

iProtect

BY WAEL IBRAHIM

Extract from the workshop titled "iProtect: Against Pornography addiction"

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Br. Wael is the founder of two institutions, namely Serving Islam Team, HK and Connect Institute. In the past couple of years, he has conducted numerous workshops, seminars, keynote speeches, and one-on-one coaching sessions. He is keen in conducting research on the subject of Pornography addiction and the scientific methods of recovery.

He has BA in Islamic studies and comparative religion and authors a series of books titled #CHANGE.



iProtect

The workshop that inspired me to write this little work

In the workshop, I asked the participants to think aloud and answer the following question:

“What are the most challenging elements on the Internet?”

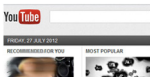
They then started to list down factual information, which I do agree that they have become very challenging in our world today as well as distractive to the highest degree.

Among the items they have listed the followings:



Pop-up ads

which are used normally to attract attention and capture people's email addresses. Many of these pop-up ads are sexually in nature and as a result they are considered to be threatening to our loved ones.



Youtube Videos

although they might be beneficial in many cases, sometimes the suggested videos on the right side of the screen may lead the people to leave their important tasks and keep on watching irrelevant videos for hours.



Online Games

Children today are spending unreasonable amount of time playing games, which are based on violence, and/or dirty images that can impact them negatively in the future.



Social media

Of course, one cannot imagine that there are people today who do not have accounts on social media (There are some by the way) – And the life on social media is very distractive, annoying at times and consume lots of our time. Some people are spending HOURS just “scrolling down”.

Sometimes ago someone recommended me to use Tango, another application for better quality phone calls, yet another friend recommended IMO and he said “this is the best”, yet someone else was crying out that Telegram is more efficient and widely used. And as a result of this ‘endless recommendations’ by different people, I ended up downloading all the apps that you can see in the below image.

The surprising part is that even though the workshop was promoted as “***Battling Pornography addiction***”, no one stood and said that Pornography is a challenging element that needed to be tackled. Maybe they understood my question as ‘***challenging elements OTHER THAN Pornography***’, God knows. But I was shocked to see that Pornography was put off their list during this brainstorming session. It has become a fact that Pornography is one of the most destructive DRUG of our time.

YES, it is considered to be an addictive element that could overpower your desire easily and enslave you for years after years. And as a result, you may end up losing your spouse, your job, your health, your money, and your very own self. ***So hasn't the time come for us to stand together and beat up that compulsive habit?***

Why is Pornography so addictive?

Let us remember together the **4As** [*The Four As*] as to why Pornography is so addictive and difficult to deal with:



Accessibility

In the past, anyone who wanted to watch these materials would have to pay a visit to a video cassette shops, rent a tape, and wait for the right moment when no one would be around, then play it with care lest someone else may catch him in the spot. But today, all these filthy production are one click away from our cellphones, tablets and electronic devices. Pornographic films and images have become so easy to access at anytime and any place. As a result, a formation of that habit would easily take place in your brain.



Affordability

In fact, you don't have to pay for it anymore. Full-length movies are just available on Internet for absolutely no cost at all. And therefore, the more FREE items you have on hand, the more addictive these items become.



Anonymity

Being unknown on the web gives you the opportunity to feel safe. No one knows that it is YOU who are watching these movies. That makes you feel comfortable, engaging and spending hours pleasuring yourself without the fear of being known by anyone.



Aggressiveness

The aggressive nature of Porn has raised people's pleasurable expectation. Scripted and well-planned films of that nature tend to excite the viewers by scenes that are very difficult, if not impossible to actually happen in real life. And that could easily twist our belief of the real and natural sexual intimacy between spouses. And as a result, you can see people who are not pleased or satisfied anymore with their lawful spouses, and that's why they end up either pleasuring themselves and masturbating to Porn or going an extra risky step by visiting prostitution houses and dirty massage parlors.

“So the solution lies in doing the exact opposite of what has been described above.” *Turn to the next page.*



Lower your gaze

so that we don't capture sexual images that could easily lead us to a sinful act.



Cut out the Internet

sometimes you need to stay away from that which is absolutely available and affordable at your finger tip. The result will be engaging yourself in doing something else more productive and beneficial.



Tell someone whom you trust

Instead of suffering alone in silence, why not share your agony with someone who will be willing to support you and help you in your journey towards recovery!



Go back to being natural

Watching these movies makes you wanted to act out in the same manner. However, when you fail doing that which is scripted, you lose your self-esteem and even your very confidence in performing sexual acts later on with your spouse. So the best way is to ignore these films and go back to the natural ways of performing sexual and lawful intimacy.

How to tell if you are an addict?

If you are in a state of denial, or you do not really know whether you are addicted to Porn or not, then here are few indications that could help you find out and take the necessary steps to help yourself:

The secrecy of the activity

No one really wanted to be caught masturbating to Porn. So if you find yourself hiding as much as you can to watch pornography, then it is an indication that you have got an addictive issue that needed to be solved. The Prophet Muhammad PBUH said: **“Righteousness is in good character, and wrongdoing is that which wavers in your soul, and which you dislike people finding out about”** - Muslim -

Procrastinating important tasks for the sake of watching Porn:

Have you noticed lately that sometimes you will just ignore some important tasks for the sake of watching porn? Have you even tried to close all the tabs on your computer and get your tasks done, but you could not? Well, that's another indication that you may be addicted.

Your expectation and beliefs about sex have changed:

As mentioned earlier, now you wanted to imitate those actors and actresses and perform sex in the same way. Why? Your understanding of sexual activities have been twisted and changed due to your indulgence in watching these movies. Your expectation from your wife or husband is now higher, and so when you don't get what you have been watching, all you feel at the end is depression, a lack of satisfaction and anxiety. If that's the case, then we can say that your level of addiction has become intense.

Imagining having sex with people other than your own spouse:

Pornographic images and films normally create a fantasy world in one's brain. As a result, you will start imagining having sex with people who you know in your neighborhood, work and even with your family members. Have you reached to that level? If yes, then you need to sit down right now and make a decision.

Do not feel down or become more anxious and depressed.

There is a solution, and there will always be hope. As they said *“Prevention is better than cure”* – so here are some practical methods to protect ourselves and others from falling into Internet addiction, especially Pornography:

Refrain yourself, and your children from any images that can lead you to the extreme sites of inappropriate sexual elements. How? Stay away from watching what is called ‘innocent’ movies that are always flavored with sexual scenes.

As for parents, please set some ground rules. (example below)

- i) No Internet usage at home after certain hours. i.e. after 7 or 8PM.
- ii) No gadgets are allowed in the bedroom;
- iii) Place all computers, laptops, and other electronic devices in visible places at your home where everyone else could clearly see them.
- iv) Talk to your kids and educate them about the danger of these sexual elements, talk to them and let them understand in a language that does not raise much of their curiosity. Ask them to be transparent about their Internet browsing and honest if something unpleasant came in to their ways.

Promise them a reward and fulfill if they remain truthful with you.

Increase Offline activities: (example below)

- i) engage yourselves in some playful and spiritual activities i.e. lawful and beneficial games, reading daily portions of the Qur’an, have indoor interesting competitions and include ‘walls of rewards’ for the kids who excel etc. **Aside from that, go out and see the REAL WORLD.**

Educate the masses and raise some serious awareness about the danger of such elements.

Parents need to talk to their kids and be updated of what’s going on in the digital world. Only then you will be able to communicate with today’s generations who will never be satisfied with wooden dolls as we used to, but rather with virtual and 3 dimension images and videos of all sorts.

*How to tell if **OTHERS** are addicted to Pornography?*

In the past years, hundreds of addicted cases have contacted me, and I was trying my very best to respond and offer them solutions as per usual the knowledge that I acquired in that field. However, I have also received plenty of other emails from parents, wives, and concerned brothers and sisters who wanted to know HOW to tell if someone else is addicted to Pornography so that they could approach them and offer the necessary help.

So I am showing a few indications below.

Isolation

Most Pornography addicts would prefer to stay alone whenever the chance arises. They lose their sense of social activities and prefer the digital world more than anything else. Aside from that, they cannot watch in the presence of others, especially if 'the others' are their parents, spouses or close relatives. So if you have noticed that your loved ones are always isolated, hiding in their private room all the time etc., it is an indication that there's something maybe wrong regarding their Internet usage.

Browsing history, always deleted

In case you are using the same computer, occasionally you will notice that their browsing history is ALWAYS deleted. And that is a SURE indication that the person does not want to show what was he/she doing on Internet earlier. Some other times they may even forget to delete the browsing history and as a result others in the house may start a journey towards addiction by going through all these websites.

Sleeplessness and occupied by Internet all the time, especially at night

Pornography addicts in general are occupied with their devices mostly at night. When there's no one around. And even though they may have work and need to wake up earlier, you will find them sacrificing their sleep and rest for the sake of few seconds of pleasure. And as a result you will find them the next day weak, tired, sleepy and not at all in a good mood.

Acting violently during intimacy

Especially men, and as we mentioned earlier, they most likely going to imitate what they have been watching and act it out with their wives, and in many cases they will turn violently on their wives by means of beating and slapping. A wife should notice her husband's behavior and question herself, from where he did learn these things? The answer now is obvious that he had learned it from Pornography.

Please note: Indication does not mean evidence. You may notice the same symptoms, but we cannot tell for sure unless 1) the person admitted or 2) was caught in the act. So take these indications as ways to open up with that person rather than accusing him/her without certain and grounded evidence. **So above are some indications for your reference.**

As we can clearly see, those who are addicted to porn are **changing**.

Their brain is being hardly wired with this compulsive habit that could easily get control of their behaviors. So in order for us to help them out, you need to know and understand the journey that brought them into this unpleasant state. You need to know and understand the journey of an addict so that you could help properly.

STAGE ONE THE EXPOSURE

It all begins with the first exposure. An image, a scene, a site, or a picture that arouse the person's curiosity or sexual drive that makes him want to see more. Then immediately, a pleasurable pathway in the brain is created.

A pathway that will need the same doses of sexual elements, again and again every couple of days. Then these images will keep on crossing people's imagination, while at work, at school and even during intimacy with one's spouse.

A person with this kind of addiction will be stuck between 'I wanted to see more' AND 'I wanted to avoid the shame and guilt afterwards'. And the result is, stress, anxiety and depression.

STAGE TWO THE POWER OF IMAGES

The person who allowed his gaze to look freely at that which is provocative and unlawful will then start spending HOURS on Internet watching porn and pleasuring himself.

He or she now will most likely prefer to be alone away from people's eyes.

They will start sensing that something wrong is going on regarding their involvement with pornography, but they won't be able to share their secrets.

In fact, this will be the most painful secret ever in their entire life.

STAGE THREE OBJECTIFYING WOMEN

Specially men, they will start looking upon women as sexual object to satisfy their need.

They will barely show respect to them for whom they really are; rather they will be imagining them as tools for sexual pleasure.

The result is: watching more porn, because in real life situation those you are objectifying as sex tools are belong to someone else and you can never have them sexually.

STAGE FOUR HEALTH CRISIS

Due to the long hours spent over pornographic images and films, your health condition will start to deteriorate. You will start feeling fatigue and tired most of the time, and that naturally will affect your level of productivity.

Aside from that, you will also start neglecting the rights of your family members, so instead of spending quality time with them, you will prefer to hide somewhere in your private room to get more doses of sexual images.

STAGE FIVE SCHIZOPHRENIA* LIKE

Your personality will be split into two. Though you like to be closer to God and perform spiritual acts, you are also being attached to Pornography.

Clearly, it contradicts your values and beliefs.

*A brain disorder that makes it hard for a person to distinguish between what is real and what is imaginary.
More on schizophrenia: <http://www.mentalhealthamerica.net/conditions/schizophrenia>

STAGE SIX SEXUAL PROBLEMS

Erectile dysfunction is one of them. The inability of gaining an erection during sexual intimacy is one of the scariest things amongst men. And the reasons are many, but one of them is excessive masturbation.*

And that happens of course due to watching porn regularly.

*<http://www.yourbrainonporn.com/erectile-dysfunction-and-porn>

STAGE SEVEN YOUR VALUES ARE CHALLENGED

Pornography will make you compromise your beliefs, values and what you hold as the most important thing in your life. You will start making excuses for doing the wrong. i.e. It is better than adultery.

The consequence is, more escalation of the doses. i.e. You will start watching homosexual videos, bestiality, incest and other related videos which morally and religiously you disagree with. The most danger part of Pornography escalation is that the person will start planning to ACT OUT.

STAGE EIGHT YOU CAN'T LIVE WITHOUT IT

You think of porn almost all the time, and you have officially hooked on it and now we can definitely say that you are heavily addicted.

So the 'planning of acting out' that we have mentioned in the point above has become a driving force that pushes you towards risky behavior. i.e. visiting prostitutes or trying to harass someone sexually.

STAGE NINE YOU REALLY DON'T WANT IT

You know you want to quit, but you simply cannot. You are overpowered by your addiction. You start losing interest in your studies, job, passion in life, etc.

Your spirituality and/or religion become secondary, and the worse part is that you are no longer recognizing yourself. i.e. you are LOST completely.

STAGE TEN

CAUGHT IN THE ACT

You will get caught sooner or later by your wife, parents, children, your teachers at school, or your boss at work. And this is one of the worst things an addict may experience.

STAGE ELEVEN

FIGHTING ALONE

You start promising yourself to quit, but every time you fail in keeping your word. Because i) you have very little will power, ii) you are controlled by a very strong dopamine addiction.*

*Dopamine is the hormone that fires up in massive quantity during your involvement with porn related elements. It is produced in great quantity during the activity, which causes your excitations and pleasure, however when it drops it causes lots of mood swinging and depression.

STAGE TWELVE

SHOUTING FOR HELP

Finally you have realized that you cannot win the battle against pornography by yourself. So you shout for help. But in many cases, it is too late.

Sometimes a person will seek the cure after losing his wife or children, or after reaching to a point where he wanted to end up his own life.*

* In my book titled CHANGE I have mentioned the story of the young boy who wanted to commit suicide due to his heavy addiction to porn. www.change-wi.com.



**To emphasize further
about how important our
understanding to the situation is;**

**a table on the next page is presented
describing the difference between mere habits
and compulsive addiction.**

HABITS

Moderate: The desire or the craving to any habit, in most cases is normal and manageable.

Normal: Habits offer normal satisfying rewards.

They give up: Any moderate habit could be given up with very less efforts.

Consequences: Moderate habits do not normally intervene in other aspects of life, and if there are any negative consequences, they are mild and manageable.

The Change: You could change a moderate habit through an awareness and/or inspiration.

ADDICTION

Intense: The desire here are consuming, and the craving is pushy and could easily lead to an action.

Powerful: The addiction offers and overwhelming and tremendous reward.

They give up: Addictions could be dismissed with tiring efforts.

Consequences: Addictions could damage and affect negatively other aspects of life, and in some cases, the negative impact is life threatening.

The Change: Making a shift from an addiction life-style could happen through a tragedy in one's life.

How to support an addict?

FOR WIVES

Normally wives are the most hurt when it comes to pornography addiction.

Once they found out that their husbands are attached to porn they immediately blame themselves.

They think that they have neglected this part of their life. i.e. to be attractive to their husbands. But in most cases, their judgment is wrong. The fact that your husband is involved in pornography does not at all mean that it is your fault, and **IT IS NOT.**

In most cases those husbands have been addicted to porn long time before the marriage. So don't ever try to compete with porn actresses or do things that are unnatural thinking that this could save your husband from his addiction.

All you need to do are simple steps below that can help your beloved husband and save the marriage from getting dissolved.

Here are the steps to be taken:

FIRST

Never withdraw yourself from sexual relationship with your husband.

SECOND

Avoid negative remarks, scolding or humiliation.

He will get more depressed and as a result will hunt for more porn to release his tension.

THIRD

Get educated about the field so that you can be able to help him out.

At the end of this file, I will be recommending more books to read in order for you to be acquainted with the necessary knowledge in that field.

Curing Kit One

The Essential 10

Now, let me suggest to you some 'curing kits' that could help in a way or another those who are suffering from Pornography addiction and eager to break free and live a normal life.

These 10 tips are very essential and practical.

They may not work with every individual because many a time a curing plan will be designed for a particular person based on his level of addiction; however, these 10 tips may serve as a general curing suggestions for those who wish to give it a try.

1

Seek Allah's Help

Beg for Allah's help day and night and never despair from His Mercy.

Without His help and aid, you are in no way going to win over this battle.

Talk to Him and acknowledge your wrongdoing, put your trust in Him and WAIT a little bit longer for the result. He is the Curer and the Healer so without Him there's no cure.

Do your best to quit and call upon Him to help you out. And if you relapse, do not give up.

STAND UP AGAIN and PRAY.

2

Tell someone you trust

It is recommended for husbands to share that secret with their wives.

Normally wives will behave differently, though they may get angry, worry and jealous in the beginning, but later on they will amazingly support their husbands and do their best to help them out.

However, if you are a wife, it is not advisable to open up and reveal that secret with your husband, their reaction might not be the same and could lead to bigger issues in the future. So if you cannot tell your husbands, try to open up with close friends or find a coach, a mentor, a scholar to help you out.

The bottom line is that you cannot win this battle on your own.

3

Eliminate all pornographic images in your house

Any image that could trigger you and cause you a relapse should be avoided.

That includes TV series, movies, shows, etc. TRAIN YOUR BRAIN to store other images that are acceptable and lawful. Look at your environments and see what could be changed in order for YOU to change and develop more healthy habits and live a positive and successful life.

Do your best to replace unhealthy activity with something more productive and healthy. i.e.

Dhikr/remembrance of Allah SWT, read and learn the Qur'an on a daily bases (few pages a day is fine), and most importantly, improve your Salah/Prayer. Once you strive to perfect your Salah, everything else and all matters in your life shall be improved. It is the backbone of this Deen/Religion.

You could also cut out the sources, which causes you to relapse. You have to take all necessary measures to create the changes you always wanted. Remember: **Intentions MUST be accompanied by strong ATTENTION and quick ACTION. If you don't follow your good intentions with actions, then nothing is going to happen.**

I also advise you to NEVER sit alone. Remain amongst good company and refrain from being alone. Above all, identify your trigger and avoid it. It could be a YouTube video, Facebook profiles or pages of certain people, TV commercials or movies, etc. Whatever it is, identify it and leave it out completely and let it fade away from your life.

4 Measurable and small goals

To stop watching porn and get rid of your addiction, you cannot make a big decision by saying *"From now on I will never watch porn"*, though the decision sounds promising, but in most cases, our brains cannot accept huge changes all of a sudden.

So what you could do instead is to divide your big goal into small and measurable ones. You need to introduce 'small changes' to your brain so that you are able to overcome its resistance and its powerful chemicals that push you to continue with undesirable activities.

Also, develop continuous small and healthy habits that can be performed every single day such as reading, writing, doing sport, walking, making arts, etc.

5 Do not punish yourself when you fail/fall.

Because relapses are expected, so take it easy on yourself.

You may relapse again and again, however so long as you insist on the plan, you will be able to stand up again and continue on your journey towards recovery.

So don't punish yourself, rather TALK to yourself and remind it always with your goals and plans.

6 Develop new healthy habits

What could kick a bad habit from your life is introducing NEW other habits that are much better. I advise you for example to consider sleeping early.

Most porn addicts use the Internet late at night, but once you start developing the habit of sleeping early, what happens is, your brain system will be disrupted for sometimes and as a result a new habit will be formed and a pathway in your brain will be created, and that is the 'sleeping early pathway' i.e. A New Habit.

7

Be honest in seeking the cure

Do not lie to yourself or to your coach. Tell them the truth so that they could help you out in case your relapses increased.

8

Do not be fooled with false quitting

Continue with the plan. You wanted to create a lifestyle free from porn, so don't look at how many days you have quitted so far, rather remind yourself that you wanted to be free FOR LIFE. **Consistency is one of the keys to success.**

9

Remind yourself of the negative consequences

Death will come without knocking doors.

Ask yourself, would you want to die while watching filth? Don't you know that you will be resurrected on the Day of Judgment upon the LAST ACTION that you have performed? How do you wish to die can be measured by asking the question of 'How much of goodness am I involved in everyday?' – the more you engage yourself in good and productive deeds, the chances for you to die upon that is great.

And the opposite is also true.

10

Learn more about this industry

The more you learn about this filthy industry, the more you would hate to have anything to do with it. **So learn and raise an awareness**

Curing Kit Two (Distraction-LESS)

TURN OFF ALL YOUR NOTIFICATIONS.

This could be very distractive at times. In order for you to be in control of your devices, take a day off without Internet or gadgets. Don't let them control your life through beeps and rings. The more you are away and in control of your own action, the greater the awareness you can develop in your life and as a result, a stronger will power you can be achieved.

Pay attention to your family members.

Sit with them, talk with them, ask them questions and show interest about what is happening in their lives. Nowadays we are more interested to read our newsfeeds and get updates about people whom we have never met or seen in our life (mostly), but less interested to get closer to our own family members by engaging them in some interesting discussions and conversations.

Visit the sick and make a supplication for them, fast to curb your desire, give charity to those in need, pray funeral prayer and visit the graveyard. All of these actions

could increase your level of faith and make you stronger. In short BU BUSY with beneficial and productive works.

*Please remember that Pornography addicts are not morally sick or perverted people.
They are heavily controlled by addictive substance that is now called Pornography. They need your help, compassion, and care.
So treat them nicely and do your best to help them out.*

Don't forget to purchase my book on the same subject:

CHANGE:

A motivational book to break free from understirable habits, especially pornography.

The book is available here: www.change-wi.com and you may get in touch with me through this email: changewi2015@gmail.com

-Wael Ibrahim

Resources:

Here are some recommendations for further reading on the topic. I believe these books are some of the best written on this subject.

1. Love you, Hate the porn

A pornography addiction can feel like real infidelity to a spouse. There's nothing virtual about the damage done to a relationship, and the wounds are reopened each time a relapse is discovered. As tough as it is to overcome this addictive habit, healing a marriage damaged by pornography is even harder.

For spouses, it's not enough for their partners to simply stop looking at porn. They need healing themselves. Some couples separate and divorce. Others stay together, but the strain of unresolved feelings takes a distinct toll. Many wonder, Can our marriage heal? Will we ever feel close again? Love You, Hate the Porn shows couples how to identify and address vulnerabilities in their relationship. Offers healing advice for spouses. Provides help for the struggling partner to avoid relapse. Focuses on how to make the marriage relationship stronger than it was before.

2. The Drug of the new millennium

After 10 years of testing and proving with more than 10,000 families, nationally renowned author and researcher Mark Kastleman reveals the 3 Power Principles that are guaranteed to protect your family from this devastating plague. This remarkable guidebook is one that you cannot afford to be without!

3. The Marketing of Evil Though addressing the American audience, but it could be very relatable.

Why have thousands of years of Judeo-Christian moral standards suddenly been abandoned? What's behind today's divorce epidemic? Why is public prayer being criminalized? Why are 3,000 innocent unborn children aborted daily? In this widely acclaimed exposé, veteran journalist David Kupelian reveals the brilliant marketing strategies that have turned America upside down.

4. Sexual sabotage

How One Mad Scientist Unleashed a Plague of Corruption and Contagion on America

5. Treating Pornography Addiction


This book carefully walks someone struggling with pornography through the steps to recovery. This book begins with how pornography becomes a problem in the mind and how it becomes addictive. Then it teaches the reader how to rewrite the patterns in the mind. It closes with the key steps of recovery.

6. Pornography addiction: Breaking the chains

In Pornography Addiction: Breaking the Chains, clinical psychologist and addiction expert Robert V. Dindinger clearly explains the processes whereby children, teens and adults become addicted to pornography. By utilizing this workbook you will learn how individuals become addicted to pornography, the biology of addiction and recovery, the consequences of regular pornography viewing and the steps to overcoming pornography addiction and preventing future relapses. This workbook is not only a valuable tool for the recovering addict, but as a resource for clergy, parents, spouses, therapists, and other individuals who would like to provide support to those who are struggling with pornography addiction.

7. Truth behind the fantasy of porn: The greatest illusion on earth

Shelley Lubben was a porn star. Now she tells the hardcore truth. In Truth Behind the Fantasy of Porn, former porn actress Shelley Lubben rips the seductive mask off of pornography and exposes the hardcore truth behind the “greatest illusion on earth”. Her spectacular journey from childhood sexual abuse to prostitution to the deadly unglamorous realm of porn sets, Shelley is brutally honest about her past. But that’s not all. Having escaped the porn industry at 26, Shelley now shares her powerful story of redemption offering a message of hope to the entire world. The first ever book exposing the “secret” side of porn, Shelley wants you to know the hardcore truth. Pornography is modern day slavery for thousands of women and the millions of porn addicts who can’t stop clicking. But you shall know the truth and the truth shall set you free!



www.change-wi.com