

Former Adult Film Star Turns to Faith, Leaves Industry Behind

A former adult film actress is sharing her powerful journey out of the porn industry and into faith.

Bree Solstad said she was “self-centered,” focused on her career, and looking to enjoy life before embracing Christ and joining the Catholic Church.

“I cared for my loved ones, and every now and then I would speak to God – mainly if I needed something,” she told CBN News. “It was that one-way kind of relationship.”

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Solstad’s journey is particularly head-turning due to her previous career in porn, which she abandoned after finding faith.

Before entering the adult film industry, she said she lacked direction and was drinking a lot, living a reckless lifestyle, and engaging in promiscuity. Her situation presented a perfect storm of sorts – one ripe for her to jump into such a diabolical industry.

“I was working at dead-end jobs, and nothing really meant that much to me,” Solstad said. “And I was at a place that was pretty much perfect for a woman who reached out and suggested that I would be really good at what she was doing, which was: pornography.”

She said the decision to enter into pornography was an easy one at the time, considering what was happening in her life. Solstad simply didn’t have any internal – or external – voices

holding her back.

“There also wasn’t anyone within my life ... who told me, ‘Don’t do this,’” Solstad said. “There were friends who left because of it, but that just made me even more, like, righteous of ‘How dare you judge me.’”

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Solstad dove in and began to make money and command attention, assuming she had reached success. Eventually, though, it all came crumbling down.

“I did this for 10 years, and ... I’ve said previously that eventually you just feel trapped,” she said. “In a sense that, you’ve been doing this for so long and what are you going to do now?”

Many adult film stars who feel stuck begin to wonder how they’ll explain away the years they worked in the industry, especially when seeking normal employment opportunities. Filling in those blanks without divulging what went on seems insurmountable.

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