

## STAGE 1

### The First Stage

“We reach out”

Addiction grows in isolation. It is like a fungus that only grows in the dark; this is why we have to shine light on it in order for it to stop growing. When alone, we are more susceptible to negative thoughts and more likely to act on these thoughts. As the saying goes “an idle mind is the devils workshop”. This is why it is important to reach out and ask for help.

1. Where do you see yourself or where would you want to be with this issue in the next 12 months?

I want to reduce this addiction to a minimum, these videos destroyed my life, I was even engaged but I still couldn't stop. I hope I can reduce it with this program until this porn addiction stops, I feel very shameful. In Sha Allah I see myself in 12 months with stronger Iman, stronger Nafs and stronger self-control of my desires In Sha Allah

2. What are you going to do reach your goals?

I want to try my best not to always be alone or on my cell phone at night, but when I go to sleep I want to go straight to sleep and not play on my cell phone anymore, which often leads to the dirty videos. I will also do my best to stop paying too much attention to the opposite sex because every now and then when I have these cravings I look at women a lot which generally leads to masturbation which I can no longer stop. I also want to get more involved with Islam and stop watching anime because anime always has female characters that are almost naked that always give me false bad thoughts.

3. What is the biggest obstacle that is preventing you from getting sober?

My longing for marriage often makes me despair because I often see young couples and they also want to tempt me, which always leads to negative feelings which I then try to repress with masturbation and with this addiction I will never be able to get married because of this Addiction would destroy the marriage

4. How are you going to overcome this obstacle?

Look less at women, read more Qur'an and get closer to Allah and focus on this program, Bi idhnillah