

Discussion Questions for FF Videos



Get in the Fight

1. What did you think to see that over half of all divorces in the US cite pornography as a major contributing factor?
2. Why do you think that porn is so destructive to marriages?
3. What were some things that stuck out to you from the video?
4. What are your motivations for seeking freedom from unwanted sexual behavior?
5. What would hold you back from fully committing to fight for freedom?

The Binge/Purge Cycle

1. Without a holistic approach to sex addiction recovery the binge purge cycle will become a lifestyle. Why is that?
2. What about the binge/purge cycle could you relate to?
3. Why is just trying harder not enough to overcome a porn habit?
4. "Change is possible and should be expected!" Does that encourage you? Why or why not?

A Holistic Approach

1. Which of the four areas (physical, emotional, spiritual, social) are you most interested in exploring? Why?
2. Why do you think that the most successful addiction recovery programs have a significant spiritual component?
3. Do you believe you need supernatural help to overcome your addiction. Why or why not?
4. What do you think about the idea of God using this program to develop you

more holistically?

5. What steps today could you take to deepen your spiritual life?
6. Do you currently have someone you're processing your addiction with? If not, who might be that person?

Time to Get Real

1. Which stage of dependency do you think you are in?
2. Have you taken the Sexual Addiction Screening Test to understand exactly where you are in your addiction? If not it's in the resource section.
3. What did you learn about inviting others to be your accountability?
4. Why is being open and honest with others essential to recovery?
5. What are the biggest challenges to you having strong accountability?

Detox

1. Does a goal of going 90 days without porn or other unwanted sexual addiction behavior seem impossible? Why or why not?
2. How radical would you get if you would receive a million dollars for going 90 days without acting out?
3. What do you think are the most important steps for you for a successful detox? Why?
4. Do you believe that sexual addiction can destroy things that are dearest to you? Why or why not?
5. Which of the steps discussed in the video do you need to focus on the most?
 - Lock up computers and smartphones
 - Eliminate all pornography access
 - Give your accountability partners specific questions to ask you
 - Avoid certain people and situations that may trigger you

- Bounce your eyes
- Pray as Jesus taught us, “Lead me not into temptation.”
- If you relapse, confess to your accountability partners.

The Addicted Brain

1. What did you learn about the addicted brain?
2. How does understanding the addicted brain help you as you think about overcoming unwanted sexual behavior?
3. Romans 12:2 says, “Do not be conformed to this world, but be transformed by the renewing of your mind.” If you were to rewrite this using different words, what would it say?
4. Do you feel enslaved or trapped by this addiction? Are you starting to believe there’s hope that change is possible? Why or why not?

BRACE for Battle

1. How does BRACE help address the addicted brain?
2. What do you think the benefits would be for practicing BRACE regularly?
3. What is an immediate short-term consequence for acting out?
4. What does it mean that, “repetition got you into this addiction and repetition will help get you out”?
5. What is your goal for applying this lesson?

Begin practicing BRACE three times a day even if you aren’t tempted.

Just Do It

1. What are some things that you have applied so far from the Freedom Fight?
2. The way to freedom is through application and practice. Putting these steps into practice is where your freedom is won. How have you been doing on each of the following?

- Have you gotten at least one person to agree to hold you accountable?
 - Have you taken the sexual addiction screening test from Video 4?
 - Have you walked through each of the steps for a successful detox?
 - Have you locked up all your devices and do you have strong boundaries in place?
 - Are you practicing BRACE each day?
 - Are you checking in daily on the fight club?
3. Why is it important to diligently practice these truths instead of just working through the material?
 4. What is the most challenging thing for you to apply? Why?

Relapse and Reality

1. What is the difference between repentance and regret?
2. What does it mean to live in reality?
3. Why is living in reality so important to recovery?
4. Which of the five responses to relapse are most important to you? Why?
5. What is our motivation for not receiving God's grace? How can we overcome this wrong mindset?
6. What makes the difference in a relapse being turned into a positive moving forward or setting you back in your progress?

Surviving a Crash

1. Why is a crash site thoroughly investigated after a plane goes down?
2. What are some things you have learned from previous crashes that have been helpful to your recovery moving forward?
3. What are the questions on the crash analysis that you think will be the most helpful?

4. Why do you think the Bible commands us to flee and avoid temptation versus face and fight?
5. What ways have you radically cut off the source of temptation? What are ways you still need to get radical?
6. Ted says that going through the crash analysis would show who is going through the motions versus the guys who are putting their whole heart into it. What would be some things that are true of the person who is going through the motions versus the one who is doing what it takes?

Zones of Recovery

1. How do you see the zones of recovery being a helpful tool?
2. What is the wisdom behind expanding your relapse zone over time as you mature in your recovery? What is a relapse for you?
3. What do you think about the natural consequences and how could it be helpful? What could be examples of natural consequences for you?
4. Do you have a good handle on what your triggers are? Why is it important to keep adding to this?
5. Why is it important to monitor your consistency with your core practices?
6. What core practices are most helpful in keeping you in the recovery zone?
7. What could be some of the benefits of doing a relapse contract where you define what a relapse is for you and commit to specific consequences for a relapse?

The Addiction Cycle

1. What did you learn about the sex addiction cycle?
2. Most men don't realize that they have routines that precede their acting out; but learning to see the patterns is crucial. What are your routines? How can you put up roadblocks or boundaries to stop routines and interrupt the cycle?

3. What area of the addiction cycle do you need to give the most attention to? Why?
4. Are you willing to do whatever it takes to break free? What would that look like for you?

Drivers of the Addictive Cycle

1. What is something you learned about the drivers of the sex addiction cycle?
2. Why do we need to know and address the drivers?
3. Which of the drivers do you feel have the most influence on your situation? Why?
4. When you open up to others, you can trust, about your junk, the shame begins to lift. Have you ever experienced this? Why is this important in recovery?
5. What is the difference between guilt and shame? How is shame a driver of addiction ?
6. What is something you can do this week to address the drivers of the addictive cycle in your life?

The Great Exchange

1. What is something that stood out to you from The Great Exchange Video?
2. Why does someone need to make the great exchange?
3. How does someone make the great exchange?
4. What do you think keeps people from making this decision?
5. Have you made the great exchange? Would you like to? Why or why not?
6. Have you ever gone all in with God? What changed as a result?

The Brain's Reward System

1. What is the brain's reward system?
2. How does porn hijack the brain's reward system?
3. Why would the American Society for Addiction Medicine say that addiction is a brain disease?
4. What can you do to practically build new pathways in your brain?
5. How are you doing with practicing BRACE? Keep building those new pathways!
 - B-reathe Deeply
 - R-emember the Truth
 - A-ccountability
 - C-all
 - E-scape

The Pharmacy in Your Head

1. What did you learn about the chemicals in your brain?
2. How does the brain conclude, like Dr. Doidge said, "That real people are less rewarding than fake people?"
3. Why are porn users more depressed than non-users?
4. What were your thoughts about some of those testimonies of guys losing interests in every day pleasures? Being more depressed?
5. What emotional effects have you experienced because of porn?

The Making of an Addicted Brain

1. What are some similarities between the tobacco industry and the porn industry?
2. Those who watch porn are 318% more likely to be unfaithful to their spouse than non-porn users. Why do you think that is?
3. How would you describe to someone how a person's brain becomes addicted?

4. What is hypofrontality? What causes it? How can you correct it?
5. What is the role of Delta FosB in addictions?
6. What else stuck out to you about the addicted brain?
7. Ted referenced 1 Corinthians 6:18 which says, "Flee from sexual immorality. All other sins that a man commits are outside the body, but he who sins sexually sins against his own body." Why do you think sexual sin is a sin against our own bodies?

Conditioning the Arousal Template

1. What is a person's arousal template?
2. Why is porn causing so many young men to get erectile dysfunction?
3. What is the impact of porn and masturbation on a person's ability to enjoy sex?
4. What do you think it means that sex was not meant to be self-focused?
5. What would be your response if someone said, "I'm going to quit porn once I'm married?"
6. If you aren't married, how important do you feel it is to stop watching porn now before you're married? Why?

Extreme Conditioning

1. What is the difference between negative and extreme conditioning of someone's arousal template?
2. How does the conditioning of someone's arousal template impact someone's ability to enjoy normal sex?
3. What are some of the negative consequences of extreme conditioning?
4. Ted said that through extreme conditioning a porn user can find himself sexually excited by images and sex acts that go against his morals, values and even

sexual preferences. What are some of the potential results from this?

5. What did think about the professional who was stuck in his addiction because of shame from watching child porn?
6. Did anything else stick out to you from the video?

The Game Changers

1. What were the game changers and which do you think had the biggest impact?
2. How is today's porn different than the porn of previous generations?
3. What are the dangers of today's porn?
4. What else stood out to you from the video?

The Iceberg of Addiction

1. What progress have you made in addressing your unwanted sexual behavior, routines, and fantasy?
2. What progress have you made in addressing the five factors driving your unwanted behavior?
3. How is it going practicing BRACE? What are the benefits of practicing?
4. Have you closed all access to porn in your life?
5. Are there triggers you are allowing into your life that regularly lead you to acting out?

Rats and Dopamine

1. What did you learn from the graphs about dopamine production?
2. Based on the charts, what does it mean that porn addicts are chasing the same chemical high as cocaine or meth addicts? How does that affect your view of porn addiction?

3. How does a porn addict train himself to prefer porn over real sex? What are the obvious dangers of this?
4. How does porn train young men to move on from one naked body to the next?

Young Mind, Perfect Storm

1. Why are there laws that try to prevent adolescents from getting addictive substances?
2. What is it that makes the adolescent mind more susceptible to porn addiction?
3. How do you feel after learning how addictive the adolescent mind is? Discouraged/encouraged? Why?
4. What kind of urgency does that give you to attack your porn habit?

Renewing the Mind

1. In Romans 12:2, God says, "Do not be conformed to this world but be transformed by the renewing of your mind..." What is the key to transformation according to Romans 12:2? What does that mean?
2. Which of the lies mentioned could you relate to? What are other lies you are tempted to believe that lead to sin in this area?
3. Which of God's truths stuck out to you? Why?
4. What can we learn from how Jesus fought temptation?
5. Why is a steady diet of God's word so important?
6. What step can you take to start getting more of God's word in your life?

The Book

1. What are your thoughts on the impact of porn on a person's religious commitments and doubts?
2. How do you see this as a manifestation of 1 Peter 2:11 "fleshly lusts which

wages war against the soul”?

3. How have you seen this in your own life?
4. What stuck out to you about the reasons we can trust that the Bible is God’s word?
5. What area of evidence for the trustworthiness of the Bible is the strongest to you? Why?
6. How can the Bible help in your fight for freedom?
7. How should these truths impact how you live?

To Steal, Kill and Destroy

1. Why does getting people to doubt God’s goodness and word have such a big impact?
2. What are some doubts you have had about God’s goodness or Word?
3. What are some of the lies you have believed about porn or sex that have led you astray?
4. Satan has lied from the beginning about God’s word, His goodness and the consequence of sin. What are the forms that these lies take today?
5. How is porn an example of Satan’s strategy to steal, kill and destroy (John 10:10)?

Quench Your Thirst

1. What are the two sins in Jeremiah 2:13? What do they mean?
2. What are the cisterns that the world pursues for fulfillment?
3. Which cisterns are most tempting for you?
4. What did Jeremiah mean that the cistern is broken? How do you see that?

5. How is porn a broken cistern?
6. What does Jesus claim in John 7:37-38? Why is this such an extraordinary claim for someone to make?
7. How is the water Jesus offers different than the water from the cistern?
8. How should this truth impact your struggle with porn or sex?

Trigger Happy

1. How would you define a trigger?
2. What are the two types of triggers mentioned in this video?
3. What are the most common sexual triggers for you?
4. What are the most common non-sexual environmental triggers?
5. Think of a recent time you were triggered, what was it specifically that caused it?
6. Why is it important to identify your triggers?
7. What are boundaries you have put up to help you avoid triggers?
8. What are new boundaries that could help?
9. What are the rationalizations that can keep us from putting up boundaries?

Don't get BLASSTED

1. Can you think of a time when you were BLASSTED and were tempted to act out or did act out?
2. Which of the BLASSTED emotions are the most common emotional triggers for you?
3. How does porn medicate the BLASSTED emotions?

4. Why is growing in self-awareness important? How can you do that?
5. How do you typically respond when you are BLASSTED? How can you avoid isolation?
6. Of the three types of triggers sexual, non-sexual environmental or emotional triggers which do you feel triggers you the most?
7. Any action steps you can take?

Facing BLASSTED emotions

1. Why is it important to learn to face your BLASSTED emotions?
2. How are negative emotions similar to the check engine light on your car?
3. Why do we choose to medicate instead of face and process our emotions?
4. How does practicing BRACE help you process your emotions?
5. Can you think of certain situations where you can anticipate emotional triggers? Explain.
6. Why is verbalizing your emotions helpful?

Casting your Cares

1. Why is it a blessing when we recognize our weaknesses?
2. What does Paul mean when he says, When I am weak, then I am strong? 1 Cor. 12:9-10
3. What keeps us from admitting our need for help sooner?
4. What does it say about God that He invites us to cast our anxieties on Him?
5. Philippians 4:6-7 promises that God will replace our anxiety with peace when we pray to Him. What keeps us from giving these to the Lord?
6. How can seeking escape from pain keep us from missing God's bigger purposes

for pain?

7. What can we learn from Jesus example of handling negative emotions?

Those most likely to Relapse

1. Which of these six qualities are you most tempted to fall into?
2. What are those lifestyle changes that you have been unwilling to make that if you are honest contribute to you staying in your struggle?
3. Why is being real with others so important to recovery?
4. What keeps us from practicing BRACE? Why would this be helpful?
5. What are the most challenging parts of recovery for you that you are tempted to short cut?
6. What mindset does Jesus command us to have in Matthew 5:29-30? What would be some practical applications for you?
7. How would you evaluate your commitment level to the process?

Shame

1. How is shame different than guilt?
2. What makes shame such a powerful driver of addiction?
3. Which of the keys to disempower shame are most meaningful to you? Why?
4. What does it mean that you are not your addiction?
5. How does being honest and open help you overcome shame? How have you experienced this?

The making of a Shame Identity

1. What does it mean to have a shame identity?
2. Which of the four sources of shame would you say have been sources for you

personally?

3. How can keeping your commitments related to porn add to a shame identity?
4. How does knowing that everyone can be aroused sexually by deviant forms of porn help you with a shame identity?
5. Why is it important to stop negative self-talk?
6. What sticks out to you about the prodigal son? How he overcame his shame?

True Identity

1. In what ways do you get significance based on your performance or the opinions of others?
2. How does a performance-based identity sets addicts up for shame?
3. What's it mean to build your identity on who you are in Christ?
4. What stuck out to you from Ezekiel 36:26-27?
5. What benefits of living out of an identity in Christ stuck out to you? Why?
6. How can you see living out of an identity in Christ helping you in your struggle?

Bo Knows

1. Read 2 Samuel 9. How is Mephibosheth described that would have contributed to his shame identity?
2. How is "Bo" a picture of what Christ has done on behalf of those who trust Him?
3. Put yourself in Bo's shoes, the first time you ate at the King's table as one of his son's what would make it difficult to embrace this new reality?
4. What makes it difficult to embrace the new identity you have in Christ(if you're a believer)?

5. How would Bo growing in his relationship with the King help him embrace his new identity? How does this relate to us living out of our new identity in Christ?
6. What aspect of your new identity in Christ means the most to you? Why?

Living a New Identity

1. Why do we need practices to help us live out of our identity in Christ?
2. Which of the six practices have you experienced? How specifically?
3. Which of the six practices do you most want to practice? Why?
4. Why is renewing the mind so important to the process of living out your identity in Christ?
5. How can shame be a reminder that you are off track?
6. How can a small group be particularly helpful in overcoming a shame identity?

Win the Battle of the Mind

1. What did you learn about spiritual warfare?
2. What does it mean to take every thought captive?
How can you do that practically?
3. Why is it so important what you feed your mind?
4. How do you avoid dwelling on lustful thoughts?
5. What is negative self-talk that you have engaged in?
6. What are some of your go to rationalizations?

Face the Pain

1. What is the connection between trauma and sex addiction?
2. What makes a traumatic experience traumatic?

3. Are there certain events or messages that you replay from earlier in your life?
4. In general where would you put yourself on the trauma/abuse/dysfunction scale?
Low/medium/high
5. Why does Joe Dallas say a lot of guys give up at this point?
6. Why are Father wounds so impactful (abuse, neglect, reject or abandonment)?
7. Why is it helpful to rank a worse event by the message it gave you?

Process the Pain

1. Why would the expert Dr. Patrick Carnes say that true abstinence won't be achieved until the wounds are healed?
2. How would you explain to someone in recovery why they should explore and process their pain?
3. What stuck out to you about the steps to process your pain?
4. What were some of your 10 worst moments?
5. Did you have any examples of little 't' trauma that impacted you significantly?
6. What did you learn from the two examples in the video of guys processing their past trauma?
7. As you think about processing your pain, which of these steps do you feel will be most helpful? Least helpful?

The Stockdale Paradox

1. Why were the overly optimistic, the most likely NOT to survive the prison camp according to Stockdale?
2. What is the Stockdale paradox?
3. What are the brutal facts that must be confronted about porn and sex addiction

recovery?

4. Why might God not deliver someone instantly from their addiction?
5. What would change if you had a “whatever it takes” mentality with your recovery?
6. What is the difference between first and 2nd order change?
7. How can you make sure that you are committed to 2nd order change?

In the Zone

1. What's it mean when an athlete is in the zone? Examples?
2. Joe Dallas was told he had a change of heart without a change of lifestyle. What does that mean?
3. How can you avoid that mentality?
4. How has the concentric circles tool and check-ins been helpful to you in your recovery?
5. Why is it important that you have strong convictions for your recovery practices?
6. Which of the core convictions mentioned would you say is your strongest? Weakest?
7. What can you do to strengthen your convictions?

Freedom: Once for all

1. If the Bible promise freedom through Jesus why do so many followers of Christ not experience it?
2. How would you explain that Jesus has paid the penalty of sin broken the power of sin and one day will remove us from the presence of sin?
3. What is the role of faith in each of those?

4. What's it mean that Jesus died to sin and how is that different than Jesus dying for sin.
5. Why does Paul command us to consider ourselves dead to sin? How is this important to the process?
6. What is the point of the story of the rich man? the elephant?
7. How can you apply these truths directly to your recovery?

Faith and the promises of God

1. How do we partake of the divine nature through the promises of God (ie. Romans 6:10-11)?
2. How does Peter in 2 Peter 1:3-8 build on what Paul said in Romans 6:10-11?
3. Why do you think so many believers don't live fruitful and effective lives based on this passage?
4. Which of these qualities do you most need to seek in your recovery? Why?
5. What would it look like to "make every effort" to add these qualities?
6. On the spectrum of pursuing Christlikeness we have faith on one end and works on the other? Which ditch do you have a tendency to lean towards? What is the importance of both? How can you maintain balance?
7. What does it mean that, "God requires the faith that enables freedom to also be a faith that diligently pursues freedom?"

The Helper

1. Who is the Holy Spirit and what is His role?
2. What does the fact that Jesus gave us a Helper say about how He views our ability to live the Christian life on our own?
3. What are some of the different roles the Holy Spirit can play in our lives? Which

of these do you feel the need for the most help in?

4. What does the fact that Jesus was filled and empowered by the Holy Spirit tell us?
5. How are the Yates a good example of how most followers of Christ go through life in relation to the Holy Spirit?

The Spirit-Filled Life

1. How is being filled with the Spirit like being drunk?
2. Why is it important to understand that the command is to “keep on being filled” versus a one-time filling?
3. What are the three steps to being filled?
4. Why are each important?
5. How would you describe to someone what they need to do in order to be filled with the Spirit?
6. How will being Spirit-filled impact your recovery?

A Vision for Recovery

1. Why is vision such an important part of recovery?
2. What is your vision or visions for pursuing recovery?
3. What are some of the ways that porn stunts a person’s growth?
What are ways you have seen your growth stunted?
4. What is the impact of porn addiction on a marriage?
5. What are ways that you have been blessed? What are ways that you have used that blessing to bless others?
6. What is your vision on the other side of recovery?