

Pornography Recovery Resources

If you are struggling with an attraction or addiction to pornography, you do not have to struggle alone. It is possible to find freedom. There are many resources available to you and individuals willing to support you. The following organizations serve individuals struggling with pornography attraction and addiction.

Magdala

Magdala helps women find healing and freedom from pornography, masturbation, and other forms of sexual addiction through small group communities.

<https://www.magdalaministries.org/>

Strive

Led by Matt Fradd, Strive is a 21-day porn detox program for men that includes videos, daily challenges, and support from an online community.

<https://www.strive21.com/>

Covenant Eyes

Covenant Eyes software helps both men and women overcome pornography addiction by promoting accountability to others. Praised by thousands of verified reviews, it accommodates unlimited devices and up to 10 users.

<https://www.covenanteyes.com/>

Fortify

Fortify is a pornography addiction recovery app for men and women that provides digital coaching, courses, daily tracking, and access to a global community of other individuals seeking recovery.

<https://www.joinfortify.com/>

Freedom Coaching

Developed based on the teachings of Theology of the Body, “Freedom Coaching is a one-to-one mentoring system aimed at helping those with an attraction and compulsion to pornography, with the goal of reclaiming a healthy vision of the body and of sexuality.”

<https://freedom-coaching.net/>