

A FIELD GUIDE FOR MEN

Cut It Off

A man's field manual for beating porn

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You know the loop. Something stresses you out, or you're bored, or you're alone with a phone at eleven at night, and you're back at it. Two minutes later the shame lands like a dropped anvil. You swear this is the last time. You've sworn that a hundred times. Somewhere in there you started believing the lie that this is just who you are now, and that God is tired of hearing from you about it.

I'm not writing this to shame you. You've got enough of that already, and shame has never once gotten a man free. This is a field manual. Plain moves, not a pep talk. A soldier who keeps losing the same ground doesn't need more guilt about losing it. He needs a better plan and someone standing next to him.

Here's the part you need before anything else: you are not disqualified. Not from God, not from a good marriage, not from leading your family, not from being used by Him. What follows is how a lot of men have actually walked out of this, one day at a time, without pretending the fight is over.

1. Why willpower alone keeps failing

You've tried gritting your teeth through it. It worked for a while, maybe a few weeks, and then a bad day showed up and the wall you built came down in about ninety seconds. That's not a character flaw unique to you. That's what willpower does under pressure. It's a muscle, and muscles get tired.

Willpower treats this like a discipline problem. Sometimes it partly is. But mostly it's a habit loop wired into your brain by repetition, and a wound underneath that the habit is medicating. You can't outmuscle a wound. You can only fight it with something bigger than raw effort: grace that actually changes what you want, and structure that removes the choice before you have to make it in the dark. Both of those are coming. Willpower alone was never going to be enough, and that's not bad news. That's the reason you keep failing the same way, and it points straight at what actually works.

2. Grace over shame is the engine

Shame tells you that you're disgusting, that you've burned through God's patience, that a man like you doesn't get to ask again. Shame sounds like conviction. It isn't. Conviction says "this is sin, turn from it, come to Christ." Shame says "you are the sin, stay away." One of those moves you toward God. The other one is exactly what keeps a man circling the drain for another ten years.

Here's the truth shame doesn't want you to hear:

"Therefore there is now no condemnation for those who are in Christ Jesus." (Romans 8:1)

Read that again slow. Not "no condemnation once you've cleaned up." Not "no condemnation after ninety clean days." Now. If you belong to Christ, that verdict already happened at the cross, and it doesn't get re-litigated every time you fall. That doesn't make the sin smaller. It makes the shame a liar. Grace is what actually breaks this cycle, because shame drives men back into hiding, and hiding is where the habit lives.

3. Radical amputation. Cut the access.

Jesus didn't tell you to try harder. He told you to cut something off.

"If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell. If your right hand makes you stumble, cut it off and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to go into hell." (Matthew 5:29-30)

He's not telling you to maim yourself. He's telling you the level of seriousness this calls for. If a thing keeps causing you to fall, you don't negotiate with it. You remove it. Today, not next week.

And notice who He's talking to. He's not warning you that the next fall sends you to hell. He's telling His own disciples that sin is serious enough to be worth losing an eye over. If you're in Christ, Romans 8:1 already settled the verdict on you. This verse is about how much this thing is costing you, not about whether God still has you.

That means real, boring, unglamorous moves. A blocker on every device you own, installed by someone else who holds the password, not you. The browser you always used, gone. The private window turned off at the network level. Your phone out of the bedroom at night, charging somewhere you'd have to get up and walk to. None of that is weakness. That's a man taking his own sin seriously enough to build a wall around it instead of just promising he won't walk near it.

"Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body." (1 Corinthians 6:18-20)

Flee. Not "manage." Not "moderate." Flee, the way you'd run from a burning building. Cut the access first. Everything else in this list works a lot better once that's done.

4. Bring it into the light. Confess to a real man.

Secrecy is the oxygen this thing breathes. As long as nobody knows, it stays small and manageable in your head and huge in your gut. The moment you say it out loud to another man, something breaks. Not the temptation, not overnight. The isolation. And isolation was doing half the work of keeping you stuck.

"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much." (James 5:16)

That's not a suggestion for extra-credit Christians. That's the actual instruction. Find one man, not your wife first, a man, someone who's earned the right to hear hard things from you and say hard things back. Tell him what's actually happening. Ask him to check on you. Getting help is not weakness. Hiding is what's weak, because hiding takes everything you've got and gives nothing back. And if you've burned through every man who might have been that guy, you're not out of options, you're at the start of building new ones. A recovery group, a good church, a counselor, that's where the next honest man comes from. Not having him yet is not a reason to keep hiding.

"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)

That's God's side of it. He's not waiting to see if you've earned it back. He's faithful. Confess and let Him do what He said He'd do.

5. The deeper wound underneath it

Nobody ends up here for no reason. For a lot of men it's stress with no other outlet. For some it's loneliness, or a marriage gone cold, or something that happened to them a long

time ago that they've never told a soul. The habit is rarely the root. It's usually the thing a man reaches for because the actual wound never got looked at.

This is where a lot of guides stop, and it's where I want you to keep going. If you've fought this for years and the blockers and the accountability aren't touching it, that's not you failing at the plan. That's a sign there's something underneath the plan that needs more than willpower and a filter. A good Christian counselor isn't a last resort for the weak. It's wisdom for a wound that's bigger than a habit. If this has become compulsive, something you can't stop even when you desperately want to, that's worth professional help too, and asking for it is one of the strongest things you'll do all year.

6. What to do the moment after you fall

You're going to fall. Probably more than once before this gets easier. What you do in the sixty seconds after matters more than almost anything else in this whole guide.

Do not spiral. The spiral sounds like "I knew I couldn't do this, I'm always going to be like this, what's the point." That voice is not neutral. It's trying to turn one bad hour into a bad decade. Don't let it.

Instead: stop, right where you are. Confess it to God, plainly, without the performance. Text the man from section four before the sun goes down, not next week when it's easier to soften the truth. Get back to whatever you were supposed to be doing. Tomorrow morning, get up and do the next right thing. One fall is a fall. It is not a verdict on who you are, and it does not cancel Romans 8:1.

7. Building new patterns

Cutting off access closes a door. It doesn't fill the room. If you don't put something in that empty space, you'll find another way to fill it, and it might not be better.

Build a rhythm you can actually keep. A short prayer at the same rough time each day, not a perfect one, just an honest one. A regular check-in with the man who knows. Something physical, a run, a lift, work with your hands, that burns off the pressure before it looks for an outlet at eleven at night. Sleep, because exhausted men lose fights that rested men win. None of this is complicated. It's just consistent, and consistent beats intense every time.

8. If the darkness has gone deeper than shame

Some men reading this aren't just ashamed. The shame has curdled into something worse, into wanting to be gone. If that's you right now, stop reading the rest of this and hear this part first.

You are not too far gone. Not for God, and not for the men who'd want to know if they knew. If the shame has turned into wanting to be gone, reach out right now. Call or text 988, the Suicide and Crisis Lifeline, any time, day or night. If you're a veteran, dial 988 then press 1. That call is not weakness. It's the same move as everything else in this guide: bring it into the light instead of carrying it alone in the dark.

The verses to have ready

Keep these where you can get to them fast. Write them on a card, save them in your phone, whatever it takes to have them ready before the moment hits, not after.

Romans 8:1 "Therefore there is now no condemnation for those who are in Christ Jesus."

1 Corinthians 6:18-20 "Flee immorality... your body is a temple of the Holy Spirit who is in you... you have been bought with a price: therefore glorify God in your body."

Matthew 5:29-30 "If your right eye makes you stumble, tear it out and throw it from you... it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell."

James 5:16 "Therefore, confess your sins to one another, and pray for one another so that you may be healed."

1 John 1:9 "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

You're not fighting this alone, and you were never meant to. Cut off what feeds it, bring it into the light, and get up every time you fall. One inch at a time.

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