

BREAKING THE CHAINS



An Islamic Guide to
Overcoming
Porn Addiction

This booklet is based on the [Porn Addiction series](#) by Raja Zia ul Haq, a motivational speaker and life coach. The Urdu-language series of talks, comprised of 12 short episodes, was uploaded by [Youth Club](#) on YouTube.

The talks were transcribed, translated, and edited by Ammar Awais, editor at [IslamExplained.info](#). Additional content, including statistics and links to relevant sources, was also included by the editor with the objective to make this booklet a handy tool in battling pornography and freeing the modern youth from the chains of porn addiction.

Contents

Introduction	4
Causes of Porn Addiction	5
Effects of Porn Addiction.....	7
Ways to Overcome Porn Addiction	10

Introduction

Pornography addiction has become a major issue globally, especially among the youth. Although many people do not like to admit it, pornography has spread in the very fabric of Muslim societies and weakened some of their fundamental values.

Pornography, also known as porn, is the depiction of erotic behavior intended to cause sexual excitement, according to Merriam-Webster Dictionary. While it can take the form of words or images, it is most commonly viewed today in the form of online videos. Watching porn becomes an addiction when one is unable to refrain from it despite wanting to.

The porn industry has become a multi-billion-dollar industry worldwide. According to [a recent study](#), the global porn industry is worth USD 76.17 billion in 2024, poised to grow at a compound annual growth rate (CAGR) of 7.56% to reach USD 118.14 billion by 2030. It is absolutely huge! So, you can imagine what sort of money is being pumped into it. There are millions of porn websites globally, tempting people to fulfil their desires in this negative manner.

Causes of Porn Addiction

Pornography addiction is extremely dangerous – in fact, more so than drug addiction! One might argue that if someone is addicted to a harmful drug, that is surely a worse scenario. However, there are several reasons why it can be argued that becoming addicted to porn is more dangerous than illegal drugs. These reasons, discussed below, also explain why so many people become addicted to porn in the first place.

1) Ease of Access

In order to obtain drugs, one has to make a lot of effort. He has to know the right person to secretly supply him the drug, avoiding certain people in the process, such as law enforcement agencies. On the other hand, someone addicted to porn simply has to use his mobile phone or personal computer to achieve this purpose. Moreover, porn can be easily accessed by everyone with an internet connection, regardless of age, connections, or background.

2) Affordability

The person addicted to drugs has to spend money – often huge amounts. We typically come across cases where someone was initially introduced to drugs free of cost; then he was charged a nominal amount for it; and once he

became addicted to it, the price was exorbitantly increased! In contrast, much of the pornographic content is freely available on the internet. Hence, it is no wonder why so many people become addicted to something as dangerous as this.

3) Perceived Anonymity

The person visiting a porn website thinks he is anonymous on the internet. This encourages the person to freely indulge in watching porn without being accountable to anyone. However, there are two things to remember in this regard.

First, no matter how anonymous you think you are, there is somebody who knows what you are doing. That is because each device has a unique IP address which is always visible to the websites the user visits, and can easily be traced. So, if someone really wants to find out, they can easily dig up your data and online activities. Imagine having attained a prominent position in life, only for your porn browsing history to suddenly pop up. How severely would that damage your reputation?

Second, even if you *do* somehow manage to remain anonymous before people, can you ever conceal your activities from Allah? Can you hide your deeds from the *kiraman katibein* – the two angels on either side of you – recording all your deeds? You may adopt any alias when

online, but Allah is always aware of your real identity and activities.

4) Lack of Detection

Pornography is also known as the “secret sin” because one can indulge in it for a very long time without anyone close to him knowing about it. So, this addiction often goes undetected until a lot of damage has been caused. You are often able to identify a drug addict by merely looking at his face, but the same is not true for a porn addict. It could be that a colleague or classmate of yours is addicted to porn, but you might not know about their addiction and how it is adversely affecting their life.

Effects of Porn Addiction

Due to the above reasons, porn addiction has not just become widespread, but assumed the form of a menace in society. Millions of individuals are hooked to porn, unable to escape this trap, while various aspects of their life greatly suffer. Let us analyze some of these harmful effects of porn addiction.

1) Disorders and Diseases

Watching porn releases a chemical in the brain called dopamine. This neurotransmitter is commonly known as the “feel-good chemical” as it generates feelings of bliss,

euphoria, and reward. However, an excessive dose of dopamine generated by watching porn creates an imbalance in the brain, leading to more harm than good.

For instance, an excessive dose of dopamine has been linked with disorders and illnesses such as attention deficiency, [addiction, obesity, mania, Parkinson's disease, and even schizophrenia](#). It may also cause attention deficiency, affecting the person's ability to efficiently function on a daily basis. Excessive dopamine has even been [linked to bipolar disorder](#).

2) Deteriorating Marital Relations

Another consequence of porn addiction is that it deprives a person of the healthy sexual relations that exist between spouses. For instance, there have been many cases where a man addicted to porn is no longer interested in a physical relationship with his wife; rather, he would spend his time watching pornographic material, becoming disconnected from reality and living in a world of his own. As a result, the family life is severely disrupted or dismantled altogether.

3) Compulsive Behavior

Due to the excessive dopamine release caused by porn, you always keep wanting more. If you get a certain supply of dopamine today, you would want a larger amount

tomorrow. You just cannot remain satisfied with a small portion in the longer term, leading to addiction and various types of mental disorders, as previously discussed.

Typically, what happens is that a person begins with “softcore” porn, which is less sexually explicit or graphic than “hardcore” porn. But as he gets more involved in porn, he starts engaging in very obscene, vulgar, and disgusting types of behavior which adversely affect his thinking and entire outlook on life. What’s more, he is unable to escape this habit, resulting in guilt and despair.

4) Disconnect from Reality

Porn addiction disconnects you from reality. You start living in a fantasy where men objectify women; your own emotions are de-sensitized; and your expectations become distanced from the real world out there. You may become socially isolated and distant in your relationships. You inadvertently start replacing the concept of *love* with *lust*. Many marriages have been destroyed due to porn addiction, as the addict becomes obsessively reliant on lust alone, leading to the eradication of family values.

5) Sexual Crimes

Worst of all, porn addiction causes intense and uncontrolled feelings of sexual desire. It increases aggressive tendencies in a person which, when combined

with unrestrained desire, can lead to abusive and even psychotic behavior, sometimes tempting the person to commit the unimaginable.

In fact, the porn industry is partially responsible for increased cases of rape and other forms of sexual violence. We have encountered countless incidents in which people, including children, have been subjected to the worst form of harassment. While there may be numerous reasons for such behavior, one major cause is porn addiction. That is because watching porn repetitively stimulates a person to such an extent that he searches for any means to satisfy his lust.

Ways to Overcome Porn Addiction

Let's now discuss the cures to porn addiction. The first step to curing any condition is its correct diagnosis; likewise, one needs to first admit that he is addicted to porn, and then seek further means of curing it. In the remainder of the discussion, we present 15 ways to overcome porn addiction, proceeding mainly in the following order:

1. Steps that require you to *change internally*, influencing your thoughts and outlook on life.
2. Steps that require you to *take physical actions* without relying on anyone else.

3. Steps that require you to *engage with others* to attain better social connection.

So, let's begin!

Changing Internally

1) Connect with Allah

No task can be achieved without help from Allah Almighty. While there is a lot of material, including books, out there on battling porn addiction, it often overlooks the need to be spiritually motivated. We must connect with Allah, and beseech Him to enable us to overcome this addiction.

The Quran gives us various examples of individuals who went through painful and distressing situations in life, but they emerged successful therefrom with the help of Allah. For instance, Prophet Yunus (AS), after being cast into the sea, was swallowed by a huge fish and spent three days and nights inside it. However, instead of lamenting his situation or falling into despair, he kept supplicating to Allah:

**“There is no deity except You; exalted are You.
Indeed, I have been of the wrongdoers.” (Al-Anbya
21:87)**

His hardship ended when the fish eventually cast him ashore and he survived. This narration reminds us that no matter how difficult our circumstances, Allah's help is always near.

So, if you are battling with porn addiction, the first step you need to take is to connect with Allah. Talk to Him before you sleep each night and supplicate to Him along these lines:

“O Allah, I am weak; I sin and err. You are Merciful and Compassionate, so forgive my shortcomings. O Allah, I want to correct my habits. I want to come closer to You. Therefore, make this path easy for me which leads to You. O Allah, make the sin of pornography hateful to me, and enable me to adopt a healthy lifestyle.”

2) Change Your Thoughts

Getting rid of any addiction is a three-step process which requires you to change your thoughts, feelings, and behavior – in that order.

Changing one's thoughts is critical to overcoming addictions. Let's understand why, using an example. A person addicted to a harmful drug is sent to a rehabilitation center where he no longer has access to the drug. He stays there for six months, managing to survive

without it. However, once he comes out of rehab, he starts consuming the drug once more. Why? Because he is not motivated enough in his *mind* to overcome the craving in his *heart*.

In order to truly overcome any addiction, we need to work on our *thoughts* which is necessary to strengthen our resolve. This requires being aware of the negative consequences associated with that addiction, for instance, through real life case studies, videos, statistics, and expert opinion. In case of porn addiction, this step requires acquainting oneself with the physical, psychological, emotional, and spiritual damage associated with it.

Once a person replaces his thoughts about viewing porn with vivid images of its negative effects and how it can destroy his life, his *feelings* towards porn begin to change. It arouses negative emotions in such a person, causing him to stay away from watching it. When applied on a consistent basis, this pattern leads to a change in his *behavior*.

Therefore, each step evolves into the next one, effectively ridding the person from his addiction – all starting with a change in one's thoughts.

3) Tame Your Soul

A young man once came to Prophet Muhammad ﷺ, and sought his permission to commit *zina* (fornication or adultery). Can you imagine such a permission being sought in the presence of the Prophet ﷺ? While the people rebuked the young man and tried to quieten him, the Prophet ﷺ calmly told the young man to come nearer, and made him sit next to himself. The following conversation occurred between them.

The young man: “O Messenger of Allah, give me permission to commit *zina*.”

The Prophet ﷺ: “Would you like that (i.e. committing *zina*) for your mother?”

The young man: “No, by Allah, may I be sacrificed for you.”

The Prophet ﷺ: “Neither would (other) people like it for their mothers. Would you like that for your daughter?”

The young man: “No, by Allah, may I be sacrificed for you.”

The Prophet ﷺ: “Neither would people like it for their daughters. Would you like that for your sister?”

The young man: “No, by Allah, may I be sacrificed for you.”

The Prophet ﷺ: “Neither would people like it for their sisters. Would you like that for your aunts?”

The young man: “No, by Allah, may I be sacrificed for you.”

The Prophet ﷺ: “Neither would people like it for their aunts.”

Then, the Prophet ﷺ placed his hand on him, and said, “O Allah, forgive his sins, purify his heart, and guard his chastity.” After that, the young man never again entertained the desire to commit *zina*. ([Ahmad 22,211 – Sahih according to Al-Arna’ut](#))

So, through his wisdom and logical questioning, the Prophet ﷺ convinced the man that it was not wise to commit such a sin.

Allah says in the Quran:

“But as for he who feared the position of his Lord and prevented the soul from (unlawful) inclination, then indeed, Paradise will be (his) refuge.” (Al-Nazi’at 79:41)

While there are many deeds that take one towards Paradise, this *ayah* mentions just two of them: fearing accountability before Allah and controlling one’s desires. The successful person is able to conquer his soul, rather than letting his soul conquer him. So, a cure to porn addiction is having control over your inclinations, rather than the other way around.

Your soul is like a wild horse. When a rider sits on top of it the first time, the horse resists, hopping around, and trying to be rid of him. If the rider gives up at this point, he falls to the ground, unable to control the horse. But if the rider persists and holds his position, the horse gets tamed after a while. Now if the rider tells the horse to turn right or left or gallop ahead, the horse simply follows directions. The rider has now conquered this beautiful beast!

Our soul is very similar. It does not want to get controlled, but if you persist, you can conquer it and steer it in the desired direction! For example, when you wake up in the morning for Fajr, the soul wants to rest, and tells you to go back to sleep. But if you stay firm, getting off the bed and performing *wudu*, you have conquered the soul for the day. And if you repeat this activity for several days, waking up for Fajr becomes a habit.

Similarly, with porn addiction, when you resist the urge to watch porn once, twice, and thrice, the soul starts to get tamed. You will eventually reach a state where you are no longer inclined to watch porn, *InshaAllah*.

4) Imagine Dying while Watching Porn

Human life is unpredictable. Imagine that you are watching porn and you suddenly suffer from a heart attack. You die in an instant. Later, someone enters the

room and finds you motionless with pornographic videos playing in the background! What sort of a legacy will you leave behind? What will your loved ones think of you?

Most importantly, imagine being raised up with porn addiction on the Day of Judgement! That is because we will be resurrected in the same state in which we die, as the Prophet ﷺ informed us:

“Every servant (of Allah) will be raised (in the state) in which he dies.” (Muslim 2,878a)

Death can suddenly descend upon us. The Angel of Death neither seeks our permission nor gives us a warning or indication before taking our soul. These days, we see so many cases of young men and women dying unexpectedly. As Allah informs us:

“Every soul will taste death.” (Al-Dharyat 21:35)

Let it not be that you die in a compromised state. Our laptops and phones can serve as a witness against us on the Day of Judgement. Just as people’s hands and feet will bear witness against them, so can their electronic devices, with Allah’s permission. These inanimate objects might be empowered by Allah to reveal the purpose for which they were being used in this world. So, be careful of the content you view on your devices.

5) Know who Benefits when You Watch Porn

Do you know who owns and controls the largest porn websites on the internet? Most of these people are enemies of Islam and the Muslims. For example, one of the largest network of porn sites in the world is presently owned by an ordained Jewish rabbi who spent years in Israel and represented convicted sex offenders in his career as a lawyer, [according to Time Magazine](#).

By pumping pornographic material onto the internet, they divert the Muslim youth from the real issues and challenges facing them. The great Muslim commander, Salahuddin Ayyubi, used to say that there is no better way to destroy the youth of a nation without fighting them than to spread sexual immorality among them. That is because such activities set the youth upon the path of self-destruction.

Moreover, the world's most visited porn site glorifies assault, female exploitation, and the severest form of child abuse. A [New York Times article](#), published in 2020, reveals the following about this website:

“Its site is infested with rape videos. It monetizes child rapes, revenge pornography, spy cam videos of women showering, racist and misogynist content, and footage of women being asphyxiated in plastic bags.”

So, whenever you view porn by visiting such websites, you are not only aiding some of the greatest enemies of Islam, but also playing a part in promoting rape, child abuse, and other horrific sexual crimes. Just imagine how serious the consequences could be on the Day of Judgement. Are we going to become a part of this mess or make a sincere effort to steer clear of it?

6) Set Short-Term Goals

Many people, when trying to overcome porn addiction, set long-term goals. For example, they may promise themselves not to *ever* watch porn again. What happens then? They end up watching porn the very next day! Then they start believing they have failed in their goal, and can never rid themselves of porn addiction.

Therefore, it is better to set short-term goals. How about starting off like this: “I will not watch any pornographic content *today*.” Or, “I promise myself not watch porn this entire *week*.”

It’s important to realize that the human brain may be stimulated by images that are not actually porn, but are suggestive of it. For instance, the movies, tv series, and advertisements which objectify women or men provide viewers a stimulus to act. And once that stimulus is compounded, it takes a person towards porn.

So, your short-term goal can include not watching *any* inappropriate material that takes you towards porn for a day or a week. When you have successfully achieved this goal, renew it for the following day or week. Once you stick to it for a month or two, it will become your habit, *InshaAllah*. In short, achieving short-term goals takes you closer towards your long-term objective of getting rid of porn for good!

Also, whenever you have the craving for porn, convince yourself not to watch it *right now*, but later. Remember, Satan wants to keep us away from noble works. How? When it is time to pray, for example, he tells us not to pray *now*, but after a while. Hence, we need to beat Satan at his own game! So, when he tells you to watch porn now, respond by saying that you will watch it after two hours. Once that time has passed, however, you might not have the same urge for porn, and you end up staying away from it!

Taking Physical Action

7) Place Reminders at Appropriate Locations

An effective way to overcome any harmful habit is to repeatedly remind oneself about its negative effects and ways to control it. Allah states in the Quran:

“And remind, for indeed, the reminder benefits the believers.” (Al-Dharyat 51:55)

The best form of reminder is to have a conscious awareness of Allah’s presence. We often become mindful of our behavior when a camera is pointed at us. However, Allah – the All-Knowing and All-Aware – is watching us all the time, which should motivate us not to deliberately sin.

Because porn can be so addictive, we must keep admonishing ourselves against it, not just mentally but also through other means. For example, you can place tangible reminders in your room or wherever you may be tempted to watch porn. These reminders can take the form of a short message inscribed on a sticky note or piece of paper, and placed appropriately.

If you use a laptop or desktop for watching porn, for instance, you can put up a sticky note on a corner of the screen, carrying the words:

“ALLAH IS WATCHING.”

Similarly, words to this effect can be added to the wallpaper of your phone or computer. You would naturally not want to view porn immediately after reading such a message.

You can also invent innovative means to quell your temptation to watch porn. Seek inspiration from the renowned boxer, Muhammad Ali, who once said that he always carried a matchbox with him. When asked why, he said that whenever he had the inclination to sin, he would light a match, put his hand close to it, and feel the intense heat. Then he would ask himself: “If I am unable to bear the heat of this little match, how will I ever be able to tolerate the Hellfire?”

8) Develop Positive Interests

An idle mind is the devil’s workshop. A person who has nothing to occupy his mind with may easily end up having stray thoughts. So, try to engage yourself in some healthy activity – any endeavor with a positive outcome. The more you engage in such activities, the less time you will have to think about porn.

If you do not have a hobby that you greatly enjoy, try to find one. Think about what interests you the most. For example, you may be passionate about gardening, cooking, woodwork, video editing, or graphic designing – there are so many things you can learn and develop your expertise in.

The best pastimes and habits are those that are good for your mind, body, and soul. So, try to engage in such activities.

For the mind: Read books and articles that interest you, engage in intellectual discussions, and watch informative documentaries. Try to develop and hone a new skill using online tutorials. We can take inspiration from the woman who learned how to build an entire home – and actually built it – with the help of her kids by just watching YouTube videos!

For the body: Get involved in healthy activities. Play a sport, go to the gym, take nature walks, go camping – any activity that stimulates your body and which you enjoy. Try to engage in some form of workout each day, no matter how little it might be.

For the soul: Meditate, reflect on this life, contemplate ways to spread kindness, and spend time with your loved ones. Build your connection with Allah, and remember Him often to attain spiritual calmness. The peace, happiness, and contentment that we search for are all found in His true remembrance, as revealed in the Quran:

**“Unquestionably, by the remembrance of Allah,
hearts are assured.” (Al-Ra’d 13:28)**

9) Change Your Habits

An effective way to overcome porn addiction is to change your *source* and *habits*.

Changing the source implies blotting out the means to watch porn. This requires first identifying your *source* to access porn, such as your mobile, laptop, desktop computer, or any other device. Next, you need to change the source. This could involve, for instance, moving the desktop to another room or blocking porn websites on your device using a filter or application. There are many such apps available these days which can help you block pornographic content on your devices.

Changing the habits requires a more conscious effort to counter porn addiction. Habits include, for instance, the times at which you use your phone or computer. Once you monitor these times, you can substitute some productive activity for your porn viewing, such as researching a topic of your interest. This may be very difficult the first time – and also the second time – but once you perform that activity continuously, it will become second nature to you. It will turn into a *habit* when you do so repetitively, *InshaAllah*.

Many people are drawn to pornographic content when they stay awake late at night. In this case, there are various ways to fight the urge to watch porn:

1. Sleep earlier – the simplest and most practical alternative.
2. Replace porn viewing with some other fulfilling and meaningful activity.
3. Make it a rule not to use any technology after 8 pm each night. This has other health benefits too, such as better sleep quality, reduced stress, and feeling more refreshed in the morning!

Bear in mind that changing your porn habit *does* require some effort and persistence. Take the following example. If you spill tea onto a table having a glass or marble top, how difficult is it to clean it? You can simply wipe it clean with a tissue paper, so it is rather easy! Now imagine if there is a thick cloth on the table and the tea spills onto it. How difficult is it now? Will a mere tissue paper do the job? Definitely not. You would need to scrub the cloth with water and detergent to make it clean again.

Same is the case with our hearts. When the sin is new and not ingrained within us, it can easily be wiped from our system. But if the sin has become firmly rooted in our hearts, then removing it would require scrubbing our hearts, with dedication and persistence.

10) Fast Voluntarily

Voluntary fasting is considered a highly virtuous deed in Islam. The Prophet ﷺ often used to fast twice a week – every Monday and Thursday. He also had the habit of fasting on the 13th, 14th, and 15th day of each lunar month.

Fasting has many benefits, among them being increased self-control. Someone who can restrain himself from food and water from dawn till dusk is definitely capable of controlling his other desires too. The Prophet ﷺ has advised us to fast frequently in order to curb our unlawful sexual desires. He said:

“...Those who cannot (afford to marry at the time) should devote themselves to fasting for it is a means of controlling sexual desire.” (Muslim 1,400a)

For this reason, fasting is a powerful tool against watching pornographic content. If you fast often, your desire to engage in immoral sexual conduct decreases. Therefore, try to make it a habit to fast regularly, such as twice a week or thrice every month. It will not only entitle you to immense reward, but also restrain you from some of the sins, such as watching porn, *InshaAllah*.

Engaging with Others

11) Avoid Being Alone Excessively

The more you stay alone, the more likely you are to fall prey to porn. As they say, the lone sheep is easily caught by the wolf! Similarly, the lone person can easily be trapped by Satan.

So, try to be in the company of your loved ones and others who are a positive influence on you. When you *are* alone, engage in meaningful activities that are a source of both growth and enjoyment for you.

Design your routine in such a way that you do not have time for porn on a typical day. Challenge yourself to utilize your day productively, with few idle moments. Take the example of a young person who, in addition to completing his daily chores and offering the obligatory *salat*, follows this routine during weekdays:

- Goes to college or university in the morning and returns home in the late afternoon.
- Plays a sport in the evening, goes to the gym, or does some basic workout at home.
- Spends some time with his family before dinner.

- Devotes some time to self-development at night, such as reading a book, acquiring a new skill, or engaging in a spiritual pursuit.

By the time this person settles down in bed later at night, he is definitely exhausted! He just wants some quality sleep rather than wanting to think about porn.

12) Change Your Company

An effective means to coming out of any addiction is to change one's *environment* – which is largely shaped by our friends. But who are actually our friends? They are those individuals we spend time with, hang out with, and consult and seek advice from.

If spending time with your friends takes you *towards* porn, rather than *away* from it, then overcoming this addiction will be very difficult for you. So, do take your environment seriously, and take care not to be negatively influenced by those around you. Allah says in the Quran:

“...Do not obey one whose heart We have made heedless of Our remembrance and who follows his desire and whose affair is ever [in] neglect.” (Al-Kahf 18:28)

Someone who neglects these three traits – remembering Allah often, curtailing unlawful desires, and being mindful

of one's affairs – is not likely to be a beneficial friend. If we obey such a person or keep their company, we are likely to be fall into error just like them. Allah further informs us in the Quran:

“O you who have believed, fear Allah and be with those who are true.” (Al-Taubah 9:119)

Here, the command is not to *obey* such people, but to merely *be with* them. The implication is to be in the company of such righteous and authentic individuals which shows the immense impact that our friends have on us.

The Prophet ﷺ compared a good and a bad friend as follows:

“The example of a good companion in comparison with a bad one is like that of the *musk seller* and the *blacksmith's* bellows (or furnace); from the first you would either buy musk or enjoy its good smell while the bellows would either burn your clothes or your house, or you get a bad nasty smell thereof.”
(Bukhari 2,101)

According to Imam Al-Ghazali, a bad friend is worse than a poisonous snake, and even worse than Satan: worse than a snake because its bite can take your *worldly life* at most while the bad friend can land you in Hell *forever*; and worse

than Satan who merely *urges* you to commit wrong whereas the bad friend practically *takes* you towards falsehood. In other words, Satan merely advises while a bad friend gives you an end-to-end solution!

13) Confide in Someone

Talk to someone about your situation. You might be wondering why that is important, especially when Islam encourages us to conceal our sins. Indeed, one should refrain from publicly announcing the addiction or putting up a social media post asking just about anyone for help!

However, it makes sense to confide about our addiction in someone trustworthy who can genuinely help us, such as a life coach, counsellor, or psychologist. It can also be a close friend or family member whom you trust under all circumstances. Talking to one such person lessens some of the burden we are carrying and enables us to obtain help without being judged for developing this addiction.

It's also a good idea to keep this person updated about your progress in overcoming porn addiction. This establishes accountability, and motivates you to keep pursuing this path with encouragement from your confidante. If you slip once, they can help you get back on your feet. They may also be able to share some wisdom to help you overcome porn addiction.

14) Fulfill Your Desires through Lawful Means

Allah has not forbidden us from fulfilling our lawful sexual desires, but only stipulated that we fulfill them through *nikah*. That is why Islam encourages us to marry at an early age, provided that one is financially capable and mature enough to shoulder the responsibilities of married life. The Prophet ﷺ declared:

“...Marriage is part of my sunnah, and whoever does not follow my sunnah has nothing to do with me.” (Ibn Majah 1,846 – Hasan)

The Prophet ﷺ emphasized marriage as a tool against sexual immorality which establishes marriage as a healthy and desirable alternative to watching pornography and masturbating:

“O young men, those among you who can support a wife should marry, for it restrains eyes from casting (unlawful glances) and preserves one from immorality; but those who cannot should devote themselves to fasting for it is a means of controlling sexual desire.” (Muslim 1,400a)

It is important to realize, however, that marriage cannot serve as a magical solution to porn addiction. Young people are often casual about their porn addiction, believing that it will automatically disappear once they

marry. While marriage may be an effective form of *prevention* against porn addiction, it may not be a *cure* for it. You have to quit the addiction *before* you get married.

A person's behavior and habits often get affected by porn addiction to such an extent that it greatly harms his personality. Instead of being able to sort things out after marriage, such a person typically sees his family life greatly suffer, and eventually disintegrate, due to his addiction. In fact, porn addiction is an increasingly common destroyer of marriages as many people remain addicted to it even in the presence of a spouse.

And Finally...

15) Do Not Despair if You Slip

Giving up porn addiction requires determination. There will be times when you err. Having vowed not to watch porn, you might slip a few times. That's when you are most likely to give up on your efforts and decide you can never overcome this addiction. However, this is a trap laid by Satan to divert you from your efforts. You must stay adamant in those moments; forgive yourself for having fallen and renew your resolve to keep fighting porn.

Winning the war against porn addiction requires winning many small battles. You are obviously going to lose a few

battles as well. But if you persevere and stick to your long-term goal of overcoming this addiction, you will succeed, *InshaAllah*.

Most importantly, never think that Allah will not forgive you for repeatedly falling prey to this sin. He is aware of your intention and struggle. You just need to keep trying and turning to Him for help, guidance, and forgiveness. He says in the Quran:

“Say, ‘O My servants who have transgressed against themselves (by sinning), do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful.’” (Al-Zumar 39:53)

This beautiful *ayah* offers us great hope: no sin, including watching porn, is too great to be forgiven in the sight of Allah. You just need to keep turning to Him. If you sin a hundred times, then seek His forgiveness a hundred and one times.

“Indeed, Allah loves those who are constantly repentant and loves those who purify themselves.” (Al-Baqarah 2:222)

Always remember that Allah loves the sinners who repent. In fact, He created Hell for sinners and Paradise for sinners: Hell, for those sinners who do not repent, and

Paradise, for those sinners who *do* repent. As the Prophet ﷺ informed us:

“Every child of Adam commits sin, and the best of sinners are those who repent.” (Ibn Majah 4,251 – Hasan)

Some students of Imam Al-Basri came to him and said that they were in a constant cycle of sinning and repenting to the extent that they felt ashamed to appear before Allah during *salat*. So, they suggested, they should stop praying for a while and focus solely on overcoming sin. However, Imam Al-Basri replied that this was exactly what Satan wanted them to do – to give up their obligatory worship, abandon acts of piety, and despair of Allah’s mercy.

So, *do* turn to Him every time you err, regardless of the frequency or magnitude of your sins. Allah is exceedingly Forgiving and Merciful. But to attain His forgiveness and mercy, keep trying to overcome porn addiction, and every time you fall, quickly rise again and continue your battle.

Lastly, remember that whenever Allah has prescribed something as *haram*, He has declared a lot more as *halal* as compensation. So, we need to enjoy the lawful pleasures of this life, and abstain from what is harmful and prohibited, to lead a life of purpose and contentment.

- ❖ For queries and feedback, please write to **islamexplained@outlook.com**.
- ❖ View the complete **[Porn Addiction series](#)** by Raja Zia ul Haq on YouTube in Urdu.
- ❖ Visit **IslamExplained.info** to learn more about Islam.
- ❖ Explore other **[books by Ammar Awais](#)**.