

Betrayal Trauma Recovery (BTR)

Support for spouses experiencing the trauma of discovering a partner's pornography or sexual addiction, including group coaching and education.

btr.org

The sacraments as instruments of healing

Confession (Reconciliation): The sacrament of God's mercy is not a place of shame but of encounter with Christ's forgiveness. Regular confession — ideally with a confessor who understands addiction — is central to recovery. Relapse does not mean failure; it means returning again to the Father.

The Eucharist: Regular reception of the Eucharist sustains your hunger for authentic love. Many in recovery speak of the Mass as the anchor of their week.

Anointing of the Sick: Where addiction has created deep psychological and spiritual wounding, the sacrament of anointing may be received, with the priest's guidance.

Spiritual direction: A faithful spiritual director can help discern the roots of compulsivity, integrate prayer with recovery work, and accompany you through long-term healing. Ask your parish priest for a referral.

A PRAYER FOR FREEDOM

Lord Jesus, you know the weight I carry.

*You were tempted as I am tempted,
yet without sin.*

*I bring you my weakness and my shame —
and I ask for the grace to begin again.*

*Restore in me the image of your love,
and lead me into the freedom you died to give.
Mary, mother of purity, pray for me.*

Amen.

*You are not broken.
You are not alone.*

Practical first steps

- Speak with a trusted priest, deacon, or spiritual director — you do not need to carry this in silence any longer.
- Install accountability software (e.g. Covenant Eyes) and share your online activity with a trusted friend or sponsor.
- Attend a free 12-step meeting this week: go to saoz.net, saa-australia.org, or saa.org.au for online or in-person meetings near you.
- Consider professional counselling with a Catholic therapist who understands addiction.
- Identify one trusted person in your life — a friend, family member, or fellow parishioner — to be an accountability partner.
- Engage daily prayer and regular Mass attendance as the spiritual foundation of recovery.

Be patient with yourself: recovery is rarely linear. Return to God as many times as it takes. The Lord never tires of receiving you. Again and again.

This pamphlet is offered as a pastoral guide. It is not a substitute for professional medical or psychological care.

If you or someone you know is in crisis, please contact a mental health professional or your local emergency services.

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35 Cordeaux St, Campbelltown NSW 2560
sjec.org.au/freedom

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*You are not alone
and you are not
beyond hope*



A PASTORAL RESOURCE ON PORNOGRAPHY & SEXUAL COMPULSIVITY

*“You have made us for yourself, O Lord, and our hearts are restless until they rest in you.”
St Augustine of Hippo, Confessions, I.1*

If you are struggling with pornography or sexually compulsive behaviour, know that the Church receives you with mercy, not condemnation. What you are experiencing is a real and serious struggle — one that touches your dignity, your relationships, your spiritual life, and your freedom.

**Recovery is possible. Grace is available.
You do not have to fight this alone.**

Understanding the struggle

- Pornography use can become compulsive and addictive, reshaping the brain's reward systems — this is not merely a moral failure, but a complex spiritual, psychological, and neurological challenge.
- Sexual compulsivity is often rooted in deeper wounds: loneliness, trauma, shame, anxiety, or disordered attachment — issues that deserve compassionate and skilled care.
- The Church teaches that human sexuality is a gift ordered toward love and life. Pornography distorts this gift, isolating us from authentic intimacy and from God.
- Recovery typically involves honest self-examination, community support, professional help, and consistent engagement with the sacraments and prayer.

Online Resources

Integrity Restored

Catholic-based education, coaching, and family support for pornography addiction.

integrityrestored.com

Chastity Project

Offering talks, books, and guidance on chastity, pornography, and living the theology of the body.

chastity.com

Porn Free Movement

A Catholic-inspired resource hub offering links to online courses, accountability groups, and coaching.

pornfreemovement.com

Stouthearted

A Jesus-centred men's program for sexual integrity.

stouthearted.com

Cor Sanctum

A healing intensive for men battling sexual addiction. Fr Nicholas Pearce is a PhD and CSAT candidate.

northmelbourneparish.com/cor-sanctum

Restore the Glory (podcast)

Catholic therapists discussing freedom in Christ.

restoretheglorypodcast.com

The Freedom Fight

Provides a holistic, Biblically-rooted approach to porn addiction recovery. Designed to go beyond surface-level changes and achieve deep, lasting freedom from porn.

thefreedomfight.org

Fight the New Drug

Science-based education on the harms of pornography, with personal stories, research, and "Fortify" program.

fightthenewdrug.org

Augustine Recovery

A resource website for those struggling with sexual addiction integrating the 12 steps and spirituality. Loads of books and video resources available.

augustinerecovery.org

Covenant Eyes

Accountability software and resources for individuals and families, widely used to reduce pornography use.

covenanteyes.com

Pure Desire Ministries

Church-based group recovery curriculum and training for sexual addiction, drawing on both clinical research and Christian discipleship.

puredesire.org

XXXChurch / X3pure

Online recovery program for pornography addiction, including workshop courses and coaching for men, women, and couples.

x3pure.com

12-step & peer support groups

Sexaholics Anonymous (SA)

12-step program clearly defining sexual sobriety as freedom from lust and sexual self-indulgence. Widely used by Catholics and recommended by many spiritual directors.

sa.org / saoz.net

Sex Addicts Anonymous (SAA)

12-step fellowship with a broader sobriety definition. Includes in-person and online meetings internationally.

saa-recovery.org / saa-australia.org

Sex & Love Addicts Anonymous (SLAA)

The original and largest 12-step S-fellowship addresses patterns of compulsive romantic and sexual behaviour. Sobriety is self-defined with a sponsor to deal with problematic behaviours.

slaafws.org / slaa.org.au

S-Anon / Codependents of Sex Addicts

Support for spouses, family members, and loved ones affected by another person's sexual addiction. Meetings available online and in-person.

sanon.org / sanon.org.au

Professional & clinical support

CSAT-Certified Therapists

A Certified Sexual Addiction Therapist is a clinician specialising in sexual addiction. Seek a therapist with this credential and Catholic values alignment.

iitap.com

EDUCATION - Your Brain on Porn

A research-based website explaining the neurological effects of pornography — useful for understanding the addiction mechanism and for sharing with sceptical or confused loved ones.

yourbrainonporn.com