

## **REACH OUT /** If you struggle with pornography

- + List all the people you could talk to
- + Give them a chance to prepare
- + Meet in person for the first real talk
- + Ask for the help that you need
- + Keep the relationship going

## **RESPOND WELL /** When someone tells you they struggle with pornography

- + Listen with compassion
- + Appreciate their courage and worth
- + Recognize their challenge
- + Ask about their goals
- + Discuss how to help them

Learn more about connecting with compassion at

**[reach10.org/reachout](https://reach10.org/reachout)**