



30-DAY recovery challenge

Tell someone - I want to quit porn.	Download accountability software on all my online devices.	Ask someone to be my accountability partner.	Meet online or in person with my partner.	Write down my personal goals starting with "who do I want to become."
Start to journal my thoughts and porn triggers daily.	Learn about porn withdrawal.	Move my gaming equipment to a central, public location	Delete my hidden stash of porn including the computer cache.	Throw away any triggering print media.
Only watch family-safe PG movies.	Ask a friend for help when I'm feeling weak.	Ask God/Higher Power for help every day.	Say at least one positive thing about myself out loud	Express heart-felt gratitude to someone daily.
Stop taking my phone to the bathroom.	Go for a walk or run when I'm craving porn.	Remove my phone from the bedroom every night.	Stop watching late-night shows after everyone is in bed.	Read a blog article about porn recovery.
Listen to podcasts about the porn recovery journey.	Eat 3 healthy meals a day.	Get outside in nature without my phone for an hour.	Research a new hobby to enjoy with someone else	Go to a social event that you are likely to enjoy.
Volunteer at a homeless shelter or a pet shelter.	Have coffee with a friend and make it a no-phone time.	Listen to positive music that you enjoy.	Say something genuinely kind to someone else	Take an extended social media break.



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