

TO BE ATTACHED AND INCLUDED  
AS PART OF THE LEGISLATIVE HISTORY

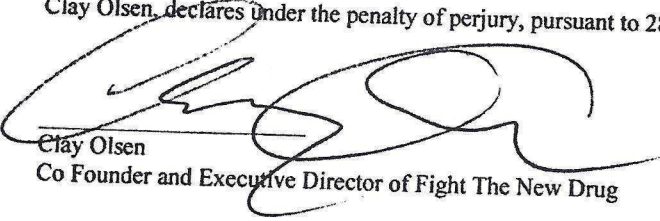
Testimony in support of the Human Trafficking And Child Exploitation Prevention Act - providing 33,000 testimonials from minors whose lives have been devastated by easily accessible pornography through products that distribute the internet

**Declaration of Clay Olsen Founder of Fight The New Drug**

Clay Olsen declares under the penalty of perjury, pursuant to 28 USC sec 1746 and other rules, as follows:

1. I am over 18.
2. During college, some friends and I started an organization, Fight The New Drug (FTND) in response to the growing need for public awareness on the harmful effects of pornography. Objective is to give young people the opportunity to make educational decisions regarding pornography and to help them pursue real love, avoiding it's hollow counterfeits. In addition to spreading awareness, we are FTND assist individuals with addiction to pornography through our unique online program: Fortify.
3. Based on my experience, pornography has created a public health crisis - especially amongst the youth. Pornographers are targeting teenagers and young adults with catastrophic results. I do believe that if the legislature required device makers to sell their products on safe mode under a "face-to-face" accountability program, there would be less victimization and reduce the pain suffering embodied in the attached testimonials.
4. Our organization has collected over 33,000 testimonials from young people living around the world who have attested how unavoidable pornography on products that distribute the internet decreases the quality of their life and harms them. A sample of some of the testimonials we received are attached. I hope that the legislatures will take their voices under consideration in

Clay Olsen declares under the penalty of perjury, pursuant to 28 USC sec 1746 the above is accurate.

  
Clay Olsen  
Co Founder and Executive Director of Fight The New Drug

**Boy: 20 years old**

*“I am really looking for something beyond accountability groups or just monitoring my porn use, because I know the problem is deeper than that and within me, and feel that I could use your services to my advantage in this way.”*

**Girl: 19 years old**

*“I was exposed to pornography when I was very young, purely by accident. It was images that I couldn't get out of my mind even to this day. It's been an on and off again struggle where I would get caught and then give it up. Eventually I was old enough to where my parents trusted me and I could be very discreet and delete my history. I didn't realize that I was addicted until recently this past year when I was working with a missions organization that helps students discover Christ and begin to have a relationship with him, and I was on leadership realized I can't be leading people when I'm walking in sin. I always deep down in my heart knew it was wrong but ignored it, and this past year I was able to admit my addiction and seek help. I had some amazing people pray over me and I had real freedom breaking addiction off over my life; however I had the spiritual freedom over my life, but now I need the physical freedom from the urges and temptation. I've fallen since that time, but I've also come a long way from where I used to be. I would really like to have this scholarship because even though I've been able to admit to my parents and other people I trust I feel like there are not many people around me who are equipped to help with this last leg of freedom. Also, I would like to continue being in leadership for this mission's organization, and I don't want to be walking in sin while trying to disciple others and I want my life to be a testimony of freedom and breakthrough. I would like to be completely and totally DONE with pornography and be an advocate for those still struggling and against the porn industry.”*

**Boy: 19 years old**

*“I am person who has struggled greatly with this addiction, not having anyone to speak to has made it very difficult for me to stay away from this new drug. Also my religion means everything to me and teaches that pornography is a no go zone for me. Being addicted to it makes me feel bad and depressed as a person and also makes me feel less of a spiritual person, this new drug has affected me to the point where I stopped engaging in activities and doing things which I liked to do before, I really want to stop and return my brain back to normal. Please allow me access to the program; I am also willing to pay for the program if I am not selected. Thank you.”*

**Boy: 16 years old**

*“I've had an addiction with this for 4 years and want to break out of it before I finish High School”*

**Boy: 15 years old**

*"I am a good kid. Especially when my mom and dad are around. My church is 100% against pornography and I honestly feel like crap every single time I use it. I know I have an addiction, and it is time to get help. I have tried stopping, but obviously that didn't work. I was never meant to get caught up in something as awful as this...but I did."*

**Boy: 16 years old**

*"Basically I'm fed up with this addiction. Before I never saw it as addiction but instead a way of life. Now that I understand, it is sunk in that I am addicted and it's not something that I should be proud of."*

*Growing up I've always been an innocent person and never really seen the opposite sex as sexual objects. Also being raised in a strict family and certain issues in regards to the opposite sex and the views on them are looked highly upon. For example I've been raised to believe that all women deserve respect and are not sexual objects. Also I was raised to see all women as my equal and like a sister to me. However having been exposed to pornography, its changed and manipulated my mind it forming this view on all women. It's something that I have never pay attention to and if I have then I've always said "this is probably a manly think" or "this is how a man thinks". Now that I've seen the various videos you have shown, it's awaken the real "Man" in me and made me relies.*

*I have tried quitting in the past but I've gone a week then turned back to the filthy addiction. Previously giving up various addictions, this is one that seems to be the hardest to give up because it's available any time anywhere. Also even if I'm not intending to watch it, various things within the media divert attention back towards it.*

*Iv understood how much it can change a persons mind without them knowing it. Also I now understand and see that pornography as any other harmful drug. Although I'm not physically taking (into my body) the effects and addiction are the same, in fact the addiction is much worse due to the constant supply and availability.*

*Also I have physically seen the drastic changes in the way society functions around sexuality, which in my eyes in only a few steps away from people turning to pornography. First of my aim would be to permanently turn away from this addictions myself and never look back. My aim after would be help other turn away and see the truth in life but also in themselves in they way they act and think for the better."*

**Boy: 19 years old**

*“I am person who has struggled greatly with this addiction, not having anyone to speak to has made it very difficult for me to stay away from this new drug. Also my religion means everything to me and teaches that pornography is a no go zone for me. Being addicted to it makes me feel bad and depressed as a person and also makes me feel less of a spiritual person, this new drug has affected me to the point where I stopped engaging in activities and doing things which I liked to do before, I really want to stop and return my brain back to normal. Please allow me access to the program; I am also willing to pay for the program if I am not selected. Thank you.”*

**Boy: 19 years old**

*“I see that porn has brought up some things in me that I never intended to look at or enjoy, and I know that if it continues, it will only get worse. I know porn is poisonous to relationships, and so I will not pursue a romantic relationship until the problem is brought to its knees, and I become the master of my sexuality. I hope that, through Fortify, I can step up to the plate and learn to be the man I know I was made to be.”*

**Boy: 17 years old**

*“I am honestly truly addicted to porn. It has become a major problem. I have tried to quit on my own several times before but it would never last. I can never get past this on my own. Please help me, I’m tired of having to deal with this on my own.”*

**Boy: 17 years old**

*“I have struggled with Pornography addictions since middle school. I am now 18 and preparing to serve a mission for my church however I need to be 100% clean of pornography before I can leave for that. As well my addiction has been found to be linked to many other issues I've struggled with including, clinical anxiety and severe depression. It has also destroyed many close relationships with family, friends and significant others. I have been trying for years to break free of my addiction to no avail. In my attempts I have used my church leaders, my parents and even participated in an online program called Feed the Right Wolf, however, while they all helped they have not been enough. I feel the Fortify program would be better suit for me personally as learn very well from videos.”*

**Girl: 20 years old**

*"I have been suffering with porn addiction since I can remember. I first saw it when I was browsing my Comcast on demand. Once I watched it for the first time and it made me feel good I could not stop. Now about eight years later I am still struggling and feel so ashamed. I am an orthodox Jewish girl and I am completely going against my beliefs and it is causing me so much harm inside. It does not match my beliefs and I am honestly too afraid to go to my parents or even tell anyone about this. As a result I have no money to pay for any porn addiction program because I am under the financial care of my family right now and I am unable to afford any type of program like this on my own. So please help me get rid of this problem without my parents having any knowledge of this. By the time I am able to pay for a program like this on my own, I do not want to need this program! I need this gone and I am realizing 100 percent that I cannot do this alone."*

**Boy: 18 years old**

*"I have been struggling with porn for the last 5 years and I am sick of myself for looking at it, I have tried ways to get myself to quit and I'm slowly weaning myself off of it, but I still look at it once or twice a week and its always followed by masturbation. I really want to get over this addiction and maybe this source can help me. It seems its compulsive now, I don't feel a sexual drive I just feel the need to watch some."*

**Boy: 17 years old**

*"I've been struggling for so long with masturbation and watching porn. I've goggled many times for any solution. I do always ask god and pray to help me. I need to find the right way; I don't want to do this shit anymore! It feels like an unstoppable addiction. I keep asking myself every single day; why can't I stop it? Did you lose control over your OWN body? C'mon you know many people who stopped it, many people who didn't even do it! Maybe I can't express how much I NEED to stop it, but believe me I feel like eventually god sent you to help me. I hope you get how I feel right now. I also hope my words were enough to convince you to select me. Thanks."*

**Boy: 18 years old**

*"I want this as badly as I want to breathe, because I know that it is killing my spirit, and it is killing my dreams. I just need some help, and I know that with some help and encouragement I will do this."*

**Boy: 16 years old**

*"I really need to quit. It may not be damaging at the moment, but in the future, I know if I don't quit it will ruin me. I hate that I fall to temptation and really want to get rid of it completely and for good."*

**Boy: 18 years old**

*"I have a solid group of friends with whom we talk and battle together to overcome our addictions to pornography and masturbation. However, I am going to college out of state in the next few months. My friend recommended this program to help fight against this evil addiction even. Also, I would like to defeat my addictions while I still have my family and close friends to support me."*

**Boy: 19 years old**

*"I have been struggling with porn for over the past 8 years, and have realized it's negative effects spiritually, academically, and physically. I want to overcome and have started to make moves to prevent myself from viewing porn in many occurrences."*

**Girl: 16 years old:**

*"I am currently 16, and I have been battling this since I was roughly 11. I don't have as bad an addiction as some, but I keep making the same mistake over and over again. This cycle needs to stop before I completely give up on myself. I believe fortify is the way to do that."*

**Boy: 15 years old**

*"I have been addicted to pornography for way too long. I found an online community called "nofap" back in June and have been trying to abstain since. The longest I've been able to achieve is 36 days. I felt so good during that time! Lately though I've fallen back into the cycle and really need support. Sometimes I just feel so lost and confused, feeling helpless like my addiction controls me. I deserve to be free from this disease. I'm 15 years old and need your help. When I saw on my YouTube feed that fortify had launched I jumped with joy!!! Please help. It would mean the world to me!!! Thank you so much! God bless!"*

**Boy: 16 years old**

*"I have been addicted to Pornography since I was eleven years old, I am currently sixteen years old. Everyone in my life think that I a perfect kid and that I have never done anything wrong; my friends, my family, my religious leaders. I have had to lie on a daily basis to hide my shameful secret. I want to be rid of my addiction and stop living a lie. Please help me by letting me use your amazing program for free. It would mean the world to me and help to change my life for good."*

**Boy: 13 years old**

*"I've been addicted to porn for over a year now. It has ruined my social life, grades, my ability to connect with people, and has increased my anxiety. After finding out the negative effects of porn around 6 months ago, I have been constantly trying to quit. I think I should be selected to join the Fortify Program because it might give me the tools to overcome porn addiction for good before it ruins my life."*

**Girl: 15 years old**

*"I just think the whole situation is really gross. I have severe depression and I think I just use it to cope somehow... like sort of punishing myself because I know that I don't want to see it and that it is against my morals. It's really embarrassing and I just end up hating myself even more and cutting. I went for about maybe a year without it and somehow started up again. I know that I can overcome this. I want and need to. I just want to be normal. And I hate keeping things from my parents."*

**Boy: 17 years old**

*"Pornography has stopped my growth as a person many years ago. Throughout high school, my problem has been becoming worse and worse, now reaching an all time low. I never had a chance to develop healthy relationships with peers or adults, and the relationship with my family has become severely weakened because of my secrecy. So many of my thoughts and so much of my time is consumed by porn that it is alarming. I am an addict. I've finally come to terms with that after fighting it for so long. Desperately searching for help, I have stumbled upon this program, and I see it as a huge blessing; I could not have asked for anything better. I'm honestly scared that I will never be able to make the change and finally break free. Porn has such a powerful control over my life, I don't know what to do. That's why I'm signing up for this program. I need to turn my life around. I want to break free."*

**Boy: 16 years old**

*"I can feel my addiction-related thoughts and emotions getting stronger and stronger. I fear relapse, but I believe this program can teach me what is happening to my mind and body and how I can combat my addiction effectively. I also fear to involve my parents cause though they care for me, this would be an extremely emotional thing for them to be told and they have an immense amount of stress right now. They are my only way of purchasing this program, but that would show my addiction to them. I have others for support that know of my situation, so I would like to spare my parents the pain since they aren't needed for my recovery. I need to change my life. I need to become the person I am supposed to be, and my addiction stands in my way. Please pick me for a scholarship to the fortify program."*

**Boy: 17 years old**

*"When I first knew about FTND a rush of hope came alive that at least someone somewhere is doing something about it. One of my friend got caught and since then his parents have limited his allowance. I fear that hate and sarcasm will occupy my life if I open up to my parents or friends so I have kept the battle on a personal level to myself (except my best friend who knows my sickness). I have hope that new scientific knowledge which Fortify is promising will help me win over this viscous disease and start a new life where I be myself as I was once before. Help me please."*

**Boy: 18 years old**

*"The reason why I trust fortify is, I have seen Fight The New Drug for a while and I have seen a chance for me- and others to recover from pornography. The website is also aimed at all kind of people, which made me even trust FTND/Fortify."*

**Boy: 16 years old**

*"I realized I was addicted nearly a year ago and I've been trying so hard to quit since. It's literally taking over my life, I have good days and bad days but it really gets me down when I think about the power it has over me. I really wish I could do it alone but so far I'm struggling."*

**Boy: 19 years old**

*"I want to quit masturbating and start living a good social life. I have social anxiety I don't participate in any school events I feel guilty and ashamed of myself. I want to proud and confident Thank you for making me a #fighter."*

**Boy: 17 years old**

*"I have been struggling with porn addiction for more than 5 years, one of the things I learned was that addiction truly destroyed my life, and it has limited my productivity, I have failed to keep my past academic excellence. I lost my emotional and social well being, it left me in a very dark stage of my life where I am on the edge of losing hope to ever heal, I tried many things, but they all seem to fail in the face of the addiction monster inside of me. All I need is a 2nd chance to prove to myself and to others that I am a decent human worth believing in, and that am not an animal driven by instinct and lust, I pray to god that fortify would be that chance, it would be an opportunity for me to become someone I can accept not hate."*

**Boy: 18 years old**

*"I've been on this road for almost 4 years now, it's brought me through some ups and a lot of downs. I struggled along with pornography for almost 3 years before I ever got help. It ripped me apart from the inside out, I knew every step of the way it was wrong and it was hurting me, I just didn't know how to get out. This last year I got support from my family and church leaders, and I've been fighting the good fight. I want to say I'm on the tail end of an addiction, but I've been here before, and then fallen back into pornography. This time I want to get out, completely. I want to be free of it. I will be free of it, I won't give up until I do. But I need help along the way."*

**Girl: 17 years old**

*"I have been addicted to pornography since I was in sixth grade, just after my older cousin sexually molested me. I have tried and tried and tried to get away from it and at times I have done quite well, but nothing has been eternal, and that is what I am looking for with this program."*



**Boy: 18 years old**

*"I wish to be a leader in my school, church, and community, and the one thing that I continually struggle with is pornography. God has taught me so much in my struggle and addiction to pornography, but I believe that, in order to overcome and help others overcome, I should be familiar with more resources to help a wider base of young men and women in my community who are struggling with pornography addiction. I myself am done with my addiction and desire with all my heart to have Fortify as a resource to spur me on to get rid of my addiction."*

**Boy: 19 years old**

*"I like many others have struggled with pornography. I am sick of the pain. Sick of the regret. I know it's wrong. It throws my spiritual balance off. My physical balance, as well as my mental health. Mentally I make myself feel terrible! I would love to participate in your fortify program."*

**Boy: 17 years old**

*"I can't watch TV anymore without looking for some kind of nudity. I can't be on my computer anymore without ending up on a bad web site. Porn has been apart of my everyday life and I want it out. I want to live my life in a Godly manner, porn free."*

**Boy: 18 years old**

*"It has been 10 years now that I have been hiding this terrible secret from my family and friends. I know it is bad and a sin but something in my mind tells me it's ok and everyone does it. I want to stop and I have tried to stop and have had no success. Even currently I'm attempting to stop but I have fear of failure. I'm graduating high school in 4 months and my biggest fear right now is carrying this addiction with me to college and adulthood. Please, I really need the help."*

**Boy: 17 years old**

*"I have been struggling with pornography since the sixth grade (7 years) and I've had enough. I'm getting out and nothing's stopping me. I want fortify as a tool to help with the recovery process I started 2 years ago but haven't finished as I still occasionally relapse. It's been getting better and I've become passionate about sharing what pornography really is to youth in hopes that they won't even start down the destructive path like I did. I'm taking action along with a few youth leaders and within the months to come and we'll be doing some public speaking and targeting porn at the root. Fortify would be the final push I need to break free and it would also help me educate the people who haven't started looking at porn to stay away from it."*

**Boy: 17 years old**

*"I have severe addiction in pornography. It seems I have attention deficit problems due to it. Vague attention, memory problems etc. Have become socially insecure and jealous. Couldn't control myself from view porn."*

**Boy: 19 years old**

*"It seems I have come to a stage where I need mental stimulation (porn) to get hard."*

**Boy: 16 years old**

*"I have been trying to conquer my addiction for years but haven't been able to do so. I'm excited that I may be able to try this program at no cost because I have little faith in the programs I've seen before and am not willing to spend money on something I don't believe in. I hope that this program is useful and if so then I hope I can use it to help friends as well as myself."*

**Boy: 19 years old**

*"I've been trying to shake off my addiction to pornography and masturbation for a couple years now. I tried signing up and paying for an online program before but I couldn't afford it because I also help pay for my own schooling. I want to quit my addiction and am trying, but I feel the need for help which I can't pay for at this time in my life."*

**Boy: 19 years old**

*"I am a 19yr old, Catholic guy. I truly love my faith and want to be able to live it. I feel that right now I am incredibly weak and unable to fully live my faith. This tears me up inside! I am even studying to become a priest. I could also see myself getting married instead. I don't know where God wants me to go yet but I do know that porn is a huge stone blocking my path wherever I go. I am unable to be the man I want to be because of this sin in my life. I want to be FREE!"*

**Boy: 19 years old**

*"I don't have the money to pay for a program like this and I have tried to stop many times trying many different ways but nothing has worked. I'm hoping that this will give me a chance at freedom from this vice that has a grip over my life."*

**Boy: 18 years old**

*"I have felt trapped by my addiction. I, like many others, have kept telling myself that I could get over it on my own, but it obviously isn't working. I need another option, because I am tired of constantly feeling ashamed of myself. I just want to be the person that everyone sees in me."*

**Boy: 17 years old**

*"I am from Nashville Tennessee. I have been struggling with porn addiction for about 7 years and I want more than anything to stop. Over the last couple years I've realized that my addiction has made my social life suffer and my religious life almost nearly die. My girlfriend and I always fight now and I have no time to work on the things I love. I've tried many different free programs, but I am still to find something that works 100%. The resources that FTND have provided have been amazing and I hope this program is as good as the book. Thanks for all the help and keep fighting!"*

**Boy: 19 years old**

*"I've struggled with pornography for my entire pubescent life, and my addiction has caused me to ruin romantic relationships, not receive any sexual satisfaction in relationships, to view women as objects no matter how hard I try to see them as friends, and to lie to my family. My addiction has ruined my life and the lives of people around me. Now even pornography doesn't fulfill my cravings, but I still have to do it. I've been waiting for this program to come out for a few years, and I think that this could actually help me, unlike the many times I've tried to quit on my own."*

**Boy: 17 years old**

*"I have been struggling with pornography since I was in 2nd grade. I didn't know the effects it would have on me, but now that I am older I realize that it has changed a part of me. I want to overcome it and be a better person, both for myself right now, and the person I will become in the future. If I wait too long, it will just become more difficult . I realize that I have watched porn for almost half of my entire existence. I need to overcome this."*

**Girl: 17 years old**

*"I have been struggling with this addiction for years, but have been too ashamed to tell any of my loved ones. I know God wants me to stop. I want to stop. It's not healthy for me and will interfere with whatever relationship I'm in in the future. It kills me that I can't stop on my own and that it's gone this long. I desperately need help to get rid of this nightmare of an addiction."*

**Boy: 17 years old**

*"I should be selected because I genuinely want to stop watching porn and want to stop masturbating. I understand how serious it is, and I would love nothing more than to have freedom. I need it. I feel out of control and guilty. I don't want to feel that way for the rest of my life."*

**Boy: 19 years old**

*“Porn and sexual addiction has completely destroyed my life and my faith. I have read the Fortify book before and I'm hoping the program will help reinforce those tools and strategies and help them stick more long term this time. I have been checking the website for months regularly for the launch of the program and I'm glad to see its up. I've never felt more hopeless about myself than I do now. I'm willing to try anything, and I hope this program will help me finally break this. Thanks a lot.”*

**Boy: 18 years old**

*“I have been viewing pornography since I was 12/13 years old. At first it made me feel good and wasn't very bad (in my mind). But as the years went on I noticed that pornography has stayed with me. I look at it almost everyday and I have already started to see the negative effects it's having on me. The worst part is I pray about wanting to end this addiction and I beat myself up about always falling back into it. I am a Christian so I see that I am forgiven if I do sin but there is still this part of me that beats myself up. I have been praying for a way out of this addiction and I believe the Fortify Program is this help.”*

**Boy: 18 years old**

*“I've been struggling with pornography for years, and even when I thought it was getting better, it got exponentially worse. Now it is always there. I can't be rid of it. It has ruined my relationships with family and friends, I can no longer talk to them without getting frustrated or annoyed. It has made me begin to think of suicide. It honestly looks like a good option to die. Pornography has ruined my life already, and I want to try and fix my life before or take it from myself. So far, fortify looks like the only option I have. I have no where to turn, and fortify could be a godsend for me.”*

**Boy: 17 years old**

*“I've been addicted to porn for about 5 years now. And every time I look at it I feel like a piece of crap. It's poisonous. And every time I look at it the poison just runs deeper and deeper. So it's time for me to get rid of this. And I figure that this is the best way to do that.”*

**Boy: 18 years old**

*“I honestly don't have a good answer that would make you like me and accept me, so I am just going to be honest. I have been addicted to porn for 4 years, I have looked almost everywhere on the Internet for help, but it was to no avail. I can't pay for help, sadly, and there are not very many good free resources on the internet so I found you guys and this seemed like a perfect opportunity for me. Do whatever you will with all of that information.”*

**Boy: 16 years old**

*“I have been struggling with pornography since I was 11. Now that I have started college, I want to have a fresh start and be free from this horrid addiction. I have tried to overcome this addiction for at least 2 years now and have failed. This time I really am sick of pornography taking over my life and I want to be free from it. I saw this program was free and because I don't have an income and are just a college student I thought this would be the perfect opportunity to overcome this addiction and Satan.”*

**Boy: 18 years old**

*“Ten years of my life I have been doing this. I'm not proud of it. I've tried to stop many times. But I just come right back for more. I thought I was strong enough to do this on my own. But I'm not, I am 18 years old now and I am preparing to go to college. Which means I'm quickly approaching me starting to date to find someone to marry. I really do not want this to be an issue anymore. I want to be happy without pornography, even if I end up having to pay for this program. It would be greatly appreciated by a soon to be strapped for cash college student. Thank you so much for having this program be available to the people that need it. I'll be sure to recommend it to the people I know that could benefit from it just as much as me.”*

**Boy: 19 years old**

*“Porn is something that has had me for a very long time. In the last several years, I have attempted to overthrow this addiction on my own, and when I realized that I couldn't, I reached for help, but lied my way through it because I felt ashamed to be opening up about that. I've been struggling in silence then, and I can't handle it anymore. Porn has perverted my views on sex and relationships. It's twisted my views on marriage and I don't like the person that I am because of what it's turning me into. I'm an ex drug user, and it would seem that the porn addiction is harder to overcome than the drugs were because of how easy it is to access.*

*I need help. I'm ready to leave this behind me, and I'm prepared to do what it takes to escape from this. I'm a student leader, and every time I open my mouth to share my heart at churches, retreats or camps, I feel fake and phony. At first, I didn't want to admit that pornography was a problem in my life, but today, I can honestly say that I am addicted and I need help and am ready to accept it. It's destroying my life, and I want to be done with it for good.”*

**Boy: 19 years old**

*“I am an older teen who has really struggling with pornography since I first was exposed to it at age 12. For years, I've been trying to beat this drug by myself, and I have finally come to realize that I can't do it without the help from God and others to back me up. I've been surrounding myself with a different crowd of people in hopes to find support, and I recently purchased the Fortify book, which has been incredibly helpful to me.”*

**Boy: 18 years old**

*"I can see that porn had really been messing with my life, and though I've "technically" been off of it for about 9 months now, I need some strategies to be able to keep myself from seeing things or thinking about things that would make me masturbate."*

**Boy: 18 years old**

*"Because, masturbation is something that can maybe bring pleasure at the moment. But after the act you just feel sick, frustrated and you have the feeling that you haven't control on yourself. It's ruining my life since 5 years (it has created an instability in my life and so it's very harmful to improve in school, sports and my social and spiritual relationships). I want to change that and to be happy."*

**Boy: 16 years old**

*"I have been fighting for 4 years and barely making progress... It cost me a relationship with an amazing girl....."*

**Boy: 20 years old**

*"Pornography has ruined my life. My left esteem. I have depression. I don't have a lot of friends. My grades have gone down because my priorities are not straight. I am in really bad shape. I even decided not to serve a Mormon mission because I am not worthy or willing to go serve the Lord. My testimony has shrunken. And I'm afraid I'm going to hit rock bottom and not come back from there. When I turn 21 I plan on sponsoring someone younger than me so that they can also get the help they need. Help me out please and thanks."*

**Boy: 17 years old**

*"I see that this is a very destructive part of my life that needs to be confronted. With the help of this program I believe I would be able to be directed on a path that can lead me to freedom from this. I want to avoid future destruction."*

**Boy: 18 years old**

*"I have been struggling with pornography since I was 15. I've had periods of relief but I've never had lasting resolution. I recognize that in my own life, the main reason that I have viewed pornography is because of not being secure in who I am as an individual. Through personal growth, I have largely overcome that insecurity. But the addiction of pornography hasn't left. I am disgusted by the act but I am stuck in the addiction. I need fortify to help me with the process of fighting off pornography so that I can enjoy a healthy life with healthy relationships."*

**Girl: 19 years old**

*"I grew up in a household where my mother would force me to spend time with my father. His version of quality time was watching child pornography together. I don't want to end up like him and I'm slowly watching myself become very dependent on porn. At the moment I can't sleep unless I hear it. I've tried quitting on my own but almost ruined my relationship with my fiancé. I love him dearly and want to be a good wife and eventually mother."*

**Boy: 13 years old**

*"I, unfortunately, do not have a lot of money and I am really desperate to fix the problem that I am having. I stopped watching for over a year and got sucked back in. I thought because I stopped on my own for a while that I could stop again. I am watching just once a week, but I really need to end it now and cut that out of my life. There is a girl that I have strong feelings for and I don't want this on my conscience or any part of me. I do my best with everything and I feel like I have the potential to become so much more, but right now this is holding me back. I really need these chains to be cut so I can become a better me."*

**Boy: 17 years old**

*"I used to be addicted to pornography and it was a serious problem. I have been able to slow myself down where it is not an addiction anymore, but I still use it too much. My girlfriend recently broke up with me, and I have been struggling to not fall back into my old amount of porn usage. I just want this ugly habit out of life once and for all. I know I will be so much happier without it."*

**Boy: 17 years old**

*"the past couple of months have been phenomenal for me. I have identified many of my problems in other aspects of my life that have persisted for years and am currently working on them."*

**Boy: 16 years old**

*"Until a few months ago, I was not even aware of these problems in my life because I used to suppress my emotions assuming them to be normal. Now, that I have identified these problems through guidance from an older friend, I feel extremely motivated to make myself a better person. This would be the best time for me to free myself from the shackles of pornography and masturbation."*

**Girl: 19 years old**

*"I was sexually abused as a Child which led to a dependence on sexual activities. I have struggled with these issues since I was 7 years old. I have tried all the free programs out there and can't seem to break free. I want to be free of this binding and debilitating addiction so that I can have my self confidence back and eventually help others do the same."*

**Boy: 17 years old**

*"I'm tired of being addicted to something that is only hurting me. I want to be free of the guilt and the shame. I want to take back control and be free from addiction! I should be selected so that I have the chance to get the help I need and become a new person."*

**Boy: 20 years old**

*"Exposed at an early age, I have been in and out of therapy for 5 years, attend ARP and SA weekly. I work my program but I am very busy. I am a college baseball player and am in school full time. I need to be sober and I know it but I need the help to do so."*

**Boy: 16 years old**

*"My addiction has gone on too long and I have tried many times to break the cycle. This is basically my last thread of hope."*

**Boy: 18 years old**

*"Ever since I realized what pornography did to me as a person a few years ago, especially within my faith, I have tried to stop the addiction. But I have not known how to formally deal with it. I desire more than anything to be able to get over the addiction that to this day makes me feel like I don't have control over myself. I'm tired of feeling weak and not knowing how to effectively battle this. Even if this process takes a while, which I realize probably will, I want and desire to start my recovery formally and decisively and brake the chains of addiction."*

**Boy: 16 years old**

*"Breaking free of these habits that have almost consumed my life is very important to me, I want to have a pure relationship with my girlfriend as well as positive relationships with family and friends without the corrupting weight of my past. I want to break free once and for all, I want it to end so that I can start getting better. I want to recover so I can learn to love purely."*

**Girl: 17 years old**

*"In hope for freedom. I was forced to see pornography by some youth in my church. I was told to accept it or I would be shamed and rejected. I've tried many times to quit or find a path to quitting and all my efforts have resulted in failure. I'm afraid I will never find friends or a husband. I know this is sin. I know its wrong. I never wanted this, but I was afraid. Now I feel guilty and chained to this horrible addiction. I am willing to change but I need someone to help. But I am too ashamed to ask someone. Please help me. Please."*



**Boy: 16 years old**

*“Right now I'm sixteen years old and started watching porn when I was eleven. That's five years of dealing with something I don't want in my life anymore despite the fact I keep coming to it again and again. I have Christian friends and a youth leader helping me out but they're all at church and school which gives me almost nothing to help me when I'm alone. I think Fortify would help me in my goal to have a pure heart and mind and be sanctified like the bible calls us to be.”*

**Boy: 20 years old**

*“I've been waiting for this opportunity since I first heard about Fight the New Drug. When I was twelve I ended up stumbling upon a soft-core porn film that was a parody of a superhero film that I really enjoyed. Since then I have been compulsively masturbating and watching pornography. I am currently 20 years old as of January 2014. This addiction is making its way into my interactions with female friends. When I get aroused I cannot see them as people anymore, but sometimes I try to seduce them or manipulate them into sending me pictures or talking dirty to me. As a devout Christian this grieves me deeply and it NEEDS to stop. FTND has given me hope and encouragement throughout this battle and I would be excited to participate in this new program being offered.”*

**Boy: 17 years old**

*“I have been struggling to conquer my addiction to pornography for over two years now. I completed the thirty day program on setting captives free and I've set security systems on my computer but always find ways around and eventually out of it due to lack of discipline and desire.”*

**Boy: 18 years old**

*“Like many people that have struggled with pornography, I became addicted to it after the first few times that I watched. It eventually invaded my life and made me unhappy. I continue this unhappiness and I really haven't been as happy as I was before I started watching pornography almost six years ago. Recently, it ruined my relationship with girl that I loved for three years throughout high school. I want to change my life around and be happy like I was before.”*

**Boy: 18 years old**

*“I really want to serve a mission for my church, but someone who has addictions to porn and masturbating can't go. I feel like I am so close to beating this. I just need that edge against the addiction so that I never go back.”*

**Boy: 17 years old**

*“I have struggled for over a year of relapses now and need someone or something to help me push past this nightmare I'm living in...Please help me so I can help the rest of the world and be the person I was meant to be. I no longer want to be this shell of a person trapped in my own skin.”*

**Boy: 18 years old**

*“Because I need it more than anything in the world I don't have the means to get a program like this and pornography is consuming my life, my college education, my social life, even my sex life. So a program like this is just the thing I need to get better.”*

**Boy: 16 years old**

*“I've been addicted to pornography since I was 12, and I have been masturbating daily since I was 15. I'm tired of watching it day in and day out. Sometimes three times in a day. I want to be free of this addiction.”*

**Boy: 16 years old**

*“I've been struggling for a long time trying to give up porn and managing to last a couple of weeks without it but then a sudden urge starts pulling me back towards it after which I become more addicted to it than before. I believe that I have the will, all I need is guidance.”*

**Boy: 18 years old**

*“After over five years of pornography addiction, I want to break free from it, but can't. I see this program as a way to finally understand addiction and ways to finally recover from it.”*

**Boy: 18 years old**

*“I have struggled for years with sexual addiction. I want to be free! Not only that, I want to help others be free as well. I am actively involved in a local youth ministry and I want to be able to lead these youth to the freedom that I experience. I want to be the difference so I can make a difference!”*

**Boy: 19 years old**

*“I've been unfortunate enough to grow up in such an environment where I started self-soothing activities very young and started entertaining myself because no one was there to say otherwise. Therefore I've become addicted to masturbation and pornography and have tried to stop multiple times. It's nearly impossible to white knuckle this addiction. It's readily available at any moment you want it, it's free, and it's shameful. I want to know what my life could be like without having to live a double life, in hypocrisy, lies, etc.. I want to have a future in which I can be open and honest with my spouse and be happily married. I want to be a father who can set a good example for his kids and whom won't cause any damage to them through his addiction. All of these things are great things to want, but I can't do it by myself. I've tried... and failed... multiple times. I'm a good person, I've just gotten caught up in a cycle of bad decisions and behaviors.”*

**Boy: 18 years old**

*“First and foremost, since I am a Muslim, I do realize that viewing pornography is bad. In addition to that, I am a student of the Quran who understands, memorizes and give da'wah too, which only piles up the regret I feel after watching pornography. Second and the most important factor, I fear Allah that He might take away all of my blessings of a good memory and physical strength that He has given me. I fear if I don't cure it, I'll become one of the rejected whom Allah despises. I need help. I certainly don't want to face Him like this on that day. The punishment is too horrifying, I can't even bear to imagine. Also, This addiction has pulled my grades down and is on the verge of ruining my life. Furthermore, it has caused me to think about women out on the streets in a way which I feel ashamed of describing. I humbly request you to grant me this scholarship, so I can become free of this habitual conduct and come closer to Allah. I trust Allah and I trust you for the best decision. Insh'Allah, I wont be disappointed.”*

**Boy: 17 years old**

*“Pornography has been THE biggest struggle in my life. This addiction has eaten away at all my regular faith practices. It's been a secret of mine since I was 14 years old. Sometimes, my compulsion to view pornography led to my refusal to spend time with family and friends. This addiction even caused me to feel confused about my sexual identity. In all, porn has caused me to feel so low inside; almost every time after masturbation, I would shake my head and say to myself, "What am I doing? Why am I doing this?" In recent times, I often caught myself feeling numb to the guilt effect that comes after masturbation. The Fortify program would not only help me eliminate this nasty addiction, it would seriously change my life, and I would be infinitely grateful.”*

**Boy: 16 years old**

*“I've been struggling since I was 11 it has been the one hindrance in my life keeping me back from being the person God created me to be I've tried everything to quit and it makes me hate myself”*

**Boy: 16 years old**

*“I need help and I know it. I have fallen into depression since watching porn and have come close to attempting suicide, please help me”*

**Boy: 17 years old**

*“I’ve always tried to be a good kid and have tried to do what is correct. But I feel like a failure and dirty when I see those images. I don’t want to risk my future marriage and my pure view of women because of some stupid addiction. I want out before this gets any worse. I have strong values and love my family with all my heart, that includes my God. I know that when I see those things I am going against all that I’ve been taught and what God wants for my life. I have tried to keep my eyes pure from watching that garbage, but it just takes one moment of weakness to fall back down again in the mud. I need help and I need it for the sake of my loved ones, my future and my life. With the help of God and this program, hopefully I can get the help I need.”*

**Boy: 17 years old**

*“Like anyone else stricken with this addiction, I feel that it has impaired me socially and romantically. Also in my personal views, it’s strongly immoral. While I can’t promise to be different than anyone else, this program would allow me to get my life back into a normalcy I’ve never known.”*

**Boy: 19 years old**

*“I’ve gotten to the point where pornography and masturbation are every day, sometimes multiple times. I think of myself as a good guy, who generally shows a lot of respect towards women, but porn seems to be the exception, and it’s starting to creep into my other interactions. I start looking at women as objects, and that terrifies me. I’m currently single, and half of my thoughts about a potential mate seem to be about sex, rather than more important aspects of a relationship. I would absolutely hate for a person I care about to be hurt because of my addiction, and want--need--to prevent that from happening.”*

**Boy: 16 years old**

*“I am just a normal everyday teen. But I think this would be a good opportunity for me to finally take the last step and quit once and for all. I go to a Catholic school, am growing deeper in my faith, and this is one of the only things keeping me from being truly happy in my life. This is the only thing I trust to help me without becoming a public issue with friends and family.”*

**Boy: 17 years old**

*“I’ve been with Fight the New Drug for almost a year now. Seeing your Facebook posts have been very uplifting and helpful, they just haven’t been enough. I am constantly trying to put off the urge to go online but somehow it always makes its way back in. I hope that if I get to use this program that it will be the final step in overcoming the addiction that has plagued my life for so long. Thank You for this wonderful opportunity!”*

**Boy: 17 years old**

*“I have struggled with pornography for almost six years, and what started as a curious exploration has turned into a destructive habit that I can see destroying nearly every facet of my life and purpose if I continue to pursue this. I am a very driven person, and refuse to give up, yet I struggle each day to find the hope and courage to fight this drug. I don't want to become something I know I'm not, nor lose the strong faith in God that I once had. Most of all, I realize this may be a fight I cannot overcome on my own, which is a very hard and humiliating conclusion to come to, especially since I come from a culture where it is believed that where much is given, much is expected. I feel trapped and frustrated with myself. I have also become consistently depressed and often feel very hopeless. I feel that pornography is a very misunderstood thing, and that it is not only incredibly degrading and dehumanizing towards women, but also very destructive and painful to those who view it”*

**Boy: 18 years old**

*“I HATE the feeling of being stuck and enslaved to my addiction. I look at all of my friends who are in relationships with beautiful girls, and then I look at myself. I've never had a real girlfriend. I've never really been kissed. More than anything, I want a girl to love me, no, I NEED a girl to love me. I have been told (by girls) that I am good looking, and I've also been told (by girls) that there are girls that want to date me. If I could give myself one more ounce of confidence, I know that I could get a girlfriend. But now, because of what I've become, there is no way I could bring myself to ask a girl out. I have no confidence in myself, I feel like I'm the most pathetic, worthless, powerless guy on the planet, and while my addiction is not entirely to blame, it plays a significant part. I want to be free again.”*

**Boy: 15 years old**

*“Pornography has affected my life in a negative way in several ways. My confidence, grades in school, participation in church activities, and my relationship with my family. I was first introduced to pornography by my cousin. Then it progressed into my cousin performing sexual acts on me. My parents have been here to help me. They contacted the police and I'm currently in counseling but I need help with pornography. No one has been able to recommend a good solution and then my mom read about your site in the Desert News. I like the idea of getting help at home online. I hope you will consider me for a scholarship. Thanks!”*

**Boy: 16 years old**

*“I have been addicted to pornography for a good time now and I used to think that it was ok because everyone else was doing it. I had a life changing experience in which Jesus became my focal point. I no longer want to be bound to my sin but I want to do my best to be free from it.”*

**Boy: 18 years old**

*"I believe I should be selected because my pornography addiction has gone beyond my limits, I masturbate at least 5 times a day and I have a daily routine for each session, it's become a part of my everyday life and I'm afraid the habit will never be broken."*

**Boy: 16 years old**

*"Since I was 3 until I was 8 I was sexual abused and I know some how it influenced in me watching pornography I don't even know why I started doing it but once I started it never stopped. Probably I don't watch it everyday but usually twice a month or so*

*But the thing is that it makes me feel like crap and that I'm not good enough to let it go I've told my parents about it and I know that they want to help me but they just don't know how. I'm a Christian, I'm fighting with it and I have Christ by my side but I want to do my possible and get help to I want to recover and someday be able to talk about this to other people and tell them that doesn't matter why they started doing it*

*They can win this battle. Hope you can help me."*

**Boy: 15 years old**

*"I have been struggling with pornography for 3 years now. This past week I opened up to a mentor about and I am just beginning the process of trying to stay clean. I went two weeks but then messed up again. I am now 1 week clean but I am really struggling. I am in a constant mind battle and I am barely staying afloat in my faith. I'm not really sure where else to turn."*

**Boy: 18 years old**

*"I have been watching for 7 years and have tried to quit for 1. My brain has been so used to these things that quitting seems impossible. I can barely go a week without watching or masturbating. I am slowly getting better though. I can probably pay, so give this to someone else who really needs help. Let me keep my account though."*

**Boy: 17 years old**

*"I want to end this addiction to porn. I find it at times I can go on a week or two without watching porn then go on binge watching throughout the next week. I just want to rid myself of this weakness, so I can be a better person and not constantly thinking about porn and women as sexual toys."*

**Boy: 16 years old**

*"I have been viewing pornography for over 5 years. I know how much it affects your thoughts, actions, and words. I have had this realization for a while and haven't had the resources to stop. I want to stop. Also, I also want to spread the news of how harmful pornography is to you and those around you but I figure I should do what I preach so as to not come off as a hypocrite."*

**Boy: 17 years old**

*"I'm just trying to get out of this. I know it's wrong, but I just can't get away. I feel trapped, and I know that maybe there's people who need this much more than me, but I just want to try to join me here and look for something that makes me change and just be free from this, because I don't really want to be like this."*

**Boy: 16 years old**

*"I've been struggling with pornography and masturbation since at least 4th/5th grade (I'm 16 and in 10th grade now). It's been so long I can hardly imagine my life without it. My parents and I have tried just about everything: counseling with professionals and religious leaders, going through workbooks, programs, and all without finishing the habit. I'm sick and tired of not being able to stop myself and I want it to end."*

**Boy: 17 years old**

*"I feel as though I have an addiction, or am on the road to having one. I'm terrified of myself and what I'm doing to my brain and body. But, frankly, I hate myself for this. All I feel after is guilt, shame, and self-loathing. I feel worthless. I'm a heavier set girl, and after watching porn, I hate myself even more leading to me overeating and not caring about how I look or what I do. At a point in time I hated myself so much, I began to cut myself. But only on my thighs and the inside of my elbows so no one would see my shame. I want to be healthy, and I want to be free. I've tried to stop in the past, but I always come back to it. Please help me, I don't know how to fix this. I feel like scum and a vile human being. I don't want to objectify people or sex. I just want to be me, and I can't be me while I'm facing this addiction."*

*Coming from a Christian family, pornography is not something that is often discussed, if ever. However, every male I know struggles with an addiction or the temptation of an addiction, including myself. I have struggled with the addiction for nearly 6 years now, and after getting into college, the addiction has not improved. As much as I try to quit, I keep coming back and that is holding me back in life enough to be very bothersome. This program would allow me to actively be thinking about quitting pornography every single day, as well as learning about the addiction and the pain that comes with it for myself and everyone involved."*

**Boy: 17 years old**

*"I starting to see how masturbation is affecting lots of aspect of my life, every time I feel bored and a bit stress out I would masturbate. With this program I hope to stop my addiction to both porn and masturbation."*

**Boy: 18 years old**

*"I have been trying to quit this addiction passively ever since age 9 with no success. Just over a year ago I stumbled upon the Fortify program. I read the book and ever since I have spent all my energy on quitting. I still use the battle tracker and though I am at a better place than I was a year ago, I am still addicted to porn. I am willing to try every resource I can find to help against this addiction. It's very important for me to overcome porn and after reading the book I have been excitedly awaiting the release of this program. I hope, with your acceptance, to be able to finally break free of this addiction."*

**Boy: 15 years old**

*"I feel as if I really need this program. I feel like I can't get away from this addiction and I know I need help. I want to be free from my addiction. I don't want this to continue affection my religion and my relationships. I'm constantly feeling guilty and worried about what others will think about me. I just want to be free."*

**Girl: 17 years old**

*"I would like to be selected for this because this program could help change my life. I realize the same could be said of others, but I am in the point in my life where if I don't beat this, it will stay with me forever, and that is the last thing I want."*

**Boy: 16 years old**

*"I should be selected because I have struggled with pornography for almost 3 years now, almost watching it everyday like many other teens struggle with. I know that it's slowly ruining myself and the people around me and I need help. I'm too scared to talk to someone I know about it and can't do anything to fix it on my own, I need help. It's ruining my look on women and destroying relationships with girls and family before they even start and I want to stop it before it becomes an unstoppable problem in my life, I want to stop it before it spreads"*

**Girl: 20 years old**

*"I have been trying to stop this for over four years and nothing has worked for me. I am currently in a serious relationship going on 2 years. This gentleman I am dating means so much to me. I want to stop this addiction for myself but mostly so I can give myself fully to my future spouse without any thoughts in my head or heart on our wedding night. I want to not have this controlling me and feeling like I am cheating on myself and everyone else in my life."*

**Boy: 15 years old**

*"I'm done. I've been trying so many things to try and stop my addiction but this is my last resort. I'm losing relationships because of it and I'm sick and tired of feeling this way."*



**Boy: 18 years old**

*"I should be selected for a scholarship because I want to be able to say that I was able to quit. I am very involved with youth groups and youth camps; and I need to be able to tackle this issue, so that when it comes up I can give testimony and not be embarrassed. I need to be a good example and although not many people know about this issue, I need to be able to look into a campers eye and say you can quit, it's hard but it's not impossible. Take it from me."*

**Boy: 16 years old**

*"I have been in search for help to fight the addiction to pornography for a few years, and continue to try to find ways to help me overcome this addiction. I am in desperate hope that this program can help me end this addiction."*

**Boy: 18 years old**

*"I am eager to start my own recovery. I believe that Fortify will give me tools that will help me understand the addictiveness behind pornography. With this knowledge, I will begin to pass it to my friends, and let them know that this resource exists. Finally, I want to start a group at my college where I could help both men and women find resources that will help them overcome their struggle with addiction. We're all in this together!"*

**Boy: 17 years old**

*"I am a really influential teen in my youth group at church and they follow all my steps. I would not like them to follow these ones. At school I am one of the most recognize students by being the Student Body President, Senior Class President and Sergeant at Arms of National Honor Society. I am also the representative for my school district in the Student Advisory Committee with the state superintendent. All of my titles are worthless thanks to my problem. How can I be a role model when I can't even control myself."*

**Boy: 19 years old**

*"I am in a relationship with a beautiful Girl and my addiction it pornography is negatively affecting our relationship. Every time that I do stuff like this is hurts her and so that is the main reason I need to stop. Also I am in college and have no money so I can't pay for things to help me."*

**Boy: 16 years old**

*"I need help. It hurts just to write that. I've been struggling for a while, and I'm afraid the breaking point for me is near. I have a beautiful girlfriend and I want to love her the best way I can, and I'm trying desperately to fight because she is worth it, and because I know it's hurting me. I'm afraid of what will happen if I continue, and I want to stop this now."*

**Boy: 16 years old**

*"I have been fighting porn for the past 3 years. It is ruining my views of my own girlfriend and is completely overtaking my senses. I go home every night excited because I got to look at porn. After I did it I would feel ashamed and not satisfied knowing that it is like cheating on me girlfriend. I'm tired of my brain telling me how good porn is and I'm ready to leave it for good."*

**Girl: 18 years old**

*"I can't keep doing what I am doing. It is ruining my life and I'm only 18! I need to break free from this because this destroyed my dad's family. I can't let this rule my life for when I have a family."*

**Boy: 16 years old**

*"If I don't get help while I am still a teenager chances are when I turn into an adult I'll fall into the wrong statistic I've been having trouble with my addiction for so long now. I've tried going and talking with my religious leader about it which really helps, but at the same time I always fall back into the same trap. I think that this program is the way that I can finally escape this vice that I have. I know I can't do it by myself and I think this will help give me the tools to finally overcome! I think about my future wife and kids and how I don't want to always have this secret in my life. I want to be confident and know that I don't have a problem like this."*

**Boy: 18 years old**

*"Ever since the 6th grade, I have found myself in a constant cycle of use, recovery and reuse. I notice the temptations in myself to watch pornography and the detrimental effects that it ensues. It is my time to stop and I feel a calling that this is my time to recover forever and this the program for me. Thank you for all you guys do."*

**Boy: 19 years old**

*"I have been struggling with this for almost 10 years now. I am burdened by this addiction and it is ruining how I not only see women but how I treat men. I want my relationship to improve with my girlfriend and I feel like I am cheating on her every time I fall. I am tired of looking at others, I want to remain faithful and get over this addiction that started so many years ago."*

**Girl: 15 years old**

*"I would like to be an actor. But each time a decision is made like making a portfolio or going for an audition, I feel like I can't do that and spend my energy in viewing pornography. Every time I failed. I think if I overcome porn I can do well in my field. I'll do whatever sponsorship and other help to your organization because if I am selected for a movie definitely I'll be paid so that I can contribute and help others. I'll always be there for the organization in future."*

**Boy: 19 years old**

*"I am simply done engaging in this activity. I'm only 19 years old and I don't want to let this addiction control my life and affect the ones around me I love. I have a girlfriend who I want to marry and this is something that needs to stop before I can make that step I have seen how pornography affects my life and I feel bound and trapped in my everyday life. I have tried different methods of quitting but eventually fell back into the same bad habits. I want to learn how to quit for good."*

**Boy: 19 years old**

*"I've struggled with this addiction for a long time, and I've stuck with Fight the New Drug anticipating the launch of Fortify for almost two years. I don't have very much money, and this is an issue that I can't talk to people about without it causing problems in my relationships. The people I can talk to about it don't think it's a big deal and aren't willing to help me. I can't do it alone, and I think Fortify is my window of opportunity to finally beating this."*

**Boy: 14 years old**

*"I am looking for help and embarrassed to ask."*

**Girl: 16 years old**

*"I would like to be selected so that I could be free, not constantly wondering who is going to find the porn on my phone. It is taking over my life and now it is hard for me to differentiate my everyday life from my sexual fantasies and it is causing a problem"*

**Boy: 19 years old**

*"I'm sick and tired of living a double life and want to get out before I cause irreparable damage to my life and the people I love."*

**Boy: 20 years old**

*"This is absolutely ruining my life. I have a severe addiction and I have tried everything imaginable to stop. To no avail. I am not and never have been addicted to anything like porn. I can stop anything else but this. It has harmed so many of my relationships. Spiritual and physical."*

**Boy: 20 years old**

*"Born in 1993 with the internet boom, two older brothers, and no father figure for much of my life, I was exposed to pornography at eight years old. From about age 11 on I have used porn with various frequency. Primarily while masturbating, often for extended periods of time. I am twenty now, and have come to the realization that I will need support if I am going to kick this habit for the rest of my life."*

**Boy: 18 years old**

*"I guess there isn't anything that would set me out from the crowd a lot. However, I have been struggling with this for a long time, and I want to get out as soon as I can. If I can minimize the effect this has on my girlfriend/wife (and everyone else, really) now, I think I can get rid of a lot of negativity in our relationship(s)."*

**Boy: 16 years old**

*"I feel as I should be selected to get a scholarship due to the fact that I need help getting over this problem, but I would like to help other guys that I know overcome this addiction. I would pay it forward to others. And I would definitely refer friends and fellow strugglers to this program. This program would definitely help me with my relationship with God. That is the most important thing in my life and I continue to find myself falling into this pit of lust and selfishness. I definitely want to get over this problem now rather than still be struggling with it in my future marriage. I don't want to be bound any more. That is why I feel I should be selected for this free access to the Fortify Program."*

**Boy: 17 years old**

*"I really want to not want pornography. I hate it. It's fun in the moment, but then the other 99% of my life I wish I didn't have that in it."*

**Boy: 20 years old**

*"I want to get it out of my life early. I've been to several sexaholics anonymous meetings and I've seen what it does to you and the people around you. It destroys marriages and when I find the person I want to marry, I want it to be for eternity. Please help me. I really want to have help staying clean."*

**Boy: 17 years old**

*"I am desperate to change and I need to change to move forward . I feel like a hypocrite because in other aspects of my life, imp aspiring people around me. vie tried tons of method but I still found myself struggling. I need a platform to really understands this addiction yet still respect my privacy. someday, if I had overcome this, I hope I can help others as well."*

**Boy: 18 years old**

*"I feel like I'm close to beating my addiction. I just need help to go a long time without watching it. I don't to watch it anymore, but I when the temptation comes I don't have the courage to stick it out. I just need help to get over this addiction. I don't want to go back to the way it used to be when I was younger."*

**Boy: 20 years old**

*"I have been struggling with pornography for 10 years and I'm so done with it! I don't want to grow up and have it affect my relationships. I want to be done with it forever and to just not have to deal with it anymore because I hate myself every time I let myself watch it!"*

**Boy: 17 years old**

*"I should receive a scholarship because I've been struggling with pornography for years and have tried to quit over 10 times to no avail! I need help! As of January 1, I haven't looked at pornography or masturbated once. Although, I don't know how much longer I can keep this up..."*

**Boy: 16 years old**

*"Because I'm tired of having two faces. I use one to say that I'm over pornography. Then behind closed doors I'm wearing the other to look at porn again. Most of the time I don't even want to, and I know God doesn't want me to. Sex and women were never meant to be like pornography makes them. I want to live like I believe that, and stop living the lies that pornography tells me. I need help to do that."*

**Boy: 16 years old**

*"Simply because I need help overcoming this. I have tried dozens of times and come up short on all of them. Hope is like a roller coaster for me, everything feeling really bleak after a relapse but slowly building up again for another go. I feel like it is taking me longer and longer to be able to find the motivation to try again, I hope this will be the answer. Thanks."*

**Boy: 18 years old**

*"I need help. Because of my addiction I can't have a normal relationship and I avoid people completely because I know what I think and feel is wrong but I can't seem to fix it myself. I'm drowning. I won't let myself date at all because of this problem and I believe that other people should be with people better than me. People who understand the true worth of a person and not just what they look like."*

**Boy: 20 years old**

*"Because I am a part of the generation that was raised with the internet, I went through puberty during the Dotcom boom, and came of age at the same time as the internet, which is the key thing that makes modern pornography so serious. This gives me unique insight into this issue."*

**Boy: 18 years old**

*"I have been struggling for around 6 years with pornography. I never realized how addictive it could be or what was happening to me until recently thanks to fight the new drug. I knew it was harmful and wrong, but it was always too embarrassing or scary to get the help I needed to quit for good. I have now come to the conclusion that if I don't end this addiction now I could be an addict for my entire life unless something changes. I am confident that through the Fortify program I can break the habits and cycles of addiction and find long term success."*

**Girl: 19 years old**

*“It seems as though I've been struggling with masturbation all my life. I've been masturbating for as long as I can remember, and started reading pornographic stories at the age of twelve. At thirteen, I realized what I was doing was wrong, but I quickly discovered that I couldn't stop my behavior so easily. I am now nineteen, and since then I've been struggling to break this addiction. It seems as though I've tried everything, but nothing seems to help in the long run. At this point, I feel incredibly discouraged, and I know it is now time for me to get outside assistance. I am committed to breaking this destructive cycle, and I know that this program will help me greatly in ending this addiction.”*

**Boy: 19 years old**

*“For much of my teen life I've struggled with an addiction to pornography, for many years I was alone, never sought help from anyone and was too afraid too and felt ashamed for this weakness. Almost a year ago I finally came forward to my dad and this Bishop of my church and admitted that for years I've struggled with pornography and I want to break free, I refused to ever tell my mom because I knew it would break her heart and I didn't want to put her in that pain and my dad agreed it was the right thing to do. Since then I've made enormous strides to regaining control of my life with their support. I used to be an at least one pornographic video almost every day, but now I have had episodes usually a couple of weeks before a relapse. I feel myself closer to freedom than I've ever been before, but every day is an enormous struggle to resist falling back into this addiction, especially with the incredible ease of access. I want to finally be able to once and for all break free from this addiction and live my life normally. I feel it's influence on my life everyday, I look at girls and I always think, "I wonder how good she is in bed? What's she look like underneath the clothes? Hot or not?" These thoughts are sick and I immediately cast them away but they constantly haunt me as I try to live my life normally and righteously. Before I went for help I dated a girl for a few months, and this was when the influence was really felt in myself. When I would ever be with her, I was in a constant struggle, when I was alone with her I felt the addiction truly take hold of me, I would want what I've seen in the videos, try to make it happen, in a few instances I came too close. I was afraid of myself, I had sworn I would never have sex until I was married, yet pornography had made me so weak that I nearly broke that promise. It was after this that I understood the full extent of my addiction, and it was not long after this that I finally received help and fight it today. Recently I've been able to fight these thoughts and feelings, much stronger than I've felt in years, but I fear the day that I'll relapse into addiction. I want to fight this and eventually break free, that I can be with others again without fear of myself. I feel it gaining strength in me every day, and I now know that I need something to fight back, to have a chance at living a normal life, to hold what I've fought painfully for and to build more, free from the threat of this addiction once and for all. I hope that through this program I can find the help I need to truly be free, to go through a day without an enormous struggle against my addiction, weakened with time, but I fear has also strengthened it.”*

**Boy: 17 years old**

*"I have been dealing with porn for 8 years now and going on with 9. it has stolen my self worth and makes me doubt who I really am. I can't even feel real love. I don't even know what that is. I begging you to help me. I been to the bishop several times. I would love your help. I really want to be clean once for all"*

**Boy: 20 years old**

*"I think I need this scholarship for free access to this program because I am a twenty year old man and I just got married and I would like to completely free myself of my porn addiction so that I can be the husband my wife deserves. As much as this is about saving myself, I want to do this for my wife more than anything."*

**Boy: 15 years old**

*"Because I am determined to quit this disease, I realized I have nothing to gain from pornography , and was the worst mistake of my life! I tried to quit on my own but I failed like 5- 8 times , I reduced watching porn from 1 day to 3 weeks but every time I tried to quit , the "need" comes and I just feel like there is a second person in me that wants porn so bad and after I watch , and I'm done , I feel so disappointed.. I was thinking about talking to a professional but in my country this branch is not so flourishing . and now I see this program and I want to get in :)"*

**Boy: 18 years old**

*"I am a young man and I have been addicted since I been a little lad. I have seen what the damage that it has caused and what it can cause to my family and future family if I don't get help. I tried everything to get away from this addiction and my friend told me about this program. So I have been praying and the answer I got was to try this program. I'm putting my full heart and mind into this recovery and I want to become a better person."*

**Boy: 19 years old**

*"I always told myself I could overcome it alone. that would explain why I have failed time and time again. stumbling across this program gave me a new chance, a renewed hope that I can overcome this mountain. I told responsible people. I got some help. there has been a lot of praying in the group of guys I am with over my condition. this program could be the answer to our many prayers."*

**Boy: 14 years old**

*"I have been struggling and fighting for freedom. Pornography has made be feel disgusting and I seek to feel ok with myself again. I have been trying to bare knuckle it with god and it has been destroying me inside and out. There have been times where I have tried self harm because I feel like something is wrong with me because I watch it and can't get out of this cycle."*

**Boy: 16 years old**

*"I have struggled with pornography for over 6 years, and it is tearing me apart. I am ready to make new changes in my life, and want to be able to be a family man very soon. I know women are degraded enough, and I want to start helping women to not be degraded, and the first step for me to help in that effort is to get away from my pornography addiction."*

**Boy: 20 years old**

*"I have been struggling with the battle against pornography since the age of 12. I am now 20 years old and am sick of my addiction. I need and want to get rid of it and I think Fortify can help."*

**Boy: 17 years old**

*"I have been struggling to have victory over pornography for nine years now. It has ruined many relationships that I once held dear, I just want to have control over my life again."*

**Girl: 19 years old**

*"I'm kind of out of choices. My addiction isn't bad enough that it's 'ruining' any of my relationships, but it has started having an effect. My biggest downfall is my laziness when it comes to putting in the effort to try to control whatever urges may occur."*

**Boy: 18 years old**

*"I have really been going through some things that have affected my life. I really need to find solutions and advice for my problem. After looking at the video and reading the reviews, I really thought this could be a thing that can change my life very much. I know that is short and wasn't as brief but I really need this."*

**Boy: 16 years old**

*"I am 16 years old and imp addicted to the new drug. I'm embarrassed about it. I told one friend about it and they just said "oh its natural you'll grow out of it" but it feels so wrong. I feel hopeless. It's taking up too much of my time. And if this program works for me I will start to reach out to anyone that is near me and has similar problems so I can bring them peace through this program."*



**Boy: 18 years old**

*"I am a normally disciplined person. I worked through college during high school and was able to earn a bachelors degree at age 18. (If you don't believe me, I can send you my transcripts!) I am planning to go into law and have received generous scholarships from a number of schools. I sing, play multiple instruments, write music, and play concerts with my band. I work out three times a week. I have a wonderful and loving girlfriend whom I plan to ask to marry me within months. I have a relationship with my savior Jesus Christ, which frames my worldview, and, in turn, shapes my life. Although I am far from being a perfect person, I am what most people would consider "successful" in most areas of my life. I do, however, struggle with an addiction to pornography. It is not an addiction against which I have taken no action. I have software to keep me accountable to friends; I do not have a smartphone, because I fear the constant internet access - and yet the addiction continues. It causes stress in relationships, numbs me to the sexually inappropriate, and causes me to waste time. I won't be dramatic and say "I've literally tried totally absolutely everything ever," but I believe this program is a reasonable next step for me. Please consider me for a scholarship.*

*P.S. I don't like making people promises, but if this program is able to significantly help me, it is likely that I will become a life-long supporter and donor to Fortify and Fight the New Drug.*

*I really want to change. I have been stuck with this issue for a while now. I want to give up this bad habit, many say it's bad but the addiction is critical. Everyday I just want to improve myself on stopping this issue."*

**Boy: 18 years old**

*"Because I have had this disease for 11 years of my life and for those 11 years I have never been mentally healthy. I struggle with depression and insomnia and loneliness and curing my porn addiction, I believe, will greatly ease the pain of having those mental/emotional handicaps."*

**Boy: 18 years old**

*"I have struggled with pornography for the past five years. I am eighteen now and as time moves on I know that it's really going to affect my relationships with woman and my future wife. I also know that it's really screwing with my Christian walk. I would be very thankful to be chosen for this scholarship. I have tried so many different programs it's almost hard to keep up with them, I want to change that."*

**Boy: 18 years old**

*"I've tried to quit many times, you guys even came to my church. Quit for one week, now I'm back where I started. I can't help looking at with pornography every day. It's changed the way I act, treat girls, and it ended up with me being lucky not to get expelled from my private school. Even after that, I can't stop. My friends and everyone in my grade figured out why I almost got expelled and now hate me, which makes me depressed and leads to more porn."*

**Boy: 18 years old**

*“My recovery is not more important than that of all the fighters out there. I am not special or exclusive in the sense that I should get a free scholarship. If there is one reason why though, it would be because I am dedicated to the cause. Yes, I relapse all the time, but I am tired of staying down. To be quite honest, I wouldn't mind paying if I had to, even if I don't have the money for it, but the only reason my scholarship would be of any importance would be because of the advice I could give out, because I have been in this mind game for too long.”*

**Boy: 18 years old**

*“I have been trying to fight this battle for the last two years. I thought entering college would make things easier, but it hasn't. I have just become more creative in finding ways around my roommates. It seems like everyone around me is doing it, and I have struggled to identify resources to assist me through this journey. I want to break this stronghold the devil has in my life to take my relationship with Jesus to the next level. I am dedicated to do what it takes to break this addiction.”*

**Boy: 17 years old**

*“I have been addicted to pornography for 7 years and have needed a change for a long time. I have known this all along and have tried for years to change, but have been unsuccessful. I haven't had anyone to talk to about it which has made quitting very difficult. I need help and can't quit on my own!”*

**Girl: 16 years old**

*“My life is horrid. I need help. I can't believe that I am in a situation such as this. I need to be free.”*

**Boy: 18 years old**

*“I should be selected because honestly I'm tired of it and I feel so hopeless at times like there is no out of this struggle with porn. I want to be an overcomer because I'm sick of telling young men my age how to get out but I can't even get out myself. I want to be the man God wants me to be and I don't want to live this double life either. I'm really tired of it and need help bad!”*

**Boy: 18 years old**

*“I began masturbating at a young age. Slowly I started looking for things to stimulate my arousal. At first it was just pictures than it manifested into the videos. Now there is rarely a night in which I go without masturbation/pornography. I have tried many times to get out of it but it feels as if I'm chained down to this monster society now calls pornography.”*

**Girl: 16 years old**

*“As of late, I see the emptiness and bad ways of thinking in which pornography have had on me and I want to break free from it. I also want to express to others how harmful pornography is.”*

**Boy: 17 years old**

*"I've struggled with pornography since a friend exposed me to it when I was 10 years old. While I take full responsibility for my continued abuse of it, I didn't have a strong support system and by the time I was confronted about it, when I was 14, I'd already become so deeply involved that it was hard to remove myself. Over the past 3 years, I've made significant progress in my recovery, removing virtually all access to it, but the past 6 months or so my progress has slowed as I narrow down my final routes of accessibility to it. I feel that the Fortify Program would be extremely beneficial in helping me overcome my final steps to recovery, and I can begin encouraging others in their walk too. Additionally, I'm very close to a guy a couple years younger than me who struggles with this too and I'd love to use this resource in coordination with him."*

**Boy: 14 years old**

*"I am scared. What I am becoming terrifies me. I find I don't care as often anymore. This problem has been with me for such a long time that I wonder if it is becoming my identity. To always be controlled and hindered by this pathetic addiction. Am I a failure? Am I too weak to overcome this issue? I am afraid that may be true. My family disagrees with me. They tell me that God disagrees with me. You disagree with my view toward myself. That means something. This program must mean something."*

**Boy: 19 years old**

*"I am going through a hard season of my life. I have been struggling with porn and masturbation for about 6 years now and I want to be free from the compulsion and addiction. I am a Christian and I feel a lot of weight, pressure, guilt, shame, and more because of this struggle. I know God wants good things for me and has good plans and I don't think that I have to be enslaved to ANYTHING as a follower of Jesus. I have tried a lot and I have just recently reached out for help. I am going to counseling and a support group. I have accountability but I can still get more help, all the help I can get. I believe that Jesus is more powerful than my addiction and that with his help and effort, I can find lasting freedom and truly be transformed. So more than why I "should" be selected for a scholarship, I need help and I am willing to do whatever it takes. I need to change and I need God/ other people to help me do that."*

**Boy: 15 years old**

*"I have been fighting to resist the urge to look at pornography for a long time. It affects the way I feel and act. Every time I give in, I breakdown. My body hurts and I am exhausted. I want to get over all of this, so I can be me. I want to feel confident around girls and not feel embarrassed. I want to stop feeling so depressed all the time. It is not only affecting me, but others, too. My family, my friends, my teammates... I just need help."*

**Boy: 18 years old**

*"I have had an ongoing struggle with porn for many years and it has always been off and on. Some years, the struggle has been frequent and difficult to break through and other years I was clean from porn for very lengthy periods. I want this program because I want more than just a book or content filter on my computer. I want a program that has been developed specifically to help users gain long lasting freedom from pornography. I have been following FTND for a few months now and I think what they are doing is great and much needed and I feel as though I can trust this program that they have helped develop."*

**Boy: 18 years old**

*"I'm fighting since I saw this website for the first time. From the beginning also I had been helping another adolescents to fight. Here in my country, especially in my city there are small if any education about pornography and how harmful it's. I'm learning English now more than before, since I want to change my live and other's lives taking advantage of this beautiful site. THANK U SO MUCH. From Colombia."*

**Boy: 18 years old**

*"Well, the obvious answer is that I'm really sick of this addiction and the sin it brings, but I suppose almost anyone trying to get rid of it is. However, if you need any info on how this program is working or anything like that, I'm perfectly willing to answer any questions I can. Thanks for considering me!"*

**Boy: 17 years old**

*"I quit watching pornography 3 years ago as it had corrupted and ruined my mind. But last year, someone close to me passed away and I had a mental wreck. Now I can't resist myself and I'm tempted more and more. I don't want to fall back in that madness again. Can you please help me? I really do not know what to do!"*

**Boy: 18 years old**

*"I think I want to take my life back by not having this absorbing all of my spare time anymore and I think I need help to accomplish this. I don't have any money off my own and don't want anyone to know about my problem so I think this is the best solution for me at this point."*

**Boy: 16 years old**

*"My pornography and masturbation addiction is not ME... It is something I do, which is not ME. It is exterior. It is like bark on a tree. For me, it is complete objectification of the human body. For me, it is something I do to keep control over my life. When I can't control the things around me, I lay in bed at night and laugh at those things because there is one thing that I can control... my private choices... which are becoming less and less private everyday, as I see them impacting my relationships. They are not private to me."*

**Boy: 18 years old**

*“But I can come to these conclusions and I can even talk to others about it.. I can walk alongside those who find themselves trapped as I do... I can say all the right things, and at the end of the day, the fog creeps in and wrong because right. and submission to confusion seems the only option... I can say all the right things, but there is no change. I need change and I need help.”*

**Boy: 19 years old**

*“I should be selected for this scholarship because I'm one of the most suffering victims of pornography addiction, suddenly I found myself an "addicted" person! I have been struggling with this addiction since many years ago, but just this month I realized that my problem is called an "addiction". Furthermore, I tried almost everything to get rid of this addiction, all the means and ways didn't succeed, I'm really in need for this program that can help me in a real successful recovery.”*

**Boy: 16 years old**

*“Because I've realized that pornography is affecting my studies and my social life. My studies are especially important because I'm about to do my final exams for high school and I'd like to completely focus on my academics to get into a good university.”*

**Boy: 18 years old**

*“I was born with separated parents and one big brother who is 7 years old more than me and one sister who is 6 you more than me. My mother has always worked, since I was born, as a factory girl. My father is in unemployment since 8 years now.*

*When my big brother had to manage the house, he often hit me with my sister. Maybe because he had too much pressure. Then, it made me very sad almost each day (maybe each day of my childhood). I felt very oppressed by him and then my sister sometimes hit me but it was because I was a bit looking for s\*\*\*. But I've always felt (even nowadays) humiliated in my family. I've also had some issues with my father. But you know, I know I don't really have to be spiteful or rancorous. Indeed, I'm becoming more and more mature !... Then, I was always masturbating when I was alone. The truth is that I discovered the word "masturbation" after realizing I was already doing it ! By the way, in school, my family issues reverberate on my relationships, in particular with girls. I can tell you that I never really feel like I had friends. I feel like I missed so many opportunities to live !!! Indeed, I often find myself as a beautiful guy who is attractive for girls... But despite my 18yo, I never hung out with a girl. And even today, there are some girls that I like and that I met. I have feelings for her/them, but my addiction to PMO is very destructive of my personality which could be awesome. Ok, so now, I just want to take this chance, even if I don't know anything about this program.”*

**Boy: 17 years old**

*"I have been struggling with this addiction from age 10 and it completely ruins my relationships as well as my employment. I have lost at least 2 jobs as result in the past and my marriage and if I do not get it under control I will lose the one I am in now which is going the direction of marriage. At this time I am financially unable to pay for the program even though I desperately need it."*

**Boy: 17 years old**

*"I have been addicted to pornography for a while and I have tried to escape for many years but I always ran back to it. I actually was arrested when I was 13 for a sexual related crime and I have seen how destructive it can really be. Whether it was for a little bit or for a while I ran back. As a Christian I am called to purity and I desire that SO MUCH but I continue to want my satisfaction. I come closer and closer every day to winning but I want to be able to not only help myself to beat pornography but to help others win by what I have learned and by my experiences. If I got that scholarship it would teach me even more and enable me to be a fighter of this new drug and to raise up other fighters who are as passionate about the cause as me."*

**Girl: 18 years old**

*"I'm tired of feeling weighed down by my addictions to pornography and masturbation. I want to be happy and become the individual I know I can be once I'm free of these addictions. For me personally an online approach such as Fortify would probably be the easiest way for me to get the help I need to overcome addiction. The truth is, I've been trying to get past these addictions for 4 or 5 years, and I'm ready to try anything"*

**Girl: 20 years old**

*"I don't want this stupid disgusting habit to ruin my life as I've seen it do to others I know. I want to feel good about myself again and regain the confidence I had before I started viewing it. I remember how happy I was before, and on the days that I go without it, I am very happy and confident. I've never made it more than two weeks going without viewing it. I want to go the rest of my life without viewing it."*

**Boy: 17 years old**

*"I have been struggling with this problem for at least 4 years now. As I have gotten older, I recognize the damaging effects it is having on me. I don't want this to control my life or affect my future relationships. I want it gone. I only recently have had a discussion about it with my religious leader. Over the last couple weeks he has helped counsel me on ways to get out of this addiction, and today, he recommended I sign up to this program."*

**Boy: 18 years old**

*"I've been struggling for so long and it's taxing on my mind and body. I'm tired and have little motivation which often leads to me skipping homework assignments and social gatherings just because of porn. I'm honestly scared, scared for my future, my relationships, and my well-being. I need help and that's why I'm applying (this is not a ruse). I'm sick of being controlled and want total freedom."*

**Boy: 19 years old**

*"I have struggled with pornography for over 10 years now. More than half of my not even 20-year old life has been filled with pornography addiction and struggles. As a member of the Church of Jesus Christ of Latter-Day Saints, my trouble with pornography has went so far that I am unable to serve my church mission until I am completely sober."*

**Boy: 18 years old**

*"I have been struggling with pornography for a little over 2 years. A little picture, turned into small habit, into an unbreakable addiction. I know that I am a great person, and my challenge of pornography has chains wrapped around me and has restricted me to become an even better person. Because of my serious addiction and desire to be free, I feel like I deserve a scholarship to the Fortify program."*

**Boy: 17 years old**

*"I think it will highly benefit me and I have failed with other methods of recovery, such as filters, tracking, and giving up devices. I want to stop, and I believe that this program will help me to accomplish that goal. I know that my Heavenly Father wants me to give it up and to repent so I can be blessed."*

**Boy: 18 years old**

*"I have been struggling for several years with Pornography. I have tried to quit on my own twice, first time with no success, and relapsing months after the second try. I know I need professional help, but I don't want things made public to disgrace myself or others around me."*

**Boy: 15 years old**

*"I know the dangers of pornography and long term addiction, and don't want those unclean and damaging thoughts rotting my mind. I want to elevate myself above the filth and disease that I know is pornography, BUT I NEED HELP if I want permanent recovery and long term freedom."*

**Boy: 16 years old**

*"I have been masturbating since the age of 9. I have masturbated almost everyday on an average since then. The most I've gone without masturbating is 20 days. I really am looking for a way to get out of this stupid habit which is ruining my life."*

**Girl: 17 years old**

*"I have been struggling with a pornography addiction since I was very young. It's been three years since I legitimately became an addict, but I was in sexual problems long before that. I was sexually abused by a friend of mine, of the same age, and I went through therapy, and thought it was all over. Then I hit twelve, when another friend of mine introduced me to porn, and I was caught in a horrible trap of social issues and self-hatred. I began living a double life, and nearly getting into a hole too large for me to escape, until some huge uncovering between me and my parents. I have recently begun therapy again, and I want to try this, simply because I am too embarrassed to admit that after a good run with therapy, I'm still struggling. I want a fresh start."*

**Girl: 18 years old**

*"I've been addicted off and on to pornography for over half of my life (since the age of 9) and I'm ready to quit. I'm ready to have intimate, loving relationships not defined by a hyper sexualized society's standards."*

**Boy: 18 years old**

*"I should be accepted for a scholarship because after battling pornography addiction for the majority of my teenage life I would like to move on in the world and free myself of this terrible vice."*

**Boy: 18 years old**

*"I often mistreated my body by staying up to obscene hours (2-3 AM) in my most desperate moments of addiction and for me although this feels like a roller-coaster I have had enough of it. Some days when I think that I could overcome it I pushed it to the far corners of my mind. However just when I thought I have overcome my lust, it returns and keeps me there for days at a time. I think that pornography is worse than many physical drugs because unlike them (I haven't taken any drugs before), this addiction has wreaked havoc on my once sane mind, leaving me struggling daily between seeing women for who they are and what the pornographic industry would want me to think. I mean, that to me is the sickest of all drugs, one that erodes at your brain to make you 'sane on the outside but a chaotic and distraught mess on the inside'. I understand that at the age of 18, I can be incredibly hormonal and that some desires are natural, I fear for my future in University and life if this addiction of mine isn't stopped soon. Please accept me for this program, I just want to get better and help at least another person to do the same."*

**Boy: 17 years old**

*"I have been looking for a very long time for a program like this. I am beyond ready to make a change in my life and stop looking at porn. I am ready to regain control in my life and respect women like they should be. Thank you."*



**Boy: 18 years old**

*“It has been eight years since this ongoing nightmare has started. Although at times I have justified it and thought I had come to peace with it, it always bothered me. I have tried to break away from it over and over again, using accountability partners and other software, however, nothing seems to help. I feel that this program is the last chance before I have to seek therapeutic help. My biggest fear is that pornography will be the reason of a lot of pain, hurt and destruction in future relationships and I would like to prevent this before it occurs.”*

**Boy: 19 years old**

*“I am planning on becoming a youth pastor in the near future. I leave for college in the fall. I have been dealing with this addiction for many years now. I have talked with other pastors and influential people in my life, but somehow I always go back to it. I need a way that I know for sure I will break free. I feel like this will be the best, and will have the greatest impact on me. Honestly, I just need to get out, and I feel this is the way to do it.”*

**Boy: 18 years old**

*“I have struggled with pornography addiction since I was 10 years old (I am 18 currently). I once went over 100 days without using, but I relapsed. I'm tired of fighting and losing. I am currently at 59 days and am scared of falling back. I know I will struggle with it for the rest of my life to some degree; it's hard to undo the 8 years of damage I have done to myself. I just want to be free--not temporarily, but for the remainder of my life.”*

**Boy: 16 years old**

*“I became addicted to pornography at a young age and to this day I struggle with it. Just recently I discovered the actual science behind the addiction and just how harmful it can be. Despite this newfound knowledge I still find myself struggling to overcome the addiction and I am afraid that the side effects of it will impact my life more than they already have if I do not take action to overcoming it. I am ready to learn the tools I need to overcome this dreadful addiction.”*

**Boy: 17 years old**

*“I want to be selected as one of your scholar for free access to the Fortify Program because I am now being addicted in different kinds of pornography that I can't stop watching it. I want to stop this feeling of addicted in pornography because I want to live with a better life that doesn't anymore thinking of any pornography thing. Pls chose me as your scholar for Free access to the Fortify Program.”*

**Boy: 18 years old**

*"I can think of a hundred reasons to fight this addiction with pornography, but the biggest one is that... there is freedom. This addiction is like a weight around my neck, but I know people that have broken the weight and they can walk around without it dragging them down. I do not know what it will take, but I know that it is there if I keep looking for it."*

**Boy: 19 years old**

*"I am ready to finally kick this addiction. I have been struggling with it ever since I discovered I had ED on my 18th birthday and I was consistently using long before. This addiction has controlled my life for too long and has affected my grades, friendships, and my self-esteem. I am dedicated to change my life, and I am sure this program will be the last push that I need to succeed!"*

**Girl: 17 years old**

*"I have been struggling with this for years now. Way too long. I have hinted at it to one or two trusted people, but I don't have the courage to ever say it aloud to someone. I also believe that I may have caused my sister to do some of the same things because I started her in on it when we were both very young. I feel guilty for the way that it has changed my life, but every time that I've tried to stop has been unsuccessful. I feel unclean with this problem, and I don't want to still be struggling with it when I eventually get married. My future husband, whoever he is, deserves more than that."*

**Girl: 19 years old**

*"Simply because I need it. I have seen the damage porn has caused my perspective on many things in this world. I have tried marking things on my calendar and blocking certain websites but there is always a way around them to fulfill the desire. Knowing that this unhealthy addiction holds consequences I still find myself giving into it. I am in dire need of going about this in a different angle, to get at the root of it all, to be held accountable and finally destroy it along with the scars it has caused. At the end of the day I am no different than anyone asking you for this scholarship; all of us who are struggling going about it in different varieties. So the one thing that convicts me to write this is the hope that I would be granted this scholarship and the promise it holds for me. Thank you for the opportunity."*

**Girl: 18 years old**

*"I am 18 years old, and I have been single all my life. I feel alone and when I feel alone, I decide to watch porn to help me deal with it. I have tried to stop by myself, but obviously it's not helping. I don't have any money, and I'm too embarrassed to tell my parents. So now, I feel stuck. I'm getting depressed, to the point I want to end my life. I would save videos on my phone, just to watch it at school. And it's taking over my life. I need help, and I really don't know where to go from here."*

**Girl: 15 years old**

*"I believe that I should receive this program free because without it, I'm scared that I'll never get out of the rut I'm in. It's really important that I change who I am now so that my future isn't effected by the harmful addiction I have. I'm making plans to change the world, but I'm never going to get there with this weight on my shoulders."*

**Girl: 18 years old**

*"I have struggled with sexual addiction for four years. It began with pornography, led to cyber sex (both just text and video chatting), which eventually led to me getting into dangerous situations in real life (i.e. meeting with strangers for nsa). I always stop for a few months, then have a relapse, and even if I do something that is not porn, it always starts with me being tempted to and/or actually watching it. I've tried speaking with my therapist and pastor, and my therapist and I have tried different things to end this addiction, but I always relapse. I feel like I'm in an ok spot at the moment, however I'm scared I won't be for long, and I think that the fortify program may help me to stay "clean"."*

**Girl: 18 years old**

*"Since the beginning of high school, I have been addicted to pornography. I have never been introduced to the facts and reasoning behind why porn can be like a drug to the brain. I have struggled with depression and self-harm realizing that my addiction with porn only worsens over time. However, I just feel that I can't stop and that I can't be in control of my thoughts or actions. I am looking for any way possible to stop this control over my life so that I can finally start to regain my youth and live the life that I have missed due to my addiction so far. Fortify sounds like a program that is dedicated to freeing victims of pornography and for that opportunity, I would be eternally grateful!"*

**Boy: 14 years old**

*"I've been addicted to porn since 7th grade. This past November I found your website and another website called yourbrainonporn.com. I realized that I had a strong addiction and had the realization that my severe depression/anxiety could definitely be a result of my porn addiction. I went porn free for about a month and a half or so and I relapsed. I've been slowly viewing porn more and more frequently and I just want this whole thing to end. I've tasted what life without porn is like and I don't ever want it to be a problem again. My depression and anxiety were a huge problem in my life. It ruined opportunities with school, sports (I'm a D1 college athlete) and most importantly relationships. I want to be done with this stuff and I believe your program will be just what I need in order to finally kick this nasty habit"*

**Boy: 20 years old**

*"I have been fighting pornography for years now. I have had many defeats, but I have had some victories in the past year. I told my girlfriend about my problem and that has helped me tremendously in my fight. That was the hardest and best thing I have ever done. But until I can overcome this I know I am only a boy. And I know my future wife deserves so much better. That is why I want to join your program."*

**Boy: 20 years old**

*"I am 16 years old, and living abroad currently as an exchange student in Turkey. I definitely saw that being alone more and having more free time exacerbated my addiction. It is affecting everything and on days I give in I feel drunk, and numbed. My parents, former bishop, current bishop, and a recently assigned counselor (who recommended fortify) are also aware of my struggle against addiction to pornography and masturbation. I am willing to take the next step to be successful and looking to the future with goals of becoming fluent in Turkish, having an eternal family and successful marriage. I think that fortify is the next step to fight this addiction. Thank you so much all you wonderful people who are providing this program. It will change the world for good. I really am so impressed and grateful for the quality of the fight the new drug website I've seen so far and glad that there are others who are willing as much as I am to fight."*

**Boy: 17 years old**

*"When I first started I didn't really full grasp what I was doing. All I knew was it felt good. By the time I was able to fully understand what I was doing it had pretty much become an everyday thing. Sometimes I'd be able to quit for a month or two but eventually it would go back to pretty much every day. I haven't done it for a while but I'd still like to have something to get my head out of it completely. I used to go on 3+ hours of bingeing I guess you could call it. I know it's an addiction because I feel that chemical high during and after. I've recently learned that someone who is much older than me in my family has a porn addiction as well. I want to stop it completely, forever."*

**Boy: 17 years old**

*"I am 17 and have no money. Also, I struggle with homosexuality, and I believe a lot of it comes from my problem with porn. I know what God says about that, and I want to be obedient."*

**Boy: 20 years old**

*"Pornography is something that I have I been struggling with for a few years and I have gotten to a point to where I know it is wrong but I can't break free on my own. I believe Fortify can help me with my struggle and help me live a life of freedom from pornography. I am willing to utilize Fortify to guide me to the steps of being able to break this addiction. I have now realized I cannot fight this on my own. I need help, and that is why I believe I should be selected for a scholarship."*

**Boy: 17 years old**

*"Well, I feel myself infected by pornography. I need to masturbate when imp stressed or when it's boring. I quit to smoke nearly 6 weeks ago but I have to confess that pornography isn't such easy to quit as cigarettes. I want to be free of drugs. Furthermore my religion forbids me to make use of drugs. That's why it would be nice to get a free scholarship which would help me to quit making use of pornography :)"*

**Boy: 14 years old**

*"The reason I want this program is I don't want this on my shoulders anymore. This is one of the worst addictions that anyone can have and I do not want to be addicted to it anymore. I am a great kid but I know that when I grow up I will have to be a great parent but if I view pornography while being a father I will not be a good dad."*

**Boy: 14 years old**

*"I used to be a good and happy person before I started watching porn. Now my parents have lost their trust in me, my relationship with my little brother is ruined, and I've lost sight of many of my goals in life. I have no money of my own, and I am afraid my parents won't allow me to attend my high school of choice if I tell them about my addiction."*

**Boy: 14 years old**

*"I need help and I feel helpless. I really feel that this program would help me. I think I would like the program too, it seems like the type of program I could stick to everyday. I already feel a little better even though I haven't been chosen for this program! I really hope I will be approved for a scholarship because my parents wouldn't be able to afford it. Thank you."*

**Boy: 19 years old**

*"I am struggling teen who has been addicted to porn for as long as I can remember. the addiction is effecting my health and my social life, and I can't seem to stop. I have been trying to for a year and a half. But always fall back. Because of this addiction I have been fired several times. Now, I can't pay for this program because I still live with my parents and can't afford it. but what I can do is spread the word and tell all of my friends and family about it. I really need this. PLEASE HELP!"*

**Boy: 19 years old**

*"I have been viewing porn since the 4th grade and feel as if I have no one to talk too. I have looked into books, work books, etc. then I found fortify and hope to beat this."*

**Boy: 15 years old**

*"I am 14 and am a volunteer Fire Marshal, First Responder, and a production crew member for my church and a future firefighter. When I was 7, my best friend told me to go to a site. It was a porn site. At first I was like- O.O then watched a video. I thought it was sort of disgusting and sort of cool, so I went back to it often- about 2 times a month (that number increased as I aged). Then when I was 11, I was curious and masturbated. Man, that felt good...so I continued and up till now I have watched porn and masturbated daily. I talked to a student ministry leader and he is helping me through. I have seen what porn and sexual addiction does to us (Ex- Castro guy who kidnapped and raped three girls for 10 years) and it even changed the way I look at girls. There's a cute girl I like and I have had some dirty thoughts about her, but I don't want to hurt her. So I started looking into this program, but am short on money. So please....I want to change."*

**Boy: 17 years old**

*"Dear friend. I'm too depressed because of this. This is spoiling my life.. Studies, etc... The only thing I think is porn 70% of my day. I badly need help... Before I go n commit any sin."*

**Boy: 18 years old**

*"I was exposed to porn at an extremely young age, even though I was too young to know what to do with it at the time I still watched, multiple times a day. I'm now 18 years old and have tried many times to quit but find myself back in a rut time after time. I'm now about 4 months free, and find myself in need of a way to keep my progress going. I want to serve a Mission for the Church of Jesus Christ of Latter-Day Saints and my church leader says I need to be 6 months free to be recommended by him. He is the one who introduced me to FTND. Please, help me go on a mission and put an end to this sad story."*

**Girl: 18 years old**

*"I realized I had an addiction to pornography earlier this year. I have kept this a secret for six years and it came to a point where I'd dread viewing it but knew that I would be unsatisfied if I didn't. I felt sick of the control it has had over me and my ability to form healthy relationships (romantic or non). It also impedes my relationship with God which I hold very sacred to myself. I know how much of a hold it can have upon people and I want it to stop. More So, I know how exploited these actors are and how warped they can make our minds into thinking what love and pleasure really amount to. I do not want to continue in this vicious cycle nor do I want anyone else to go through what I have for these years. I need help and I can't do this alone. I have been looking for a solution to my addiction for years but have never found something until now. I know for a fact the problems that have already developed within my sexuality. I honestly am very scared and want the best relationship possible with my spouse and children. I would be so grateful if I was selected because after seeing a Fight The New Drug assembly, I have realized what damage I'm doing to myself. Thank you for hearing my story."*

**Boy: 16 years old**

*“Because I am a student leader but a prisoner of pornography for years. My productivity has been affected for time now. Despite being busy, I still have the time to view in isolation. How horrible. I want my freedom and productivity gain back.”*

**Boy: 15 years old**

*“I would like to have free access to the fortify program because Every time I have free time I usually think of Porn. Not only that, I have been confronted by my parents about Porn numerous times and I still do it. I feel as if it is a parasite that is slowly killing me.”*

**Boy: 19 years old**

*“For a couple of years I've been trying to get of porn, but have been unable to just stop. I just seem to get sucked back into it; even though I know that I'll feel unsatisfied and emptier after watching. If you could help me in anyway to become a better man I would be eternally grateful”*

**Boy: 20 years old**

*“Like countless others here, I'd been affected by not only pornography but just the sexualized pop-culture that has become our society. At a young age, it's not expected of you to pause and consider the message behind what you're being fed and whether this will totally distort your view of sexuality when you grow up. So that's what happened to me.”*

**Boy: 20 years old**

*“I must say, I've been spared from a lot of what some others have gone through, but it's not to say that I'm where I want to be. I first got serious after watching one of FTND's videos on YouTube, which lead me towards Candeo. That's really the point where my life started to change. The change may have been slow, especially around the beginning, but looking back, a year and a half since then, I KNOW I've made progress. So to find out that FTND has finally released their own program, Fortify, and especially knowing that it is directed towards a much younger audience than the vast majority of other resources, I can't possibly put down the opportunity to join!”*

**Boy: 18 years old**

*“I realize that pornography is very harmful. I started doing it when I was younger. I know that the short-term pleasure I feel now will only be harmful in the future. I have tried many ways to stop the pornography addiction, and abstain from carrying out my sexual desires. However, none of them work. I really want to get rid of my pornography addiction and I will do what it takes to get rid of it. I should be selected for a scholarship because I will make the most out of it.”*

**Boy: 17 years old**

*"I'm stuck in a cycle of stopping for a day or two and then going back. This is something I've been stuck in for almost four years and I need help before my mind is corrupted beyond repair. Please help I have a girlfriend now and don't want this addiction to ruin it."*

**Girl: 19 years old**

*"I was introduced to porn at the age of 8. At the age of 8, my life was turned upside down, not only was I introduced into porn but was also sexually molested. Not knowing what to do or who to go to I turned to porn. I kept these secrets to myself for 10 years. Last year, at the age of 18, after telling my first boyfriend about what had happened, I was able to tell my parents. I have still not told anyone about the porn, or that I still struggle with it. I need help but I am too ashamed to tell anyone. I really do hate it, it's a compulsion that keeps coming back. I would like to get any help to get out of this cycle."*

**Boy: 17 years old**

*"Because I'm having a terrible time with my life, I don't have any best friends to talk about my problems, I couldn't do any sports at school. and I'm really worried to see my friends achievement in sports. and I'm also not good at studies as well. I'm now addicted to porn and I cant concentrate on anything. It's so hard. I want to stop this addiction and study hard and help people who are undergoing depression and these types similar things. I just want to succeed in my life to become a good person and make my hard working parents proud cause I have never achieved anything in my life to make them proud. I hope you will help me. Thank you!"*

**Boy: 18 years old**

*"Since I'm 13 I watch porn regularly. I started with some soft porn and now I'm watching that kind of porn I am ashamed of. Every time after I watch it I feel really bad, because it is morally wrong. But before watching I don't think about it. I just have this strong need to find more porn, that I've never seen. Sometimes I'm really lost in this search. Often I spent the whole night to search porn. The next day I am really depressed and just want to sleep. So often I missed my duties like school, because of watching porn."*

*It's not long ago, I had my first relationship with a girl. Everything was fine and I watched porn not so often as before. But after a while I started again spending too much time in watching porn. This destroyed my first and maybe last relationship I've ever had. This is the reason, why I really want to do the recovery program. I don't want to destroy my whole life because of porn. I want to get rid of it.*

*I hope you can help me."*



**Boy: 16 years old**

*"I know that I am struggling with this addiction and it is wrong. I need help and was recommended to this through the Facebook page. I came to the realization that porn was starting to ruin and destroy my life. It was affecting not just me but everyone I talked to because I was becoming more irritable and snappy. My fiancé feels like she has been betrayed and that she wasn't enough for me. I don't want to be trapped by these chains any more I want to break free!!!"*

**Boy: 18 years old**

*"Pornography is a Darkness a stairway to certain death. There are no fence sitters its light or dark, life and death. The consequences of pornography become inevitable, as eyes are opened and science and truth knocks out the lies, the dark that seeks us. Pornography will lead to certain death, there are only two choices those that want to see the light will find it if they have the right tools; Fortify is one of those tools. I believe I can help in this war my experiences can shed light and insight that we may mutually climb back to the light and then lift others that have fallen. This is my dream that I will make a reality. No matter what the cost. Your consideration for a scholarship offer would not be in vain."*

**Boy: 16 years old**

*"I've tried a lot of things. I don't have anyone I can talk to about it, because I don't have that kind of relationship with my parents. I feel like they would just take away all of my electronics and/or ground me, and it would never really fix anything. I want something that I don't have to talk to my parents about, but that I can work through that will actually work, and I don't have a (local) pastor or a youth leader that I can talk to about it and stay accountable to. I don't want this addiction to get in the way of my calling in life, which is to be a missionary. And I don't want to keep looking at my friends as just another "hot girl" because they're actual people that I care about. So yeah, I guess I just want help that doesn't involve me moving to where there are people who can help me. And it's free, so it works out for a broke high school student like me."*

**Boy: 19 years old**

*"I am college student at Arkansas Tech university. I've been in this bad habit of porn since high school and I'm tired of it looking over me in my life. I have an amazing gf. We have been together 2 and a half years. In the first year of our relationship we knew we would get married to each other one day. So we both took a vow of abstinence. When I'm around some of my friends they talk about girls and what all they've done and I find it hard not to think about girls when I get home and that's how it leads to that. I'm so disappointed. I've tried to stop a few times and I went a few without it but I let it slip and I'm back to it again."*

**Boy: 17 years old**

*"I have struggled with masturbation and pornography for a long time, almost 3-4 years and ever since I started my life's began to decrease more and more. It changed my sleep schedule, it makes me quicker to anger, and makes me feel guilty through every bit of the day. I have worked with a therapist and talked to my Bishop of my LDS ward and I eventually got recommended to here. I have had these addictions for far too long and I want to drop them I hope that maybe you can help me.*

*P.S. I know that I am probably just your typical White Christian teenager, I may not even be the kind of kid you're looking for, but at this point in my life I will appreciate any help I can get."*

**Boy: 16 years old**

*"I have been fighting pornography for over 3 years and when I think I have finally fixed it, it comes back a few months later. I want help and I need help. I do not want to view porn until the temptation and opportunity comes. It seems as though I am two different people. I cannot do this alone."*

**Boy: 19 years old**

*"I've struggled with porn for years and I can't seem to break free. I have tried and failed SO MANY TIMES! Your program really interested, first of all because the design of your website and all of your products is so cool! I love art and design. I hope to major in graphic design. So, to me, the design of something is very important and impacts what products I choose to use. Even programs to help me fight porn addiction! Apparently! I am very involved in my church and am currently attending a Baptist Bible college. I think a lot of kids at my church would get a lot of help from a program like this. So, I don't only want to seek help for myself, but I also want to test this program out to see if I should recommend it to the kids at my church! Porn kills love. I agree with you. I want out of it!"*

**Boy: 20 years old**

*"I have been struggling with pornography for a large portion of my life. While it is not as bad as it used to be when I was younger, I still struggle with it to this day. It gets in the way of my academic, social and personal life by clouding my mind and tempting me to do something that I know is inherently wrong. I need a way to get my brain to break out of this bad habit before it tries to take over again and destroy my relationship with myself and my girlfriend. I do not do it that often, but I still have the urges and will power alone is not enough to fight it. I cannot do it alone. It is hurting me and my girlfriend and I am ashamed and embarrassed and want to get rid of it. I have been following the fortify program for almost two years waiting for it to launch. I have come a long way in those two years, but I am still struggling and I believe that the fortify program will help me make those final steps towards recovery and victory over the evil that is pornography. Please help me fight this. And thank you for doing what you're doing."*

**Boy: 18 years old**

*“Throughout the past 5 years I've had an extremely hard time trying to kick this addiction. It's changed the way that I think. Whenever I look at a girl, instead of seeing them for who they are, I find myself thinking of how much I want to bed them. When “I'm going about my day I suddenly get urges to watch pornography. Whenever that happens I habitually grab my iPod or tablet and walk into the bathroom to watch porn and masturbate. I try to talk myself out of it but the urge is just too strong. I'm ready to make a change because it is interfering with my life. But I need help.”*

**Boy: 19 years old**

*“I have been struggling with an addiction to pornography for many years now (since high school), and have tried many different remedies to break off of it. I have cut back a considerable amount since coming to college, but I still slip up quite a bit. With the Fortify program, I can finally get the help I need to break my addiction and stop living in the guilt of it.”*

**Boy: 16 years old**

*“I really want to quit I've stayed strong for 1 month and a half now but temptation is so hard. This would mean a lot to me to get help from this program because quitting means a lot to me and I just feel so guilty and depressed after, I need your help PLEASE HELP ME!!!! I'm afraid I might do it again.”*

**Boy: 17 years old**

*“I think I should be selected for the free scholarship because I've been dealing with this habit for a long time know and each time I do it I say it's going to be the last time. But it never is, and it's really starting to tear me up emotionally. Being a Christian I know people make mistakes and that's ok because we can always be forgiven for those mistakes because God is such a loving God. But I'm ready to feel free inside I'm ready to be that role model everyone else thinks I am, but I never feel like I am. I'm ready to feel like they role model, I'm ready to get help so that in the future I can pass it along and help others. I'm ready to not feel so lousy and feel like crying each time I watch porn. I'm ready to become free, I'm ready to become me. :) thanks so much for taking the time to read this!”*

**Girl: 16 years old**

*“I've tried multiple times to stop. When I was 13 I felt so horrible about what I'd seen that I experienced thoughts of suicide. Eventually I stopped then, but I started again a year or two ago when I started reading sexual fan fiction. The fan fiction got boring and eventually I moved on to video pornography. I want to stop but I keep getting worse. I tried looking to God for help but I'm still struggling and I feel like a failure for not being able to stop. The fact that I'm a girl and girls "don't use porn" makes me feel like I'm the only one that I know that has this problem. I really need help and this time I want to finally be free of this issue.”*

**Boy: 15 years old**

*"I need help. My life is becoming porn, instead of going out with friends, play some sports and do something productive with my life, I choose porn. And I need help to stop that, I believe my full growth as a person is been compromised."*

**Boy: 17 years old**

*"Well, since I was in the 5th grade vie been watching porn and lately, for about a few years or so, vie been feeling captive by it. It has become something that is without my control and vie been looking for an escape but wherever I turn there seems to be dead ends. Please, this addiction has stolen so much if me already and if I just had a chance to be saved I would take it. Please give me that chance."*

**Boy: 17 years old**

*"Just like many other teens, I've had a long term addiction to pornography. I was exposed at a young age, and have always sought affirmation and a release from stress or anger or whatever is bringing me down through masturbating and sexual arousal. I'm not proud of my addiction and it seems like no matter how hard I try or how long I break away from it, I end up going back into the same pattern and I want it to stop. I want to be able to get to the point where I can overcome it and help others get over their addictions as well."*

**Boy: 19 years old**

*"I believe this program is my final hope of actually overcoming this "disease". I have been fighting pornography right since I was 15, and I always hated the fact that I was addicted to it."*

**Boy: 18 years old**

*"Every once in a while I try to stop overcome this addiction, and I am able to do so for 1 week maximum, and then I am sucked back into the whole. Pornography is destroying my life slowly, and that affects my self-esteem and confidence in a negative way. As a consequence of not being able to give up pornography, I have issues with being confident in myself. I view myself as a loser, as I cannot even control my desires. I really hope I get this scholarship, as I think this could be my way out of this misery circle of pornography addiction."*

**Boy: 17 years old**

*"I'm battling back from depression and social anxiety that I've had as long as I can remember. Porn addiction is one of the things holding back my feelings of complete recovery. This is one of the things I need in my life to make me feel better as a person, and life from here on out as a brand new me."*

**Boy: 19 years old**

*“After spending about a decade, or about half my life viewing pornography regularly, I wish to recover from the damage that I have inflicted upon myself to my psychological well-being. I have tried several times to quit based on willpower alone, and have failed, but I am ready and willing to commit to a program that will help me overcome and get to the root of my addiction for free.”*

**Boy: 20 years old**

*“I’ve been battling this addiction for 2 years and to no avail. I am currently engaged to be married and I want to be rid of this addiction by the time I am married. The marriage date is October 3, 2015. She knows of my addiction and wants to support me in this. I know that in Christ anything can be done.”*

**Girl: 17 years old**

*“When I was a child, I was sexually harassed by my older sister. She would make me play games with her that involved being sexual and I didn’t know that what we were doing was wrong. We would see my parents watching movies that had sex scenes in them and were curious so she made me act them out with her. This continued until my sister got older and told me one day that we needed to stop. I was confused because I was still young. Then I realized that I needed something else to give me that feeling and that’s when I stumbled upon pornography. When I entered middle school I realized it was wrong because my brother got in trouble for it so I hid it from everyone. It got worse as I got older. Then when I got saved in my junior year of high school, I realized that I was addicted to pornography and that I seriously needed to stop what I was doing. I tried to stop but I couldn’t and everything was getting worse. Once I got into a serious relationship, it followed me there and we started to act out what we saw. My boyfriend and I hated this part of ourselves and decided that we needed to stop being together in order to overcome our addictions and help each other be pure. I blocked and deleted every internet device on my phone and computer. I try to stay away from the media. I try every possible way to end my addiction but I can’t stop it, no matter how hard I try. I’m trying to find a way to end this thing that is destroying my life. So I beg you, if your program can help me, please give it to me. I’m desperate for any way of overcoming this addiction and healing. I want to forgive my sister. I want to have a loving relationship with my boyfriend. I want to have pure thoughts. I want to be free. Please help me.”*

**Boy: 16 years old**

*“At the age of 12 I unintentionally came across pornographic images that have since changed me, hard coded, Its like fighting against my very nature at this point. I’ve already spent too much money on psychologists, my family is struggling financially and my self-disgust doesn’t motivate me to become successful in any way. By allowing me this scholarship, I would commit myself to getting over this dark chapter of my life and turn my life around to help others who struggle with various addictions.”*

**Boy: 17 years old**

*"I have been struggling with this problem for 9 years. This addiction lead me to depression, anger management , loneliness and the list goes on. Please give me the opportunity to help myself be a better person and help others with this disease. I really want change for myself I don't know where else to turn."*

**Boy: 15 years old**

*"I really want to work hard at school, and was doing well controlling the addiction, but by 5th grade it took over."*

**Boy: 17 years old**

*"Ever since then, I've tried to overcome but was pulled back in, allowing this to be before school. I then became depressed, and started causing others around me stress too. it was a mess, but now I'm willing to change and become a better student, family member, and better person. So please accept me, for I will not disappoint you."*

**Boy: 16 years old**

*"I am very passionate about helping other people. Pornography has hurt myself and a lot of other friends and family that I know. I want to break free from this so I can also provide a road map for others I love and care for to get away from this drug.*

*I have been fighting for a long time to break this habit, and I feel that I just need an extra push and additional accountability to finally get porn out of my life."*

**Boy: 15 years old**

*"I have been in control of my life until my pornography habit began. Now my grades have gone down and my relationship with my friends have become uncomfortable, my parents are intolerable of pornography and the last thing I want is them to find out I have a problem. I sincerely want to stop but I cannot do it by myself, I've tried many times and now my problem has gotten so bad that I've realized that I need help. This program would help me quit, gain control and move on with my life."*

**Boy: 17 years old**

*"I could really use some help right now. I really don't want this to be a part of my life anymore and don't know where else to turn..."*

**Boy: 16 years old**

*"I believe that I need this because this isn't something I can do on my own. I have tried to stop watching pornography and I just can't. I need help and guidance. Also, pornography is starting to have an impact on my relationship. It is making my daily life unhealthy and it is making my mind full of disgusting thoughts. Pornography has become a daily habit, if it's not being watched, it's being thought about, and it also leaks into my daily life and relationship. I don't want to make my relationship impure because I can't stop my addiction because that's what it is. I don't smoke, do drugs, or drink. But I do watch pornography, that is my confession. I admit it, I just don't know how to stop? With the help of this program I believe that I could leave porn and get it out of my life to where I can love a pure life and continue in my daily walk with Christ." "Thank You."*

**Boy: 17 years old**

*"I want to rebuild my social life, and by not living a life where I have to constantly hide and feel uneasy at what it is I'm doing. For years, literally, I have tried to convince myself it wasn't addiction, but in the end it was. I do not want my future relationships to be ruined because of this event. Time and time again I have tried quitting, but, to no avail. So I really hope I get the scholarship so I can break the pornographic chains and attain a collective triumph."*

**Boy: 17 years old**

*"Each time I look at porn, I feel like I am becoming a more and more broken person. I have tried to stop, but never have had any success. I need help. Thank you."*

**Boy: 20 years old**

*"I am in the United States Marine Corps. I am a Christian and in order to become an affective witness I must overcome this addiction. I have been battling it for years and I want to be able to overcome this and help other people who battle with this addiction."*

**Boy: 18 years old**

*"Because I constantly 'see' women in pornographic positions, on the street, in school, I just want to get rid of those images."*

**Boy: 16 years old**

*"Pornography is starting to destroy my life. I can no longer look at a woman respectfully and it makes me feel terrible. I've been trying to quit for more than 2 years now, and I find it hard to stay away from it. I can usually quit for 3-4 days but I always find myself back in the same spot again. Quitting pornography is one of the most important things in my life right now, and I constantly have a huge desire to be clean of it."*

**Boy: 17 years old**

*"I have been struggling with this issue for a long time. I have tried to stop several times and will abstain for periods of time, but then I slip and regress. I desire to completely conquer this addiction and hope this program gives me the tools so that end this cycle."*

**Boy: 17 years old**

*"I have a real problem, and I've tried to stop only own but I keep slipping back into addiction. I need help"*

**Girl: 17 years old**

*"I really want to make a change in my life because I know the adverse effects that this addiction will bring later in my life, and I want to make those changes before I am so far along that it will be nearly impossible for me to stop."*

**Boy: 18 years old**

*"pornography has been the most harmful thing in my life for as long as I can remember, and unlike other negative harmful behaviors all attempts to completely change and stop repeating patterns that make me ill, physically, mentally, emotionally, and literally have left me in hardly functioning states that have destroyed all the good things I feel about myself and my life, and created chaos with how I manage my life. I have been fighting my own battle to keep my life in a functioning healthy direction on my own. I believe that pornography is extremely dangerous to my well being and my life as a whole. and I am not exaggerating. its impact has been at times terrible to endure. and despite this I still can be triggered back in to the old familiar pattern. pornography is a sick joke a parody of real sex and love and human relationships. and it is a poison I want and need support in remaining free from, in order to have a functioning healthy life and to achieve a real relationship with real love, something that pornography would sabotage and rob me of, and the lack of that love is the sickness that creates the distorted need for pornography in the first place. my earliest sexuality I can remember was tied up with porn and it wasn't until I started to fight for something else that I saw how much its distorted programming had damaged me and prevented me from the healthy life and relationships that I needed and should have been having. so please I hope this can be of help and support to me on my journey to a happier healthy fuller life. thank you"*

**Boy: 19 years old**

*"Because I'm really scared about this addiction that I have, I wasn't this type of man 6 months ago. I want to be happy."*

**Boy: 16 years old**

*"I'm stuck, I don't know where else to go. I've had this addiction for a while, and it's starting to branch into more things. I'm 16, and want to stop this before it gets worse. I know I have the power to do it, I just need extra assistance."*

**Boy: 18 years old**

*"I am a teen who is struggling to find out who I am. Every day I wake up ashamed of who I am and confused about what I want to be. I don't know how to behave socially anymore. I am determined to stop my addiction but every time I try, there is something deep inside me that prevents me from doing so. It's like my mind has been invaded by a hypnotic alien refusing to let go. I want to be free from a torturous mental prison."*



**Boy: 20 years old**

*"I have tried several times to quit. I had been living a lie, I put a mask on everyday and pretended that everything was OK but it is far from OK. I realized last June that I couldn't try and do it alone anymore and told my best friend who has been trying his best to help But it makes it kind of hard that because of the porn I view I now have feelings for him that I shouldn't have and I don't want. I have also struggled with depression for a few years from the guilt of viewing that filth and wearing my mask and last October I realized that it could be possible for me to commit suicide. I never want to be there again, that scared me. I am currently going to the LDS Family Services 12 Step Addiction Recovery Youth Group which don't get me wrong is a great program but it doesn't quite seem to be for me. It is based upon the AAA with a spiritual side and it is run like the AAA but for me I'm not someone that can just go somewhere and trust someone I mean it took me almost 6 years to tell my best friend I didn't even tell my mom until last month. I think there are great things I both programs but I kind of want to find the program that will best fit me."*

**Boy: 18 years old**

*"because I want to make a change in my life, so I can make a change for everyone's life. I have a dream, to be a smart engineer, and I realize that porn addiction is bad for my precious brain."*

**Boy: 17 years old**

*"I hate porn with everything I got. I'm tired of girls be objectified."*

**Boy: 16 years old**

*"I believe I should be accepted to this program because I am a young man that does very well in school but has a problem. That problem is pornography. I have tried to get over it in the past but failed. I need some outside help like fortify."*

**Boy: 18 years old**

*"I am masturbating regularly watching pornography and it is taking over my life. This recovery program will aid me to give up this addiction that takes place every time I'm alone and bored in my bedroom."*

**Boy: 12 years old**

*"I need help. My mom and dad are hurt. I feel sad and ashamed."*

**Boy: 17 years old**

*"I've researched and researched on many ways on trying to give up, I feel that it has come to a point that it has nearly taken over my life and how I think. I really need help and there's no person I can turn to help me do so. I realize my religion pays high emphasis on this and the severity of it and I do acknowledge that it is completely wrong and that if carried on it could effect my loved ones around me and also my studies of the Islamic sciences."*

**Boy: 16 years old**

*“Well, first I want to get over this addiction myself, and then help other, all my friends, get out of this pornography epidemic.”*

**Boy: 18 years old**

*“It has ruined my life and I believe if I don't stop now it will continue to effect my life. It wastes lot of time from preventing me from going college, not doing homework and religious worship. I need help and it also leads me to act in an abnormal state of mind. I can't interact with others, I feel shy and hardly able to make new friends especially approaching girls.”*

**Boy: 15 years old**

*“I have had great grades and performance in my school life. Due to being introduced to such filth from my friends I have put my grades and successive life behind me. I need to get back to my true potential and be a person who would help create awareness about the harms of pornography and educate people to not to go for it.”*

**Boy: 18 years old**

*“I feel like I am losing myself to my addiction, it has consumed a major part of my life. It has completely changed me as a person and it is preventing me from having the kind of life I always wanted. I have wanted to quit for a very long time now, but just haven't been able to break the habit. I just want to be able to live a normal and happy life.”*

**Boy: 17 years old**

*“I'm really struggling. Okay I know that a lot of other kids are suffering too but my story is simple. Love is important to me. It's one of the most important concepts in life to me. And I'll keep this brief and just say that I don't want pornography to get in the way of me being able to love my special girl to the fullest. I don't want to be affected by pornography and I'm willing to do whatever I need to do to stop.”*

**Boy: 15 years old**

*“I have tried to stop using porn various times and I can't. I have been watching nonstop since 3 years ago and I wish to stop. The maximum time I have been able to stop on my own is a week, and I thought I should seek help. That way I found this program and I believe I can take advantage of it. I need and want to stop porn.”*

**Boy: 17 years old**

*“My addiction to pornography has strongly affected my life and relationships, and I want to conquer it; I cannot do it on my own.”*

**Boy: 16 years old**

*"I have been fighting this for five years now. No matter what I have tried, I can't seem to stop. I want to end this SO badly, it hurts me so much and I can feel myself dying slowly. I would greatly appreciate the chance to participate in this program. Thank you."*

**Boy: 17 years old**

*"I have been struggling with this the past 2 years and I'm ready to get a hold of it and throw it to the curb and I feel this program is my chance to do that."*

**Boy: 18 years old**

*"I have been struggling for a long time to beat pornography but have failed in many ways, how my only hope would be this program as I cannot publicly say that I masturbate to pornography I need to cure this if possible, I signed up on some YouTube channel called fight the drug and that is where I found out about this program...hope you guys help me out of this torment."*

**Boy: 17 years old**

*"I think it is time for me to grow up from this addiction of porn. I am numb to pleasures of porn but I still want to view it. I am at the time of my life when it is time to break habits or else it would be harder to break in the future"*

**Boy: 20 years old**

*"I've been struggling with this for some time now, after reading the Fortify book I realized just how severe this addiction has played and is playing on my life. I have managed to break free of the addiction a few times but still manage to fall back into it. I really need some extra help to be rid of it for good."*

**Boy: 15 years old**

*"I need help and I cannot find it here in our country. And I really like ur program. I pray that it will help me."*

**Boy: 15 years old**

*"I want to give it up! I don't want to be ashamed anymore, I just need some help."*

**Boy: 17 years old**

*"We'll I started at a young age and I always knew it was wrong but every time I try to stop I find myself crawling back and I need help"*

**Boy: 16 years old**

*"I'm a high school student desperate to break my addiction to pornography. It has hurt nearly every aspect of my life, and I want to be free."*

**Boy: 17 years old**

*"I'm dedicated to stop once and for all, and if I am successful through this program, then I will make sure to help others by telling them they can stop too."*

**Boy: 16 years old**

*“There is no reason in particular that I should receive the free access. I am just like many teens out there who struggle with addiction to pornography though am one of the few who followed through with coming to this site. I believe that everyone should be able to get it though I understand, even from the perspective of a non-profit organization, that is not possible.”*

**Boy: 15 years old**

*“Because I need help with it and I'm addicted and can't stop and ashamed to ask somebody in real life”*

**Boy: 17 years old**

*“I need to stop this behavior before it becomes a full addiction. It has led me to do some pretty bad things that are hurting my life.”*

**Boy: 17 years old**

*“I've been fighting for so long, but I can't seem to break the cycle. I heard this program would be really helpful, so I hope I can use it to change my life. I want to stop this before it takes over my life!”*

**Boy: 20 years old**

*“I have been watching pornography for 7 years now and it has taken over a huge part of my life. I spend about three to four hours a night looking at pornography and masturbating. That either takes away from time I could be using for Homework, or from time I could be using or sleep. It is hurting all aspects of my life because whenever I am not masturbating, I feel like I need to be.”*

**Girl: 19 years old**

*“I have been trying to fight against it my whole life but the addicted part of me is too strong when I try on my own. I need a program to help me stop this addiction but I can't afford one. I am a freshman in college struggling to get by financially. This is very important to me because I can already see it starting to affect my relationships. I have just recently gotten into a serious relationship that we hope will end in marriage. I want to conquer this addiction so I can learn to love my boyfriend in the right ways. He struggles with pornography more than I do and I think it would be healthy if we went through this program together. We also are hoping to go into full-time ministry in the future. I want to overcome this addiction so that it will become a part of my testimony and I will be able to help others who have a struggle with porn just like me.”*

**Boy: 16 years old**

*“Sincerely I am just looking a way to get out of the pornography and masturbation cycle. Till now I haven't yet find a solution to this problem. Therefore I think the fortify program could be the solution to free myself from pornography.”*

**Girl: 17 years old**

*“Pornography is something that I’ve struggled with for so long. I was accidentally exposed to it when I was young and ever since it has controlled my life... It wasn't until recently that I realized that. I always hated it and wanted to stop, but never knew how. I never knew how to reach out to someone because it was so embarrassing. It really took its toll on me and only got worse as time progressed. In the past year it has affected my life, my family, and my relationships. I want to be able to learn from it and hopefully one day be able to help others who struggle with it... but for now I realize I need to start with myself. I know I need all the support I can get and I hope this program can help.”*

**Boy: 17 years old**

*“I believe I should be selected for a scholarship to this program because I am sick and tired of struggling with this addiction. I've struggled with a addiction to porn since 6th grade. And I believe that this program will help me a lot. So that's why I think I should be selected.”*

**Boy: 18 years old**

*“I have struggled with this addiction for years and I don't want it to control my life anymore. I struggle with anxiety and depression and I hope that quitting will help improve my mental state. I don't feel like I have a strong motivation to recover and I don't know how to combat it so I really need help. I am scared to reach out to anyone for help. I am ashamed of my addiction. Please help me.”*

**Boy: 16 years old**

*“The first time I had ever seen porn was about five years ago and I've been addicted ever since. I've had porn readily available for three years, and I've been fighting this addiction for two and a half years. At my best, I've made it one day short of seven weeks, however usually I can't go two days without it and I would watch porn until it hurt. Today I have just failed yet again, when tomorrow would have made five weeks, and my second best time. I have seen so many things that I wish I hadn't. My whole life I've striven to solve my problems on my own, and I have usually succeeded, however after two and a half years of trying and failing, I am convinced that this is something I can't do alone. I want a chance to experience life, once again, as the unaddicted me. But I need help to achieve that, and if given the resources provided by the fortify program, I promise to utilize every one of them, and to put every ounce of the will that I have to offer into beating this addiction.*

*\*Note - If my application comes in twice it is because I was afraid my first one didn't go through.”*

**Boy: 17 years old**

*“I'm meant to great things. I want a healthy relationship and my first girlfriend. I want to contribute to this world and help people. For this I need to free myself from this awful habit that is pornography.”*

**Boy: 19 years old**

*"I have been watching porn for many years, now. I would really like to get help with my addiction. At first I thought that all teenaged boys watched pornography, but I realized that I was a major user... way more than any other boy. I need help. I don't want it to affect my adult relationships ( sexual or mental.) My mother was addicted to Narcotic painkillers, and went through treatment a couple of years ago. That was really brave of her, and if she can do it, so can I!"*

**Boy: 16 years old**

*"HI, I have been addicted to porn and masturbating from the age of 12.when every I try to avoid that it follows me and I am tired of it. I can feel that I am addicted to porn. now I am afraid about life :-(.I found you guys on YouTube and I believe that you will help to get rid of this porn addiction. Thank you"*

**Boy: 17 years old**

*"I've been looking at pornography since I was a kid. I need to grow up and become a man since I have started college. I know that it will effect my relationships in the future and have tried everything to stop. And I want to make a stand right here right now."*

**Boy: 19 years old**

*"I have been struggling with this problem for years, and I just want to stop. I really need this, it is taking over my life. I just want to be normal."*

**Boy: 15 years old**

*"I want to be able to have a healthy relationship one day. I know pornography will destroy any chance I have at that."*

**Boy: 16 years old**

*"I have been addicted for years and I have tried to stop but I can't. every time I tried I failed. the longest I went without it was a week."*

**Boy: 17 years old**

*"I thought I could stop what I didn't even know was an addiction. It is against my church standards and I knew it was wrong and I tried to stop on my own but I couldn't. I talked to my parents and my bishop in my church and they helped and I quit for a little bit. But then I was back at it again and I don't know if I will ever be able to have self-control. It is not very consistent, but I've continued to do it so I need to fix it. I heard about this program and I think this is great and I would love to be able to have this awesome opportunity to help me."*

**Boy: 19 years old**

*"I am simply tired of the years of being trapped in this never ending cycle of addiction. I have let myself become distant with friends and family and find more comfort alone than anything else. I'm tired of being fake and having this addiction control me. I really want to be free to live my own life. Thank you for taking the time to help me."*

**Boy: 17 years old**

*"It's important for people who have this addiction at a young age, because from what I know the younger you were, the harder it is to overcome. We've all gone through tough times, but we need something to pull us out of the trenches of desparity and help us realize the true meaning of adversity."*

**Boy: 10 years old**

*"Because I don't feel good about doing this anymore. I feel disgusting and it's affecting my life in a bad way. I cannot focus on school or anything. I Feel so bad. I am addicted."*

**Boy: 19 years old**

*"I am just coming to terms with the fact that I am addicted. I recently confessed to the love of my life that I was watched porn and masturbated and she told me that I need to stop for the sake of our relationship. My mental state is very warped. I have sexual thoughts about family members and friends and I am afraid that if I don't get help that I will lose this battle forever and that it will lead me to my damnation. I need help."*

**Boy: 18 years old**

*"This has been the monster that I've been trying to deal with for eight years now. It keeps me depressed and unable to move forward, to strive for holiness. It affects my relationship with other women, my friends makes my heart hardened. It has robbed my ability to love completely, and has rewired my brain making it very difficult to eradicate. I need help."*

**Boy: 17 years old**

*"I started the no porn challenge January first, I've had only one relapse. Since I don't have that fake feeling of happiness, I found out that my life is empty, since I have no porn 'happiness' I have nothing to feel good about, I know who I am now.*

*And even though I know I have a deep sadness, I don't want to go and fall for porn again because I want to experience real happiness, I want to be clean. I want to be happy, and I need help.*

*Also, I started dating a girl, the first time we were about to have sex, I couldn't hold an erection. I was there with my dream girl unable to achieve sexual arousal. I feel like the porn destroyed me. I am starting life from scratch. Thank you for reading."*

**Boy: 19 years old**

*"I guess there is no special reason why I should be given a scholarship for this program. Like many others out there I am addicted to pornography. Even though I know it is wrong and that it can destroy lives and fills our minds with just dirty things I am addicted to it. I have tried to break the habits but always end up falling back into them. Either way I am determined to win this fight, I will not give up! I have been following the "fight the new drug" cause and the "fortify" program looks like a awesome program. I hope it can help everyone out there who is struggling with this addiction, and maybe even me. I really hope that if I get into this program that I can use it to help me get back on track and get rid of all the filth that comes with porn and replace it with clean and good things in life. Thank you for starting this fight/program and for considering me for it."*

**Boy: 17 years old**

*"This addiction is ruining my life. I have been trying to get clean for 4 years now and I haven't been able to. I want to be able to serve a mission for my church and be married to a girl and not have to worry about this. I don't have much time before I turn in my mission papers and I need to be clean and rid of this awful disease once and for all. PLEASE HELP ME!"*

**Boy: 20 years old**

*"I'm not going to lie, I got on my tablet getting ready to masturbate, as I was looking for pornography I came across this website. I've been addicted to pornography since the age of 9. I figured it was normal since everyone did it, until the age of 14 when I got converted to Christianity and I thought my addiction would stop there, it didn't. It's become worse. I cannot go more than 3 days without looking at pornography and when I finally break I end up masturbating multiple times in a day. My wife and I got married last year, 2013, I thought that after we married it would go away but there is nothing I haven't tried to stop and none of it works. She does not know I'm addicted and it hurts our intimacy a lot. I can't have her go through my phone or computer without thinking "what if she finds something?". This addiction hurts, thus addiction has been going on for 11 years. I need it to stop, I want it to stop, and this looks my pathway out of addiction. This is why I want to join the Fortify program."*

**Boy: 19 years old**

*"I have been battling with porn for about 7 years now and I have been clean for a little over 2 months, but as time goes on the temptation is getting stronger, and I need help to overcome this, I can't do it on my own, and just to know that I will have support through fortify will help so much. I can't really go to family members because I am too embarrassed. But I have been waiting for the Fortify program to startup so I not only get help, but help others also by giving support to one another."*



**Boy: 19 years old**

*“When I was a kid, we figured out that my dad had a pornography problem. It nearly destroyed my family. I want this to stop so that my future spouse and children don't have to go through the same thing. I want it because I know it is wrong but I kept looking at it. That is not the life I want, a life where I know it's bad but I do it anyway. I want this so my mom doesn't feel the same hurt twice.”*

**Girl: 16 years old**

*“I've been struggling with this for so long, and I've been waiting for this program since I heard about it a while ago. I signed up for it and you sent me a trial book. It helped some but I feel like this could be my break. Please help.”*

**Boy: 18 years old**

*“My troubles with pornography are escalating. I occasionally miss classes because of it, my sexual inclinations are becoming more extreme, and I'm tired of it and want it to stop. I've tried prayer, I've tried filters, and little has worked. I had just watched porn and was feeling like shit when I saw a post on reddit.com/r/Christianity that was from another Christian asking how he could stop using porn. One of the links people responded with was to the "Fight the New Drug" site, which led me here. I feel like God is trying to tell me to stop before it's too late, but I can't do it on my own.”*

**Boy: 19 years old**

*“because I want to stop being addicted to watching porn , it hurts me in a lot of ways , it makes me look at myself as a bad person”*

**Boy: 19 years old**

*“I have been struggling with this much of my life. I have tried multiple times to stop, but I just somehow keep going. It all started when I was young. My parents found out and kicked me off the computer (where it started from) for two months, and I stopped looking at it for fear of losing my computer privileges again. Then after a few years, I became clever. I learned ways to bypass our restrictions and leave no trace on the computer. It got so bad that I could barely go a day without looking at it. I felt terrible looking at it but I just couldn't stop. I could pull out for maybe a few days, or at most a few weeks, but it would suck me right back in. I have tried to be more religious, and that's helped slow it down, but I need to get rid of it for good.”*

**Boy: 16 years old**

*“I have been an addict for 5 years. I'm not sure how long I can keep going on my own. I so badly need help and support. I need this opportunity to be set free from the bondages and slavery that is pornography.”*

**Boy: 19 years old**

*“For the past 5 years of my life pornography has been the one nagging weight that will never allow me to ever feel perfectly happy. The guilt from it is always there. I can see what is doing to me emotionally and spiritually, and it scares me that I continue to partake in it despite this. I want my life back, to be able to look to the future with hope.”*

**Boy: 17 years old**

*“For the past 5 years pornography has been the one thing that constantly keeps me from feeling happy or hopeful about my future. I can see the damaging effect it has had on me (I have lost emotional sensitivity to many things), and yet I continue to partake in it. I want my life back, I want to have hope for my future, instead of just dread.”*

**Boy: 19 years old**

*“I am a nineteen year old with erectile dysfunction. That is not natural in the slightest. I want to be able to have a sexual relationship with someone I care about in the future and I can't do that with this addiction. My longest streak without porn or masturbation is about three weeks and then I hit a wall. I need help in getting over the hump and kicking this for the rest of my life.”*

**Boy: 19 years old**

*“I've been battling this issue for a number of years. I truly think it is harming my life, namely my social relationships. I've tried in the past to stop but I continually fall back into the cycle. I would like to be freed from the cycle once and for all and hopefully be a voice to others dealing with the issue.”*

**Boy: 16 years old**

*“cause I get sick of my life style . I feel like I lost the control over my life . and I am desperate to try anything to get out of my misery”*

**Boy: 19 years old**

*"I've been struggling with porn addiction for over 8 years. I have suffered so devastatingly. I started at such a young age, 12 and am sure whether to continue blaming myself or the internet which had become far too liberalized with this porn garbage. Porn has caused me to become incredibly detached from my peers to a degree that I barely have friends and enjoy the quality of life that I use to before 16. I'm depressed because I'm young and these precious years are rolling by and cannot become self-sufficient. My longest ever period of abstinence has been 26 days, and I shall never forget or take for granted that freedom. The freedom, like I was the forerunner and porn was irrelevant. I miss how happy I was and how bad emotions were just bad emotions and not a reason to act out. I aspire to leave home, go to university, but seriously how can I leave my home, and pay big money if I cannot leave my addiction? The reality is that it would be impossible.*

*Ultimately, I hate the lying, the delusions of grandeur and the misery that comes with viewing porn. As a person of Islamic faith, I do not like how it impacts on my spirituality, I don't want to feel like a hypocrite and completely value having a relationship with God above all else. I don't know how long I will be addicted, but I do know is I'm holding out for a much better life, where I can be the difference I want to see in the world. If selected, believe it will be the most charitable thing anyone could do for a fellow human being. You would be giving a person like myself life after they've been dead for so long."*

**Girl: 13 years old**

*"Porn is something that started really small for me. At a very young age. I remember my mom was napping upstairs and I was downstairs on the computer watching YouTube videos. I saw this random video on the side of my screen of a girl on a bed. Out of curiosity I clicked on it. The girl was basically just humping the bed. I watched more of those videos that day, not really knowing what it was. Years later I was on my nook looking up bedtime stories. I found eBooks with titles like "Sizzling Bedtime Stories". So I read them and read books like them. And I kind of liked them but I figured out it was bad so I tried to stop reading them. Unfortunately I kept reading them for at least a year. Then I stopped. To be honest, I don't remember how I started watching YouTube porn. I think it was because there were some bad people on a site called WoozWorld and they posted those videos. I started watching them again. I watched them in private. Now I saw something at my school about how pornography is a drug. It scared the... the POOP out of me. I want and need to stop because I know this is wrong and I don't want to suffer this terribly anymore. I want to live to become a great young woman but I can't do that with porn, a disgusting thing, on my shoulders. I know this needs to stop and I want to stop it. When I saw Fortify on the Fight The New Drug website, I figured that this was my greatest chance."*

**Boy: 19 years old**

*“I really want to stop watching porn and to masturbate, but it's really hard as I get all restless etc. I know that it is a problem and I want to get rid of the need to watch porn and masturbate. I've tried to stop around 5 times but It's really hard and I always had a relapse.”*

**Boy: 18 years old**

*“This program will help me to overcome a problem that is stopping me from doing things I have wanted to do my whole life; go to a specific school and go on a mission. I have spent years trying to free myself from this addiction and have not been able to do it alone or with the help of my family. Money is tight in our family right now because my brother was in a car accident 6 months ago and is now a quadriplegic.”*

**Boy: 19 years old**

*“I Just want to be done with porn. I go through periods where I don't view it at all but come back. I know how unhealthy it is, and I know how it affects attitudes towards women. I want to be as compassionate as I've always been for the rest of my life. I want to never treat a woman with disrespect because I watch porn. When I get married, I want to be faithful. When I have kids, I want to make sure they never need this help.”*

**Boy: 16 years old**

*“The new drug has been a part of my life since I was nine. At that time, I didn't fully understand the consequences that would follow. Three years had gone by with that naive mindset, and once I realized how horrible if a situation I am in, it was already sort of bred into my daily life, and I have gone on week long marathons trying with nothing but complete will to go without my addition. This is the hardest thing that I have ever had to overcome, and I need help. I need help so I can build a beautiful family later on in life, and be.. just free. I'm honestly tearing up right now because this is the thing that I have been waiting for all my life, and I rarely cry. I cannot thank you enough for giving me hope. For showing me that there is light at the end of the tunnel. Thank you for considering my application.:)”*

**Boy: 19 years old**

*“I've been trying to fight this for years and I can't seem to get away. It's ruined nearly three relationships. It really has a grasp on me and I'm not sure how to get away.”*

**Boy: 17 years old**

*“I myself tried so many ways to get rid of pornography and masturbation but nothing lasts for long. I deeply think of my messy life and others as well. If I can get rid of this disease I believe I can shine more in life and I have future plan that I will contribute to the society and I will try to start Anti-drug program for others. I have deep passion to work in this sector as I suffered the most and I know the pain what others are getting right now. For these reasons I need to get up myself first and I need some assistance through you people. Please do help me. Give me your hand to create a better world. Thank you”*

**Boy: 18 years old**

*“I am simply ashamed of the things I have done over the past years. I am a teen and seeing porn was not my idea but the peer pressure got to me and since then I been having a long fight which I want to end with or without your help. However, I am convinced that if you offer me your help that this fight might finally be drawn to a conclusion, me being on top.”*

**Boy: 17 years old**

*“Because I have been clean for two months because I want to stay with my girlfriend. I know pornography is harmful and is bad for you. I am continually searching for anything that will continue to help me fight and conquer my addiction.”*

**Boy: 19 years old**

*“This addiction has ruined many relationships and opportunities in my life. I want to try this program because, I want to take these steps in order to finally rid myself of an addiction that has affected me for years. I take my faith seriously, I take my relationships seriously, and I take my life seriously. And I believe that Fortify is an excellent option for me to receive the help I need to change.”*

**Boy: 19 years old**

*“I have had a pornography problem since I was 13 years old and I have tried all methods to make this stop. Hoping this one will work. I battle depression and anxiety and loneliness. I want to respect women and pornography does not do that. It's made me a person I don't want to be.”*

**Boy: 19 years old**

*“Because I want to change my life around, and have a firm control of it. I want to reach my full potential and I really need help.”*

**Boy: 18 years old**

*"Honestly, I don't deserve to be selected. I'm a normal guy, nothing special. But, I do want to stop my addiction to porn and masturbation. I've struggled with it for 5 years, and it's eaten away so much of me. This past month has been better. Instead of the past years of doing it at least once a day, it has gone down to an average of once every other day. Due to going to a Christian conference and Jesus Christ working in me there, and every day. But it is still a problem. It's ruining my relationship with Him, it's ruining me, and it's ruining my future relationship with my future wife whomever she may be. In Ephesians 5:3 says, "3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people." I need to stop, it is a sin. And in Romans 12:1-2, "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." I need to be pure, and even though I don't do it as much, it is still evil and wrong. It is ruining the authority I have in Christ, and it's ruining my testimony. I want to stop, I need to stop, so that I will be available for God to fully use."*

**Boy: 17 years old**

*"I am a fighter. Always have been. Problem is, fighting isn't enough. You need help, you need allies, and you can't fight it alone.*

*I was introduced to porn when I was 8. It sat there, festering, until it finally came out and started causing problems as a teenager. A combination of experimentation and curiosity dragged me deeper. I was caught, then learned how to hide and wasn't caught.*

*I finally revealed it, my darkest secret. A few of my closest friends and my girlfriend now know of my struggle, and we share the burden. But it's not enough. I still need structure and I'm desperate to try something to fight it."*

**Boy: 19 years old**

*"Because I need to change my life around, and some people are afraid to take that step but I need to. I need to gain control of my life and I know I have a lot of potential and want to reach that. I need help and hopefully this can!"*

**Boy: 17 years old**

*"I have spent more than 10 years in this bad habit and I have tried a 1000 times to stop it but I could not. Now I don't have any other option left, Fortify Program is my last hope and if it didn't work I will be left with the belief that there is no cure in the world for masturbation and I will spend the rest of my life cursed by this habit..."*

**Boy: 17 years old**

*“Since I started watching pornography, I have always doubted the ethical part of watching those videos. At first, I wasn't aware of what I was doing, and acted like a dog being pulled by a leash.*

*But now, after thinking a lot about it, I have come to realize that by watching pornography, I am objectifying women, and since I think that the body of a woman is the most beautiful thing created, it should be respected, not taken as an instrument of personal, selfish pleasure. This is in addition to all the drug-like effects that watching pornography causes.*

*Therefore, I want to stop now. I have managed to hold for a few months since the start of this year, but I am feeling that I am starting to break down again. This is why I applied to this fortify program. I want to end my route to a dead end, to a life living alone, staring at a computer screen, and recover my ability to be able to participate in true, respectful and loving relationships.”*

**Boy: 20 years old**

*“I've been struggling with pornography addiction for most of my life. I've tried to stop for the last couple of years but continually fail. I've even gotten professional advice, but it does not work. I am so often plagued with compulsions and it is very hard to overcome. I just want to feel good about myself, hold steadfast in my beliefs and be respectable.”*

**Boy: 18 years old**

*“This is a problem that has plagued me for a decade. Talking with my ecclesiastical leaders has been helpful to know of God's love, and seeing councilor a has given me inspiration, but nothing has yet been able to help me to have sufficient strength to beat this addiction. I want to try anything that will help, because I cannot stand the lies, shame, and tears any longer.”*

**Boy: 18 years old**

*“I want this scholarship because I am tired of seeing other girls in this world especially the one I am in love with and having guilt because I watch pornography. I plan to be a husband someday and advantly date again but I cant if I keep watching pornography and so I want to change for those women out there and for my future girl/wife. I want to become a fighter!!!”*

**Boy: 16 years old**

*“Right now, I am the only one on Earth that knows about my habit. I've confessed to my parents and they helped me recover the first time. I stopped for about a month, but it's back and has already began to noticeably change the way I communicate and function on my own and at home. I just want to feel good about myself for once (being introduced to pornography at eight). I am seventeen, and I don't want this to hurt a future marriage. It scares me, and that's why I need this program.”*

**Boy: 18 years old**

*"I should be selected for a scholarship because I believe I have erectile dysfunction as a result of my pornography addiction. This troubles me and my sexual relationship with my girlfriend. I have tried to quit in the past and have had some success for about a month but have always come back to porn. With the help of the Fortify Program I hope to quit this addiction once and for all."*

**Girl: 17 years old**

*"I am a young teenage girl with strongly held Christian beliefs. I consider myself a true and genuine Christian who is wholeheartedly seeking after God.*

*But I have a struggle. For 5 years, I've been viewing pornography and masturbating on a regular basis. The addiction is so strong that I sometimes feel the urge to masturbate up to 3 times a day. I know this practice is out of control and it has severely affected the way I think and how I interact with others on a daily basis.*

*I'm very scared to tell anyone about what is going on. I'm terrified.*

*I'm even more terrified of this problem ruining my future. I'm afraid it will affect or even break my future marriage or family.*

*I have tried to put the addiction down several times in the past but it always results in failure. I'm beginning to lose hope, starting to think I'll be addicted forever.*

*Please select me to partake in this program. I desperately need help to recover and don't want my pornography addiction to ruin my very bright future."*

**Boy: 20 years old**

*"Hi, I really need help with my addiction. It has gotten to the point where it ruined my relationship with my girlfriend of two years and I look at porn multiple times a day. I started just looking at pictures but over the course of the past year it has got worse. I now constantly watch videos but that hasn't been enough so now I go to adult friend finder and craigslist. Anything to get my fix. I've read everything on your website and feel that this program can really help me out. I'm very desperate. I need help. I can't afford to let this keep ruining my life. I hope that you will give me the opportunity to go through the Fortify program and come out a better man. Please give me this scholarship to put me on the right path of life. Thank you."*

**Boy: 19 years old**

*"I am a young husband and father who needs to get help for my pornography addiction or I will lose the only family I've really had."*

**Boy: 19 year old**

*"I've been addicted to porn for 6 years now and I can't even have a functioning relationship at this point. I've been causing a lot of damage to myself and my relationship. I've tried to quit many times, but I always seem to get sucked back in. I just want to take control of my life and get away from all the evil and lust that porn has put into my heart."*



**Boy: 18 years old**

*"I should be selected for a scholarship because I want to be normal I want to be like somebody who doesn't struggling all the time."*

**Boy: 16 years old**

*"Because I'm tired of spending my time watching pornography when I can do other things like hanging with my friends or spending my time studying, and its not the first time I have tried to stop watching it but I think this could help me out with my problem."*

**Boy: 20 years old**

*"I have been struggling with porn for over the past 8 years, and have realized it's negative effects spiritually, academically, and physically. I want to overcome and have started to make moves to prevent myself from viewing porn in many occurrences. I was referred to Fortify by a friend."*

**Girl: 17 years old**

*"Eleven was the age I first saw pornography. I was a good girl, curious about the changes happening to me, and with a lack of information to what sex really even meant. One fateful day, I Google searched "boobs." The results of one look were catastrophic. Eight years I have been battling my addiction to this completely accessible drug, with only periods of freedom. My flaw: I never accepted myself. I never sought out help. I realized the only true way to fight this drug is to use what it is trying to kill off: love. I needed to accept myself. I needed to love myself, despite what I'd been doing. I've realized that I am worth fighting for, and worth loving. And, I'm ready to change."*

**Boy: 20 years old**

*"I am very passionate about fighting the addiction of masturbation and porn. I have read several books and done a few online programs to help with my addiction. They haven't given me long-term freedom and this program seems very custom fit to fighting my needs to be freed from my addiction. I want to go around and help other people struggling with the same problem but it is hard to say to do something and not do it yourself. I hope you pick me, but I love what you are doing. I think it is going to a blessing to many people and make a new standard for purity in our culture today."*

**Boy: 18 years old**

*"I feel as though pornography is messing with my self-esteem and overall self image. It's a compulsive habit that started before I knew what was happening. As I begin my college life, I would appreciate a comprehensive, but private, way to work through this struggle."*

**Boy: 17 years old**

*"I need help vie been at this for nearly five years and I've tried many programs that haven't worked I want to be free I want my old life back when I was going out to places and I've nearly left coming up to my last month and I've been thinking if I can't quit now will I still be doing this for the rest of my life"*

**Boy: 17 years old**

*“First of all I would like to take this opportunity to say thank you for your free service. I want to be selected because I know that its a very bad habit and also religiously, it is a big sin totally unacceptable. On the other hand, its not good even for health and affect brain. I wanted to stop watching such thing and I was trying hard, its like addiction. I want to get rid of such a shamefully habit.”*

**Boy: 19 years old**

*“because, I feel I destroyed my personality due to porn. I want to get rid of it”*

**Boy: 20 years old**

*“I have struggled with the addiction for 6 years now. Granted, its not an everyday thing, but it is a 1-2 week thing. I don't like to think. I'm an addict, but I know I am. Being LDS (or a Mormon), I know my responsibilities as a child of God. I know what I'm supposed to do and what not to do. I pray every day and night and yet, somehow, I still find myself caught in this nasty trap. I served an LDS Mission as well, and with that, you'd think that I wouldn't struggle.. I didn't struggle on my mission, but came home, and it hit me HARD. I have done and tried so many different things, even signing the banner and pledge, and I still messed up. I know that I can't give up, or lose hope, cause that's when the temptation comes even more. I am so beyond scared that I won't ever get married, have kids, or live the life I want, if I don't get it fixed now. I know I can get through this and I know I can't give up. I also know I can't get through this by myself and I need the help. Being able to tell others (speech giver you could say) about how I overcame this horrible addiction, is something I want to do. I love to talk and give speeches, and I just want to be done! I want to be what's called worthy again. I want to be the person I am supposed to be and I feel so strongly this will help me. I apologize for this being so long.. I could have written more, but Ill leave it at that. Thank you.”*

**Boy: 19 years old**

*“I want to be free of sexual brokenness, and I believe that the Fortify Program can help with that. Pornography and masturbation have no benefits; they can only harm.”*

**Boy: 19 years old**

*“ever since this addiction started it has ruined my life, I feel depressed all the time, I feel like I have no meaning in life, I have been trying to stop for the last 5 years, and I cannot stop, I really want to stop, many times I feel like committing suicide because of the depression this habit has caused. I really want to stop and I think I really deserve this scholarship.”*

**Boy: 15 years old**

*"I think I should be selected because of my constant (1-3 times a day on average) masturbation and pornography use. I would like to better myself for God, my family, and others. I feel I lose lots of time watching pornography and know it will negatively affect me in the future in ways that will ruin my life. I also feel it ruins my spiritual connection with God. I tried to stop on my own, but it just didn't work. I feel I need help, but I am too afraid to get help from my parents and my friends are no use. Thank you for reading."*

**Boy: 19 years old**

*"I've been trying for seven years now to rid myself of this addiction, but nothing has worked. Recently, I've spent hours on end web-camming with strangers just to reach that next high. I'd really like to stop, but I don't know how."*

**Boy: 17 years old**

*"Because I want to quit pornography recover from all the damage that pornography has caused to my brain and ideas of sexuality, I want to see women as human beings not just body parts, I really want help and when I recover from this I want to help other people."*

**Boy: 19 years old**

*"Despite the norm of my generation, I started viewing porn at a much later age. This is because I knew it was wrong resisted until one day I gave into it and have never been able to reclaim my freedom. I know my habit is wrong but I continue to do because porn has an alluring power that can bring the strong men to their knees and keep them there under its powerful grip. In the past two years I have developed a habit that I fear I will keep for the rest of my life even when I happily married. One experience that sticks with me to this day is finding porn on my dad's iPhone and I still remember that shattered feeling and I thought to myself that I never want my kids to feel this. I want to be a man that lives up to values he believes in and porn is preventing me developing into the best version of myself. I understand that my reliance on porn is not as severe as others but I want to quit now while I still have my life. Thank You for offering this program free of charge and look forward to hearing back from you."*

**Boy: 19 years old**

*"I've been dealing with a pornography addiction since I was 12. No matter what I do or try not to do, I somehow have not been able to stop coming back. My view towards others and especially my relationships with women have been drastically affected, hurting those I care about. I want to be able to marry knowing that I will be respecting the woman I am marrying for who she is, not what parts she has. I need to quit and I will try anything to. I have been following your program for a while, and I think it's time to step up and try."*

**Boy: 17 years old**

*"I've been knocking down a lot of bad habits in life in working on a project of mine, but I feel as if this is one of the habits left that I've yet to conquer, and one that would provide the most benefits should I do so."*

**Boy: 15 years old**

*"I want my old life back, and I don't want to be chained by porn. I want to be able to maintain a relationship with a person I love, not porn."*

**Girl: 15 years old**

*"I just discovered this program today as I was researching if sexual addictions are similar to drug addictions in terms of brain chemistry, and if so, how to recover from them. I like what Fortify program has to say about it as well as how they have developed something to help combat this addiction in the location where it most commonly lurks--the internet. Hopefully this will help provide me with an online sort of accountability. I was really encouraged by this site."*

**Boy: 16 years old**

*"I have always wanted to overcome this horrible addiction of pornography in my life, by doing this it would literally be the greatest achievement of my life considering I have started this at an early age and still currently viewing this. By having free access I am able to gain all the help I need by Fortify, who are passionate and willing to help people overcome this disgusting issue possessing us human beings. If I were not to be given free access from a brilliant organization who are determined to help, I am not sure who will, therefore I believe if I am given free access, I will be able to overcome this issue and hopefully make my life worth living."*

**Boy: 14 years old**

*"Ever since I started looking at pornography I have felt like I am hiding something. When I would look at it I would tell myself that it didn't matter but in the back of my mind I knew it was wrong. I could feel that God didn't approve of it. I would always tell myself that this was the last time I would do it but I would end up making an excuse and doing it anyways. I really want to stop and I need help. I feel like this program is what I need."*

**Boy: 19 years old**

*"Because I cannot purchase the program, since I don't have a bank account and my parents don't know about my addiction. I want to be free because I am socially awkward and my addictions block my attempts to make friends. They make me feel lonely and worthless. I believe in you. Would you please give me a chance to be able to believe in myself?"*

**Boy: 17 years old**

*"I have had the terrible experience of having relapse after relapse after relapse over the period of years. My entire teenage years I have been plagued by this terrible recurring problem. I hate it so much it is beyond description. I've tried so hard and so many different ways to get rid of this, and for a time they work. But the continual, always eventually failing is so much to bear. I need a resource that I can count on to be a real help and solution"*

**Girl: 16 years old**

*"I have been fighting this problem for a couple of years now, and I feel like I don't have any resources to help me. I feel like I have lost my self-control and can't say no to my addiction. I feel extremely guilty and I want to get over this guilt trip. I think these resources will finally help me kick this habit once and for all. I want to be free of this once and for all."*

**Girl: 17 years old**

*"Eleven was the age I first saw pornography. I was a good girl, curious about the changes happening to me, and with a lack of information to what sex really even meant. One fateful day, I Google searched "boobs." The results of one look were catastrophic. Eight years I have been battling my addiction to this completely accessible drug, with only periods of freedom. My flaw: I never accepted myself. I never sought out help. I realized the only true way to fight this drug is to use what it is trying to kill off: love. I needed to accept myself. I needed to love myself, despite what I'd been doing. I've realized that I am worth fighting for, and worth loving. And, I'm ready to change."*

**Boy: 19 years old**

*"There really isn't anything more important for me right now than overcoming my compulsive behavior of looking at pornography. It has never been something I thought was okay or was happy to be doing. However, it has become a daunting force in my life and I need to get rid of it. My biggest goal in life right now is to serve a mission for my church, which I cannot do until I beat this habit. My life is essential at a standstill because of this and I am through letting it control me. I feel that I have a lot of potential and that I can do good things for people, and all of that is being limited because of pornography."*

**Boy: 17 years old**

*Hello! I am very glad this program is available now I been waiting for it. I want you to know my religious background is very important to me. I been struggling with Masturbation and Pornography little over 2 years now. I been fighting it for a year and I am struggling keeping my way. I don't fall every day or week it is more like once a month. I could use some resources what helps me better understand how to overcome this. That is why I want to try your program. I have never tried a program before so this would be my first time. I really want to quit this addiction for good.*

**Boy: 16 years old**

*I want to be able to feel accomplished having victory over it. I have tried so many times on my own to quit, but it is just too hard, and I know that this program will help, I have friends who have said it works 100% and I really want to give it a shot. I am really excited to have a constant guide on how to smash this problem into the ground. This would be life changing for me.*

**Boy: 16 years old**

*I am ready to finally cut pornography and masturbation out of my life. I have been addicted to porn for five years and I hate it. I have , on rare occasion, gone about two weeks tops without watching porn or masturbating, but most of the time it just feels like something that's doomed to be a part of me for my whole life like a terminal illness. I know in my head that that's not true however, and I want to start making that a reality in my life. I hate what pornography does to me. I struggle with homosexuality and I can't stand the way I let lust taint some of my friendships with guys. I don't want to get an erection from hugging my best friend, that is so messed up!! But it's happened at points where I was masturbating five times a day and my body more susceptible to lust. I would love so much to use this great resource you've created to help me take control of my life. Thank you for your consideration.*

**Boy: 20 years old**

*Been struggling with this for a long time just finally want to be free from the junk. It consumes my thoughts and im ready to take it back*

**Girl: 16 years old**

*Because I think pornography has made me react positively to non-consensual sex and violence against women.*

**Boy: 19 years old**

*I am a 19-year-old American soldier. Since a young age I've viewed and masturbated to pornography. It's come to the point where I can never get a full erection, and have trouble maintaining those I do get. I have a beautiful girlfriend who I only have an opportunity to see when I'm on leave and I want to be able to use our time together without needing to worry about getting hard for her. Since I identified my chronic overconsumption of and dependence on porn and masturbation I've completely cut both out of my life and am trying to "recover". I want to do everything in my power to make my recovery as successful as possible.*

**Boy: 17 years old**

*Look, I'm a Christian man that a lot of people look up to. I frequently lead worship at my church and I'm freaking tired of feeling like a hypocrite. Porn has always been a struggle for me. Is it really wrong? What affects does it really have? Etc. I hate the struggle. All I truly want is to be free from porn forever. I want to have sex with my future wife, but that's as far as I want my lust to go.*

*Being a musician, I can barely afford gas and insurance for my car. Any affordable opportunity that to make my life more pure and righteous is extremely appealing to me. But I'm poor, and probably destined not to be wealthy. I cannot express how grateful I would be to receive this scholarship, and when I come of age, I really want to donate to this organization to help others like myself.*

*Thank you all so much for what your are doing. God bless you!*

**Boy: 19 years old**

*I tried multiple times to quit and just couldn't give It up. I even told my parents about it and they didn't like it. So this literally my last resort. I've tried everything.*

**Boy: 15 years old**

*I feel that I cannot fight the problem alone. I have talked to my bishop and parents and have tried to repent, but the problem repeats. Every person that I have heard discussing it at school has clearly stated that they think it is okay and that you are pretty much homosexual if you DON'T masturbate. I know they are wrong, and I know many of the facts. I am aware that it can and will release hormones in the brain that are harmful to you. I know that it will ruin relationships in the future. That doesn't help you when you're on the computer alone and need help. I have been to a therapist for a one-time session, and did not get the help I needed. I'm hoping I'll be able to through this program.*

**Girl: 13 years old**

*"Because my life is crashing. I can't stop and it's ruining everything. I feel like I need it but I know it's wrong. I JUST CANT STOP!!"*

**Boy: 19 years old**

*It has been more than 5 years I've been addicted. I've seen the effects it had on me. And many times I've wished I could go back in time and stop that 9-year-old kid from watching the nonsense stuff and lift this curse. But that's impossible. I have to move forward. I want to be free. I want to fly. I want to love myself. But I'm chained. There some recovery programs out there on the net. There are just too expense and I came from a poor background. Plus, my family doesn't know I have this problem and they watch closely to what I am spending on. Many times, I tried to secretly save my money to access these programs but I failed. It is just to difficult with current situation. I really hope I could get selected for the scholarship. I'm putting everything on the line here. If I'm not selected, then I'll just wish for the best to those who got it and are going through recovery as there's no more hope for me.*

**Boy: 16 years old**

*I have been working on this problem for years. I keep fighting it, and I am good for a few weeks or a month, but I always bounce back. I've had enough so I am finally trying an actual program instead of fighting it on my own.*

**Boy: 19 years old**

*Because my life is a chaos, in this moment my dreams and objectives are destroyed for the bad thoughts that I have of the immorality. The worst error was watch porn when I was 13, because now I'm addicted and my happiness is hopeless. Please I want be free of this, I have dreams and I cant realize them, because this thoughts-inmorality-are of distract. Please help me!! really I need help. To my parents is normal watch porn to men, but they don't know that I'm adicted-thats is destroyed my conscience-.PLEASE I NEED YOUR HELP :(*

**Boy: 19 years old**

*I have been struggling with pornography for quite a while. It has taken over my life. Making me lazy, effecting my marks, social interactions and etc... I want to get rid of this stupid habit and start out fresh, If you guys can help me do that then I would be really grateful. Please select me for this scholarship :). By the way I really appreciate you guys helping out society with this program, great work and continue doing what you guys do.*

**Boy: 18 years old**

*I've tried to stop numerous times but just can't. As I'm watching I know that I want to stop but continue to watch porn. I always find myself being late to work, school, family functions and always end up making stories on why I was late. Hopefully this will really help me. Thank you.*

**Boy: 16 years old**

*I would like to be selected because I am very determinate to quit masturbating. I am doing sports all the time, climbing, more specific, and I struggle to be as healthy as it gets, but porn stands in my way and for a year or two I had no stable relationship because of porn. I would always get bored with my girlfriend and I wasn't attracted by any of them at all. I always wanted to come home and masturbate. I tried to quit it, but I could only last for a week and I really want to regain control. Please help me!*

**Boy: 18 years old**

*I have struggled with pornography for several years now, and as I am about to enter college next year, porn is something I would really like to have a better control on. My small group at church has been working through this struggle for most of the senior boys, but I find it almost increasingly difficult to overcome. A friend from my group told me about Fortify and I think it may be just what I need to finally get a better handle on my addiction.*

**Boy: 17 years old**

*"I feel like it's affecting my motivation to do other things in life. I also feel it contributes to my lack of willpower."*



**Boy: 19 years old**

*"I've tried everything possible and I feel like I'm at the end of myself with nothing left. As a Christian I have very firm beliefs in the immorality of pornography, and I feel that if I cannot beat this thing then I'll end up in hell. I can't bear the thought of losing God and need your help because you're my last hope."*

**Boy: 18 years old**

*"because I don't want to go on like this, I want to change my thinking my behavior, I want to live free and don't want to go on hurt other people and myself because all the people I talked to just told me that im not alone and that they had the same problem.."*

**Boy: 16 years old**

*"I was born into a strict family but I started watching pornography at the age of 12 when a school peer told me that it is 'fun' and I actually believed him. I then got this small devil in my ear every time I was alone and had the laptop or everyone was asleep and I had any device I would use it. at the age of 14 it got very addictive and from the age of 13 and a half I wanted to quit. I know am 16 and nobody except for this site I had never confessed about my secret. I want to stop. It had caused me to feel stress, I hit my self sometimes and think about suicide because it seems like this life is pointless, and a sex life where you just have sex until your unable to then you just die. It seemed pointless to me living and I hated life at times. I had quit pornography for nearly a year but just unfortunately watched it yesterday. I am still trying to quit and I need your help."*

**Boy: 15 years old**

*"I want to be free from my addiction. Its starting to effect my emotion and twist my thoughts. I'm here for myself and my family doesn't know. Id like to keep it that way and fix my problem myself"*

**Boy: 14 years old**

*"My family gets food stamps. I don't view pornography all the time, but I feel like I want to and I don't want to feel that way anymore. Every time I go on the computer or tablet, I feel like I want to look at things and I want that to stop."*

**Girl: 16 years old**

*"I feel like if I stop now I will be able to resist any form of temptation that shall fall upon me in the future. So I will be able to live my life without regret weighing me down. So I can have a future I can look forward to and might have a family and a job protecting the people I care about the most."*

**Boy: 18 years old**

*“I have been struggling with pornography for a very long time, and have wanted to give it up for several years. I have tried several times to give it up, but obviously keep failing. I have recently realized that it is not my actions that will free me from this curse, but trusting in the Lord entirely. I hope this program will help me, rather than hinder me in that and just make the whole healing process smoother with fewer bumps in the road. Thank you in advance!”*

**Boy: 17 years old**

*“I got into other things than just pornography. Porn led to me getting into some illegal acts such as and electronic cigarette and me and my parents noticed that I'm not who I used to be and I want and need help.”*

**Boy: 18 years old**

*“I have been struggling with sex addiction for far too long. And yes I said sex, not just pornography. While porn certainly contributes to my struggle I fight an even bigger battle. I was abused when I was a small child. Since then I have been sexualized and exposed to sex way too much. Sex and porn became coping mechanisms. I had been taught that sex and porn were things that could be used to make you feel better when things were hard. Clearly this is not the case. Both are destructive. Porn all the time but in my perspective sex outside of marriage can be just as destructive. When living outside of a promise sex is a feel good. It is a replacement and a coping mechanism for dealing with what we are really searching for; true love. I have had seasons where I have eradicated porn and wrong sex from my life. But it's not something that can be cured. It's a lifelong struggle. It's a continuous battle. Here lately I have been losing that battle. I am sick of it. I am a warrior and it's time to start fighting again. Please, please, please help me in my fight.”*

**Boy: 18 years old**

*“I stopped at one point. Then I started again. Then I stopped again. Now I'm doing it again. I don't want to. I hate it. It makes me miserable. I'm not in a relationship, but I have trouble talking to girls. And sometimes I even have problems looking at girls without thinking a dirty thought. I don't want to be alone forever. I want to be happy. I want to feel clean again.”*

**Boy: 18 years old**

*“Well, I have fought my addiction to pornography in the past, sometimes unsuccessfully (most of the time) and sometimes successfully short-term, but recently I really thought I had stopped for good, I hadn't watched it or masturbated for around 11 months... but I got dragged back in slowly but surely... I saw this site and thought that this could really help me once and for all rid myself of this disease... so yeah that's why I think I should be selected... I really don't know what else to do except maybe some will power...?”*

**Boy: 18 years old**

*“It has really affected my life a lot. My social skills and the way I communicate with people is different . I'm an athlete also , it affects me physically. It affects my body and my knees and I feel weaker when I play. My family is also really religious and in my religion Islam , it is a big sin to watch pornography and masturbate. I really need to change my ways , the most I gone without watching porn and masturbating is 2 weeks and I really don't know what to do any more . I need to stop now. Please help me”*

**Boy: 18 years old**

*“I am now almost 18. Almost one month away and I've had an addiction to pornography for over 3 years. I've had times where I've "beaten" it, but those have only lasted a few weeks at most. All I want in this world is to be free of it. It's been ruining my life and making me extremely depressed. It's time to change that.”*

**Boy: 19 years old**

*“I have been struggling with pornography since I was 5 years old. Before I used to watch it for hours at night. I struggle every day to not watch it again, but it is difficult. Because of pornography I got in big trouble. My counselor is encouraging me to get into this program so I can do it at home in a daily basis. I can access it very easily at home if I try to, luckily my computer is in my parents' bedroom therefore it can be very noticeable if was on porn. I need help a lot. Please give me a chance to use this program.”*

**Boy: 19 years old**

*“I have been addicted to porn for about five years now. Most of my teenage years have been spent viewing pornography and as I move on with my life I don't want to start my adult years as being that person who has to view pornography just to be able to get through the day. Because of porn, I have slowly become unsociable towards my friends and family, and I have never been able to have a romantic relationship with anyone besides the screen of my computer. Its time I finally did something about this addiction and this is the only way I see I can start to move on with my life”*

**Girl: 19 years old**

*“I feel so trapped. I am so addicted to this and I really want to stop, but I don't know how. I am afraid that this will ruin any future relationship I have, and I am so sick of doing this. I need help, because I don't know how to stop this addiction on my own. I feel like I've tried so hard, but haven't gotten far at all and I'm exhausted of feeling disappointed at myself.”*

**Boy: 19 years old**

*“Because I have been trying for a long time on my own trying to get this addiction out of my life on my own and so far I have not been successful. I want to be able to give my wife all of me one day and be able to love her in every way. I also feel like if I can get this out of my life then it will help me be a better young man and it will help my life be better knowing that I don't have that burden on my heart.”*

**Boy: 19 years old**

*“Hello to who ever is reading this. I hope you're having a nice day. Truthfully, I don't NEED the scholarship because I've been abstaining myself from pornography for about 3 months now. I've looked at a little bit of it in those three months, but I've only masturbated to it 3-4 times. I want to better myself as a person and I see pornography as speed bump to that goal. I hate the idea of dehumanizing women in porn or in any other medium. Its absurd. So to cut to the chase, I'd like to rid myself of those few occasions where I DO watch porn with the help of this program. If I don't attain the scholarship, I wont be disappointed at all; in fact, I'd rather have you give it to someone with a far more chronic situation then me. Thank you for reading this blurb :)”*

**Boy: 18 years old**

*“I would want to be selected for a scholarship for free access because I have been struggling for a while and just want freedom. Porn has started to change my personality, how I deal with things, how I talk to people, I've even noticed its made me love people less. I just want to get back on track and take my life back. I hate it, but its like a drug to me, I always go back for more.”*

**Boy: 20 years old**

*“Well, I'm 20. I've been trying to stop for about a year now and can't seem to make any progress. One of my biggest reasons for stopping is that I don't want it to become an issue between me and my future wife. I've tried almost everything and I can't seem to stop...I need this.”*

**Boy: 20 years old**

*“I've been trying to wean myself off this addiction for 4 years now and I just can't stop. I' honestly scared I'm never going to be able to.”*

**Boy: 18 years old**

*“I believe I have so much potential. I have great grades, great athletic ability and decent social skills. However, I feel very weak and insecure about my addiction and I can feel its negative impact on me. I have been trying to break my habit for over a year now and I am struggling a lot. I need this program to help.”*

**Boy: 20 Years old**

*"I'm 20 years old, and I have been struggling with this addiction for the last 8 years of my life. I used to watch porn at least 3 times a day, and have been trying to actively quit for the last 4 years with little success. I'm absolutely dying to beat this thing, I want to regain my sex drive (if I ever had one) and be able to relate to women in an authentic way. I'm currently experiencing general anxiety, major depression and am about to start on medication. I'm trying to get over this addiction and am willing to commit everything to succeed. Help me!"*

**Boy: 18 years old**

*"I think that I should be selected because I have had a porn and masturbation addiction for the last 6 years and still have no idea how to stop."*

**Boy: 20 years old**

*"For almost my entire prepubescent life, I've had access to porn. It has completely affected and has delayed my social skills and any attempts for healthy relationships in my life. I feel that because of the porno graphic images that I've subjected myself to in my life, I feel that I have forever altered my perception of any chance of a relationship in my life. because of my upbringing, I have now become concerned for my mental health and personal well being. I'm currently attending my second year at the University of Iowa and I have suffered drops in my GPA and have even gone to the point that of looking at porn on my smartphone during lectures. It has become a huge problem and embarrassing part of my life that is taking up my time and affecting my grades. I'm just wanting to be a normal successful student who can be sociable and pleasant to be around. But I have yet to be able to accomplish this and I feel that with this program I can achieve it."*

**Boy: 19 years old**

*"I have no 'good' reason to be selected for this program. I have been struggling with porn and sexual sin since I was 12, and have tried every possible strategy, cure, technique, that I have ever encountered, and I have never been able to escape porn or masturbation. I have gone to church leaders, to school teachers, friends and family, and I have always ended up going back to pornography in one form or another. Almost two years ago my use of porn and the road of sexual sin it led my then-girlfriend at the time was a large contributing factor to the dissolution of our relationship that had lasted nearly two years, and I consigned myself to doing everything possible to manage and restrain my use, and I feel as if this is the struggle that all Christian men simply must endure their entire lives. I know what I am supposed to do and how to do it, but I have little or no self-discipline to last more than 10 or 20 days without using it. I shouldn't be picked because I have very little if any hope of overcoming this addiction, and now this new website and program have come out and I feel like I am making a thousand yard rifle shot blindfolded in a hurricane, but if it actually works, if this program can actually do what it says then if there is any hope for me there must be hope for everyone."*

**Boy: 19 Years old**

*"I have been struggling with pornography since I was a child. It has ruined my happiness. I lost my sense of wonder and nothing seems to please me anymore. Recently, the addiction became so strong that I feel like I go into deep depression every time I watch. I don't want to watch but there's something inside me that controls my movements and makes me do it anyways or the temporary pleasure."*

**Girl: 19 years old**

*"because I'm lost. I don't know how to stop. I feel bad after watching porn but I keep doing that things. help me. I want to stop. please please please"*

**Boy: 18 Years old**

*"Porn has become so addictive for me that it is interrupting my normal life. Being from a highly conservative society, it is unthinkable to even express this problem openly. To even admit to the fact that I am watching porn is not acceptable in my society and therefore getting any form of help or support is impossible. This is my one and only option and getting accepted into this program would prevent this problem from ruining my life."*

**Boy: 16 years old**

*"I should be selected because I desperately want to get pornography out of my life. I have worked hard for 2 years now to stop watching it with some moderate success, but I have never been able to completely put it in the past. If I could participate in the Fortify program I hope it would be the last effort I need to put pornography in my past."*

**Girl: 18 years old**

*"I have been looking for sites that can help me fight this, and since I found the web I am ready to follow their guidelines to help me come out of my darkness and finally be freed from this drug. I am ready to do whatever I have to do to end this, I have been fighting alone, by myself. I am qualified because I started alone and seeking for help and will abide to all the rules. I am should get the scholarship."*

**Boy: 20 years old**

*"I have been battling with pornography addiction for years, and have just lost my girlfriend of two years over it. I know I can get better, but have yet to find a comprehensive aid to help me along the way. I want to renew myself, and I have done so in all aspects of my life and continue to work every day to better my condition. Pornography is the final frontier - without it, I will finally have achieved an all-round improvement in my quality of life, and be able to move on and into the future confidently."*

**Boy: 19 years old**

*"I have been struggling with watching pornography for a really long time. I can't go a single day without it, and it is even hard for me to go to sleep without first watching it/looking at it. It is very scary to imagine a life without pornography just because Its been such a big thing in my life. But I want it gone. For good."*

**Boy: 18 years old**

*"Well, not much. I'm a teen that has recognized the need for help. I've been fighting it ever since I was 13 and it has torn my life apart, but I have no money to pay. I suppose, If I were to take the course, and document the experience, I could present it to my press publication and help get the word out to other struggling teens."*

**Girl: 14 years old**

*"Because I want to stop looking at it, and I can't do it on my own- I've tried multiple times. I'm too embarrassed to talk to my parents about it. Normally, I'd be too shy to even try this. It's kind of a last resort thing- how else do you stop doing something you enjoy?"*

**Boy: 20 years old**

*"As a young man I have been trying to better myself, but for the last two years, and even before that I have never been able to make it more than fifty days. I realize trying over and over and over again is foolish, so this may be able to give me the tools I need"*

**Boy: 18 years old**

*"I am an 18 year old boy who is a senior in high school. I have been watching porn for four years, however I have only been masturbating for three years. What really scares me is that I don't think I am able to masturbate without porn in front of me, this is even more apparent in the fact that I have never been able to cum when with a girl. I need help, I watch porn almost every night and I have tried to stop in the past and I have been unable to. I understand that the first step to recovery involving any addiction is recognizing that you have an addiction and the second step is reaching out to stop the addiction, and I have accomplished both of those steps. Now I want to quite this addiction and your website is the best way for me to do this. My parents control all of money, I do not have my own bank account or anything and I would highly prefer if my parents did not know that I was involved with this organization and I hope I did . Therefor it would be ideal to not have to ask my parents for money for this organization."*

**Girl: 19 years old**

*"I have this problem for 10 yrs. now , I'm ashamed from myself ,I had several attempts before to stop but I failed , I really need help , I think it is affecting my life and my personality and relationships, I wish to have control over myself and life again and be free from pornography forever"*

**Boy: 17 years old**

*"I was in the Sons of Helaman program, but the reason I am not in it now is that neither my mom and I can afford to keep paying to be enrolled in it. I was able to complete the program but then I had visited my father in Tennessee and was exposed to soft porn and harder porn at his home and have been struggling since."*

**Boy: 18 years old**

*"I hate what I have become because of pornography and I want to change and be clean. I want to have a family and be able to love them as much as they love me. I want to put forth all my time and energy into their happiness and not be dragged down by an addiction."*

**Boy: 18 years old**

*"I have tried many times to stay away myself and I'm to the point where is affecting my relationship with my service at church and family. I feel trap where else would I have a chance like this one?"*

**Boy: 19 years old**

*"I've struggled with this addiction for about 6 years now and no matter how hard I try to stop, I can't. I really would like to stop but just can't. I'm afraid to ask for help and hopefully this program can help me."*

**Boy: 15 years old**

*"My parents don't know that I watch it and if they were to find out that I did watch it I would most likely be disowned"*

**Boy: 20 years old**

*"I've found about no pornography movement about two years ago (it was on reddit, the "no fap challenge") but I could not make it for longer than two months.*

*I'm interested in complex information about this subject as I believe that they may be the key to finally completely defeating bad habits.*

*I'm also willing to participate in cohort studies."*

**Girl: 13 years old**

*"It would be a huge privilege to be able to participate in this program. I've tried to stop for years, constantly trying a new program or something of the sort to help with my addiction. I haven't found something even close to helpful yet. Pornography is constantly on my mind. I can't wait to leave school, or any public place for that matter and go home so I can watch porn and masturbate. It's disgusting, it's embarrassing and it's wearing me down emotionally. It saps my energy and take up hours of my day. I really need to get help."*



**Boy: 19 years old**

*“Pornography has and is ruining my life physically, mentally and emotionally. I’ve tried to stop but find myself returning to the same bad habit day in and day out. It has taken away my life and made me become a completely different person. I want to get rid of this habit before I destroy myself”*

**Boy: 17 years old**

*“I have been struggling with pornography since 7th grade. I’m now a junior and have yet to make any real progress. I feel trapped constantly and everyday I go back and masturbate. I’m a church camp counselor and I want to be a pastor and I just can’t see myself leading an abundant life and as a good example for all those I lead. I’ve tried triple x church and their program hasn’t helped nor has any advice I’ve been given. I’ve found resources that say they work but I don’t have an ability to pay for them. I have already brought my parents in on this once and they showed little desire to get involved and help. I have nearly all my Christian guy friends praying for me and I pray every day constantly for strength to stop. I feel like giving up on trying so many times and I’m hoping this program will finally give me the help I need.”*

**Boy: 19 years old**

*“Over the past 5 years of my life I have been struggling with this addiction and it has nearly suffocated me with the guilt and shame that follows along with it. That shame and guilt has affected my day to day routine both in my school work and my social life. I have been in a constant battle with my identity, my spirituality, and my sexuality. Even though I have managed to cut down tremendously on the amount of porn I watch I still believe that the intensity of this addiction is great and it has taken over my life. More importantly, it has been a barrier in my connection with god. Overall, I believe I should be selected for this scholarship because the pain and struggle that I’ve endured will allow me to become a passionate advocate against this drug. I want to share the effects of pornography in my community as it is a huge problem. A problem they see no worry in. I am ready to fight, I am ready to spread the word about the newest drug.”*

**Boy: 19 years old**

*“I have struggled with this for years, but never really found anything that ended up making a significant difference until I started using some of the ideas from the Fortify book. I had heard many of these things before, but the approach that Fortify took somehow seemed to make recovery feel so much more accessible. It is my hope that I will be able to reach a solid enough recovery to go on a mission for my church soon, but I also fear becoming one of the statistics that ends up slipping back into their old ways after their mission. I want to do everything I can now to prevent that from happening.”*

**Boy: 19 years old**

*"I've struggled with pornography almost more than half my life. I'm tired of its damaging effects. It is holding me back socially, physically, and spiritually and I need help!"*

**Boy: 19 years old**

*"I've been struggling with this for years, and I tried to control it about 3 years back but failed on 3 separate attempts. I told myself after failing that it's completely normal and that everybody does it, but that didn't stop the horrid feelings I had when I did do it. I realize that I feel disgusting afterwards but I return to do it again and again. The only thing so far that keeps me doing it less frequently is running, it distracts me from it and as long as I keep up the intensity, my mind seems distracted, but it always catches me on days of rest."*

**Boy: 18 years old**

*"6 years of my life wasted. Three years for the locus. The three years that brought tears to this stone-cold face. And the three more are for the wind. The wind that robbed me of my freedom. But today I lie in chains wanting a wishing for a way out of this black abyss. Savior after savior has come and gone; only to be shot by warden before unlocking my chains. But these chains are different. These chains are far from straight. These chains that tie me down have a much different case. You see these links, they have fixed my eyes upon the men around me. In reality I live a normal straight life. But when the lights go out, and the screen comes on, my thoughts turn corrupt like a bat at dawn. Off to rock bottom! Every savior that's tried to unlock these chains has gone back empty handed as their key doesn't fit these locks. But for now, I'll lie here, upon these rocks. Gazing upwards towards the surface, wishing, wanting, and waiting, for someone to free me from these locks. So I can surface on the surface, with my head above the water and just for once in forever; breathe among the birds."*

**Boy: 20 years old**

*"I've been dealing with this addiction for quite some time, masturbating once or twice a day for 7 years. It wasn't until last summer when I was linked to a TED talk on porn that I realized this could be causing some of my abnormalities. For one, I had extreme anxiety, I was terrified of essentially any social situation. Also, I was having some sexual dysfunction. I have been trying to quit for almost a year now, with my longest stint without PMO being 3 weeks, which is marked progress from my habits before, but I still relapse from time to time, rendering me still an addict. I came across [fightthenewdrug.com](http://fightthenewdrug.com) when researching one day and was directed to this program. I'm excited to see what this has to offer in hopes of me breaking the addiction cycle for good."*

**Boy: 13 years old**

*"I'm a really active kid in society with straight As at school. In multiple school societies such as debating, basketball, cricket and football (soccer). Won awards for participation in helping flood affected areas in Pakistan (charity work). I'm a very strong Muslim and pray 5 times a day, and masturbation and pornography is against my religion.*

*Every time I see a girl, the first thought is judgmental on looks. Sexual thoughts. I want this to change so bad. I've watched porn everyday on my smartphone and masturbate for the past year or so. I have to change otherwise I could become something I don't want to be. I'm really scared, and I really need this help.*

*This is my only way out. I literally cried tears of joy when I saw the videos on the sites. I'm on my knees asking you to help me here.*

*I'm so sorry I can't donate you any money. If I asked my parents they'd find out I'm a chronic masturbator and would flip. If I could, I'd give you hundreds of pounds, but I can't.*

*As I stated, I'm really social, and I don't want to lose friends or family to porn. It's seriously affecting my life. I lock myself in the bathroom with my phone and just sit there for half an hour. Sometimes it's more than once a day.*

*Please help me."*

**Boy: 20 years old**

*"I have been trying to recover from porn unsuccessfully for the past year. I have tried Reddit blogs nofap, pornfree, and yourbrainonporn.com, and anything else I can find. Porn is pervading my mind, and it's like a monster that always wants to be satisfied but never is. After masturbation my normal thoughts come back, and I feel terrible about myself, I feel like I have no morals, a huge sinner, worthless, won't ever amount to anything in this world, and just downright terrible. The rest of that day is ruined, and the only thing that can give me fleeting joy is porn and masturbation again. It's a never-ending cycle that is eating me from the inside, and the worst part is I can't do anything to stop it no matter how hard I'm trying."*

**Boy: 19 years old**

*"I should be selected for this program, because I need help. I can't fight this on my own anymore, I've been losing. I feel like this is the positivity I need to help me stand tall again. As a soldier I deal with situations that tear morality to pieces daily. I can't stand this any longer. I don't want porn to be a part of my life. There is no place for it in my relationship, and there is no place for it in my brain, it needs to go. I'm incredibly thankful that somebody out there agrees with me and is offering to help, because I can't shake this drug how I've been trying, I need some help."*

**Boy: 15 years old**

*“I should be selected for this scholarship for Fortify because of my goals. I want to free myself from pornography so that I can save my life before it spirals out of control. I want to be able to feel safe near my family and friends. I also wish to help others when I am freed. I am John Schupbach, and this is why I wish to have this scholarship. I want to get rid of this addiction for my self. I am a good student, and I don't want to ruin my life by not getting in to a good college because was not keeping up with my assignments because I was watching pornography. I also wish to pursue a relationship, and I do not want a pornographic addiction getting in the way. I also like to be in good moods, but when I watch porn, I feel so much regret and shame. I wish that you will accept my application so that I save myself from a death trap of empty pictures, videos, and empty dreams. I wish for free access to Fortify to also free others from the shackles of pornography. I have no plans of enjoying freedom alone. When I get rid of my addiction, I want to help other people. I love to others, and I wish to person that anyone can come to when they need help with my same problem. I don't like to keep happy things to myself, and so when I am free, I want to help others. I wish for free access to Fortify because of those I love. I say this because I once had to lie to my own mother one night while I was watching pornography. I hated that, and wished that I didn't have to do that to the person who raised up so well. One time before that, my sister came into to my room when I was watching a video, and I jumped. She asked me if I was all right or hiding something. I was so scared, and so I lied to her to keep my addiction a secret. I don't want to lie to the people who love me, and so I ask once again for the acceptance of your scholarship. My addiction has left its scares in me, and I don't want it to leave anymore. I don't want my desire for hollow pleasures consume my life or future. I don't want my addiction to come out of me, and affect the lives of my friends, family, and people I love. However, I do want to help those who a chained up like me, and free them. Thank you for your consideration, and I hope to be accepted for this scholarship.”*

**Boy: 20 years old**

*“I have been fighting the fight for a period of time now. Even though, I have been trying to overcome within the past few years, it is still a constant struggle and something that has a hold on my life. After reading the facts about pornography on this sight, It has opened my eyes, and built up my confidence to be done so that I can help others overcome, and share my story.”*

**Girl: 18 years old**

*“I find myself searching for free porn online every single time I am on my laptop, and I am a college student who is constantly on her laptop. It is getting out of hand, I just finished watching porn right before I looked up how porn can affect the brain and ran into fight the new drug. It has gotten to the point where my head is constantly hurting, it is painful and stressing. I can't concentrate, it has become impossible for me to focus correctly. I don't find pleasure in watching videos anymore, I just watch them to keep me from thinking about porn.”*

**Boy: 18 Years old**

*"I feel that I should be selected for a scholarship because I want to feel free again. I fear that pornography is something that I can't get away from, but this is the opportunity that I know I need to take. I don't quite know what length this should be, but to wrap it up, porn is becoming painful, and I need to end it once and never go back."*

**Boy: 18 years old**

*"As you said, pornography is an addiction, I'm addicted to it. I play sports (tennis, basketball) and I go to the gym. So watching pornography affects my brain and my health in doing things I love but I'm addicted so I can't stop even when I promise myself. And I literally hate pornography. I just need some help because I need to get freed of these chains and live my life instead of sitting there watching pornography all the time."*

**Boy: 19 years old**

*"Because I am really obsessed with pornography. Even though I am aware of its harmful effects, I am not able to stop it. I would always want to have a beautiful future life. I really want to stop it and I want be free of its addiction. I am sure ,with pornography addiction I will not have a successful married life....If i am able to stop its addiction by means of your fortify project, it would be really thankful."*

**Boy: 19 years old**

*"I have been struggling and fighting pornography for almost 8 years, I am currently in the military, and still struggle a lot."*

**Girl: 15 years old**

*"I'm really struggling right now. I can go a few days and then I relapse and I masturbate to porn and I've told my best friend and she tries to help me but it's not working and I don't know how to stop and I'm scared. I cry myself to sleep a lot because I want to stop and need help"*

**Girl: 15 years old**

*"I've been struggling with a porn addiction since 4th grade. In 6th grade I started masturbating, and now I'm still addicted. I've told my best friend and she is trying to help but it's not working. I try so hard to stop but I always relapse after a few days or a week. I cry myself to sleep because I'm scared and want to stop. I need help. Please help me."*

**Boy: 19 years old**

*"I've been trying, since the first time, to stop and just leave it behind and quite honestly am quite ashamed that I can't just will myself through it as I have pushed off other sins in my life out. But I've gotten to over a month with out it, and some how it came back, a pop up I think, I'm not entirely sure."*

**Boy: 20 Years old**

*"I have been addicted to this shit for very long I have tried different things but I do not know how to stop . I stop for a week but then starts again and I am really tired of it I want a free life. your help will actually be really appreciated as I am an engineering student and I need my brain to be working at its best at all times thanks"*

**Girl: 16 years old**

*"I have tried multiple times to stop watching porn on my own for years. I can't do it on my own. It all started with a certain fetish and then spiraled out of control. I really want to start breaking my bad habits and this seemed like a good place to start"*

**Boy: 19 years old**

*"I've been addicted for a long time, I am pursuing to help free others. As this has continually been the biggest struggle in my life. I am committed to change, and am held accountable by some buddies. I am sick of this shift and how it is killing my future and view of women."*

**Boy: 18 years old**

*"In my life, I always remember my self hating bad things and I wanted I life of freedom.*

*When I was first introduced to pornography by some school (friends) at the age of 12, I couldn't resist, it was more powerful than I was.*

*Of course, it was the big secret of main. I couldn't tell anyone because, I was afraid.*

*Now, I am 18 years old and all these years that are past away, I regret about pornography.*

*This is the first program that I found to be so educational and helpful.*

*This time of my life, I want to let go of this addiction. Thank you!"*

**Boy: 19 years old**

*Porn has ruined my life.*

*"I failed my first year at med school (it's a scholarship by the way).*

*Pain and sorrow is what I wake up to everyday.*

*I almost fail when making any decision.*

*I cant even decide what flavor or kind of snacks I want. Standing in front of the vending machine without concentration at all is what I do. Even after I finally pick something, I keep questioning myself while eating: "why did I pick this? I should've picked the other one?"*

*Even though I know the answer, I cant decide whether to choose a or b and I keep wasting my time like that even after I finish the exam. And once the results come up, I keep blaming myself. I spend the vast majority of time staring at anything while my mind is in a completely different place. An empty body without any traces of soul is how I look like. Cant concentrate while studying and easily get distracted. I get easily attached to any female I get in contact with and it's too hard to forget her. Fantasies keep filling my mind. They aren't dirty fantasies, but they burn me as I cant seem to get them out of my mind. I always end up doing the same mistakes again and again without learning a single bit. I am still at the first year of med school and I am afraid of failing again . I tried to commit suicide many times but I am just too coward to even do that. I suck at everything . I cant even play a simple video game. I cant get friends and even when I do I am not attractive or funny so they fade away. I spend the cast majority of my time at home and hate socializing . I cant start a conversation even with my family members. I cried out for help many times and wanted to get rid of this horrible habit as it ruins my life, consumes my time leaving nothing for important activates as studying and hobbies and it is dragging directly into the Hell. But every time I did , it was either some fake website or a person who is asking for too much money in order to help. How in the world would these people call it help when they are making a trade out of it. I cant afford money at all even though I used to work in the past after my father passed away but I had to quit in order to get the grades that qualified me for the med school scholarship.*

*Plz help me. I beg you. I cant keep living like this. Porn is consuming me. And I have no money to pay you. But I swear to god, if I get accepted and became free of this horrible habit, I swear that I will keep supporting you once I graduate and get a job.*

*I will owe you until the end of my life, and I would keep funding and sponsoring other teens to set them free.*

*Plz help me. You are my last hope. I am too tired of this disgusting life."*

**Boy: 18 years old**

*"I've tried several times before to do this, and I always go back and relapse and binge on porn. I'm consuming all types of porn(videos, stories, images...) it's changing me now and I'm doing things I've never imagined myself I'd ever do."*

**Boy: 19 years old**

*"I have been trying to fight my pornography addiction ever since I stumbled upon reddit blogs nofap and pornfree while actually looking for porn on Reddit about a year or two ago. I really didn't believe it's an addiction until I started reading all of the ninety-day reports from all of the fapstronauts on Reddit, at which point I saw myself as the person they were talking about in the beginning. I tested myself by trying to not watch porn for two days and failed. I have always been failing to the point that sometimes it just gets so hard and I feel like I have no control over my addiction and finally relapse. Once I relapse it's all downhill from there, I feel terrible for breaking my streak, and then I turn to the only thing I know to feel better and that is porn and masturbation. It's a never-ending cycle, with a monster that always wants to be fed and is never satisfied, but I keep on thinking it will be satisfied the next time. Porn is damaging me and is negatively shaping the world I see around me, it makes me see every single scenario in a very dirty way, and then I hate myself for it. I spend countless hours just browsing for the next hit, and then feel terrible once I've gotten it. I've stopped being attracted to women in real life. I'm tired of porn ruining my life, and I'm adamant to put an end to it forever."*

**Boy: 20 years old**

*"I have struggled with porn addiction with quite some time. A couple years ago I realized it was a problem and ever since then have tried numerous times to quit. I've made it a couple days, maybe a week, but recently it has been different. Two months may not sound like much, but it is unquestionably the longest I have gone without looking at porn. Sometimes it is difficult to do what you want for yourself, but if you have someone else; it can make all the difference. Things still have not been easy. I find temptations all around me. I see it like this: I have found a ladder out of a pit, but in my hand there is knife. Each step I take up the ladder the knife comes close to the supporting rope. I fear that this, my best chance so far of escaping, will be cut by my own hand and I will once again fall to the pit's depths. I understand that the knife won't go away and that I will always have it in my hand but I want to make the rope stronger. So that if I manage to nick it, it can still hold my weight. That if it slips, I won't fall. That is what I hope to get from the Fortify Program."*

**Girl: 15 years old**

*"I would love to get help, I am struggling a lot with porn and would love to break out of that addiction that is ruining my relationship with my parents and church and god. I don't know how else to get help than from this. I feel like this would be a good program for me because I won't have to embarrass my self and lie to other people."*



**Boy: 19 years old**

*"I have been struggling with my pornography/masturbation addiction for a long time. I try as hard as I can to stop but I keep going to it almost every time I'm home alone. I don't want this addiction in my life, I worry about it's effects on my future relationships and my relationship with my future life. I am trying to live a pure lifestyle and follow Christ, but this addiction is a major roadblock and I can't get through it on my own."*

**Girl: 19 years old**

*"I've struggled with my perceptions of sex and relationships ever since I was a child. Almost eleven years later, I've drastically reduced the frequency of unwanted behaviors, but I still feel a lot of shame--even for things I did years ago. As a girl--especially as a Mormon girl, I was subtly taught that pornography was a "guy's only problem", which made me feel like a freak. People tend to pass harsh judgments against girls who struggle with pornography or masturbation (i.e. the derogatory terms for females who indulge in sexual behaviors). I would really like to get some private help without facing public shame."*

**Boy: 19 years old**

*"I've been hiding behind pornography all my life and I really want to live my life to the fullest now. I'm 19 years old and if I keep living my life like this I will always feel like something is missing in my life. there are probably a lot of people that are in a worse situation than mine but I will always be grateful to you if you will give me the occasion to build something out of my life."*

**Girl: 19 years old**

*"I've struggled with this addiction for many years. I've tried breaking it on my own multiple times but that's only ended in either complete failure or periods of time away but then a relapse a couple weeks or months later. In the last couple of months I've finally admitted my struggles to a couple close friends who are now supporting me. With Fortify and my friends to support me, I would like to break this awful addiction that is not satisfying and is hurting my relational skills and relationships with others."*

**Girl 20 years old**

*"I've struggled with pornography since I was in middle school. I struggled all through high school and now it's gripping me tighter as a begin my college career and am met with new challenges and stress. I watch porn in order to feel good about myself. Pornography makes me feel good in the moment. When I'm not watching porn, I think about how disgusting I feel for watching porn. It really tears my confidence and self-esteem apart. As a college student, I am searching for job opportunities, internships, etc. I need to be confident in myself and my abilities in order to land these opportunities in life. I am also a psychology major. I cannot expect future clients to trust me and let me help them if I can't help myself. This addiction will carry over into every aspect of my life if I don't stop it now. I refuse to let it ruin my future."*

**Boy: 15 years old**

*"I am a 15 year old, teenager, that is suffering from hair loss, because of over excessive masturbating. When I think I am losing hair at this age, I lose my confidence around the people my age. Hair loss really hits me from inside. Pornography and masturbation are two major parts of my life that are letting me down, they are also a sin in my religion. I've tried and tried and still trying clear these things out of my life. I want to stop, because if I don't, then maybe I'll bold before I even knew it."*

**Boy: 17 years old**

*"I believe I should be accepted for a free access to the fortify program because I have been suffering from it for the past 6 years, it has ruined my times over time, occasionally I even cry as I fall helpless to my addiction. on several occasions I have tried to stop but just to fail. one day while finding a solution to my problem found this website. the reason I have chosen this one is the all my money is provided to me by parents and they have full control over what I buy, which is why I wouldn't be able to pay if it was for money. so I beg to provide a free scholarship"*

**Boy: 15 years old**

*"I've been watching porn since I was a kid, I feel like it has been affecting me physically. I feel I have turned into this black twisted person, who sees himself above all and nothing is good enough for me. I have started masturbating on my MOTHER, SISTERS, and FRIENDS AND FAMILY non-stop.. I sometimes would want to engage in sexual intercourse with my sisters or mom. Note; I am only 14 and I make the devil sick of sin."*

**Boy: 19 years old**

*"I never thought I would get addicted to porn, and never believed it even though the facts were right in front of me. I watch it any time im free or have nothing to do and I look at woman in a down grading manner. I want to stop all of it and not be a slave to porn and get my self and my life back on track"*

**Boy: 16 years old**

*"Because pornography has ruined my social life. Never went to the girl, and I even almost fell into homosexuality. I masturbate 3-4 times a day, and began to at 8 years. I took conscience this carnage there one year, but I failed in my abstinence. At or I ence you message, I retained my seed for 2 weeks. Can you help a 16-year-old destitute, who is ready to change his life?"*

**Girl: 18 years old**

*"I really want to have control over my life. I want to have the confidence of not feeling guilty all the time. I don't want to be a disappointment to my mom and dad. And I know that I can change, and that's why I really need your help."*

**Boy: 18 years old**

*“Dear Fortify,*

*I was introduced to pornography by my classmates at a young age. Living a life sheltered in regards to sex. I was introduced to it at a time when I did not even know what it was.*

*Since then It has developed into an aspect of my life which impacts all other facets of my life. I have tried to stop, however I am always drawn back in for a variety of different feelings (I don't no why I am defending myself).*

*Perhaps the main motivating factor behind my search for help is the effect that porn has had on my own life. My interactions in school and my community.*

*It is the fear to approach my parents which is why I feel that I should be selected for the scholarship. As the inability to engage in financial transactions online with out my parents consent, would make it impossible for me to enter into the program.”*

**Boy: 19 years old**

*“Because I don't want to be addicted to this misery anymore. It has completely distorted my view on women, and the human body in general, and I feel like I am slowly gravitating towards more extreme stuff that originally were repulsive. I have tried many times to quit on my own, but man, it's tough, really. I love the Fight The New Drug Organization, I used your information for a school project once and I immediately showed it to my brother when he told me one day that his friends had shown him porn, because I don't want anyone develop a porn addiction, it's horrible.”*

**Girls: 15 years old**

*“I should be selected for a scholarship because I want to stop the habit more than anything else in my life and because I want to get married and not raise children that would follow my footsteps.”*

**Boy: 18 years old**

*“I know my problem isn't as severe as some other people are, but I know I need help. I have been watching porn since I was 13 or 14 at the same rate for years. No matter how hard I have tried to give it up by myself, I always eventually fail. Usually about three times a week I feel this urge to go and watch porn and masturbate. And every time I give in. No matter how often I tell myself this is my last time. I recently discovered that My father suffered from this addiction as well and it tore our family apart. I don't want to do that to my future family. I need help. Please.”*

**Boy: 15 years old**

*“I have been struggling with pornography addiction since I was ten. In the process I have lost many opportunities for me to grow. I want to beat pornography because I know it hinders me from becoming the person I desire to be, and in the process of beating pornography I will be able to gain courage in myself by beating an addiction and thus number in the ranks of people who have done so. The story of how I beat pornography will not go unheard and I will then utilize my story to inspire others who are facing the same problem I am and possibly guide them to beat pornography, thus me giving back to people. I deserve to be selected because by being selected, I will allow myself to grow and be confident in myself and become something unprecedented and allow others to beat their addiction and become whoever they want to be too through me providing inspiration to them and guiding them through experience.”*

**Boy: 18 years old**

*“Because I've been addicted since I was 13 and I need to stop. I've wasted easily over 500 hours viewing pornography. I'm a junior in high school and I know that I could be doing better. And I know why that I'm not getting as good grades as I should be and that is because of pornography. I want my life back. I want my depression to go away. My addiction has been off and on since 13. And I want to live a happier life without the pornography”*

**Boy: 19 years old**

*“I have been suffering with this addiction for 6 years. I can't seem to shake it. All I want is for it to go away. I'm willing to do anything at this point. I really need this help.”*

**Boy: 19 years old**

*“Pornography has changed my life. It makes me feel anxious when I meet new people, especially woman. Sometimes I feel like no people cares about me. Pornography has ruin my social life”*

**Boy: 15 years old**

*“I believe that pornography and women in general has destroyed my life. I used to be an intelligent person until I started to watch porn. I now start to forget many things which I attribute to pornography. I also find it so counter-productive that it can ruin my emotional and religious attachment to God, which ultimately turns my life into a whirlwind.”*

**Boy: 19 years old**

*“Because I want to stop objectifying women and have a relationship. Porn has already begun to rewire my brain. I am beginning to despair and think that this problem is not correctable. I'd want more than anything to be free from this addiction.”*

**Boy: 20 Years old**

*“Hello Fortify,*

*My name is Caleb Gorham. This is probably the first time I've openly admitted this but I cant stop watching pornography and masturbating. I am a college student and study graphic design. My father is a pastor and of course my mother is the first lady of the church. I haven't told them of my addiction to pornography and masturbation. I, in the near future (2-3 years), am interested in finding a woman, getting married, starting my own ministry with the youth, and having a family. I do not want pornography to ruin those visions for my life. I want to be free of this bitter-sweet addiction. I want to be able to walk that isle and look at my wife knowing I am free from something that could potentially destroy our marriage. I want to be able to tell my sons how to steer free of pornography and be there for them if they need help in this area. Most of all, I want to be free. I want to be able to draw at my desk with out having to take masturbation breaks JUST to focus on what I'm doing. I want control over my life, where I run the show and not this destructive hunger.”*

**Boy: 20 years old**

*“Well I'm sure you have heard a lot already from different people struggling with the same thing. I have been an addict since the age of 11 and I'm almost 21, and my family is not the wealthiest around. I do not want them to know of this issue and it would be greatly appreciated if I was selected because I have tried and tried to get over my addiction and I just can't. You guys are my only hope. So please consider me for the scholarship.”*

**Girl: 18 years old**

*“I need to be accepted into this program because I have really screwed up my life with my pornography use. I'm looking for something that will help me get back on track. I am still in high school and need a way to be able to move forward in life and be successful. I have tried quitting by myself but it's never complete. I need something outside of myself to help me get my life back on the right track.”*

**Girl: 20 years old**

*"I am currently a university student in New Zealand and live in a city far smaller than most around the world. I have been obsessed with sexual arousal since I was 14 years old. Very proudly I have not had sexual intercourse and want to wait until I am married. I believe that sex is supposed to be an action of love and that is what I want it to be for me. I have wanted to be in relationships with boys but feel that I would be disrespectful by continuing my current behavior. I have noticed that it has impeded on the way I look at men. I want to be a woman who is actually pure and free from the drug of pornography. I want to be realistic in my expectations of sex, be in a honest relationship and I feel at the moment I can not have that. I should be selected for the scholarship because I believe there is very little support for women who are caught up in this drug as opposed to men. It is something that is never discussed with women. In New Zealand I have very little access to support groups in relation to this issue. I am an outspoken and confident person and once I have dealt with this issue I feel I would be a campaigner against the dangers of pornography. Please help me. Thank you."*

**Girl: 19 years old**

*"Because everyone tells me that pornography addictions are "guys problems". There is not a lot of support out there for me. I'm tired of being dependent on such a awful thing. I just want to be free. I want to feel good about myself and the choices I make."*

**Boy: 19 years old**

*"I would like to be selected for this program because I feel that I have a lot to get out of it and I am determined to follow it through with determination to achieve my goal. I have been suffering from pornography addiction for almost 6 years now and despite repeated efforts have found it hard to quit without any external support or professional advice. I believe this program could be the solution for me and help me achieve the life changing results that I am determined to see as soon as possible."*

**Girl: 20 years old**

*"I have been battling with this addiction for the past 3 years. I fall into the small category of women using pornography. I have tried to shake this addiction on my own and I have continuously been unsuccessful. I am tired of doing something that disgusts me so much and I need help to move on."*

**Boy: 17 years old**

*"I have struggled with an addiction to pornography from an early age, and still struggle with it to this day. I want to get away from it desperately, but always find myself returning to something that I know is wrong and detrimental to both myself and others. The Fortify Program is the first real chance I've had to escape the cycle of addiction and turn to something better."*

**Girl 13 Years old**

*"I want my life to be back on track again. Pornography has ruined my life, and it keeps getting worse by the day. I want to learn how to be free from this addiction and I know that Fortify can help me, I cant go through this by myself. I am only a thirteen year old girl."*

**Boy: 18 years old**

*"I've been struggling with an addiction for over 4 years, it seems like so long but it feels like it only started yesterday, but I have not been able to stop. I have been successful for periods of up to 3 months at most but have so far always eventually gone back. I think I should be considered for a scholarship because I want to one day be able to look into the eyes of the woman I love and say I love you and nothing is more important than you, and mean it 100%."*

**Boy: 19 years old**

*"obviously im a porn addict, that's why im herein want to break this habit and recover from this addicton, so what ever the program that offers me to become normal person I will try it surely."*

**Boy: 19 years old**

*"I have been addicted to porn since I was 10 years old. I have been struggling with it for 8 years. It has almost destroyed my life several times. I have almost been kicked out of my house, arrested, etc. But I still would turn back to porn. My addiction has destroyed my relationship with the women in my life. I am dedicated this time to quitting for forever. I am seeing counseling for my addiction. I am also getting religious help and family help. But I know I need the fortify program to lock my addiction down. I have heard great things about fortify and I know that I can do very well with this program. Thank you sincerely for your consideration."*

**Boy: 16 years old**

*"I have been fighting this addiction for much of my teen life and it has detracted from the time that I could invest in my schooling or spending time with friends and family. You can't imagine how many relationships have been harmed by this addiction and the extent to which my perception of the opposite gender has changed. I am slowly seeing women as nothing more than objects and my religion completely opposes that as do my basic morals and values. Almost EVERY SINGLE aspect of my life has been affected by this addiction. I desperately NEED THIS. I have been struggling with unimaginable hardships and every time I make any inch of progress I fall back significantly and do what I used to do and more. This is like my last hope so please help me. PLEASE HELP ME, I'm not doing this for the heck of it, you have to understand the wretchedness I'm living in. It's like nothing matters anymore but my addiction. If I can defeat this, I can open a new chapter in my life with a clear view of what my life really means and what I'm capable of doing other than sitting in front of my computer screen humiliating myself. Please please please please please help me. :("*

**Boy: 17 years old**

*“I need the help and in my dad got caught up in pornography and had an affair on my mom and I don't want to make the same mistakes he did. I also want to in the future work with young adults and I want to be able to beat my addiction so I can personally tell the youth I work with that I struggled through and overcame some of the struggles they are going through.”*

**Boy: 14 years old**

*“I have not be able to sleep with out porn. It has change my mood and how I act around others. I have not be able to see thing without images of porn coming to me.”*

**Girl: 16 years old**

*“I am just a girl and I have recently become aware of how bad my addiction to pornography is, it has become increasingly difficult to stop especially since I have started pursuing freedom from an eating disorder and self-harm. While I have seen great growth in that my addiction to pornography has deepened and I want to fight it and overcome it.”*

**Boy: 17 years old**

*“I have been struggling for almost 5 years with porn. About a year ago I started meeting with an accountability partner about this. I think that this would be a good next step in getting away from porn, but in turn getting closer to God. That is my end goal and anything that will help me change my behavior to make that easier is a good thing. I want to be done with this and I really want to be rid of it.”*

**Boy: 17 years old**

*“I have been trying for years to get out. I have gone to counseling and they haven't helped me break free. I want to be free of this so badly. I do really good for so long then fall and beat myself up. I am so tired of the same thing happening over and over. I just want out. I want help.”*

**Girl: 17 years old**

*“I would like to be selected because I'm sick of pornography taking over my life. It's made me a different person. It's changed my thinking my behavior my anger levels and I can't stop. I'm sick of feeling guilty and ashamed of myself. I am ready to win the ongoing battle I have had with pornography and become the person I was before it took hold of my life.”*



**Boy: 16 years old**

*"I have wanted to stop this addiction for a VERY long time, but I find it very difficult to do so. I think of myself as very introverted and stay in my room a lot which leads to continued relapsing back even though I don't want to. I believe that by stopping this habit at a young age will help me become a more confident and outgoing person and will help me to become more social solving many potential problems that may occur if I fail. Finally I really believe the fortify program can help me to stop this addiction."*

**Boy: 20 years old**

*"I'm just a 20 year old guy who has a problem. Truth be told. It's not a big problem. I'm sure there are people out there who have got it worse than me. But just the same I want this out of my life. It's not healthy and it's not real. Get the porn out. And the love in."*

**Girl: 19 years old**

*"I just don't want this to be a part of my life anymore. I think about it more than I want to and every time I try to stop I find myself doing it more. I just don't like where it's taking me and I want to live a life where I don't have to think about it and what it's doing to me."*

**Girl: 20 years old**

*"I'm 20 yrs. old and I'm married. My husband satisfies me and makes me happy yet I still feel the need to look at porn to satisfy a different hunger in my body. It makes me unhappy with myself and like I'm lying to my husband and doing things behind his back. It's a strain on not only me but my family and my future. I don't know what else to do."*

**Girl: 19 years old**

*"I've been struggling with this for years and no matter how hard I try, I can't seem to shake it. I sometimes feel like I am the only female to go through this pornography and masturbation problem and honestly I'm tired. I don't want to spend another day stuck in this cycle. I feel like God has things planned for me, but I can't reach them because of the sins I am constantly committing. Hopefully this program will work, because I don't really know what to try anymore"*

**Boy: 14 years old**

*"I have been watching porn for a long time, and I hate being addicted !! I have wondered in the past time why I am so depressed, and I think it is the porn. One week ago, I got a girlfriend, I want a healthy relationship. I have stopped watching porn, but I'm afraid if I go with the pressure, and start again."*

**Boy: 17 years old**

*"I've been watching pornography for up to 5 years, and it has detrimental effects on my life. I've always wanted to stop and I tried a million times but it never worked. and I never understood why I can't stop, I thought I can stop whenever I want to, and that I can control it , but I always relapse and my pornography addiction remains uncontrollable. I just need something to stop it. This program looks so real and that it based on scientific experiments and its my only hope. Please help me recover and get back to my normal life.."*

**Girl: 16 years old**

*"For my 11 birthday, my parents bought me a smartphone. I was so excited. I never expected it to be the gateway to my porn addiction. It all happened so quickly. I was consumed with always wanting to look at more, more, more until I could get my fix. I isolated myself because I was ashamed. Porn was an escape for me. I used it to distract myself whenever I felt down. When my addiction began, I was living with my father. He is a hoarder and has bipolar disorder, so growing up in that tense and lonely environment, porn was available and free to make me forget. It promised to "make me feel better." It's a lie though. Pornography has made it's prisoner. I disgust myself, and I can't explain how many times I've gotten down on my knees saying I'll never do it again. But for every time I say I won't, it sneaks back into my life again. It's become extremely compulsive. I don't know who to ask for help, so I thought this program would help me. I know I need help, I've just been too afraid to ask anyone for any. I want to change. I don't want to be lost anymore. I don't want to hate myself anymore. I wish I had back all the time I've wasted watching porn. I don't want to be trapped in this cycle anymore. I'm so tired of hiding. Thank you for helping teens like me. God bless you."*

**Girl: 16 years old**

*"In my life, I've always tried to succeed in school, socially, etc. Personally, I absolutely hate pornography. I've tried so hard to quit watching it, to resist, but I always find myself ending up watching an awful video on my phone. Watching pornography isn't me. It isn't who I am, and I don't want to be apart of it anymore. I was raised up with great values from my family, and I fell back into a bad situation and I need to get back to where I was. I still feel like I'm a good person, and I need help. I know I have an addiction and I don't want to have it anymore. This program will help me, if given the chance. I'm done being in a bad place, and I want to get to a better one, and I feel this program will get me there."*

**Boy: 18 years old**

*“Basically porn has had a detrimental effect on my life. I always seem to beat it but it creeps up in holidays and exam times, this leads me to becoming side tracked and not reaching my full potential. I withdraw myself from friends and family and shy away from everyone. I act as if it is fine when it truth to me it is not, no one knows what I do when I am away from them but generally my actions can lead to frustration towards me for making stupid decisions for my own selfish gains. At the end of all this I end up with a low morale.”*

**Boy: 20 years old**

*“I have been addicted for years. Porn is like a cancer in my life, and every time I think I am over the addiction, It always comes back with a vengeance. I am now married, and need to kick the habit so that I can love my wife properly, and no longer sin against God.”*

**Boy: 16 years old**

*“I have struggled with pornography for quite some time now. I struggle everyday to not masturbate and most of the time I fail because I have no one looking out for me because no one knows about it. This is going to be the first time I am fully committed to getting better. I feel that with my kind of personality a program is essential for my success of getting over my addiction. I feel that if I reach out to this program than I will be able to then reach out to my family for help. I hate porn but it is just so addictive it feels impossible to get away from it.”*

**Boy: 20 years old**

*“I've been dealing with this addiction since I was small and my dad still does and I've noticed my attitude innocence and ability to love has been skewed because of this addiction I want to be free and actually free I don't want my future children to deal with this I want to be able to fully help people over come this because I was able to do it too. I want to experience real love again not this fake temporary sickness it's causing a chemical imbalance in me I'm lashing out have a shorter fuse with people I love and am only causing more pain cuz I'm hurt I need help I believe in this program to help me finally be done”*

**Boy: 14 years old**

*“In my personal experience pornography feels great. But only for a few minutes. I hate porn. It makes me feel terrible after I use it. I need help because I know my loved ones won't be understanding. It is also leading me away from my religion and I need to go back. Pornography also changes the way I view female friends now too. It really sucks.”*

**Boy: 18 years old**

*“Like practically 90% of teenage guys, I’m addicted to porn. The problem I have with that is that every conviction I hold goes against it, and I’ve been unable to stop. It killed the only dating relationship I had, and she was one of the only girls whose heart attracted me even more than her beauty. I need to be free from porn and its lies and its wreckage.”*

**Boy: 16 years old**

*“I have struggled with this addiction for nearly five years now, and I simply lack the support to keep myself motivated to quit on my own. I’ve quit for a month or two at the longest, but I always break. I know I need help.”*

**Boy: 17 years old**

*“I’ve been fighting against pornography for 5 years now. My problem was more severe at first, went more dormant for a year or two, and then returned within the last year. I would like nothing more than to see my life 100% free from the temptations and thoughts of pornography. Maybe 100% is impossible, I don’t know. If it is, then I’ll only settle for 99.9% free. I’ve learned a lot about strength, perseverance, and dedication from my struggle with pornography. But the future I picture for myself is one of happiness and true love. I owe my integrity to my future wife and kids. I also owe it to myself to make the changes in myself that I want to see. For 5 years, I’ve tried to do this on my own, but my problem has never truly gone away. I think that Fortify can help to steer me in the right direction and motivate me to the end.”*

**Boy: 18 years old**

*“I have struggled with pornography for a long time, and it has also been a big problem for my Dad. I have seen the devastating effects that happen to a family when pornography is viewed long-term, and I want to break that chain in my family in order to have a happier life for my family. Over the past couple years my viewing has increased, and it’s becoming harder and harder to stay away. I want to be done with feeling depressed and guilty for viewing pornography, and I think that the Fortify program is the best way to be rid of my addiction.”*

**Boy: 20 years old**

*“I have been struggling with pornography off and on since I was around the age of 13. I got off it for a while and it was the best feeling ever but a year or so later fell back in and harder. I got out again but in even less time fell back in and yet again even deeper. I am not digging myself out slowly, it’s more of a week by week thing now. One week good, then I fall, and the process repeats. I am dating a lovely girl and looking to get married here within a year and have enormous fears of what my past and/or future with porn may do to this relationship.”*

**Boy: 14 years old**

*I want help. I want it to end. I want a place to record without my family seeing it. I want to be able to go to school and not have pornography on my mind.*

**Boy: 18 years old**

*"I have been struggling with this issue for a long time. It is wrecking my life- everything that I have worked to build, I am destroying it myself. I am so confused and so tired of this. I can't stop watching it and masturbating. I really want to change. I want to be a better person. I want to help others be a better person- and I need to change myself first."*

**Girl: 20 years old**

*I'd like to get myself right and undo all the stuff I've done to myself and the people around me. I fear I may have passed on a habit and would like to make things right. Relapse is too easy and its not the person I want to be going forward. I value real love and it scares me that I may have messed that up for me and my future partner.*

**Boy: 17 years old**

*Where I am from in Alaska, I am one of few independent individuals who suffers from a pornography addiction. Furthermore, the culture and values that is truly dear to my people directly objects to those portrayed and represented within pornography. Sine, my addition and my culturally engrained morals are in conflict, I am truly at a loss with where I stand as a person.*

**Boy: 19 years old**

*I've been struggling for a long time. I know it's an addiction because I've tried stopping many multiple times and start to feel insanely agitated and anxious when I go for a long time without pornography. Because of my religious background I can't go to anyone about it, it would create too large of an issue with my family and friends and it would be too humiliating. I first started back when I was 13 and I'm now 19. Sometimes I can't get through a single day without searching for a video 3-4 times. I don't have the money to pay for any kind of other online program so I'm guessing this is the best chance I've got. Hopefully that's enough information to give me the program for free.*

**Girl: 19 years old**

*I think pornography has taken my life. Not only that, I've tried many ways to change but I keep going back. It's like I'm in a cage and I need to be free from this cage. I need help and I don't have the finance to free myself. Many sites offer help but I need to pay. This literally means the world to me. You don't understand.*

**Girl: 17 years old**

*Pornography and masturbation addiction has ruined my life. I started watching porn and masturbating when I was 8 years old. At first, I felt a little guilty but it felt so good so I kept doing it until I became so addicted that I would do it every single day, multiple times in a day, and sometimes up to the point that I would get sore and hurt myself whilst masturbating. This carried on for a few years but I had no desire to stop because there was nothing in my life that was that important as I was still young. But at the age of 14, my school work started getting really important as I was getting to a point where I had important GCSE exams coming up which would determine my future and career. These exams were so important to me but porn and masturbation was getting in the way of me revising and working. And I would feel so guilty about doing it that I would constantly rebuke myself for it and hurt myself because I felt useless and worthless. And then at the age of 15, I slowly started getting conscious about God and religion and my purpose in this life. After a few months of researching and learning about my religion (Islam), I started practicing and praying. And I tried really hard to be the best Muslim I could. And ever since then I've been really practicing and my religion and my belief in God has become the purpose of my existence. And obviously pornography and masturbation is strictly prohibited in my religion so I have been trying to stop for the past two years. But I am still not able to stop after trying everything I possibly can. And it has come to a point where I feel suicidal and depressed because of my porn and masturbation addiction. It has made me have false expectations of love and sex and it has made me so insecure and self-conscious about what I look like and what my body looks like. It has given me a twisted and disgusting mind, everything turns me on. It's gotten to a point where I can't even stop myself from watching porn and masturbating when I'm in school. I sometimes go in the toilets at school and watch it and masturbate. It's the only thing that's on my mind and it's ruining me and my life and everything around me. It is getting in the way of my relationship with God and my relationship with my family and friends. And it is having an extremely negative effect on my education and school work. I feel like I will never be able to stop, I feel like death will be the only thing that will stop this. And I don't know what to do anymore. I have no one to talk to about this, I can't ask anyone for help. I watched a YouTube video about the harmful effects of pornography and found a link to this website. I am hoping that this programme can provide help for me and help me to stop this horrible addiction. Please help me.*

**Girl: 18 years old**

*"I feel like I should be selected because I have been suffering for about 10 years now. I've tried different things to make it through that obviously haven't worked. I almost made it a year without viewing it and slipped up two days before. I just want to live my life without this holding me back from a lot of extremely important things."*

**Boy: 14 years old**

*“I feel like it is slowly dragging me in. I am not 100 percent addicted, but I feel like I'm getting there. Every day, I make the choice, and if I fail, I feel terrible, sometimes to the point of sadness and crying myself to sleep.”*

**Boy: 20 years old**

*“I have been struggling with pornography addiction for ten years now. I feel drained, hopeless. I have tried everything for getting out of this cycle, but never manage to break it and get it out of my life. I need help, desperately. I beg you, please help me. I am even getting bold from so much masturbation... I have not stopped masturbating daily for the last 8 or 9 years. So, I come to you as my last hope before I end up being a sexual lunatic. I am a good person, but I can not become my best version, reach my full potential with this shit slowing me down and depressing me, taking hours of sleep from me. Please help me. Please...”*

**Girl: 19 years old**

*“Pornography has always been a coping mechanism for me. I first saw it when I was twelve and it has always been something I turn to whenever I have been feeling down. The last few months, my addiction to pornography has hit a peak. I have been feeling more down than usual and I find myself compulsively visiting porn websites when I'm on my phone or my computer. Recently my use of pornography has led to masturbation. I can't sleep without giving myself an orgasm beforehand.”*

**Boy: 20 years old**

*“Pornography has affected so many aspects of my life. My schoolwork and social life has become less of a priority. The portrayal of men in pornography has also led me to distrust them in real life. I've talked to some friends about this and they have been really supportive but I'm confused as to how I'm supposed to let them help me or how to get some self-discipline. I'm in a tough spot and I know I won't be able to get out without breaking free of my dependency to pornography.”*

**Boy: 20 years old**

*“I failed most of my classes this semester. I cant do this alone I have tried and tried but the habit will not break. there is no one else but you guys that actually help with this issue. I work and go to college so money is really hard to come by. please help and thanks for the opportunity”*

**Boy: 15 years old**

*"I think I deserve to be given this opportunity because I've been struggling a lot lately with this addiction. I've tried many means of putting an end to this, although with all my heart and willpower, I end up failing. I consider myself as a pious person but this addiction is leading me astray. I believe that only God can help me stop this addiction of pornography, and I strongly believe that He led me here to this program.*

*No one knows of my addiction, not my friends, not even my family. I'm trapped in a world where I feel isolated and all alone with this devil inside that's telling me that I'm too weak, too fragile to put an end to this addiction.*

*I'm sure you heard this a thousand times, but I can't afford to spend on myself at this time of my life. I have no personal cards that I can pay online and I can't afford my parents finding that I'm a drug addict. I don't want to disappoint them and my friends.*

*Please help. thank you"*

**Boy: 16 years old**

*"Pornography has destroyed my life and I have tried numerous times to get away from it. It is such a strong addiction and it has come to the point where I do it unwillingly.*

*Pornography is prohibited in my religion and I want to get away from it. It is just so unfortunate that I got hooked onto it at such a young age and now I am finding it very difficult to stop watching it.*

*My life was ruined because of pornography. I began viewing women differently and would always imagine how a woman looks like naked whenever I look at one. I even came close to raping a girl younger than me to satisfy my pleasure. I hate how it controls me and it will continue to ruin my life if I can't stop it from controlling me."*

**Boy: 18 years old**

*"After reading the Fight The New Drug website, I have affirmed that what I have been doing is wrong. I always had a feeling it was wrong but I never had the cold hard facts proving to me that watching pornography is wrong. I want to be free from this but I think my habits are difficult to overcome. One thing that really shocked me was the reality that watching pornography promotes human sex trafficking. I feel horrible knowing that even though I have never paid for pornography, I was just one more person supporting some evil sicko that was forcing a woman to have sex with him or someone else for days just to produce a 45 minute video. It's sickening and disgusting. I know this program isn't religion based but I have mission trips that I go on and it's depressing trying to lift up people going through hard times when I feel so dirty inside. I want to be able to help people without the regret of watching pornography. It just feels like I'm defeating the purpose of the trip. I'm trying to help people with similar addictions that see me as if I'm free from those addictions when really I am not. I feel like a liar. I just want to be done with it."*



**Boy: 20 year old**

*"I know I am capable of accomplishing so many wonderful things in this world. Athletically and academically! However I KNOW that pornography is holding me back from my fullest potential and a clear mind."*

**Boy: 14 years old**

*"I cant get out of porn. every day I cant stop thinking about it. I started watching porn when I was 11. never though I would come this far (14). as I talk to my friends I come to realize I am not alone in this. trying to get out is the hardest thing I have ever done. I has affected my grade in a big way and my parents don't how they been going down. me and my friends are trying to get out of this BUT NOTHING IS WORKING. what can... I am a guy... a guy who hook for LIFE. if I am lucky I would go a day with out watching, viewing, or thinking about porn. 6 months ago word got out that I was watching porn (friends only knew) they thought I was a freak. the girls I would talk to would ignore, and texted me that I was a freak. my guy friends were a little more calm but after a while my friends started to admit that they watched porn too. I wanted to tell my friends that were girls that " they watch too and to stop bugging me now" , but I didn't. it just girls don't have the same desire. porn has affected my life too much. trying to get out and finally just starting to figure out that its harmful to my brain. my life seems as if already ruined, but I doesn't hurt to try to make I better..."*

**Boy: 19 years old**

*"Because I want to change my life, I feel than I am going in the wrong way, I feel is bad the than I am doing. I can't get an erection normally."*

**Boy: 16 years old**

*"I am 16, I have been addicted to porn for 6 years. It has been about 1 full year when I have been trying to change on my own... and then I was introduced to this program when you guys came to my school a few weeks ago. I would hope I can get this scholarship, but I am just glad to be trying."*

**Girl: 18 years old**

*";-)Well I was reading about what porn does to your brain. Me about to be 19, it's a scary thought knowing that dopamine, the chemical that's supposed to be released for the feel good moments will be numb before I can experience the healthy side of dopamine. I'm a virgin; I haven't even gotten to experience true sex yet. So I think that me watching porn and giving those feel good receptors to something that's unhealthy as porn is only an injustice for my future. I've been wanting help for a long time, I just never could find a website as blessed as this to help me. I pray that I do get a sponsor so that I can be helped. And set free from this unhealthy lifestyle; so that I may have a successful adulthood,. With the healthy dopamine"*

**Boy: 14 years old**

*“When I was as young as 11 I had curiosity about pornography and soon I searched it up for the first time now its a casual thing I do before bed along with self release, But after seeing your video that its harmful and that it evolves making you search more hard core things to satisfy your self I noticed that it was true and it was getting bad so now I have stopped but I want to over come the urge and completely put it all behind me for my future and I believe the fortify program can help me with it. thanks”*

**Boy: 18 years old**

*“I'm 20 yo, from Argentina . And I'm addicted to pornography.*

*\*Sorry for my English, basic speaker here..*

*I have been struggling with this since 2 years. At first I didn't give it importance. I thought I could leave it whenever I want. I was wrong. The maximum I could stay without porn was 2 weeks, now I can barely reach 2 days. I realized I can't do this alone, and I can't tell my family. This is destroying me from the inside. I have had periods of depression, and I suffer from social anxiety, Every time I watched porn, after finished, I feel like shit! (Sorry for that), I'm with bad humor, angry with myself, with a lot of negatives thoughts, most of the time enclosed in my house, feeling real lonely, even being with people, I can't interact with other persons without getting anxious, besides I'm unemployed and not studying, procrastinator, low self-esteem, the list go on, I just have only one true-friend who I can count. I promised myself not to do it again, but I always yield, It's so frustrating, I tried not to use the computer, I'm afraid my will is not that strong, but I really want to change this! I'm not Christian, but I believe in God, and I believe in myself despite all my failures, and I really think this is what I need. If you give me the opportunity I could break this chain of pain around me. I know I can't do it alone, I just don't know what to do, how to proceed, and this is my only hope. None knows this about me, not even my best friend or my mom. Think I'm to proud to admit in front of them I've this problems. The worst of this is that changed me into a person I hate, I love women, I think they're the most beautiful on this earth, and this addiction is twisting my mind in an awful way, I have fear and is consuming me...”*

**Boy 16 years old**

*“I have a problem with pornography. I have been trying to conquer it on my own, but it is very difficult. I am too scared to go to my family or church leaders for help because they all highly disapprove of it. I need help and I can't do it on my own. After a presentation at my school, I said I would be interested in the Fortify program once it was completed. I have been waiting for it and am glad its here. I need help with this problem because I can't do it on my own.”*

**Boy: 14 years old**

*“I want to stop but I cant and I don't know why. I hate myself. when I watch it I know I should turn it off and I cant do it. it keeps calling me back and it eats me up inside. its a pain deep down and I want it gone and I cant take it anymore. I don't want my little brother seeing what I do and doing the same thing. he's good and he doesn't need to do this to. I just cant stop.”*

**Boy: 20 years old**

*“I have been struggling with pornography for 9 years now and I have not been able to get rid of this horrible addiction. I have been to many therapists and did not follow there advice, seen my church leaders multiple times. I have lost 2 jobs, been to jail, and lost friends because of this drug. I am hoping this site will help me in my quest for a better life.”*

**Girl: 16 years old**

*“In middle school, I was disgusted by the guys that watched porn and promised myself I wouldn't. But later, at 14, I began dreaming about it and watched it online once, then again, and now almost daily for hours. I'm hate myself. I can't believe that I've been addicted for 3 years. In that time-span, the longest I've gone was 1 month when I attempted to quit. But really, it made me more hooked than before. Masturbating only leads to false happiness that fades away instantly. All that time watching porn, I could have spent achieving my goals and preparing for college. Every time I see men, I keep picturing them nude or think about porn when my mind is idle. I guess I used porn to keep my mind off the loneliness I feel (because I am not allowed to date or hang with friends), the goals I gave up on, and things I've regretted. In the end, all porno really does is make me hate myself, rewired my thinking, and distracts me from the true pleasures of life. It wasn't worth it. I feel like God is telling me that if I just give up porno and take the path he meant for me to take, he will give me all the things that porno never could and true happiness. But quitting porn, this tempting sin that has ruined my self-image and perspective of life for so long, is easier said than done. I can't tell my parents, they are more of the accusation-type than helping, which is why I really want access to the Fortify Program. Either way, it is a personal battle and I know that I'm going to have to conquer my own addiction and face myself one way or another.”*

**Boy: 17 years old**

*“I don't consider myself intensely addicted but I have viewed it often, I have tried to stop and have came very close but then something happens and My resolve seems to fall apart. I don't feel comfortable telling anyone and I want to fight this off on my own. Fight the new drug came to my school and talked I realized that maybe with this program I can completely break away form this disgusting evil.”*

**Boy: 20 years old**

*“Since the fifth grade, I have been constantly struggling with porn addiction and masturbation. Many times I have tried to stop, and would feel really good when I was able to go a month or two, even three months and completely avoid porn and would not masturbate. but then, some trigger would get me back on the same cycle and I would be back to where I started. I am in need of help because it is a terrible part of my life that needs to stop, and I do not want to relapse again. As a student, I have very little funds other than those necessary for tuition, groceries, utilities, etc.”*

**Girl: 18 years old**

*“I have struggled with porn for so long and it has taken me down a horrible path. I am someone that I never thought I'd be. I want my life back. I want to regain my own trust. I can't fight this battle alone and need help.*

**Boy: 17 years old**

*“I'm constantly stuck in the avoidance cycle. No matter how hard I try to break free, no matter how many times I promise myself this will be the last time, no matter how much I want to be free of my addiction, I just keep finding myself confined in this vicious cycle. It's always the same- trying to resist, eventually giving in, promising myself I won't do it again, and next thing you know everything just repeats itself. I've simply reached the point where I understand my willpower alone just isn't enough to cope with this constant struggle. It's always been a secretive part of life met with guilt and shame. I'm able to understand that this sort of gratification my addiction provides will never earn me the happiness I truly want, but I always find myself cycling back in it anyways. My addiction has always been a double edge sword- I'm upset with myself when I do it, and still upset with myself when I withdraw from it. I just feel as though I can't win either way. As difficult as it is to break free of it at this point, I know that this cycle will only get worse and worse as time goes on as my brain will only continue to crave increasingly extreme stimuli in exchange for decreasingly satisfying climaxes. I know my life could be so much better without it, and that there is so much potential I still have as a human being, and yet I constantly find myself in the battle that is my addiction. I feel like I'm in a particularly tricky situation as no matter how much I research the effects of porn/masturbation addictions and how to quit them, I always end up with temptation back at my doorstep. It's never been something I've addressed to anyone as it has always been a secretive matter. Even knowing how bad it is for me and how much it eludes me from the person I want to be, I still can't help myself when that temptation comes along and that is why I've decided I have reached the point of understanding that my willpower just isn't enough to cope with this anymore. No matter how many times I quit, no matter how I try quit, and no matter how many times I tell myself that was the last time- it just doesn't work. What I hope out the Fortify program is that I can finally reach my true potentials, that I this vicious cycle that is my addiction is finally broken, and that I can finally just live free of it.”*

**Boy: 14 years old:**

*"I am very afraid that at the rate I'm currently looking at pornography, it will have a negative impact on my love life, social life and my mental sanity."*

**Boy: 17 years old**

*"I believe that porn is affecting all areas of my life, from my friendships to my relationship with my parents. It has changed the way I look at all girls and even guys. No longer can I see a girl who looks beautiful, but I see a girl and I think what she would look like without her clothes and what it'd be like to go to bed with her. It has driven my hormones crazy. Also, I want to be able to be able to be as pure as possible for my wife and go into my marriage with realistic expectation and a pure mind that is not corrupted by what I view on a weekly basis and so that I can commit as much as myself as possible to her in my marriage."*

**Boy: 17 years old**

*"I want to stop thinking of women as things. I keep thinking of porn no matter what I do. I don't want this to hurt me when I'm older and have real relationships. It's already affecting my family. I feel like porn is hurting my personality from coming out because whenever I talk to people I stutter and make no eye contact. I get on average 5-6 hours of sleep everyday because I am driven to spend my nights watching porn. I need to stop and I feel like this will help."*

**Boy: 17 years old**

*"I'm tired of being a puppet of pornography. I have so many things planned for the future, but I can't progress happily because of the empty, horrible, feeling pornography has given me. when I'm at school, training, family reunions, work, random moments, memories of porn come to mind, and they haunt me. I'm a very religious person, I want to be a best example for others, but porn makes me feel like a hypocrite, and has stolen my peace with GOD, family, and friends. I've been battling this addiction for almost 2 years. I will never give up. I am a strong, and righteous. Person, but even so, I need your help, and badly. There's only so much that I can do on will power alone. I pray to GOD a lot, pouring my soul out, for a way out of this abyss. I believe that you are the answers to my prayers, he has blessed me with the opportunity you offer, and I will do my part to take this opportunity. I humbly request for your help, please, free me from these heavy chains that pornography has put upon me...I believe. I know you can help me. And if for some reason you deny my request. I will still not give up, I will keep fighting, not just for me. but for my family, friends, and others who are watching me, who go thru the same thing, to show that there is hope, I care more about them than I do myself. But I will never help others, if I can't even help myself, I'll give everything to have freedom from porn, have peace in my heart again, because right now I have nothing. Nothing because of porn.. Please help me. God bless.-Brett,17,WA"*

**Boy: 17 years old**

*"I am a missionary kid who lives in Kenya. I have internet here but no support groups, youth groups, or other ways to get help and freedom from this problem. I have tried to break free multiple times but never seem to manage longer than a month. I fear that I will ruin my relationships with girls and even my future wife if I continue down this path. your site seems to be the very best please sponsor me! I desperately need this!"*

**Girl: 14 years old**

*People start watching porn at a young age. As young as 8. I started before I could walk. Photographs from when my father would take care of me, showed that those films were my morning cartoons. Till the age of 3 I participated in pornography. My parents got divorced and I attended therapy and pushed it to the back of my mind until I was 9. When I was 9, my father died. When cleaning out his house, I found one of my videos. From my "star" days. I watched it for 2 weeks, until my mom caught me and had the police take it away. I got therapy for that too. I got much better. I made friends, and lived a normal life. My mom got remarried to a wonderful man that I still love as a father. Then I turned 13. I noticed that people in my neighborhood were dating, kissing, and more from what some told me. Soon enough, I had the sex talk with mother. This ended with her telling me that because of my infant abuse, tissue damage, deformities, and stitches, would make intercourse almost impossible for me let alone give birth to a child. So I started watching porn, to see what I would miss. I watched it a couple of nights a week with a few pictures, until I had to have it every second. I starting to watch it very hardcore."*

**Girl: 19 years old**

*"I have been in bondage to pornography for 8 years, which is a little less than half my life. I have tried everything from professional counseling to web browser blockers and I still find myself struggling to this day. I'm not trying to recover simply because I'm trying to live up to some moral code of religion; I have seen and experienced the detrimental effects of porn. I've skipped classes, pulled all-nighters, hurt my closest friends, nearly been exposed too many times to count; pornography has torn my life apart from the seams for too long. I don't want to instill this addiction on my future husband, kids, loved ones, or myself. I'm tired of supporting FTND, talking the talk, and putting on a show for everyone. It's time to clean up my act and be freed from pornography, and I'm willing to do whatever it takes."*

**Girl 19 years old**

*"Because I'm tired of living a life addicted to porn and it's embarrassing to know it's my struggle when I'm a girl, even though I'm not the only one. I just want to experience complete freedom from porn."*

**Girl 19 years old**

*"I've been addicted to pornography for years and I have not been able to overcome it on my own. I feel ashamed about what I am doing and I want to be able to move forward in my life. I want to be done with this addiction."*

**Boy: 15 years old**

*"I am a 15 year old man who has a REAL problem. Pornography crept into my life and I haven't fully beat it. I stopped once for 6 months but then it came back. It causes me to lie to my parents, and makes me sneak around in the night. I need help. Thank you for reading this and helping. God bless you"*

**Boy: 20 years old**

*"Because, I really want to get out of the ocean of pornography, It is killing me inside, lack of self confidence, extreme shyness, no self improvements. and also cause of porn I am not able to concentrate on my job n studies. I am a person who would never go and meet the therapist/psychologist or doctor for cure of this disease. I really want to get rid of this disease, only then I will be able to achieve my goals in this world, meet new people, have talk with them have self confidence to go anywhere. I feel If I continue to watch pornography and masturbate I maybe die one day, because I regret it after having it done. this is the reason I am not able to get good result in school or improve my working skills. so many problems.. omg"*

**Girl: 17 years old**

*"I have struggled almost my whole life with pornography. At age 6 my mother and brother were killed and after that I started masturbating. I later came to feel that it was because I would get lonely or feel depressed. It was a source of comfort. Around 13 I slowly feel into pornography and it has had me trapped ever since. It eats me alive every day. I don't want to live like this. I'm the only one who can support myself through this. With your help and Gods I know I can recover. But I need this programs help. I have been praying for God to help me find an outlet , a way out. And today as I was scrolling through Facebook I saw your page and I know God has answered my prayers. Thank you for being his angels on earth."*

**Boy: 18 years old**

*"Because I feel I'm losing control of myself. and I have this problem that is starting to produce decrease in my ability to study because it takes me a long time and is difficult to make the decision to stop. I am a student and how little I earn in my country does not allow me to pay the cost of your program. Please help me, I need the instruction."*

**Boy:18 years old**

*"I've been searching for help to overcome my porn addiction since last 2 years. Every time I want to run away from it, it would never fail to catch my attention. I had only succeed to reduced my addiction to 1-2 times per week. I didn't actually know it would be this hard to get away from this addiction. If I am unable to abstain from this addiction, im worried I might put my life's future and goals at stake. I really hope this campaign would help me overcome my addiction. Thank you :)"*

**Girl 18 years old**

*"I think that I should be selected because I need the help. I know that if I ever tried to ask the help of my family or friends they would leave me or disown me because they've already vocalized their thoughts about people like "that". I just want to live my life without getting upset and then turning to pornography. I just want to be able to feel like I'm recovering and that I can do it. I need this support and without it I'm insure of what my next step will be. I have tried countless times to stop and help myself but I can't do it so I really need the help of the professionals because it's not only important I. Eloping me move on it makes me feel less guilt for sinning against my religion. I want to this for both me and my religion. I don't want to do this be this and I think with this help I can overcome it"*

**Girl 18 years old**

*"I need help. Pornography is ruining my relationship with my boyfriend. I do love him very much but I can no longer show my love to him physically anymore. I don't know why it's so hard for me to stop by myself but I can't. And as a girl its even harder to seek help. Please, I want to stop."*

**Boy: 17 Years old**

*"I have been suffering from porn induced ED and I would like to use this site as a productive outlet."*

**Boy: 15 years old**

*"I was happy. Until I first watched that sick stuff. Every day I wonder why. Why did I do it. All these past years have been ruined. I want to have a family when I grow up. I don't want to be stuck like this the rest of my life. I want to be the Christian I'm suppose to be. I want to please my family. My family does not yet know about my addiction, nor do I want them to know. I just want it gone and I don't ever want to think about it again. Please accept me. Thank you."*



**Girl 20 years old**

*“I think I should be considered for this scholarship because I have struggled so long with the pornography and masturbation addictions. I've tried again and again to quit yet I always go back. Although it goes against my religious morals it was an outlet for me. It got rid of my stress and anxieties. It has defined my mind for so long I want it out of my head. Every time I try to quit I end up getting stressed out again and then fall back into the trap of the pleasures that pornography and masturbation give you.”*

**Boy 15 years old**

*“I got involved in it when I was in class 5. my classmates often used some abusive words in English one of them starting with f. so one day I searched the meaning online and found this wretched world of pornography. earlier it didn't matter. But now when I have some sense in myself and when I masturbate when I watch it I feel I need to do it no matter the consequences. but like all drugs when I'm done with it I fell like I should not live anymore. all those images suddenly surge into my mind and I fell masturbating is the only solution. but my inner conscience tells me its wrong. I even have started to maintain a journal in which I write down my feelings and promise myself not to do it again, but it only lasts for 9 or 10 days. I just don't know how to be me.”*

**Boy: 17 years old**

*I have been watching pornography since I was 11. It started out as once in a blue moon at my friends house. Then I got a iPod touch. So it bi weekly, then weekly, then it turned into daily. I started masturbating when I was around 11 as well. I didn't think much of it only that guys do it cause we are guys. Then I came closer to God and accepted him as my lord and Saviour and got baptized in the year 2012. The only thing I felt they is keeping me away from God is my addiction to porn. No matter what I do I always turn my back on him. I feel like the closer I get towards God the harder it is for me to stop. Sometimes I feel like just giving up and just giving in to my sin. I know I can over come his with a little help. I stumbled upon your program uhm I don't know actually I just happened to find it. I bought your fortify book and read half before I gave into sin again. I think I should be giving free access to this program so that I may grow in my walk with God and overcome this sin that has it chains around my ankles. Thank you in advance*

**Girl: 18 years old**

*I was raised by my mother and grew up in a home where she would get verbally and physically abused by my stepfather. I had to help take care of my baby brother at the time, I was around eight, and frequently left alone to my own devices. When I first saw porn on the computer, it was strange. But as I grew older, so did my curiosity, and found comfort and relief. It felt good, but I felt so gross inside. I felt extreme guilt and shame. Now that I have left home and go to college, I finally realize how this has affected my spirit and my life. I would go through severe depression spells and sought counseling, but I was too embarrassed to get professional help - neither ask for it, even though I knew how much it was taking away from me. I tried to convince myself that this was normal, but when I watched your "Fight The New Drug" video, I felt like I finally found a place where I could take action against this disease that has seemed to spread throughout my life. Pornography has taken away my ability to enjoy life and to see myself clearly. I want to help others and share this information with them, but with that I would love to be free from my addiction."*

**Boy: 17 years old**

*"I have been struggling with this addiction for a while. at first I didnt think much of it then it just grew year by year. I have gone through so many struggles the past year from suicidal actions, bullying, and this. this is for so much more than me. its for my parents, future wife and kids. I'm trying hard to quit but it keeps jumping on my back. I just need some help outside my parents."*

**Girl: 18 years old**

*"I am in my first year of college. I am a great student and very smart. Everyone loves me but they fail to see the evil behind me. I watch porn all day and all night. I constantly fall behind in my work and have to spend hours working fast to get caught up. I can't stop watching it for some reason, it gets me happy and excites me. I can't pay for help because my credit card is linked to my parents and they would find out. I don't want anyone to know about my habit because it's gross. I started watching porn with my cousin around 6, who just had me watch it so I would think it was cool which left me open for him at anytime to rape me. I moved on with my life from that, but for some reason I can't move on from this porn watching. It went from soft porn to bondage and all out screaming porn. If I can't get this program free, my grades are going to start dropping and fast. I need all the help I can get"*

**Girl: 18 years old**

*"This addiction has been dragging me down for years. I was sexually harassed as a child and so those images were hard to get out of my head. I have never told anyone but recently went to a therapist about depression and now she is helping me though this and suggested this site. I just want to stop having those things run through my head, to find a way to stop myself."*

**Boy: 15 years old**

*"I have been trying for two years to get rid of this addiction and gain freedom. but I have not managed to do this on my own. I can go 6 days on my own but then I give into temptation. Every time I masturbate or watch porn I feel guilty for days but then do it again."*

**Girl 17 years old:**

*"When I was only in 4th grade, something very dirty popped up on my computer when I just opened my email. I was very shocked, but since then I kept wanting to look at these "dirty" things. At first, there was no nudity; however, I realized that it has already been about 7 years since I started watching porn. And now I actually do search for porn site and all that to look at it and even worse, I started masturbating since this year. Since I became a true Christian this year, I felt so shameful and especially as a girl, I could not forgive myself. I have hated myself for all these, but I could not stop going back. And when one of the Fight the New Drug speakers came to my school and spoke, it was like I need help! But I cannot tell anyone and now I feel disgusted by myself doing such dirty things, but acting like an innocent girl on the outside. Please help!"*

**Girl: 17 years old**

*"I have been struggling with porn addiction since age 13, so for about 4 years. I know it's a sin and I can see all the harm it's causing my life, but... It's addicting. At times I read porn several times a day, or stayed up all night or late on school nights just to get my fix. As time went on I needed more and it became more hardcore. It screws with me physically and mentally and I hate it but I feel like I have no control over it. About two months ago I challenged myself to go without it for a month. I put a blocker on my computer and tried so hard. I went a month and 8 days and then cracked and completely binged and basically stayed home all day just to read and watch porn. Kind of an all time low. Going a month without is one of the hardest things I've ever done- and that's horrifying to me. I don't know why you should pick me to get it for free in specific other than that I need help and I can't seem to do it on my own, and I want to stop."*

**Boy: 13 years old**

*"I am struggling. I have always hated porn and all the sudden it came back. I need help. I'm scared to ask my parents for help because they will be mad that I was looking at porn. I really have nobody and am starting to become depressed. I was something 100% secret from my parents so that I can recover without being misunderstood by them. If I don't get this program, please give me someone to talk to or advice or anything! Please! My life was just starting to become great and now it's spiraling downhill. You guys came to my school and I am always stressed because I am torturing myself intentionally. I really need this program. Thanks."*

**Boy: 18 Years old**

*I do not feel that I have an adequate response as to why I should receive anything. I have my story, but I know that my struggles can be matched and even overturned by the struggles of many other people. I do not think that I am some unique individual fighting alone, but what I do know personally is the challenge that I have faced.*

*I have seen this addiction of pornography overcome my life. I have seen it negatively affect the relationships I have with my family, my friends, and those whom I have loved. I have witnessed this demon wrap its cruel snare around me, and I have fallen so many times into a state of wretched dependency. Though I have fallen countless times, I have risen up each time. This addiction has come into conflict with one of my greatest goals in life, which is to serve a mission for the LDS church, and now I face the judgment of those who will decide if I am worthy to serve. I refuse to denounce or deny my addiction, and because of it, the process has been difficult. Pornography has ruined my life, but though it left ruins, I still can rebuild into something stronger. I do not think that I should receive a scholarship, because other people deserve more. What I do ask, is the chance to reach out to someone, because I know this twisted thing far more than any ever ought to know.*

**Girl: 20 years old**

*"I started watching porn 2.5 years ago because of my physically abusive ex-boyfriend. He was addicted to porn and would always tell me I wasn't good enough for him and that girls in porn were better. He made me watch a video with him to "learn" from them and after we broke up I kept watching the videos to fill that hole. I want to stop but I keep relapsing and I'm not sure how to get out on my own"*

**Boy: 18 years old**

*"Being gay and being a Christian is hard where I live and where I go to church and school. I have not completely come out to all my friends and family, so talking about them with this issue is hard, and talking about it with an adult is harder. I feel like they don't get it. I have tried talking to someone about it, but it seems to me that they are distant and confused because I am gay. I have been struggling with porn and masturbation for 4 years, and I at least do it once every two days, usually more. I want to get rid of this thing that is keeping me from my faith and holding me down. I have tried to find a program where there was no involvement of another person. I just want it to be me handling this. I just want to be free."*

**Girl: 18 years old**

*"I feel as though I have been addicted for quite a long time I thought that porn was going to make me happy and that I wasn't going to be lonely anymore now that I'm in the never ending cycle of being addicted I've felt even more lonesome and even more unloved I think I might have an underling issue of why I started visiting porn outlets. I've gone from just watching videos and reading to entering chat rooms to seek relationships ending with trading sexual images and videos. Today I realized I'm hiding something I'm very ashamed of and that I want to get the help I need to fight this to make me a more pure whole some person because I'm very embarrassed of my behavior."*

**Boy: 15 years old**

*"Hi dear creators of Fortify!*

*You asked me why I would get free access to the Fortify Program. Well let me tell you,*

*I have struggled with pornographic for plenty of years now. I am 15 years old and started with porn for the first time when I was 11 years old. I thought it was fantastic and continued with it. Then later I felt how everything changed I craved more and more and I got turned on things I normally thought was disgusting and morally wrong. I started to become depressed and became addicted. I couldn't stop watching even though I wanted. So I joined programs but none of them really helped me. I could stay sober for maximum a month then I relapsed and everything was back to Norma. My hope faded away and it felt like I would be trapped with my addiction to porn for the rest of my life.*

*During this time I prayed to God many times. Then I suddenly tripped over your side and started to read your texts on how the porn affects the brain, relationships and the society on your page "fightthenewdrug" and I noticed how food you are at this subject and I learned so much when reading those texts. And by that I became convinced that your program was the right for me, that it would help me overcome my porn addiction once and for all! Now you know why I really want your program, but not why I want it for free. The reason why I want it for FREE is because I don't want my parents to know about my addiction, I am so ashamed of this addiction. If you would ask me to pay for program I would have needed to ask my parents for money and tell them the whole story which I absolutely doesn't want to. Thank you for taking time to read this text, Dick Haraldsson."*

**Boy: 18 years old**

*“Right now, I am fighting harder than I've ever fought before to overcome my pornography addiction. I've spent only a few weeks pornography and masturbation free, but I know that I need a real, structured program to succeed. Scouring the internet for additional support, I found the fortify program and Fight the New Drug. I've read every article and have watched every video. I love how organized and credible the information is. The site is built by and built for young people as well as adults who truly suffer from pornography addiction. This addiction has much stigma associated with it. My fight has been very difficult yet very quiet. I could never bring myself to tell my parents. Therefore, I couldn't pay for the fortify program no matter how badly I long for it. Please select me for free access to the Fortify Program. I am ready to fight like never before and I know that I will join the many recovered porn addicts who have gotten a second chance through your program. Let me tell you a bit about myself and how I found myself battling pornography addiction. I'm 17 years old and finished high school in 2013. I went to college in the fall of 2013 and withdrew at the end of the semester. I first began to explore internet pornography at around 12 or 13 years old. I lived with my student sister at the time so I was especially vulnerable. It was just me and the computer all day and night. It became a daily activity quite quickly. I never had many friends in school but nevertheless was a relatively successful student. However, I went home to use pornography every day. I never felt guilty for doing it back then. It was a simple part of my day, like brushing one's teeth. Every day I'd come home, fire up the computer and use pornography before starting on any work. Compulsive pornography use and masturbation have made me late to events and have taken a substantial toll on my life. My absolute low point was when I actually missed part of my own sister's wedding because I went home to use pornography and masturbate. I later blamed by absence on "traffic." Like many other young users, my pornographic tastes became more vulgar, graphic, and deviant quite quickly. Looking back, it disgusts me the types of things I viewed and even enjoyed at the tender age of 14 years old. It wasn't until I was 17 that I stumbled across information about the dangers of pornography online and slowly realized the harm I've been inflicting on myself. I realized that there were countless times I ran away from important parts of my life (from being with friends to spending time with family) to use pornography. I did ridiculous things to access internet pornography (including hacking, spending hours upon hours all to access "higher end" pornographic content.) I dreamt and loved women I had never met before. I didn't want to live in real life, always wanting to escape reality temporarily with pornography. My reasons for fighting addiction have evolved greatly. In the beginning I believed in the "super powers" raved about online. I believed that my "neural pathways" were fried by dopamine bursts and that there were painful physical "withdrawals." I thought that defeating porn addiction would solve all of life's problems. Even though I now personally believe these reasons are a bit exaggerated, I still know that I am a genuine addict, a young victim of the information age. And, like Occam's razor, the simplest explanation is the best: using pornography does not make me feel good about myself so I don't want to do it. And finally on my current*

*situation: I withdrew from university after a semester. During the summer and especially during university I began to act really strangely. I wouldn't speak to any other students. I would sneak in and out of my own dorm room at odd hours to avoid my roommate. I felt like everyone hated me. My extreme introversion continued until I finally saw a psychiatrist about a week ago. I was diagnosed with social phobia."*

***Girl: 17 years old***

*"I really need help. This is getting way out of control. It started when I was young, and now I want to actually have sex with almost any guy I deem as attractive. I need to refocus. I need help"*

***Boy: 19 years old***

*"I just need help. I'm in a relationship with the girl I want to marry, and yet every day I feel less and less feelings toward her. It's strange, it's not feelings of dislike, but it's like I've stopped loving her. And not only her, I've lost my previously very strong faith, and I just don't care about anything but music (my future profession) anymore. Nothing makes me sympathetic or sad, even things that would devastate me a year ago. I've been wondering (but not even caring) how I got like this, and I remembered seeing the "Fight the New Drug" site on Facebook, so I thought I'd look at that, and it basically spelled out all of my changed emotions are because of porn. I've battled with porn and sexuality since I went through puberty, and I've never been able to conquer it. I've always been fighting it though until this year, and now I've completely let myself succumb to it. I just need help."*

***Boy: 19 years old***

*"I really want to change and I know I can I just might need a little help along the way. I'm ready to change and to get this sin out of my life I want to live my life happy and not be held down by pornography."*

***Boy: 19 years old***

*"I have battled this addiction for nearly half my life, it's led to an attempt on my life due to the shame. I want freedom from this sin. I want to be free so I can help those around me and be pure for my wife. I want this more than anything. The guilt is becoming unbearable for me"*

***Boy: 19 years old***

*"After fighting with this for a few years I am aware that pornography is an addiction, which causes damage to mind and mind harm the body as well. Due to the will to have a healthy matrimonial life with my future wife and my belief in God as a Christian I would like to try to end this addiction at age as soon as possible. I liked your video about it, like even more the way you speak about this problem, which is here in Europe known only marginally. If it is possible to grant me a scholarship for this program I would be very thankful to you and happy for me and my future family one day. There is an initiative coming out in Slovakia too regarding fighting pornography addiction, yet only "in embryo". Thank you for the possibility in advance. I hope to hear from you soon."*

**Boy: 19 years old**

*“Well, because I believe that pornography is a problem for society as a whole, as well as for the individuals that are gripped by it. I am an individual who looks at porn habitually, and I would love more than anything the rid myself of its grips. I feel that it affects my moods and my relationships with the opposite gender. I do not feel arousal from real life anymore, leading me to feel asexual. I need help.”*

**Boy: 16 years old**

*“I’ve had this problem for a while. I watch porn at least once a day, if I’m bored up to 4 times. When I tell my friends all they do is think it is a joke and laugh away. I don’t want to tell my mom, its too embarrassing, and I don’t have the income yet to go see a psychologist. All I want is self control. Its just every time I try to get off of it by myself, I cant go without it for a day.”*

**Boy: 19 years old**

*“Right now I am an active duty Marine. I have been a big porn user since about age 12. I have only had one relationship. It didn't work out so well. Currently I am paying 60 dollars a month on porn subscriptions and I find myself struggling to get aroused by a real person. I don't want it to affect a relationship in the future.”*

**Boy: 19 years old**

*“I’ve been struggling with pornography ever since I was 11. My addiction was on and off up until about my senior year of high school, and the addiction has only gotten worse since. My best friend and I have both done different things to try to overcome our addictions, but now that we're at different colleges its become much harder, and neither of us have the same kind of accountability partner that we had in each other during high school. Recently, I've realized that pornography is at the root of almost everything I want to change in myself. I'm lazy and irresponsible in many ways, and I have no direction in my life. So much of my time is wasted doing absolutely nothing or looking at pornography. I want to actually have direction in my life, and I believe getting rid of this addiction is the first step I need to take.”*

**Boy: 19 years old**

*“I have been struggling with porn for years and I have tried to quit looking at it for about a year now and I'm realizing that I need outside help. I just want to be free of my disgusting addiction and I'm really hoping this program can help me.”*

**Girl: 16 years old**

*“Because I need to get out of this, it's affecting my entire life, I need to be like I used to be before porn.. I need help”*



**Girl: 16 years old**

*"I'm 16 I've tried to kick out this habit, it hasn't worked, my parents don't have a lot of money, and we would appreciate the help"*

**Boy: 18 years old**

*"I have been struggling to find a way out of my addiction for about two years now.. My efforts usually last a week or two before I can't stand it any longer and cave back in, which goes on for varying amounts of time. I believe that the ability to keep track of my progress may be the way I can grow my self-motivation enough to push through my addiction before it becomes something that damages not only myself, but my relationships with important people of my future."*

**Boy: 17 years old**

*"I first viewed porn when I was only 11 years old. I was just curious as to what a woman looked like naked. But that was a mistake. My computer brought up things that I never could have dreamed of. And I became addicted to watching naked men and women have intercourse. When I was 13 I was caught when my dad was going through the computer history. He found Redtube.com. I was so upset with myself. He said he forgave me. That was even harder because now I realize that I failed him. He put up the K9 web protection porn blocker and I was free from for about a year. Then I got an iPod touch with internet access. After about 6 months with it I realized what I could do with its internet abilities and I was deeper into my addiction than ever... It was a nightmare. But I loved it. As my addiction grew so did my desire for more. I found every kind of porn imaginable. Lesbian, she male, hentai, gay, child, family, bestiality, gay orgies, shower rooms. And I loved them all. Last year I knew enough was enough. I took my iPod outside and smashed it onto the ground. I then smashed it with a rock and lit it on fire because I knew I would not be able to overcome my addiction if I let myself own what it came from. I was clean for about 3 months (but I could not and still can't overcome masturbation, I don't know if it's necessary for all teens or not. But now I just get sudden urges.) Once again I fell into porn addiction and have been very focused on anime and muscular gay boys. I love them and I know it's wrong. I can see what porn is doing to my mind. It is destroying my relationships with my family, friends, and God. I become hateful and shut myself out. I can't break my laptop because it is my families and I just don't know what to do to stop it when my urges come up. I always seem to find it. Weather on pinterest, Facebook, or an overlooked picture on Google. It is always there and I don't know what to do. My name is Tim, I am 17 years old and I am a porn addict."*

**Boy: 19 years old**

*"I should be selected for this program because I have never had a girlfriend due to the fact that I still watch porn, I want to quit to get a girlfriend and be able to care about her how she deserves."*

**Girl: 19 years old**

*“I don’t feel good with myself, I want to change to be really free and live a healthy life, without regrets.”*

**Girl: 19 years old**

*“I want to end my addiction. I want to be normal again, not have to have this need that is making my life miserable. I want to have a real relationship that is meaningful and lovely. I want to stop I need to stop this.”*

**Boy: 19 years old**

*“I have been struggling with this for a long time. I have hurt myself and other people that I love in the process. I am sick and tired of this, but no matter how much I want to, I always come back to it. I want to be rid of this addiction and know how to fight it.”*

**Boy: 16 years old**

*“I should be selected for a scholarship because I have been fighting this addiction for so many years now and I want it to stop. I have tried looking for other things to help me stop watching porn, but I would have to pay in those other options. This is finally something that is free and that I will finally be able to use to learn how to fight and beat this addiction.”*

**Boy: 20 years old**

*“Dear Fortify-Team, I’m a 20 year-old German male (therefore no native English writer) dealing with this horrible porn issue for about 7 years and fully recognizing the harm and negative impact it had on me for about 1.5 to 2 years. Beginning at 13 with hardcore pornography (technically very skilled at a young age, so it was easy to gain access to all the videos out there), I gradually became desensitized and escalated to more extreme, brutal and degrading videos. By reflecting that, it hurts me even more, because I am a sensitive and empathetic person and would never want anyone to suffer, especially not girls or young women in real life. It is devastating and cruel to see how you get accustomed to practices you would naturally find disgusting and inhumane. Even before becoming 16, I ashamedly have to confess that for some periods I nearly watched every day for multiple hours. This may also be the reason why I have to fight so much and my cravings are so extraordinary strong if I want to quit. Though I got kind of an idea that it would hurt me enormously, even after several attempts for over a year, I was unable to fully quit. After a few days, the cravings begin and after one or two weeks without porn or masturbating, I usually give in and was defeated by the addiction. Currently, porn evokes depression, anxiety, erectile Dysfunction and lethargy. Nevertheless, I am extremely willing to finally overcome it and I want to do anything possible. Just now, I am abstinent for 7 days and I am fighting hard everyday to overcome my porn past. I hate pornography and it would be an honor to support your great project with any experience I can provide or any information I can give you first hand during my recovery. I already have to express my deepest appreciation for your amazing project and I would love to participate.”*

**Boy: 15 years old**

*"I have a serious problem that I want and need to be stopped before I get any older because I want a serious relationship with people that doesn't always end up being over with because I want to have a family when I'm older please I really need help. I have been caught numerous times and have been tried to be taught not to and have been disciplined for looking at pornography, but I always end up going back to it."*

**Boy: 16 years old**

*"Because I am TIRED of living this way! I know it's bad and not good or healthy I just can't stop! Please help! My dad is a pastor and I am to scared to tell him so I need to stop while I have the chance!"*

**Girl: 18 years old**

*"It was one day that I walked into my dad's computer room and saw pictures across his laptop. I ran out, but at the age having access to the internet, became incredibly interested. I began viewing and experiencing pleasure from soft videos at an early age. I accepted Christ into my life when I was 16, though. I went dry from the drug for quite some time, ultimately finding the supreme satisfaction in the Lord. It. Was. Awesome. But when my parent's banned me from attending church because they didn't like my Christian lifestyle, and I rarely saw my brothers and sisters in Christ anymore, I entered a stage of depression and relapse. It's now become increasingly dangerous and vulgar what I watch just for the instantaneous arousal, and ultimate shame. God is still present in my life, I love and worship Him, but I'm choosing the sin. I know He forgives it, but how could He still love me after it? He's tried pulling me out and after 2 weeks clean, I always come back. I don't want to look at boys and girls in my high school this way anymore. I don't want to be cluttered to an addiction that changes my perspective and pleasures in life. I want to taste freedom, and though God gives us more strength than anyone, I need other help. I need someone or something there to help severe me off. I need rescue."*

**Boy: 13 years old**

*"This is a problem that I have been facing for a long time. Though this is an act that is encouraged or not grab others attention, somewhere in my heart I have the feeling of perks of pornography or masturbation and how bad impact it has on me. I am 13 and I am building my character. If I am molded properly now, I won't I problem in future. I thought of it several times but it doesn't work out. Now when I searched for help, I saw a hope from this site. And I want a supervisor or an advisor which can help me and make my life easy as well as help me make the lives easy of others"*

**Girl: 17 years old**

*"I'm a senior in HS and I want to get my life back on track. My friends showed me a pornography video at a sleepover when I was 14 and at the time I didn't like it. I can't keep living my life like this. Deep down I know I should not be viewing this stuff, but it keeps sneaking back. I know it will be hard to overcome it but God is #1 and He comes before anything and lately I haven't felt like that's the case. I feel like this will help me overcome it and renew my faith and grow closer to God."*

**Boy: 16 years old**

*"I have struggled with defeating pornography addiction for a long time and I finally see a better chance of defeating it. It is extremely difficult for anyone to get over an addiction without some sort of program and that is what Fortify can do for me."*

**Boy: 20 years old**

*"From a young age I was introduced to pornography and ever since then I've struggled with being addicted to it. I've tried many times to stop but was unable, so that is why I am here. I just want to be free from this addiction, it is like a drug and I need help. It is encouraging to hear stories of people that have beat this addiction but sometimes its hard to think that I could ever get there too. I hope that you would select me for Fortify."*

**Boy: 16 years old**

*"From a young age I was introduced to pornography and ever since then I've struggled with being addicted to it. I've tried many times to stop but was unable, so that is why I am here. I just want to be free from this addiction, it is like a drug and I need help. It is encouraging to hear stories of people that have beat this addiction but sometimes its hard to think that I could ever get there too. I hope that you would select me for Fortify."*

**Boy: 14 years old**

*"I belong to a lower middle class family background. as I am young I cannot discuss about this out there .the only help I can see now is the WEB. I love researching on new things but pornography is pulling me back. hope you guys help me out. with the leftover hope..... help me out plz."*

**Boy: 17 years old**

*"I am still young and I don't want to ruin my life. I am looking for the initiative to lead me away from looking and viewing at those videos. I feel this is the only thing holding me back, while I excel at other fields in my life."*

**Boy: 20 years old**

*"I'm looking for some help to get over my porn addiction. Few month ago I wasn't sure about being addicted to pornography. I only realized it when it became difficult for me to have an intellectual activity without thinking about masturbating. I'm a student and I need my full intellectual capacities to work. Without this mental cancer I think I would be a better person, a better student and a better son. Thanks a lot for your help, what you're doing is remarkable."*

**Boy: 18 years old**

*"I'm having a relationship with a woman, she is my best friend and my girlfriend, I really love her very much, and I want to stop watching porn in order to respect her as she deserves and to stop those ugly thoughts when I'm with her"*

**Boy: 19 years old**

*"I've lived with shackles to something that I accidentally stumbled upon for almost 8 years now. I'm sick and tired of feeling beaten and like I'm owned by it. I want to be free and for the trend of freedom to grow among those around me because I will help them and show them this site."*

**Boy: 18 years old**

*"I have been working for about two years now to stop watching pornography. I feel it has caused a ton of harm with my intimate relationships, and produced a lot of anxiety and depression. I've stopped watching porn for about 50 days last summer and I really saw the difference. I don't know what caused me to go back, besides the addiction. I'm tired of being lonely, awkward, and addicted. I really want to make a change in my life for the better. I'm ready to be done with it for good. I'm also taking anti-anxiety medication, and I feel stopping the porn would help immensely in getting off the medication. This is a huge life goal for me, and I'm ready to do whatever it takes to beat this addiction!"*

**Boy: 17 years old**

*"long ago decided to see a pornographic video of curiosity that escuchava enough of that topic in some young was the motivation by which I saw, at first I did not feel anything, after 5minutes I felt eager to watch another video, been a month of this and in the course I have continued watching, to be honest after seeing that dislike me, I look in the mirror and repugnant me, mw feel disappointed because ne like sport and is like decay for a nonsense, is a fraud for me, for me, clearly I would like to have a help about how no longer feel the urge to watch any video"*

**Boy: 17 years old**

*"I would like to be selected for a scholarship to the Fortify Program because quite frankly I'm sick and tired of this addiction. I want to quit more than anything but it's a struggle that I loose everyday. I don't want to be very personal because the last thing I want is for this to leak out and people I know to know about my story but in essence what I have become now is something that I have never been in my life. I am so isolated now, I'm depressed everyday. I use to be so outgoing and enthusiastic. I loved living, making friends, in High school I was the class clown in every one of my class, I loved to be the center of attention. Now 3 years later, 3 years that I have been succumbed to this utterly horrid addiction it has not only taken my friends, my dreams, my family away but it has taken my life away from me. The only thing I have too look forward to during the day is this temporary satisfaction. Now I will not let this hurt me.. I am confident I can overcome this addiction, I have tried many times before, but this time I am very focused and optimistic about the future. This is a small part of why I want access to the Fortify Program to help me leave this addiction for good. The aid this program will give me can be very beneficial."*

**Boy: 17 years old**

*"I have tried other accountability software and they don't seem to work. I have faith in this one, seeing as FTND is extremely outspoken about the effects of pornography and their implications. I want to do as much as I can to eliminate this temptation from my life. I have dealt with it for five years and I am more than ready to be done with it. I am a leader on my college campus, and among my friends, and this addiction hangs in the back of my mind and keeps me from fully being able to help others. I want to be rid of this addiction for good."*

**Boy: 18 years old**

*"I am a teen that has been really successful in life. I have held leadership positions, and I have great friends. For the past few years I have felt that nobody cares and that I have failed myself, my family, my friends, and my neighbors. Everybody expects me to be a good kid and not have any slip-ups, and I feel that I won't be able to succeed in life."*

**Boy: 18 years old**

*"I really need help. I've tried different things and they haven't worked. I'm always thinking about it. Even when I'm in a relationship I think about it. It's taking over my life. I need help."*

**Boy: 19 years old**

*"I am a millennial who is fixing to graduate from college and move forward on a exciting journey. I have been addicted to this stuff for many years and it has drained me emotionally, spiritually and I don't see it getting any better if I can't receive help. Thank you for the consideration."*

**Boy: 18 years old**

*"I started viewing pornography at 11 years old thinking it was the best thing I had ever found. I started viewing porn on a weekly basis and the addiction became worse over the years as I started viewing more and more hardcore stuff. I was constantly trying to find the roughest stuff I could. Eventually I stopped going out with my friends and would pass on social opportunities, I became very anxious about things and just had a constant feeling on embarrassment as if everyone was judging me. Then I found a sub-reddit on reddit called NoFap which was all about not masturbating and giving up porn. I had a look at the videos on there and it all made sense about why I was feeling the way I was. So lately I have been attempting to give up porn but I am finding it extremely difficult. Every time I relapse I just break down I can't take it anymore I just want to get my life back. The thought of suicide has even crossed my mind but I have never attempted it. I'm just looking for some help to beat this addiction I can't do it alone.*

*Thanks."*

**Boy: 18 years old**

*"I'm so young and I can't stop watching it, I tried to stop several times but I keep on falling. I need help"*

**Boy: 18 years old**

*"I have been badly addicted since I was around 10 years old. It's ruined lot's of things for me. I've been trying to quit for the past 4-5 years, and I've just ended up worse. Porn is ruining my life, I really want to quit watching porn more than anything else in my life right now. I want to be in control of this part of my life."*

**Boy: 17 years old**

*"Because I really want to fight this addiction, it has made me really lonely, as I have no parents and not enough money to pay for this, I lost my one and only love because of porn, it killed my ability to love again. I need to know what love feels like again and I think porn addiction is my only problem, so please I beg you, give me this scholarship."*

**Girl: 20 years old**

*"I have wanted to be free of my addiction for years and have tried to stop on my own by going cold turkey and it hasn't worked. Almost everyday I wish I had never been exposed to porn in the first place so I wouldn't have these addictions. I feel lost and hopeless but I have faith that one day I will be able to overcome my addiction."*

**Boy: 19 years old**

*"I need help. I just cant stop from watching it. No one know that I am watching it. so its hard for me to get rid of this. I started to feel depressed for it. I almost give up until I meet this cool website. please help me. there are no others who can help me."*

**Girl: 17 years old**

*“not allowing me to focus at all and easily frustrated. feeling depressed. anti social. extremely low self esteem and poor body image. feel like I need surgery to fix myself.”*

**Girl: 17 years old**

*“I have struggled with this addiction for several years and know that I need extra help if I am going to kick this and move on with my life. I am only 17. I don't want to go to college with this struggle and have to deal with this when I am married. I want to live a happy life free of this burden. My dad has signed up for this and we are going to kick this bad habit together.”*

**Boy: 18 years old**

*“I'm in a desperate need to stop myself from going further in this non existent world of mine that filled with pornography, and I believe the Fortify Program can help me taking a step further in avoiding pornography and masturbating”*

**Girl: 14 years old**

*“It's honestly ruining my life, I can't stand lying to people I've tried so hard to overcome this "addiction" on my own but it's been 6 years and if you don't help me I honestly don't know who will.”*

**Boy: 19 years old**

*“I believe that I could benefit from this program highly. I have been addicted to porn for as long as I can remember and I am sick of this habit ruining my life. I cannot go a few days with porn because anytime any unwanted stress appears I turn to porn to alleviate temporarily. I have had trouble with my dating life that I would like to progress in. I have not been able to see women in the same way, porn creates an experience that is hard to find anywhere else but I want to separate this from reality. I want to move on with my life and be part of the movement to fight the new drug. I would love to give back to the program in the future if I can get back on my feet and learn what life is like without porn once again.”*

**Boy: 19 Years old**

*“Because I want a change in my life. Before I knew about this program by a coincidence, I felt lost and without an exit. Now I know that I'm not the only one that have this addiction. Being sincere with myself, I discovered a big problem that I have and I generated dependence. I thought being attracted to porn was something that goanna stay by my side all of my life. Now I understand that there 's an option to be free.”*

**Boy: 20 years old**

*“Because pornography is destroying my relationships with women and its destroying the sanctity that marriage holds for me. I'm not a functional human being because of it.”*



**Boy: 15 years old**

*"I believe that I should be selected because pornography is something that comes back in my life even when I commit myself to stop. Sometimes I stop myself from viewing pornography for a month or two and because of a single picture I saw in the TV or computer, I get addicted again. I see myself that I get depressed after watching porn but still can't seem to stop. Even when I know some of the affects of pornography, I still can't stop viewing pornography. Because of this disease, I find myself getting more depressed, sad, easily angered and I seem to be making wrong decisions in life which causes me to lose concentration, become less social and can't make the right decisions in life which would make me go forward in life. I feel that I can't bring myself to tell anyone at home to tell them about my problem. Slowly and slowly, I feel as if this problem is eating me away and I can't seem to do anything about it."*

**Girl: 13 years old**

*"I want to stop pornography from coming into my life and taking over. I would also like to stop because I want to succeed in life and I think if pornography could take my life over. I also don't want the same bad things in drugs in me by watching and seeing pictures of porn."*

**Boy: 16 years old**

*"I want to change. I've been addicted to this for over 6 years and it is ruining my life and my relationships with others. It's making me hate myself."*

**Girl: 15 years old**

*"I've been dealing with this for over almost 3 years now, and I cant seem to find a way to stop. I don't feel as if I can talk to anyone, because they wouldn't understand, and would judge me for it. I don't feel good enough or worthy to do anything anymore. My church means everything to me, and im going against everything believe in every time I go back. We had an assembly at my school a little bit ago, and this seemed like my last chance."*

**Boy: 17 years old**

*"I have been struggling with this addiction for so long. Denial, anger, depression, relapse, all a by product of something I have lied to myself about, trying to convince myself that it is beneficial, that it is taking making my life and my perception of reality more enhanced. Quite the contrary, it has become my life, I have become completely enveloped in it and have let it define me as a person, and I am tired of letting it hold me back, tired of letting it control my life, my future, my dreams, and me."*

**Girl: 15 years old**

*"I want to be able to conquer this. Porn has changed how I act and how I feel. It has made me struggle in school, with family, and friends. I feel alone. I feel like if people knew about it they would hate me. I have tried countless numbers of times to stop and have had no success. It first started when I read an pornographic story on a site that doesn't allow people to post those kinds of stories, but does a poor job of restricting it. I didn't understand that what I was doing was "sexual" I just knew it excited me and made me want more. It lead to me looking up "sex stories" online and then being linked to video's and pictures. It wasn't until a few months after I had started that I found out that what I was doing was wrong. I learned through church and in sex ed classes at school that I was doing something terrible. I knew that my religion didn't allow for such pleasures, but yet a search everywhere to find something that would tell me it would be okay. From that point forward I felt like I needed to stop but I couldn't. I still can't and every time I break down and watch/read it I feel terrible, useless, and dirty. And I want it to end. I want to be able to log onto my laptop, knowing that I won't get sidetracked and watch. I have been trying for so long to restrain from doing it but I break my promise every time and when I found a link to this site I thought it would help. I hope it will because I truly want to stop, because I don't want this to still be affecting me by the time I graduate high school and on to the years of having a family. I want to feel pure and free again and although I will not be able to change my actions in the past I hope you can help me reroute my future. Thank you."*

**Boy: 17 years old**

*"I know that looking at porn is bad and not only does it hurt the people on this side of the screen but also on the other however despite this reason of human right I still give in to the temptation and find myself masturbating to it. It sickens me and makes me feel like I'm not a good person"*

**Boy: 18 years old**

*"I am a high school senior who just graduated and is looking at the rest of my life thinking, I need to do better than I have been. Pornography has been with me from an early age and I have finally reached a point where I am thinking it really has to stop. I have tried to stop before, setting dates for myself saying, I will be done by this date or else....whatever. It never worked and I really need some way to learn control of myself. That's why I came here, because I really have no where else to turn to be able to overcome this addiction."*

**Boy: 18 years old**

*"I would really like to get away from pornography. I mean, it's killed plenty of the relationships that I've had and it just doesn't benefit me or the people around me."*

**Boy: 19 years old**

*“Since I was in the 7th grade and was handed a free school laptop that some person on some committee thought was a good idea to hand kids, I've struggled with sex addiction. It used to be maybe at least twice a day pornography was a need. After a lot of refocusing spiritually, I've come to peace with the trial it creates; however, as a missionary, it's my duty to live in purity for others, not me. I cannot fulfill this calling if this chain continually trips me up, even if it's just once or twice a month. I'd like to give the program a try; freedom has tasted so sweet I'd hate to lose it.*

*Boy: 19 years old*

*Being given access to this program would greatly benefit me and hopefully break free from such a disgusting addiction/habit. I remember when before I was introduced to Porn I was very confident, happy, outgoing, sociable etc. but now I seem to be stressed most of the time, down, depressed, not outgoing as much, I am nervous around some people, I have lost some of my confidence. This program would help me get back on track and keep me focused on my goals as I know such a thing as watching Porn can affect a person psychologically and can alter people's belief, attitudes and views towards women and how women are treated. In all honesty, I hate this habit/addiction of mine and I would like to get rid of it as soon as possible so I can live a normal life. Thank you”*

**Boy: 20 years old**

*“I'm looking to free myself from this incredibly time consuming and mal-nourishing habit. I've noticed an extreme attitude change in myself over the years, I was much happier back then before this habit started, and I'm afraid that with time it will only get worse. I am willing to do what it takes to break away from this bad habit for as long as it takes.”*

**Boy: 19 years old**

*“I know I need to stop. I have tried a lot but I always end up going back to it. whether its after a few days or a week or a few weeks. I just cant seem to move on from it. I have been following you on social media for a while but always thought this was simply to raise awareness and didn't know about the program until now.*

*I have tried Tony Litsters program and read Pamela Pauls pornified in an attempt to fight this. I have used various programs and tools to remove all explicit content. I just cant seem to get rid of it. Yes I am addicted to this. But the worst part is that there is no one to talk to. Alcoholics have support groups, drug addicts have support groups but if a porn addict asks for help, there's nothing available. No support groups or meetings or anything like that.*

*I don't know if this program will help get rid of my addiction. But what I do know is that ill keep on trying with one thing or another. again and again.”*

**Boy: 15 years old**

*"I have been struggling with addiction for far too long and I'm really just sick of it, I'm depressed all the time and feel like I can't really get to know people or get to know people because I have this lie in my life. All I want is to break the chains holding me back so that I can be a better person and feel good about myself."*

**Girl: 20 years old**

*"I have been struggling with it and don't know how to deal with it because I am afraid to talk about it. It's embarrassing and I just want it to be over with."*

**Girl: 16 years old**

*"I've been trying to stop for about 5 years. I don't do it constantly or everyday, but it's definitely a struggle. When I join programs, groups, or a big movement like this I am very committed. I think this will teach me a lot of discipline, I'll find love and strength with myself and others, and I will see more in my life than I do now. No one really knows I'm doing this or I'm trying to stop. I just really want support, love, and help to stop."*

**Boy: 19 years old**

*"I'm really concerned about my future. Pornography is affecting my behavior. I'm becoming very lazy and losing interest in physical activity. After watching pornography I'm often left depressed. My life is starting to fall apart and I don't know how to fight back pornography. I can't go to anyone as it is very embarrassing to reveal this humiliating deed of mine to anyone. Please help me!!"*

**Boy: 17 years old**

*"I have been struggling with my addictions for well over ten years. I started when I was very young, not even seeking it out, or comprehending what it was. It was an accident that I saw it, but I liked it, so I sought after it again. It took me about eight years to finally confess to someone that I looked at that stuff. I kept telling myself that I'd stop tomorrow. And when I really did try to stop, I couldn't. I have actively tried to stop for about two years now. I'm currently in a church sponsored twelve step program. But I don't have any friends. I don't really trust anyone. My parents were abusive, and I don't talk to them much. I have always been very introverted. And that hasn't helped my addictions. It's led to depression, and the failing of several relationships. I found the "Fight the New Drug" fan page on Facebook. I have followed a lot of your stuff and it's motivated me to try even harder to make a change. I'm a musician, trying to make it big. One thing that I think is unique about me is that I'm not afraid to address issues that seem taboo in our society today. Some of my songs are about pornography, and are very against it. Some of my songs are about abuse. I want very much to help those struggling with the same issues I do to get past them. But in order to do that, I feel that I need to get past them myself. I've fought this for so long. I'm ready to stop hating myself. I'm ready to feel worthy of the love of my friends, and my loved ones. I'm ready to be free of my addictions and I'm willing to do whatever it takes."*

***Girl: 15 years old***

*“When I was younger I went to church every Sunday with my parents learning about God and how to be a better Christian. As I grew up we went less and less. There was a change in preachers and I needed to spend a lot of time on my homework. I still heard stories about God at home and believed in him. Now how it all began: It was the summer when I was 12. I received a magazine from my mom. It was one of those "teeny bopper" magazines and it advertised a site that you could go on and write stories and read others. 12 year old me thought that it sounded awesome to be able to share my writing with the world so I used our family computer and looked up the website. I went on and for the first few days I just read a few books, but then it lead me to the first thing I had ever read something pornographic. The site was suppose to have censored out stories like this, but it was so big that it would have been next to impossible to have done so. I read this story and when it described the scene I began to feel something "down there" it gave me the best feeling I had ever experienced. At the time I didn't know what I was feeling was an orgasm because I had not been taught sex education yet. So most days I would go on and try to find another pleasuring story. I became curious because I had never seen a male's area before and with reading the stories it made me want to know. I looked it up on YouTube and found what one looked like. When the site I had been reading these stories from started monitoring its material more carefully. I went on Google and searched "sex stories" from this search arrived a whole new endless amount of this pleasure I was receiving. On one of these sites was a link to videos. I clicked on it and viewed the free material. It gave me more pleasure than the stories and faster too. It wasn't until I was searching for more that I came across an article talking about how it was wrong for Christians to masturbate, watch porn, and have premarital sex. After reading this article I felt dirty. I realized what I had been doing was wrong. I tried to stop numerous times, but it never worked. I have been trying to stop for months now. I found your site through a YouTube video on "How to stop watching porn" and I decided to check it out. I hope that I will be able to receive help because trying on my own has not been working. The longest I have gone was 1 week. I pray at church to help me stop and to forgive me for what I have done. This addiction, that I didn't recognized I had until I found I was unable to stop what I was doing, is something I really want to over come. Thank you, Isabella Peterson.”*

*“I really want to get better. I am a very socially awkward person and I started to wonder what I have done to become socially awkward. Then, I found about this movement against pornography.*

*That made me realize the reasoning why I am so socially awkward. I can't look people in the eye, I don't remember the last time I didn't have an awkward conversation with someone, and sometimes people eventually just ignore me. I also obsess over a lot of things, including people.*

*I am done being a victim and I want to start taking control of my life because it's my life. Plus, because of this, I have done some things that pull me farther from my relationship with God, and my relationship with God means a lot to me. I really hope this program will help me.*

*I fell it is also a little harder for me to overcome this because I am a male and I am attracted to other males. I think the viewing of pornography has made this worse for me. I do not want to act on this attraction for guys because it isn't worth it for me, God means more to me than that.*

*I just really want to get better, I feel like I have so much potential, but this is holding me back. I will not let myself get pinned down so easily from now on. I am ready to stop being that awkward kid, and I'm ready to take control of my life.”*

***Girl: 16 years old***

*“I have tried so hard to looking at porn, but I can't. I've blocked the sites on my computer and phone, but I just keep on finding new ways to view it. I know how bad it is and that it is having a negative effect on me, but none of that knowledge is helping. It's against my beliefs and those of my family and close friends, but I still can't stop. I need help.”*

***Boy: 19 years old***

*“I first saw pornography at 10 in a magazine, and it has been downhill ever since I have quit multiple times but every time I thought I was in the clear those temptations would take hold and I would be involved again. I am now 18 and I just want to be clean. I don't like the way it makes me feel, it feels good for those short moments but after that I feel just wrong. I noticed when I would view porn my relationship with my family would slowly deteriorate, I have great faith that this program can help me, and I ask you to please help.”*

***Girl: 16 years old***

*“Pornography is slowing destroying my life, spiritually, emotionally, and even physically as I'm become obsessed with body image. I've been dealing with this pornography addiction for three years now and I'm so tired of trying to stop, but I just don't know how. I've reached a point where I don't even want to try anymore because I don't see a way out. I desperately need a program like Fortify to help me find that way out.”*

**Girl: 18 years old**

*“I’ve been struggling with this problem for a very long time. I first encountered pornography when I was 9 years old, before I really understood how evil it was. My addiction seems to be linked with stress and/or sadness, and it pops up when I’m feeling particularly vulnerable. I’ve been doing better, but I want to be able to say that it isn’t a problem for me any more. More than anything else in the world, I want to be a mom. I want to be able to face my children and tell them that I am stronger than any addiction, because pornography is the worst addiction that anyone could ever have. This program appears to be an incredible way to help people of all ages and genders who suffer from this addiction, and I think it’s great.”*

**Girl: 18 years old**

*“I am committed to beating this addiction that has been making my brain sick - I know I think differently since I began regularly using porn and I want to change. I’m a girl and I’m afraid to talk to anyone in person because it’s so taboo, especially in my Christian circles. I really feel like this program is relevant, well put together, and my best chance at getting through this to the other side.”*

**Boy: 19 years old**

*“I have been fighting for eight years against masturbation which lead to pornography. During the past eight years, the longest I could go without masturbating was about one week. No matter what I tried I would relapse and mentally berate myself for it each time. I’m not exactly sure why but recently I have been able to go about a month between each time masturbating. However, many of my dreams are filled with sexual fantasy, more so than before, and I think I still masturbate somewhere between wakefulness and sleep. I have sexual dreams so vivid that I am not entirely sure whether I am awake or not.*

*I have tried many things to overcome this addiction. I need this program to give me an extra push so that I do not relapse this month and can continue strong for the rest of my life.”*

**Boy: 20 years old**

*“I have been struggling since I can remember. some nights I can't sleep if I don't watch and masturbate. my viewing have escalated though the years and now I can only get off by watching incest videos. I want to stop, I don't like the man that it's turning me into. I've tried multiple times to stop cold turkey but it never works.”*

**Boy: 19 years old**

*“I am vaguely interested in quitting wanking, because I think it'd make me more motivated to find a real relationship, and I think it'd make actual sex as fun as it*

*should be. I don't particularly mind either way, but I'm up for quitting, I just don't have the motivation."*

**Boy: 17 years old**

*"Well, at first it started with curiosity. I liked girls, a lot. I was in the restroom in seventh grade and I got an awkward erection thinking about this girl I liked. Then I wondered how it felt like to have sex and then I was out my hand down there and did it. Then a good feeling started coming up and bam! I was amazed of what I could do to myself. For next days, I kept doing it, for which I didn't know it did harm or was against my religion. Well I went to a talk one day and one of the speakers spoke about the evil of masturbation. I didn't know what that was so I looked it up. Then pictures of people doing that came up. I looked but then nude women came out and I clicked on the link. When I saw the videos and pictures, the erection came back and I did it again. I kept doing it for 5 years telling myself it did no harm to others. I would stop for days, weeks, and months trying to not do it since I confessed it, but the feeling was so good I could not resist, and the women were really attractive. Then one day, I matured and realized what I'm doing doesn't affect others, but me. I felt like it was holding me back and that I could not continue with life. I wanted to progress but I would choose porn over friends. I've been wanting to stop but it's difficult. I finally got the guts and asked a friend for any advice and referred me to this program, since his son had the same problem as me. I've been dealing with this problem for 5 years and I'm afraid this will start affecting my education (which has a bit), my relationships ( I had a couple but I didn't watch porn during those times), and family. I also want to have that good feeling again of being pure of heart. I dislike being hypocritical when people ask me for advice on things being related on how to be a good example and person. I'm done feeling guilty, I want to progress and I hope this program will put an end to my addiction."*

**Boy: 18 years old**

*"I've dropped out of school, work, social life, everything. every day is the same and I am becoming extremely violent, depressed, and anxious. I am 100% certain that porn and masturbating is what made me so fucked and I want my innocence back. I want to believe in something in life other than porn. I need help if it isn't too late yet to get my life back on track."*

**Boy: 18 years old**

*"I have been struggling with this addiction for a few years now. At first it didn't seem like a big deal but now its turned into something I just cant stop myself from doing even if I try to. I hate being stuck in this cycle. I want to have a healthy married life when I'm older and I need to get away from porn."*

**Boy: 19 years old**

*"I just don't want to deal with this alone anymore. I don't have anyone to help with this problem and I am sick of it controlling my life. I just want to be able to go through a week and not feel like I am detoxing from a drug."*



**Boy: 16 years old**

*"Watching porn is a bad habit, and I want to get rid of this bullshit. And I wish I could be the same person as I was earlier. And moreover, for a teen, arranging money for treatment or any program is a quite a bit difficult. And same is in the case of mine."*

**Boy: 20 years old**

*"I'm a young newlywed, and believe I'm developing erectile dysfunction due to watching porn. I've tried to stop but been unable to."*

**Boy: 17 years old**

*"I feel like pornography is a very addicting disease that has grasped my life. I started at a very young age and saw some things that gave me pleasure, pleasure that I was hooked on to this day. If I don't get help soon, I feel like my life will be headed in a path of self destruction. I am determined to stop yet I find myself back at square one every time."*

**Girl: 19 years old**

*"I am a medical student . pornography destroys my life , destroys my brain . I want to cure from this addiction , to be free , to change my life . I believe that I can be a good doctor and help many people but porn stands in my way and destroys my future . thank you . Another thing I signed up before with the same name but wrong e mail , sorry"*

**Girl: 16 years old**

*"I really probably shouldn't. I don't think I can stop. I am just starting to realize how repulsive pornography really is, but it's like my security blanket. I don't know if I can stop."*

**Boy: 16 years old**

*"School personally, my grades aren't as high while viewing pornography. If I was in college, which would be where that was one of the biggest temptations, I think having a scholarship to get me into the program would be essential."*

**Girl: 15 years old**

*"Frankly, I need it, and I can't afford to pay for it online since my parents don't know. I've been battling this addiction for years now, trying to do it on my own, because I was so ashamed to tell anyone, but today I relapsed, and I realize that I do need to tell someone. Everyone thinks I'm a goody-two-shoes, and I want to be who they think I am. I want to help other people, but I can't even do that when I hate myself. I really need this, please."*

**Boy: 19 years old**

*“For almost a decade, porn has influenced my life greatly. It's taught me to think unrealistically about what it means to have an intimate experience with a significant other, to the point where the actual act of sex isn't satisfying. Knowing that porn has the same effects to the brain when compared to physical drugs and that my sex life can be ruined for the rest of my life truly sickens me, and if I can help reverse how porn has affected me through Fortify... Then let's do this. I'm finally ready to make the change.”*

**Girl: 14 years old**

*“I've been struggling with porn addiction. It keeps me locked in my room for half an hour every 60 minutes. I really hate it! But it makes me a lot more sexual. It puts me in a weird state of mind. I first searched kissing at age 7 Then it lead to lesbians kissing at age 8 soon it escalated to hardcore porn and masturbating at age 14. I hate it. I think weirdly anytime someone says something that could relate to porn. People might start spreading rumors if I'm to addicted. I have to delete history.. It changes my personality almost. Pleaseeeee HELP HELP HELP.”*

**Boy: 19 years old**

*“Porn has cost me many things in my life. One of the most important things to me was playing basketball in high school, but because of my intense need for the intense immediate pleasure that watching pornography gave me I was unable to focus on my studies and subsequently I was unable to play for the four years that could have been MINE. I always wonder how good I could have been what I really could have become through basketball instead of a porn-addict.”*

**Boy: 20 years old**

*“I consider myself to be a fairly successful person in almost all areas of my life-- work, school, and athletics. I work extremely hard to get what I want and I believe this is reflected in my grades, advances in the workplace and pure dedication to sports. I have cut many vices out my life to get where I am, such as, excessive video game use, and illegal drug use, to name a few. While I have been able to completely eliminate many addictive vices there is one that I cannot seem to quit. Virtually everyday I tell myself I will quit masturbating and watching pornography, yet I almost never do. I firmly believe this is affecting my social life-- more specifically my dating life. I have no confidence when it comes to women. That is the least of my worries. I don't want to be the kind of person who says one thing then does another with their eyes. I have been unsuccessfully trying to quit for 4 years. I feel the only way to quit is through getting support from a program.”*

**Boy: 20 years old**

*"I have tried to quit for many years now and have not been able to by myself... I have set up programs on all my devices but I have always found a way around them. I am currently married and want to stay faithful to her but I have never reached the bottom of my addiction and I need help."*

**Boy: 19 years old**

*"I am 20 years old and I have problems with my sexual life because nothing can touch me any more. I watch porn about 2-3 hours in a day. I watch every day the updates and the news and I caught my self waiting for a scene or a movie too release many times. I think I need help because I don't believe that if I stop watching porn will solve my problems, I think I need something more than this."*

**Boy: 17 years old**

*"I am currently gay, 16, and find myself beneath the chains of pornography and masturbation. I will not stop without help. My parents are unaware of my addiction, and them finding out would be detrimental to their acceptance of my sexuality as a matter of love and not lust."*

**Girl: 19 years old**

*"I have been struggling with an addiction to pornography for roughly 3 years. I was really glad when I discovered a few of my friends also have this problem, but they don't seem to be very proactive about doing anything about it. I want to go through this program so that I can tell my friends that it works, and be able to better support them through their battle."*

**Boy: 19 years old**

*"Because I just need help. I have tried to conquer this on my own, and even people have tried to help mi. think if I was part of a program that helped me develop better habits and kick it once and for all. I've read the articles your site has put up about pornography. I feel awful for what I have looked at, and it has to stop. When I conquer this, I want to tear down the porn industry-I don't know how I will do that, but it needs to end. It has practically made my life miserable, and is destroying countless others. Some of my friends have fallen into it to, but not because they were looking for it, but because they came across it. Porn is not a "one" time thing. You see it once, You WILL see it again. Sorry for the rant. I really just need help and I just cant seem to beat. It has been 8 years with my fight with porn."*

**Boy: 19 years old**

*"I am a wreck. I have been living under the curse of pornography since I was twelve years old, and I don't know where else to turn. Porn is amplified for me because I have a foot fetish, so even innocent images on the computer can lead me back to porn. I am a slave to the computer, and while I have tried vigorously to stop myself, I simply need help. Please, help me become free."*

**Boy: 20 years old**

*“Because porn ruins my life. I can't get a hard on with a real girl anymore. Its been a year since I had an orgasm in real. Also I need more hardcore porn to get excited, which scares me... I tried to stop few times but it never worked then I started to look for help and found your YouTube channel. It looks promising. Help me, please.”*

**Boy: 19 years old**

*“I believe that I should be selected for this opportunity because I have a strong desire to rid myself of pornography addiction. I'm tired of the way that I've been for the past 5+ years because of this addiction. I've never had any confidence talking o girls and when I would talk to girls, I would never try to move to a romantic relationship because I just felt so shameful for what I've done. For example, I missed an opportunity with the girl of my dreams a couple of years ago because I didn't think it would be fair to her to date someone like myself.”*

**Boy: 19 years old**

*“I am addicted to pornography and need help defeating it. It is detrimental to my mood, attitude, religious beliefs and overall internal satisfaction. My problem is escalating and I know that I need help. I have read numerous researches about porn addiction and they describe the different phases an individual goes through. I am going through these phases and cannot let myself continue to go down this path. From this program I would like to gain more discipline and self-control. I want to beat this habit.”*

Clay Olsen  
Fight The New Drug

I support