

5 Times When You're More Likely to View Porn

Pornography is incredibly pervasive. Its viewership has increased dramatically with the internet and continues to grow. Porn is so readily available that it even shows up on its own without you even having to search for it.

Most of us have experienced looking at a website or searching for information when suddenly a sexually seductive pop-up ad appears on the screen. It seems we are bombarded with sexual images and content, even if we don't want to be.

When are men more likely to view porn?

A major porn site does an annual report on the activity on its site. One of the factors it monitors is the times of day and which days of the week have the highest amount of traffic. We've brought this together with other research to give you the list of the top five times when you're more likely to view porn.

1. Late night tops the list

As you might imagine, the porn site found that the majority of visits occur between 9:00 p.m. and midnight. Then there is a dramatic drop-off until about 8:00 a.m. That is the basic pattern during the weekdays when a man's schedule is less flexible.

2. Would you believe Sunday morning?

The weekend revealed some significant differences from weekday usage. The Sunday-morning hours between 1:00 a.m. and 4:00 a.m. are very active. This would suggest that men who have been out enjoying themselves on Saturday are logging on to the internet to view porn when they get home. Friday nights are the least popular.

3. When you are traveling.

Traveling presents many opportunities for a man to view porn. Flight delays and layovers at airports create large chunks of time for you to view porn on your phone or tablet, all while sitting among total strangers or alone in a rather secluded nook.

Hotels can be especially tempting. A CBS Report noted that five of the largest hotel chains said that in-room adult films account for nearly 70 percent of their in-room profits. Also, NBC News said that “adult online providers also have proof that plenty of hotel guests are trolling their websites for hardcore peeks not long after they check in.”

4. At work.

According to a 2014 study by the Barna Group, nearly two-thirds (63 percent) of men admit they view porn while at work. The most frequent porn viewers at work are men between 31-49 years old with an income over \$75,000 (about three-fourths of both groups). Over three-fourths (77 percent) of married men watch porn on the job. Between 3:00 p.m.– 5:00 p.m. is the most active website workday hours.

5. When you are not at a desk.

The common suggestion to keep your computer in an area of your home where your family members can see the screen is still a solid idea. But more men are viewing porn during times when they are not on a desktop computer. Porn website visits from smartphones are now 53 percent of traffic and about 11 percent is from tablets, meaning desktop visits are down to 36 percent.

This list highlights some of the most common times that men view pornography. Obviously, a man’s work schedule, family obligations, social activities and many other variables must be considered.

What can you do?

These five points are mentioned to make you aware that you need to be alert to your own viewing times. Maybe you haven't thought about when you are most vulnerable to following your own routine, but when you do you will probably find that you have routine times.

Perhaps your "secret" time is during another time frame from those above. Being aware of the times when you are more likely to view porn allows you to find other ways to occupy your mind.

Aristotle once postulated that "Nature abhors a vacuum"; it's true of human nature as well. It's not possible to simply think of nothing, and if we're not proactive about choosing what to think about instead, we may actually wind up thinking about worse things. —Hobbies & Habits, Covenant Eyes

As the apostle Paul tells us,

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatever things are just, whatsoever things are pure, whatsoever things are lovely, whatever things are of good report; if there be any virtue, and if there be any praise, think on these things (Phil. 4:8).

One way to notice the signs that may cause you to relapse into your sexual addiction is to learn and apply the FASTER Relapse Awareness Scale (FASTER scale) developed by Michael Dye. The scale is designed to help you be aware of how you feel throughout the day to avoid the progression into relapse.

The FASTER Scale is a vital part of the Conquer Series, a powerful, cinematic DVD series that helps men conquer porn and walk in freedom. The Conquer Series Journal uses the FASTER scale to help you uncover patterns about the times of the day and week when you are most likely to relapse. The Journal also

has a Weekly Schedule which will help you plan your week ahead from which Conquer Groups you'll attend, to when you'll go to sleep and exercise, preventing relapse during those times of vulnerability.

By filling your time with positive actions and thoughts, you can experience the sweet revenge of living a life of victory over the enemy. {eo}

Click here to order the Conquer Series today. This article originally appeared on the Conquer Series website.