

HOW TO FIND AND FIX THE ROOT CAUSE OF PORN URGES

A SHAME-FREE ROADMAP TO
HELP YOU QUIT PORN FOR GOOD

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I'm Sam, a licensed therapist who helps men quit porn for good, without 12-step, willpower tricks, or phone filters.

In 15+ years and over 15,000 sessions, I've helped men find what's actually driving their urges, the real cause underneath it, so they can resolve it instead of just managing it for life.

This guide was designed to help you find YOUR root cause and give you specific tools to implement so you can resolve it.

CAN URGES REALLY GO AWAY?

Yes — if you find out what's underneath.

Urges don't show up randomly —

They're signals that something deeper needs attention.

THE URGE ISN'T THE PROBLEM — *IT'S A MESSENGER*

Most people think they need more willpower.
But the urge isn't the problem — it's a messenger.

It's your brain's way of saying:

"Hey, something deeper needs your attention."

If you just fight the urge and ignore the cause, you stay stuck in the loop.

THINK OF IT LIKE A SMOKE ALARM

Loud. Annoying. Hard to ignore.

But it's not the danger — it's the warning.

Turn off the alarm without finding the fire... and the fire keeps burning.

3 CATEGORIES OF URGES

There are **3 different sources of porn urges**.

If you use the wrong tool for the wrong type, **the urge won't go away** — it just gets stronger.

1. EMOTIONAL ESCAPE

Stress. Shame. Loneliness. Boredom.

Porn becomes the fastest escape.

2. HABIT

Same pattern, same time, same trigger:

Home alone. Scrolling. Late at night. Etc.

3. NORMAL SEXUAL DRIVE

As human beings, we all have a healthy sex drive. Sometimes an urge hits because it's just a normal feeling we all have.

But because of years of porn use, that healthy drive gets directed towards the counterfeit of porn.

Find If you don't know what's driving the urge, you'll keep using the wrong solution.

Habit-level tools (breathing, journaling) won't resolve emotional-level urges.

Find the root. Match the tool. Break the cycle.

‘TRACE THE ROOT’ TOOL

Now knowing there are three different urge categories, when feeling an urge, the first step is to identify which category it’s coming from.

Here’s how to do that —

ASK YOURSELF THESE QUESTIONS WHEN YOU’RE TRIGGERED.

These will help you get clearer about underlying issue creating the urge.

- What just happened today (or this week) that might be weighing on me?

→ Look for stress, conflict, disappointment, rejection, or overwhelm.

- Did this urge come at a time or place I’m usually triggered? (Is this part of a routine or pattern?)

→ May point to Habit

Was there a specific trigger — like an image, app, or scroll? (Did I go looking for something or stumble across it?)

→ Could be Habit or Sexual Drive, depending on context

Do I feel a strong need for comfort, relief, or distraction?

→ Likely an Emotional Escape urge

‘TRACE THE ROOT’ TOOL

(Continued)

ADDITIONAL QUESTIONS TO ASK YOURSELF:

Is this just a natural sexual response — without emotional weight?

(Do I feel physically aroused, but otherwise calm?)

→ Likely a Normal Sexual Drive urge

- Is there a feeling I’m avoiding right now?

→ Many urges are an escape from emotional discomfort.

- Am I feeling disconnected — from God, friends, or myself?

→ Disconnection often fuels both emotional and physical urges.

- What do I really want right now that porn is trying to replace?

→ Maybe it’s comfort, affirmation, control, or rest.

- Have I been taking care of myself — physically, emotionally, spiritually?

→ Neglecting your needs often leaves the door wide open for urges.

EMOTIONAL TOOLS

Each type of urge needs a different approach. Here's a quick-reference guide to help you apply the right tools — right when you need them.

Goal: Process the emotion you're feeling instead of avoiding it. Here's how:

- Talk it out with a friend, spouse or support network — name what you're feeling
- Ask yourself: “What is this feeling trying to tell me?”
(e.g., Anxiety = something unresolved or out of control)
- Write it out: “I feel ____ because ____”
→ This helps name and externalize the emotion
- Use the “5 Whys”: Keep asking “Why do I feel that?” until you get to the root
 (“I'm anxious.” → Why? → “I feel behind.” → Why? → “I'm afraid I'm failing...”)
- Scan your body and ask where you're holding tension — bring awareness to it and breathe into that space
- Self-Compassion: Remind yourself it's okay to feel what you feel
 (“It makes sense I feel this way because...”)
- Ask what the emotion needs
(Comfort? Safety? Reassurance? Boundaries?)
- Pray or reflect spiritually — hand the emotion over or sit with it in a mindful way

HABIT TOOL

When certain places, times, or routines have become connected to pornography.

Goal: Goal: Identify your common trigger situations and create a new plan before they happen.

STEP 1: FIND YOUR TRIGGER SITUATIONS

Many urges don't begin with a strong emotion. They begin with a familiar situation that your brain has learned to connect with pornography.

Ask yourself:

- When do I usually feel tempted?
- Where am I?
- What am I doing right before the urge shows up?

You may notice patterns like:

- Getting home from work.
- Sitting on the couch with your phone.
- Being home alone.
- Staying up late.
- Lying in bed scrolling.
- Bored on the weekend.

These situations become the fork in the road. If you keep following the same routine, you'll often end up in the same place.

STEP 2: CREATE A NEW PLAN

Don't wait until you're tempted to decide what you'll do.

Make the decision ahead of time.

Choose a healthier routine that you'll immediately start whenever that trigger situation happens.

The goal isn't just to avoid pornography. It's to replace the old routine with one that moves you toward the person you want to become.

HABIT TOOL

(Continued)

EXAMPLES:

Old Pattern

Get home from work → Sit on the couch → Pick up your phone → Scroll → Pornography

New Plan

Get home from work → Put your phone away → Take a shower → Eat dinner

Old Pattern

Home alone on Saturday → Open YouTube → Keep scrolling → Pornography

New Plan

Home alone on Saturday → Go to the gym → Work on a project → Read for 20 minutes

Old Pattern

Can't sleep → Pick up your phone → Pornography

New Plan

Can't sleep → Stretch → Read a few pages → Go back to bed

Old Pattern

Finish dinner → Sit in your favorite chair → Scroll social media → Pornography

New Plan

Finish dinner → Go for a 15-minute walk → Listen to a podcast → Relax afterward

** REMEMBER **

These habit tools only work when the urge is being driven by a habit or routine.

If your urge is actually coming from stress, loneliness, shame, fear, rejection, or another difficult emotion, **changing your routine alone won't solve the problem.**

In those moments, go back to the Emotional Tools section and identify what you're really feeling. Once you've addressed the emotional need, these habit tools become much more effective.

Emotional problem? Use an emotional tool.

Habit problem? Use a habit tool.

The better you become at identifying what's driving the urge, the more effective your recovery plan will be.

PHYSICAL DESIRE TOOLS

When the urge is just physical desire — not triggered by emotion or habit:

Acknowledge and normalize sexual desire and arousal

→ It's okay to notice attractive people or feel turned on — it doesn't mean you've failed. Just notice it, and move on without shame.

Shift your focus to something meaningful or creative

→ Use the energy to build, contribute, or create (work, write, design, clean)

Breathe deeply and stay with the feeling without reacting

→ Notice the arousal without rushing to act on it — let it rise and fall

Practice holding space for the desire

→ Remind yourself: “This feeling is okay. I don't need to escape it or feed it.”

Pray or connect spiritually — bring your body and spirit into alignment

→ Recenter your mind on who you're becoming, not just what you're feeling

Remind yourself of your vision

→ “How would the ideal version of me respond to this right now?”

Redirect the energy into genuine connection with your wife

→ Not as a pressure or fix, but a desire to bond with real intimacy

WANT HANDS-ON HELP BREAKING THE CYCLE?

If this helped you understand your urges better,
you'll get even more clarity and tools from the podcast.

Every week on The Couples Healing Podcast, I share:

- Why you keep relapsing — and how to finally stop
- How to overcome shame and rebuild confidence
- The path to restore trust and connection in your marriage

Listen to The Couples Healing From Pornography Podcast.
Trusted and downloaded over 400,000+ times — join the
movement.

[CLICK HERE TO LISTEN TO THE PODCAST](#)

READY FOR A PERSONALIZED PLAN?

If you're tired of doing this alone — and you want real, lasting
change — let's build you a plan together that actually works.

- Identify exactly what's triggering your urges
- Break the patterns that keep pulling you back
- Build an action plan to help you eliminate porn

Together, we'll customize a plan so you can overcome this issue
for good.

[CLICK HERE TO BOOK A FREE CALL](#)