heroin and crack cocaine

— Is there really anything preventing you from breaking your porn habit, or is that just what you tell yourself?

- If you were told that the next time you viewed porn, you'd be shot (and you had reason to believe that threat), would you have any difficulty at all in stopping?
- How will recognizing the truth that many people have already stopped viewing porn set you free?

Can you drive a car? If so, then before you took lessons it was literally impossible for you to drive along the freeway. But it wasn't impossible for you to learn. Now that you've learned a set of skills, what was once quite impossible for you has become rather easy. Easy to the point that you can do it almost automatically. You may have had the experience of arriving home from work and being completely unable to recall any of the journey. You stopped at lights, slowed down on bends, made the correct left and right turns, without consciously thinking about it. All you needed to do is learn a set of skills and practice them. I discuss those skills in [Porn Escape](#). So you need to consider:

- Is it possible that the reason you haven't discontinued porn use until now is that you simply didn't know how?
- Are you willing to invest the time needed to learn and practice those skills?
- It's true that learning new skills takes time. But how much time are you spending on porn viewing?
- Are you willing to invest the energy needed to learn and practice those skills?
- Is it possible that you could actually get really good at the skills needed to live a porn-free life? Might the skills you learn transfer to other areas of your life and make you a master of self-discipline?
- How would you feel if instead of fantasizing about sex, you were to fantasize about being unflaggingly powerful, morally strong, indefatigable, relentless in your pursuit of what is right?
- How proud of yourself were you when you got your driver's license? Will you be any less proud when you learn to manage your life without resorting to porn?
- How will you be set free by recognizing the truth that you are capable of learning the skills that will enable you to stop viewing pornography?

If you ever find yourself thinking that you can't overcome your porn problem, remember Russell's admonition: **"Look into the irrationality closely, with a determination not to respect it, and not to let it dominate you."** The idea that you must remain a porn victim until you die is irrational. Be uncompromising in your determination that you won't respect it and you won't let it dominate you. Ideas have only the power that we give them. Be ruthless. Remember: This is WAR!

YOU ARE THE ONE WHO MUST DO IT

If you put a stone on the ground, it will stay there until some outside force acts upon it to move it. It could be a human or an animal moving it. It could be a force of nature such as wind or heavy rain. It could be an earthquake. One thing is certain: it's not going to move itself. It doesn't matter whether a year, five years, or ten thousand years pass. That stone is not moving unless some outside force or agency acts on it. No amount of wishing, no amount of thought will make it move.

Your porn habit is the same. Face the fact: It's not going away by itself. If you want it to go away, **you must do something about it**. You have to take the initiative, carry out the necessary steps to **make it happen. If you don't do it, no one will**. No one is coming to help. Even God only helps those who help themselves. So, think:

- Whose responsibility is it to make your porn problem go away?
- How clear is it to you that *this problem won't go away by itself*?
- This idea that you can just sit back, hope for the best, and everything will work out alright – is it rational or wildly irrational?
- Are you being realistic about this point, or are you in denial, refusing to face reality?
- In general, do you get better results when you deny and avoid reality, or when you recognize and work with it?
- Are denying reality and burying your head in the sand the actions of a responsible adult, or of a child? How well are you handling this admittedly strenuous situation?
- How well do you understand that if you don't do something, you'll still be a porn victim in ten years' time?
- Have you grasped that unless declare war on porn and fight passionately, you will eventually go to your grave addicted to porn?
- How will you be set free when you realize that "if it is to be, it is up to me"?
- Why should God help you if you're not helping yourself?
- What if the only one who can save you from porn is you?
- There's no free lunch in life. What price are you willing to pay to be free of porn? What are you willing to sacrifice?
- You're already sacrificing a lot to keep viewing porn; what are you willing to sacrifice to get out of it?
- Are you ready to join the millions of people who are leading happy, fulfilled lives without porn? Do you want to be one of them?

IS PORN AS ENJOYABLE AS YOU THINK IT IS?

Think back to the last time you viewed porn? Did you enjoy it? You might think you did. Clearly there was the physical pleasure of the orgasm, if you managed one, but what about the process?

Porn is not recreation. You could watch TV or a film, play a sport, listen to some music. That's recreation. Afterwards you feel refreshed. You don't feel refreshed after viewing porn, do you? Actually, viewing porn sucks. Porn is your enemy and you have to destroy it from your life. Think:

- Was the experience frustrating? Did you manage to find the images you want?
- Did you tell yourself that you'll stop in a few minutes' time, only to disregard that decision?
- Did you find yourself looking at the same images or videos you looked at the previous time? If so, were you somewhat disappointed that they didn't give you the same rush you got from them the first time?
- Was there an uneasy feeling in the back of your mind that you shouldn't be doing this?

- Were you on edge in case anyone happened to come in and discover you?
- Did you experience frustration because of not finding the exact image or film that would do it for you?
- Looking back, was the experience satisfying, fulfilling, rewarding? Or exhausting, frustrating, disappointing?
- Did porn relax you, or did it tense you up?
- If you felt relief due to sexual climax, why did you need relief to start with? Was it simply relief from the stress you was feeling due to viewing porn in the first place?
- When remembering the ‘pleasure’ you may have experienced, was it really pleasure, or was it the *frustrating and nervous anticipation* of pleasure that never actually materialized?
- Were you pining for an illusion, an ideal that exists only in your imagination? Is there anything there for you at all, or is the whole thing little more than a mirage?
- Is viewing porn like recreation, or is it more like hard work?
- At the end, were you proud of what you had done, or did you think: ‘Oh no, I did it again!’?
- Did it leave you feeling great, or like a victim? Did it leave you feeling as if you’d been raped?
- Is it rational to keep this “unpaid part-time job” or should you ditch it?

WILL ESCAPING FROM PORN BE AS PAINFUL AS YOU EXPECT?

When you adjust to your new porn-free life, there will be some discomfort. As I explain in [Porn Escape](#), you need to guard against being overly positive and optimistic; you have to prepare yourself for obstacles. One of these will be that your mind and your body will crave porn for a period of time. This will involve some discomfort but it won’t involve physical pain.

- Have you considered that you will face some discomfort as you stop being a porn victim?
- Why is it necessary for you to be prepared for this possibility?
- Am you willing to face a bit of discomfort?
- Are you prepared for the discomfort? What are you going to do when it starts? How will you stop yourself from returning to your old ways?
- What would you do if you relapsed? Would you get straight back up or would you wallow in your misery for a few months before you get back on track?
- Can you distinguish between mild discomfort and physical pain, and recognize that you are not in any pain?
- How will you benefit by recognizing that the discomfort will gradually fade?
 - How open are you to the idea that most of the discomfort is actually due to indecision, wavering and vacillation, and that the more resolute you are, the less difficulty you will face?

PORN AND YOUR TIME

Have you got an hour or so to spare every day? If so, I suggest you go and stand in a dark broom cupboard doing nothing for the full 60 minutes, every day of your life from

now on, until you die. It's true you won't be doing anything productive, but at least you won't be filling your mind with perverted and harmful imagery. Yes, I am being sarcastic, but you get the point. Many porn victims spend at least as long as that on their compulsion. All things considered, spending an hour a day watching porn is much worse than spending it standing in the broom cupboard. At least standing in the broom cupboard won't do you any *harm*. You won't lose your job for it. Your wife (probably) won't divorce you for it. You won't go to jail for it. So consider:

- How much time have you spent on porn over the last month? (Hint: Check your browsing history, if you haven't deleted it.)
- Is part of the frustration you feel after viewing porn due to knowing how much time you've squandered on it unnecessarily?
- How would you like to have the option to spend your time on something else?
- If you were to use some of that time getting more sleep, would your health improve?
- If you were to use some of that time getting more exercise, would your health improve?
- If you were to spend some of that time staying in touch with friends and making new friends, would your social life improve?
- If you were to spend that time with your spouse, would your marriage improve?
- If you were to spend that time with your kids, would your family life improve?
- What positive effects could you enjoy from the above changes?
- How would it make you feel?
- Are you realizing your full potential, or are your abilities going to waste?
- How much more could you achieve with your life if you paid the price and put in the necessary work to become free of porn?
- How will you be set free by acknowledging the truth that breaking your porn habit will have a quantum positive effect on your free time and your life?

PORN AND YOUR SELF-ESTEEM

Maybe no one else knows about your porn habit. But you know. Why does no one else know? After all, they know you watch TV. You probably tell them about which movies you've been to see at the cinema, or which restaurants you've been to. So why don't you tell them about your porn viewing? The answer is because you believe, correctly, that they would lose respect for you if they knew you were a porn victim. Now, think about this: **You know you look at porn**. Consequently, you lose respect for yourself. Porn is a major self-esteem killer. The following questions will help you to consider how you have been affected.

- Have you been choosing the instant gratification of sexual release over the experience of abundant well-being, self-respect and genuine satisfaction?
- What does it feel like to have to hide some of your daily activities from people you love?
- You are concerned about what other people think. Shouldn't you be equally concerned about what you think of yourself?
- What effect does it have on your self-esteem to know you've been exploiting other people's bodies for your own sexual gratification? How do you feel,

knowing you've treated fellow human beings as essentially worthless objects?

- Alternatively, what effect does it have on your self-esteem to know you're spending hours every day hanging out with some of the most depraved, corrupt people in society? Are they the sort of people you want as your friends? Would you be proud to introduce them to your real friends and family? Or would you be thoroughly ashamed?
- What effect does it have on your self-esteem to know you've poured large quantities of your time down the drain?
- Are you enjoying the embarrassment of spending your hard-earned money on access to pornographic materials rather than using it for something constructive for yourself or your loved ones?
- How would it feel to be back in charge of your own life again?
- How would it feel to have a temptation and to say *no* to it, to experience being in control?
- How would it feel not to have to hide anything you are or anything you do from anyone else?
- How would it feel to look back at the end of a day, a week, a month or a year and to think that you've used it wisely, rather than squandering it on pointless endeavors?
- How would it feel not to be worried about your spouse discovering your porn habit? Wouldn't it be a tremendous relief?
- How would it feel not to be worried about how your spouse would react?
- How would it feel to be certain you're not going to do something that would hurt your spouse's feelings deeply?
- How much do you love your spouse?
- How much closer do you think you would feel to your spouse if you stayed away from porn specially for her?
- How would you feel if you didn't feel the need to lie or to cover up your actions?
- If you're a Christian, how do you feel about presenting yourself to your church as a devout, God-fearing person while secretly filling your mind with filth? Your fellow church members don't know you do it, but *you* do? How does that make you feel? How would you like to be free of that feeling?
- How do you feel about bringing immorality into your church?
- How would it feel to actually *be* the person your fellow church members think you are?
- How would you feel if you lost your job due to your porn viewing and were in the awkward position of having to explain what happened to a potential new employer?
- How would it feel to know that the truth was good enough – you don't have to hide it?
- How would you enjoy living in a way that you truly believe you are a good person?
- What would it be like to feel you're living up to your own potential?
- What would it feel like to be a man of integrity?
- What would it be like to know that your actions are congruent with your beliefs

and the image of yourself you project to other people?

- How will you be set free by recognizing the untold harm porn viewing is doing to your self-esteem and the massive boost in self-esteem you'll get from leaving it behind?
- Have you noticed how embarrassed you felt about what you are doing?
- Now that you've looked at this process closely, is it rational to continue doing it?
- Have you mentally rehearsed what you'll say if your spouse, your employer or your friends discover your porn viewing? Have you got some ready-made lies to tell them? How do you feel about planning to lie to people who trust you? Would you feel better about yourself if you didn't need to?
- Has the time come to put an end to the systematic ritual humiliation you've been subjecting yourself to for years, perhaps decades?
- Would the skill of delayed gratification you learn in the process of abandoning your porn activities have positive uses in other areas of your life? How would that affect your self-esteem?

FREEDOM FROM FEAR

If you view porn, there are likely to be consequences sooner or later. There's a proverb that you can take the jar to water many times but you'll only break it once. In other words, you can only get away with wrong behavior for so long. Sooner or later, you'll be caught.

It could be your spouse or partner who discovers your porn viewing. This could end your relationship, or at the very least, be the source of major friction. Your boss could catch you viewing porn at work, which might lead to a warning or even dismissal. (In the UK, in March 2015, it was reported that three judges were dismissed for viewing pornography at work.) Given the progressive nature of porn, you could move on from the 'milder' sites to the type of porn that is illegal. Then you might have the police knocking on your door. Do you want to live with that fear? You don't have to. So, think:

- What would it be like to be free of the fear of exposure? Not to have to worry about your boss seeing your computer, or getting a visit from your firm's IT department?
- How would you feel if you could let your family use your computer without any fear they'd find inappropriate material?
- Would it be a relief to know that all possibility of your hurting your spouse when she discovers your porn use has now been eliminated because *you don't view porn*?
- How would it feel not to have to worry about your boss or work colleagues finding about your browsing habits?
- Is it possible you might have underestimated how upset your friends and family would be if they found out about your habit?
- Would it be a relief not to worry about whether anything you viewed was potentially illegal where you live?
- When there's a knock on your door would it be a relief to know it's not the police and it's nothing to do with your browsing habits?

- Has this fear been controlling you, preventing you from doing things you want to do?
- What effect does living constantly with this fear 24/7 have on your feeling of self-worth?
- What would it be like to feel like you're a successful person?
- What would it be like to feel that you've fought the fight and won the war?
- What would it be like to be thrilled at your success and proud of yourself for having the honesty to acknowledge the problem and the courage and wisdom to put things right?

PORN AND YOUR HEALTH

How do you feel after a porn binge? Healthy? Vibrant? Excited about life? I think not. Porn is terrible for your health and general sense of well-being. I suspect you know that very well, and that's why you're reading this book. Think about what porn might be doing to *your* health, physical and mental.

- Are you losing sleep because of porn? Have you researched on the Internet the [dangers of sleep deprivation](#)?
- Is porn making you feel guilty? What effect is that having on your health?
- Are you [afraid](#) of discovery? What effect is that having on your health?
- Are you [worried](#) about your porn use? (By the way, you should be.) What is that doing to your health?
- Is the frustration you feel after viewing porn having a negative effect on your health?
- Is porn causing you to neglect exercise? If you used some of the time you formerly devoted to porn viewing and used it for exercise, what effect would that have on your physical health?
- Is porn taking up time you could use for a hobby that would contribute to your overall health and well-being?
- Is porn indirectly causing you stress by making you neglect other things, due to the large amounts of time it takes up, and consequently causing you to have to rush through things you could have done at your leisure?
- Does porn make you late for appointments? Does that cause you stress? If so, how does that affect your health?
- What is porn doing to your energy levels? Even if you have any time left over after you've paid your "porn tax" of several hours per week, do you feel like doing anything?
- Are you ready to throw off the hated yoke of your porn overlord? Are you ready for battle?

PORN AND YOUR RELATIONSHIP WITH YOUR PARTNER

Unless you are totally selfish, you'll want to think about the effect your actions are having on the people closest to you, in particular your spouse or your partner:

- How does your spouse or partner feel about your porn viewing? Is she enthusiastic? Jealous? Resentful? Angry?
- Has your partner given you an ultimatum to quit porn?

- Does your spouse or partner even know?
- If not, why haven't you told her?
- What effect does your disregarding her feelings and wishes have on your relationship?
- What effect does your deceiving her, essentially lying to her, have on your relationship?
- Is your relationship built on trust? What is your porn addiction doing to the trust in your relationship?
- Is the stress and frustration caused by porn making you difficult to live with?
- Has lack of sleep due to porn viewing made you nervous and irritable?
- Has your porn viewing caused you to bring unrealistic expectations to the bedroom? If so, how has this affected the quality of your relationship? Has porn distorted your view of sex?
- Are you thinking of previously viewed pornographic images while having sexual relations with your spouse or partner? If so, what effect is this having on the intimacy between you?
- Does your porn viewing turn your partner off?
- Is your partner or spouse frequently going to bed alone, while you stay up on the computer?
- Is porn ruining your sex life?
- Are you treating your partner like a real partner, or are you using her the way you use the people in those pornographic pictures and films?
- Might learning to focus less on your own sexual pleasure have a positive effect on your sex life and your relationship with your partner?
- Wouldn't it be great to know that your spouse, whom you love, your chosen partner in life, will never have to go through the heartbreaking experience of finding out that you've been setting your heart on other women?

PORN AND YOUR SPIRITUALITY

It's not the purpose of this book to tell you what to believe about spiritual things. But it's a fact that many people who seek relief from the porn habit do so because of the values conflict it creates with their Christian, or other religious, beliefs. **Porn kills spirituality.** There are specific issues faced by persons of faith, which I address in [Porn Escape](#). Here are a few questions to get your mind working on the way your faith can motivate you to overcome porn:

- How would you feel to know you had made God happy?
- How do you feel about God looking at you and your porn-related decisions, feeling either great joy or great sorrow at your choices?
- What would it be like to feel that you had a much better relationship with God? That you did something that wasn't easy but you knew it would please him?
- What would it be like to have a clear conscience?
- How would it feel to be able to pray to your God and know you're not offending him by the filth you're filling your mind with?
- How would it feel to know you're no longer exploiting people who are either morally deficient, psychologically weak or in serious financial need?
- How do you think God feels about your spending your time electronically with

morally bankrupt people who have no regard at all for his view of right and wrong?

- Is the time porn takes up encroaching on the time you have available for prayer, meditation and Scripture study?
- Does the frustration and stress you feel at being seemingly unable to overcome this problem make it difficult for you to spend time reflecting on spiritual things?
- How would you like to be able to get down on your knees in a few months' time and thank God for helping you through the process of leaving porn behind? Would that draw you closer to him?

YOUR FREE WILL

The bottom line is this: You have free will. On any given occasion, you can choose to view porn. You can also choose not to view porn. It's up to you. Sometimes we forget we have a choice. No one is going to break into your apartment, put a gun to your head and force you to view porn. It's *you* who are doing this to yourself, no one else. Consider:

- How does it feel to know that you're not a robot?
- How does it feel to know you've got free will?
- How does it make you feel that your past does not equal your future?
- How does it feel to know that you have it in your power to leave porn behind forever?
- How does it feel to know that you have the power to choose?
- If you really assimilated the truth that you are free to choose your own response, how would that affect your life?
- If you want to, you can decide that today you are going to walk away from porn. You really can. You're not pre-programmed. How does that knowledge make you feel?
- Can you remember times in the past when you were successful?
- How did you feel?
- How does it make you feel to know that millions of people have successfully give up all sorts of addictions, including porn, and gone on to lead happy and productive lives without their addictions?

The idea that you can't change and you will just have to accept your porn addiction is pathetic, defeatist and wildly inaccurate. Replace it with an unrelenting zeal to make the changes in your life and you'll be astonished you ever bought into such nonsense.

SELF-COMPASSION

Both viewing porn and reproaching yourself for viewing porn can be harmful activities. Someone who has an appropriate degree of self-love will do neither of these things. Months or years of viewing porn will have made you feel inferior. Wave upon wave of guilt, shame, fear, embarrassment, near misses, self-recrimination, pangs of conscience can batter you down. You need to build yourself up again. You've got to forgive yourself and move on.

You're not inferior, not hopeless and definitely not a bad person. You just made some mistakes in your life, some bad decisions. It's a pity but you can't change the past.

Not to worry. Just put matters right and get on with your life. It is important that you understand how harmful and serious porn viewing is. But you don't have to torment yourself endlessly for past failings in this regard.

- What is to be accomplished by berating yourself for your previous failures in this regard?
- Will telling yourself you are a bad person make you a good person?
- Will recriminations change the past?
- Is there anything you can say, do or feel that will cause history to reshape itself to the way you would have preferred it to be?
- Is there any point in going over what has happened in the past?
- If someone you love very much had a porn problem, would you berate and humiliate them? Or would you treat them with kindness, respect and compassion?
- Do you deserve to be treated as worthless or as a unique human with great intrinsic value?
- Don't you deserve to leave the past in the past and to have a new start?
- How much confidence and courage will you gain as the reality of your deliverance gradually sets in?
- How much will your self-esteem grow?
- What's it going to be like to be finally free of the feeling of self-loathing?

BENEFITS TO OTHER PEOPLE

Okay, you say, I don't really care what happens to me. (If that's what you are thinking, by the way, it's an indication of how low you have sunk and the extreme degree to which you've allowed porn to degrade you.) But even if you can't do it for yourself, can you do it for other people? People you claim you love? Think about these:

- Will you have more time with your spouse?
- Will you be in a better mood for her?
- Will your spouse notice you feel less guilty? How will that affect your relationship?
- Will you feel more comfortable and intimate with your spouse, knowing you're not bringing other people into your relationship?
- Will you have more time with your kids?
- Will you feel a better example for your kids?
- How would you feel if you discovered one of your kids viewing porn and you were still viewing it? Would you feel like a hypocrite?
- How would you feel if one of your kids caught you viewing porn?
- Would you like to be free of the feeling of dread that your kids or your spouse will find porn on your computer?
- How would it feel to know that you're a good example that your kids can freely imitate?
- How would you feel if your spouse found you viewing porn (again)?
- How would that affect your spouse emotionally?
- What would it do to your spouse's self-esteem?
- How would it feel to know that you've taken decisive action to eliminate all

possibility that your spouse will ever have to go through that?

- How would you feel if your boss or co-workers discovered your porn viewing?
- What if you lost your job due to misconduct at work? How would that affect you? How would it affect your spouse and your kids?
- How would it affect your family if you were to be arrested for your porn viewing?
- How would it feel to know you've eliminated all possibility of the above happening?
- How can you show your spouse and children that you love them?

HOW COMMITTED ARE YOU?

If you're not committed to making the change, you're going nowhere. No general ever won a war by being apathetic or halfhearted. You must commit to all-out, massive action to deal with this problem once and for all. No one is going to get free from porn slavery without 100% commitment. Without total commitment, you will lose the battle against porn and watch it until your dying day.

There's no such thing as a part-time war. This is *total war*. You can't get free of porn addiction part-time. It's just not a part-time endeavor. You have to give it your best shot all the time and keep at it until you are absolutely certain that porn has been banished from your life forever.

To get committed, you have got to find the motivation. Not extrinsic motivation. (Your wife found out and she threatened to leave you if you don't stop the porn. Your boss threatened to fire you if you view porn at work again.) Intrinsic motivation means finding the reasons within yourself; intrinsic motivation is much stronger than extrinsic. The aim of this book is to help you find intrinsic motivation.

It won't be easy to stop viewing porn if you've been a victim for a long time. It's possible but not easy. However there's one thing you need to understand: The problem is made much worse by doubt and uncertainty, by vacillating rather than making your mind up fully. The result of incomplete determination is discomfort. So strengthen your resolve that **porn is not a viable option**. Be determined that no matter what happens, you won't resort to it.

People diet for years and yet don't lose weight. They exercise yet they don't become fit. They 'give up' smoking but still smoke. The reason? Lack of commitment. They view it as a hobby rather than an important and serious endeavor that deserves their full attention and commitment. I implore you, don't be like them. Set aside the time you need. Make it a priority. Buy [Porn Escape](#). Study it carefully. Learn the skills. Do the work.

Don't be content with half measures. Be radical. Be fervent, passionate, unrelenting in your pursuit of what you want. Pursue your goal of porn freedom uncompromisingly. Be ruthless until you get what you want.

You are stuck with two choices: cut out absolutely all porn-related activities — even the tiniest manifestation of porn — altogether or undergo a lifetime of misery! What's it going to be?

- How old are you now? How many more years do you expect to live?
- Do you really want to be viewing porn for the next 10, 20 or 50 years?
- If you did that, how much time would you waste over a lifetime?
- How much time have you already wasted?
- If you don't do it now, when will you do it?
- How many times have you tried before to stop viewing porn but given up?
- How many more times will you make a half-hearted effort before you realize that success will only come with 100% commitment?
- Do you want to be a porn victim when you are 50, 60, 70, 80 years old?
- Billions of people aren't viewing porn. Why should you be the cursed one?
- Are you willing to take decisive action? Will you stand up and fight?
- Have you clearly understood that escaping from porn is not a hobby and shouldn't be treated like one?
- How much longer are you going to keep letting yourself off the hook rather than holding yourself accountable for your actions?
- Have you grasped clearly in your mind that **porn is not a viable option**?
- Do you have porn in your possession now? What are you going to do about it?
- Are you rationalizing that certain websites or files 'aren't really porn'?
- If they have the same effect on your body and your mind as porn, how should you view them? Is there any rational reason to view them as any different from porn?
- Are you beginning to grasp that being liberated from porn use is potentially the most awesome and fantastic thing that could ever happen to you?

BIG LIES OF PORN #1: I HAVEN'T GOT TIME.

Stop telling yourself that you don't have time to do the necessary work to overcome porn viewing. You don't have time *not* to. Think of how much time porn is consuming. Not just looking at it but thinking about it in advance, looking and thinking back on it.

If you could spend \$1000 now on an investment that would return \$100 per month for the rest of your life, would you do it? Sadly, you won't find many financial investments like that. But when it comes to curtailing your porn viewing, you have just such an opportunity. You spend a certain amount of time over the next few months and you reap the benefits every day, every week, every month for the rest of your life. Think what you could do with that time.

- How much time is porn taking up?
- How much emotional energy is porn consuming in your life?
- What will you do with this time and energy when you are free from the porn prison?
- Will you pursue a new hobby?
- Will you learn a new skill? A musical instrument? A language?
- Will you learn something that will enable you to make more money?
- Will you spend time with your loved ones?
- Will you make new friends?
- Will you get more sleep and relaxation?
- Is your life getting more or less busy? If you don't have time to do it now, when

will you have time to do it?

- Could the misconception that you don't have sufficient time actually be your brain's way of trying to trick you into staying addicted to porn?

BIG LIES OF PORN #2: I'LL DO IT TOMORROW

Imagine a general phoning his opposite number on the opposing side and saying: "I can't fight today. I'll be back tomorrow." The war would be lost that day. **You *can't* do it tomorrow.**

Be honest with yourself. How long have you been saying that? You know very well that it's a lie. Yet there won't always be a tomorrow.

- How many times have you told yourself that you'll do something about your porn habit later?
- How many of those times did you actually do anything at all?
- What has been the effect of this procrastination? Are you happier as a result of it, or more miserable?
- What effect has this constant lying to yourself had on your self-confidence and self-esteem?
- Do you realize that time is not unlimited, that your opportunities are running out?

BIG LIES OF PORN #3: JUST THIS ONCE

Many people who give up smoking return to it after smoking 'just this once'. Would you do that? Giving into the desire is like snoozing the alarm clock; soon enough the desire will be back with a vengeance. You can solve the problem altogether by dealing with the wrong thinking that made the alarm go off in the first place.

- Will it *really* be 'just this once'? Or are you likely to experience a full-scale relapse?
- Why would you want to do it again "just this once"?
- If you'd been let out of jail, would you like to go back for a day or two now and again? Or would you stay as far away as possible?
- Are you being truthful with myself or are you being insincere?
- Is this a means for your old porn habit to worm its way back into your life again?
- Is your life better with or without porn?
- Having celebrated victory, are you really going to jeopardize it like this? Wouldn't that be indescribably stupid?
- What would happen if you said yes to temptation 'just this once'?
- Is the idea of 'just this once' a rational, valid one? Or is it a false belief, to be eradicated relentlessly, mercilessly?

CONCLUSION

Hopefully, by now you've come to the conclusion that **viewing porn is not a viable option**. It's foolish and unreasonable to keep focusing on something that can only make you feel confused, ashamed, guilty and unhappy. The only logical, rational course in such situations is to reject such thoughts forcefully, confidently, to wholeheartedly and joyfully

repudiate them as thoroughly unworthy of you. They are “infantile suggestions of the unconscious,” which deserve none of your attention. You’re much better than that and that’s not the sort of person you are!

If you’ve read this book and given it careful thought, you are not the same person you were when you started. You’re not the person who tried halfheartedly again and again to stop viewing porn ... and failed. You’re more motivated now. You may not have all the skills you need yet, but you can learn them. If you’ve connected with your inner reasons for wanting to eliminate porn from your life, then you’ve achieved what Baumeister referred to as “the crystallization of discontent.”

Whoever you are, wherever you live, I urge you to reject pornography. Avoid it like the poison that it is. Do everything in your power to completely eradicate all traces of pornography from your life. Start today. **Declare war on porn.** Make it your life’s project for the next few months. Whether it takes you three, six, twelve months, or longer, set aside the time. Make the effort. Pay your dues. **Build a life you can take pride in.**

ALSO BY LUKE KNIGHT

Porn Escape: Confidently Walk Free from the Prison of Pornography



You don't have to be hooked on pornography! Millions of people are living happy, fulfilled lives without porn. You can be one of them.

If you've carefully reflected on the questions in this book, you are now highly motivated to eliminate porn from your life forever. However, motivation is not enough. You also need a *strategy*. That is why you need to read ...

[PORN ESCAPE: Confidently Walk Free from the Prison of Pornography](#)

In it, you'll learn more than a dozen techniques that can help you get free from your porn compulsion. You will see:

- Why **shame** and **guilt** don't work as motivators and what you can do about it.

- What personality traits can help you overcome your porn dependence.
- Why positive thinking can be **lethal** to your escape from porn.
- How to develop an **escape plan** to deal with triggers.
- How to execute your escape plan with the confidence and skill of a pro.
- The right and wrong way to promote success through visualization.
- The winning formula for changing your actions.
- Why you should **never** count days of abstinence.

WHAT IS YOUR PORN ADDICTION COSTING YOU?

- Money?
- Time?
- Relationships?
- Opportunities to develop skills?
- Peace of mind?
- Clean conscience?

Porn Escape is based on science. In the last 20 years or so, psychologists have carried out a tremendous amount of research into the brain and habit formation. ***Porn Escape*** draws on this information, published by Roy Baumeister, Kelly McGonigal, Charles Duhigg, and many others.

This book costs less than **five dollars**. If it can help you on your way to freedom from porn, wouldn't that be worth it?

[Amazon](#)

[Amazon UK](#)

[Barnes & Noble](#)

[Kobo](#)

[Smashwords](#)