

Pornography Addiction

When sexual content becomes compulsive or begins to interfere with life

Frequent pornography use is not automatically an addiction. The important questions are whether use feels out of control, is escalating, is being used to manage difficult emotions, or is harming relationships, work, sleep or sexual wellbeing.

Compulsion rather than moral judgement

Repeated behaviours often become linked with particular emotions, situations and rewards. Stress, boredom, loneliness, sensory overload, low self-esteem or the wish to escape can all strengthen the habit. Understanding what happens just before the urge is often more useful than judging the behaviour afterwards.

Triggers, escalation and secrecy

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Relationships and expectations

Look at impact rather than labels: sleep, concentration, mood, physical health, finances, work or study, relationships, secrecy and the ability to stop when intended. A pattern deserves attention when it repeatedly causes harm yet still feels difficult to change.

Rebuilding choice and healthier coping

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A gentle check-in

What happens just before the urge? What feeling, thought or situation am I trying to change? What does this behaviour give me in the short term, and what does it cost me afterwards? What would make a small amount of choice easier today?

Small steps that can help

Create a pause	Delay the behaviour briefly and change your environment before deciding what to do next.
Reduce cues	Turn off prompts, remove easy access, use limits or blocks, and make the healthier choice easier to reach.
Add alternatives	Build in regulation, connection, rest, movement, hobbies or support that meets some of the same underlying need.
Ask for help	A GP, therapist or specialist service can help when the pattern feels difficult to control or is causing significant harm.

This guide is educational and is not a diagnosis or a replacement for individual medical or psychological care. If the behaviour is linked with immediate danger, severe financial crisis, exploitation, self-harm or another urgent risk, seek appropriate urgent support.