



**The ultimate journey to break free
from Pornography addiction**

Wael Ibrahim



SHOCKING STATISTICS



DEFINITIONS



Why this particular topic?



How Pornography harms?



**Why Pornography has become an addictive
behaviour?**



How to tell if YOU are addicted?



BEAT ~~it~~!

How to tell if OTHERS are addicted?



The 'Beat it' Formula

How to start out the recovery journey?



CAN DO list

Sharing a FREE eBook



CURING TIPS



BEAT ~~it~~!

CHANGE

How to create a lasting, positive change in your life?



SHOCKING STATISTICS



**NINE OUT OF TEN CHILDREN BETWEEN AGE
EIGHT AND SIXTEEN WITH INTERNET ACCESS
HAVE VIEWED PORNOGRAPHY ON THE
INTERNET**

Research conducted by the London School of Economics, Jan. 2002

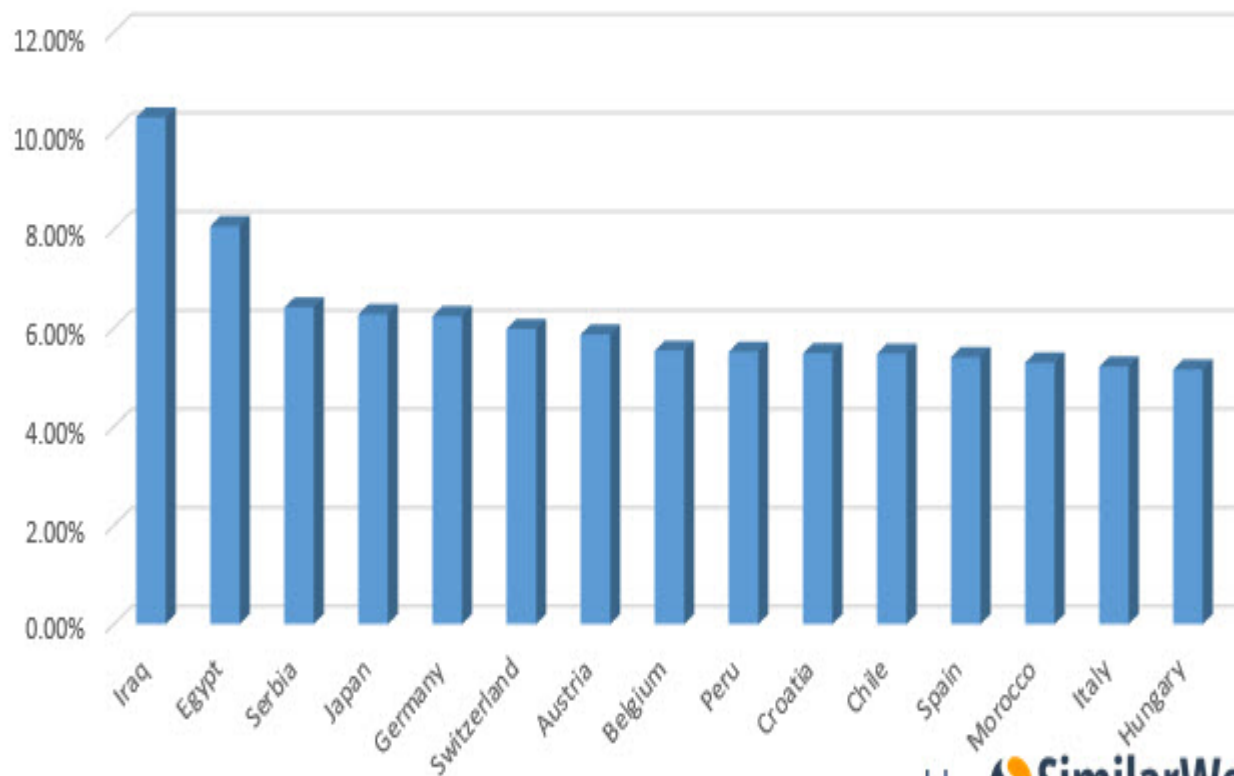


**THERE ARE OVER 4.2 MILLION KNOWN
SEPARATE AND DISTINCT PORN WEBSITES ON
THE INTERNET WITH 2,500 BRAND NEW
SITES COMING ONLINE EVERY WEEK**

www.max.com and www.afafilter.com/vitalfacts.asp



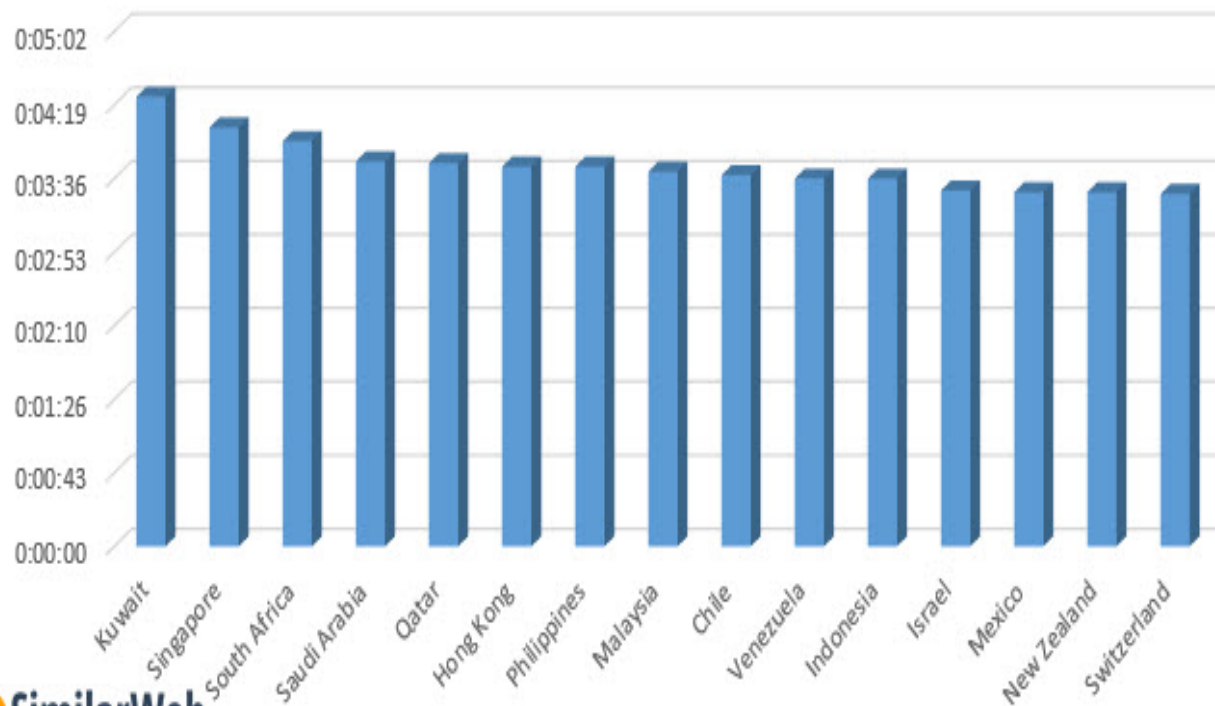
Countries with biggest shares of adult websites



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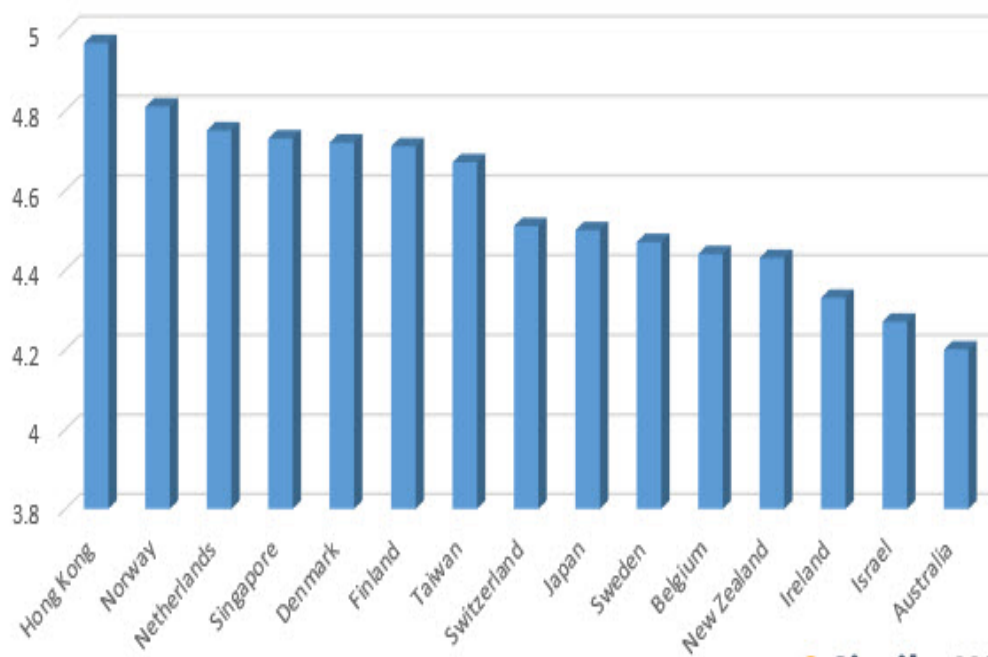


Countries with the longest average session time





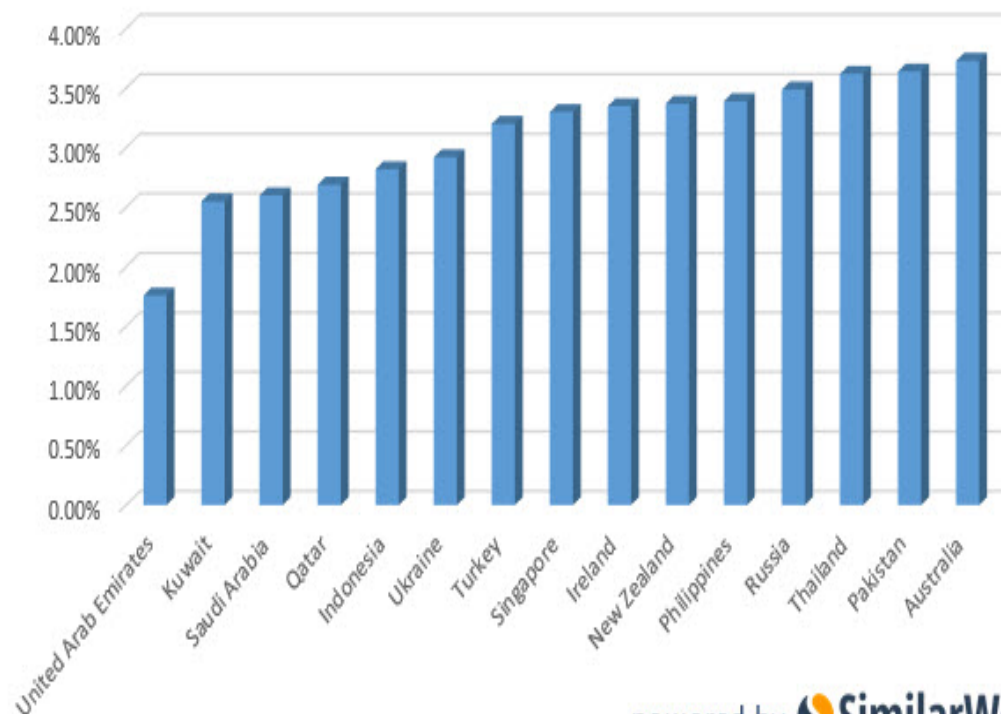
Countries with the highest numbers of pages viewed / visit



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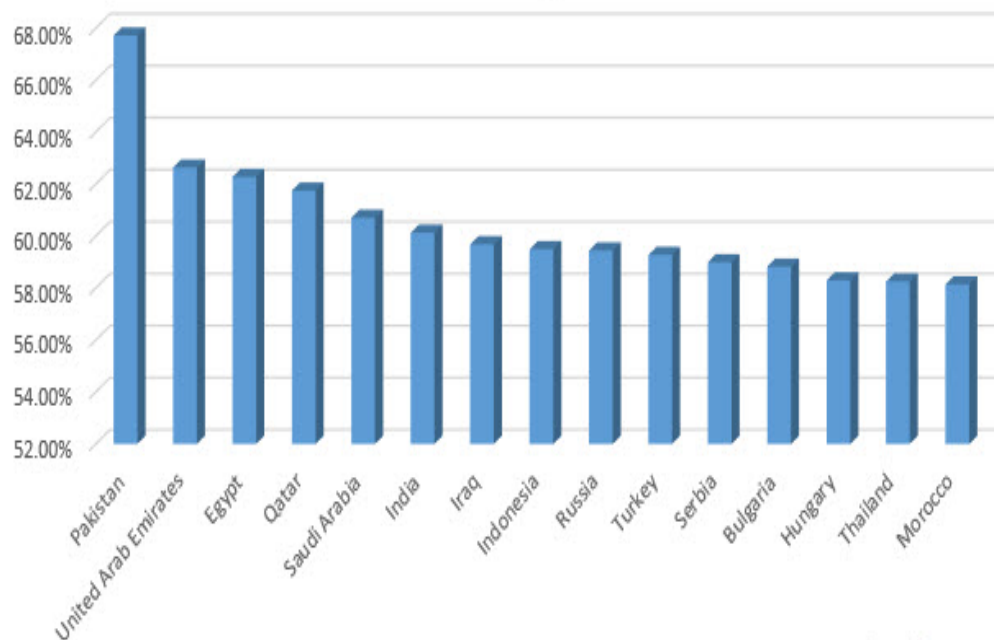
Countries with smallest shares of adult websites



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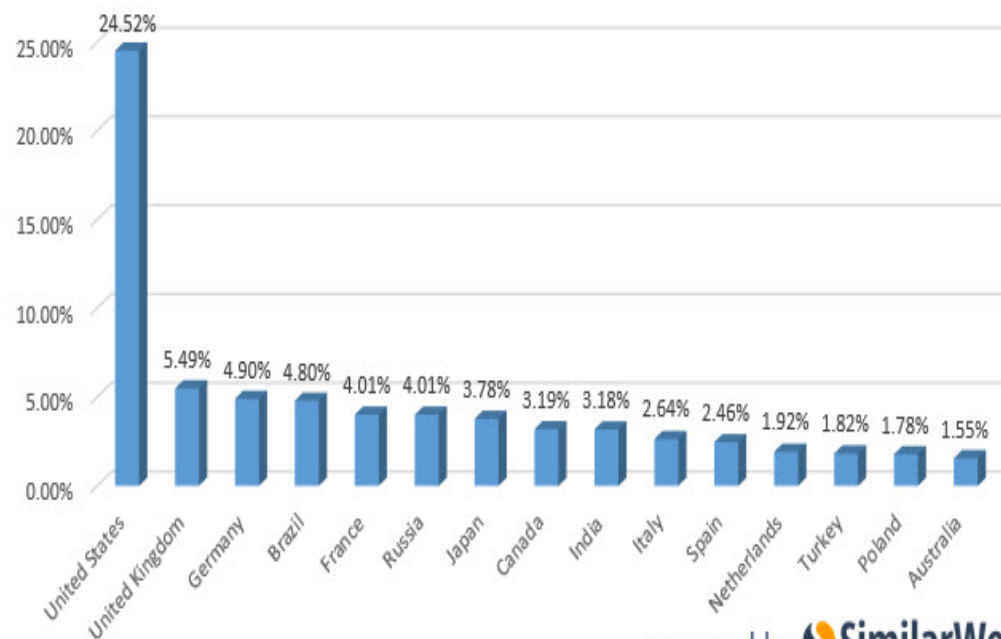
Countries with the highest bounce rate



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Top Suppliers of Adult Traffic



powered by  SimilarWeb



DEFINITIONS



PORNOGRAPHY DEFINED

GREEK = PORNE

Female captive, prostitute

**PORNEIA: Fornication,
whoredom, sexual immorality**

WHAT IS ADDICTION?



ANYTHING THAT
GRADUALLY EVOLVED IN A
MANNER BEYOND YOUR
CONTROL

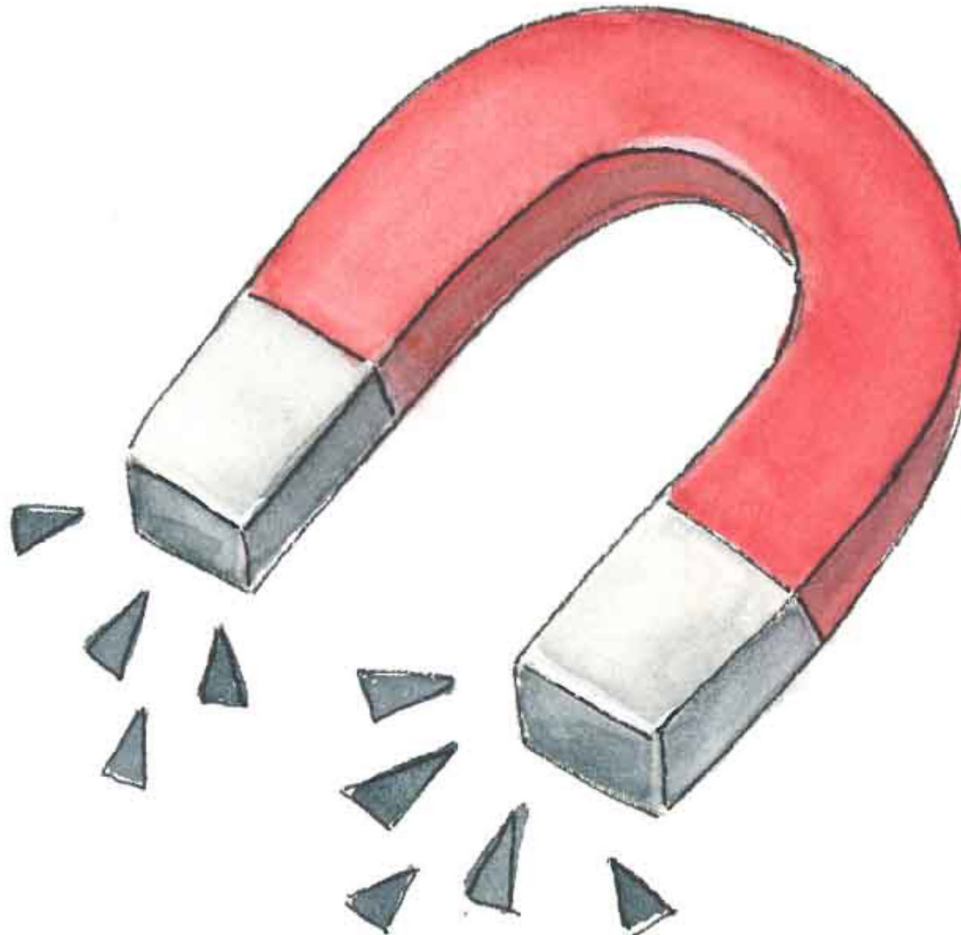


Why this particular topic?

TEE CURIOSITY FACTOR



BEAT ~~it~~!



THE PROTECTION FACTOR



BEAT ~~it~~!



PORNOGRAPHY HARMS IN 2 WAYS



BEAT ~~it~~!





BEAT ~~it~~!

**1. IT LIES ABOUT HOW
PEOPLE SHOULD TREAT
ONE ANOTHER**



BEAT ~~it~~!

2. LOOKING AT IT COULD CAUSE A SERIOUS ADDICTION



Is Pornography really addictive?

The 4 As that makes pornography addictive

1 – ACCESSIBILITY



BEAT ~~it~~!



2 – AFFORDABILITY



BEAT ~~it~~!



3 – ANONYMITY



BEAT ~~it~~!



4 – AGGRESSIVENESS



BEAT ~~it~~!





How to tell if you are addicted?



BEAT ~~it~~!

*The **secrecy** of the activity*



Prophet Muhammad PBUH said:

“Righteousness is in good character, *and wrongdoing is that which wavers in your soul, and which you dislike people finding out about.*”

MUSLIM



BEAT ~~it~~!

Procrastinating important tasks
for the sake of porn



BEAT ~~it~~!

Your expectations and beliefs
about sex change



Imagining having sex with people
other than one's spouse



How to tell if OTHERS are addicted?



Isolation



Sleeplessness and Internet all night



Browsing history is always
deleted



Violent behavior



The 'Beat it' Formula

How to start out the recovery journey?

7 MUST DO STEPS for the recovery to be successful



BEAT ~~it~~!

Your intentions require
ATTENTION



BEAT ~~it~~!

First thing first
GET YOUR PRIORITIES
RIGHT



BEAT ~~it~~!

A List of MOTIVATIONAL CUES



BEAT ~~it~~!

Naming the problem **AND ITS CONSEQUENCES**



BEAT ~~it~~!

Plan everyday
OF YOUR LIFE



BEAT ~~it~~!

Apply the
KNOWLEDGE



BEAT ~~it~~!

Change the **ENVIRONMENT**



CAN DO list

SHARING A FREE eBook



CAN DO list

<http://bit.ly/2fjN6dJ>



CURING TIPS



The ESSENTIAL 10



BEAT ~~it~~!

1

SEEK **ALLAH'S HELP**



BEAT ~~it~~!

2

TELL TO A **TRUSTED PERSON**



BEAT  it!

3

**ELIMINATE ALL
PORNOGRAPHIC** IMAGES IN
YOUR HOME



BEAT ~~it~~!

4

DIVIDE YOUR GOALS INTO
SMALL GOALS



BEAT ~~it~~!

5

DON'T PUNISH YOURSELF
WHEN YOU FALL



BEAT ~~it~~!

6

DEVELOP **NEW HABITS**



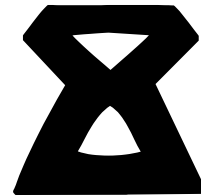
BEAT ~~it~~!

7

BE HONEST IN SEEKING THE
CURE



BEAT ~~it~~!



DON'T BE FOOLED BY **FALSE**
QUITTING



BEAT ~~it~~!

9

REMINDE YOURSELF OF **THE**
CONSEQUENCES



BEAT ~~it~~!

10

LEARN MORE ABOUT THE FILTH
OF PORN INDUSTRY AND **RAISE**
AWARENESS



BEAT ~~it~~!

CHANGE

How to create a lasting, positive change in your life?



BEAT ~~it~~!

STRIVE

SERIOUSNESS

TODAY

REPENTANCE

ISTIQAMAH

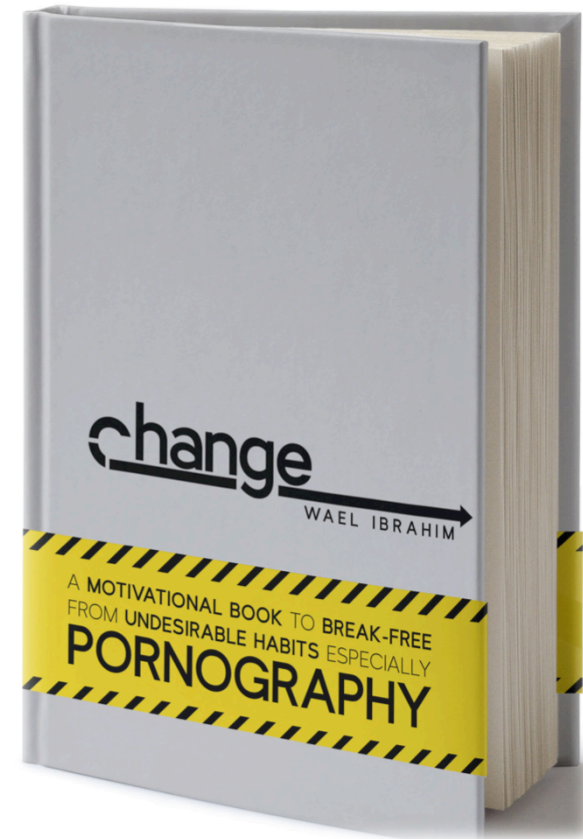
VIRTUE

Emulate

www.change-wi.com



BEAT ~~it~~!





BEAT ~~it~~!

What else can be done?



BEAT ~~it~~!

GET IN TOUCH WITH ME



changewi2015@gmail.com

[For booking a coaching session]

wael.ibrahim09@yahoo.com

[General inquiries and questions]

RECOVERY CIRCLE PROGRAM TM

For serious participants ONLY



We have received an overwhelming **messages, emails and 'on-going' responses UNTIL NOW** from the public after announcing the **NEW "Recovery Circle ProgramTM"** which will be conducted by Internet addiction expert, Wael Ibrahim in the coming few days.
It makes it really difficult for us to respond to EACH AND EVERY INQUIRY! As you can imagine.

Yesterday **ONLY**, and exactly few hours after our Facebook post about the new program, **we have received over 2000 messages!**

<http://bit.ly/2fBYQKW>

will do their utmost best to fight the battle of Pornography Addiction through the guidance of an experienced coach who is so passionate to bring about goodness to the world.



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