



I AM A TEENAGER AND WHEN I AM ALONE I TEND TO WATCH PORN
AND AS A RESULT I MASTURBATE I KNOW IT IS WRONG BUT HOW DO I
STOP?

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
السَّلَامُ عَلَیْكُمْ وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ

As we grow older and we become teenagers then naturally our bodies go through a change which prepares us for our future lives as either husbands or wives. There is nothing unnatural about being attracted to the opposite gender however Islam has set certain guidelines which I have explained in another article on the website. When we are ready for marriage then we will get married and be in a halal position of fulfilling any sexual desires we have. However, that is when we are ready for marriage, which is normally in our early twenties but can be into our thirties depending on our circumstances. Islam does not permit the satisfaction of our desires unless it be through marriage.

Due to the easy access of pornographic material either through magazines, the internet or any device which can now freely access satellite channels or the internet the age children are having access to sexual images or sexual activities is getting younger and younger. In fact, certain elements of society deem it that a person has really grown up when they have had a sexual experience.

It will be difficult for you to stop as you have now experienced sexual satisfaction and have brought about an interest in seeking pleasure through this means. Not only that watching pornographic material will actually bring about an interest into watching individuals in those circumstances hence can affect your married life when you eventually get married.

Sexual satisfaction outside of marriage is impermissible. Therefore, don't allow yourself to get into that situation so you start watching these sorts of programmes; rather preoccupy yourself with other pastimes. Start a new hobby or start attending Islamic lessons at your local Masjid which will give you the spiritual strength to stay away from this addiction. As this is an addiction no different than smoking, drinking or taking drugs.

Also bear in mind Allah the Almighty forgives all sins therefore pray two Rak'a sala and seek forgiveness from Allah and ask Him for His help and guidance. Even if Allah forbid you return to this practice then continue to seek Allah's forgiveness.



May Allah assist you in your efforts and provide you guidance towards Him – Amin.

والله اعلم وعلمه أحكم وأتم

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