

Study Guide

for

The Freedom Fight Online Program

A practical guide to finding freedom to be
used with The Freedom Fight online program

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The Freedom Fight was founded by Ted Shimer, who graduated with a Master of Biblical Studies (MABS) from Dallas Theological Seminary. Ted was trained as a Certified Sex Addiction Therapist and is a Pastoral Sex Addiction Professional (PSAP). His training was through IITAP, the organization of world-renowned sex addiction authority Dr. Patrick Carnes.

Ted has mentored college students professionally since 1991 with the collegiate Christian ministry Student Mobilization. Helping young men overcome the bondage of pornography has been a part of his mentoring from the beginning. But it was the epidemic level of porn addiction on the college campus, combined with the lack of effective, affordable, and biblically based recovery options, that gave birth to the Freedom Fight. Through the collective experience of Ted and his team, the principles of recovery that work have become obvious. They are passionate about helping others understand and apply these principles so they can find freedom.

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ORIENTATION: READ FIRST!

INTRODUCTION: The Freedom Fight Study Guide is designed to be used in conjunction with the Freedom Fight online program found at thefreedomfight.org or on the Freedom Fight App that you can find in the App Store or Google Play. Once you download the program, watch the Getting Started video to understand how the program works. When you watch the FF videos, this Study Guide is where you take notes for each lesson.

SINGLE OR MARRIED: When you sign up for the Freedom Fight program, you indicate whether you are single or married so we can get you to the right program. The programs are identical except the married men have six additional videos to help them navigate the disclosure process and other issues with their spouse. The married videos are located in the 4th module labeled “Married Men”.

INDIVIDUAL OR SMALL GROUP: You can go through the FF program and this Study Guide individually or in a small group.

CORE APPLICATIONS AND CORE PRACTICES: Knowledge is never enough for life change, which is why we highlight core applications and core practices as they are introduced in a given lesson. At the end of certain lessons we will highlight the core applications and/or core practices that you should apply and practice. This is where freedom and life change will happen. At the end of each section in the manual, we will list all of the core applications and core practices that have been presented up to that point so you can make sure you are doing them. Those who experience the most freedom are the ones who put into practice what they learn.

FOR LEADERS: If you haven't already, read the entire leader's guide on the App or Website to prepare you for being a good leader and facilitator of your group. Keep in mind that it's best, though not necessary, if the entire program is absorbed and processed through small groups. In the leader's guide you will also find the first meeting laid out for you play by play, which you will find incredibly beneficial.

COMMITMENTS EVERY GROUP MEMBER MUST MAKE

ATTENDANCE AND PREPARATION: Being committed to attend and prepare each week will not only help each individual member get the most out of the group, but it raises the quality of the group as a whole. Each week the leader should assign the next week's lessons following the leader guide video schedule. Each group member should watch each lesson and fill out the study guide before the group meets the following week. This is a critical step and group members who are not consistently doing the work will see limited growth.

NOTE: The small group resources on the App or Website give you everything you need to lead an effective small group.

CONFIDENTIALITY: Everything that is shared in the group should stay in the group. The group needs to be a safe place so each person feels the freedom to share anything. So, your commitment to confidentiality is a MUST.

COMMITMENT TO CONFIDENTIALITY

Many groups find it helpful to have each member sign the commitment to confidentiality. Every effort will be made by the group leader and its members to ensure confidentiality.

Group Leader Name: _____ Signature: _____

Group Members' Signatures:

Signature _____ Date: _____

Signature _____ Date: _____

Signature _____ Date: _____

Signature _____ Date: _____

Signature _____ Date: _____

Signature _____ Date: _____

WEEKLY MEETING

SUGGESTED GROUP FORMAT:

- Weekly Check-in (40 minutes)
 - Located in the app and web program
- Discussion of the videos/content (45 minutes)
 - Discussion questions in the Leader's Guide or in the appendix
- Commitment to change (5 minutes)

It is difficult to have a good group that meets for less than one and a half hours unless you shrink the discussion of content to less than two to three videos, or everyone watches and prepares for the lessons on their own. The ideal size of a group is four to six people.

The questions below should be answered before every group meeting, which begins with each member taking six to eight minutes to answer the questions. If you relapsed, then you will walk through the Crash Report instead of doing your weekly check-in. We recommend downloading our App "The Freedom Fight" to complete your daily and weekly check-ins.

1. What was the lowest level I reached on the FASTER Scale this week, and what behavior in that level most resonated with me?
 - A. How does this behavior affect me? (How do I act and feel?)
 - B. How does this behavior affect the important people in my life?
 - C. What was the Double Bind that was driving me down the scale?
 - D. What did I do, or do I need to do, to return to restoration (resolve Double Bind, etc.)?
2. What was my Commitment to Change last week? Did I follow through with it?
3. How many check-ins did I make?
4. Did I complete the assigned content?
5. Did I lie to anyone directly or indirectly this week?

COMMITMENT TO CHANGE (C2C)

At the conclusion of each group time, each person takes a few minutes to write down their answers to the following questions and then they each share their plans to change in the upcoming week. It should be specific and measurable.

1. In what areas do I need to change?
2. What challenge do I need to face in the upcoming week (productivity vs. procrastination, reaching out vs. isolation, facing the pain vs. ignoring it, doing the hard things vs. taking the easy way out)?
3. What will I do specifically (i.e., practice BRACE three times every day, check in every day, memorize Romans 8:1)?

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GETTING STARTED

1. Use the _____ Guide.
 - The goal isn't to get through the videos but to _____ life change.
 - Remember, it is the _____ that will set you free.
2. Be _____ to the core applications and core practices.
3. _____ yourself.
4. Stay accountable and _____ to those who can help.

- Your _____ will keep you connected.

Designate which zone you are in.

- _____ zone: you have avoided triggers and are doing the majority of the core practices that move you toward recovery.
 - _____ zone: you haven't been doing the majority of the core practices or you did one of your triggering activities.
 - _____ zone: you engage in the unwanted sexual behavior.
 - The _____ button alerts your accountability when you need help immediately.
5. _____ your progress.
 - Our survey found that if someone finished the program and was _____ to our three core habits, 86 percent of them found freedom.

INTRO TO THE FIGHT

GET IN THE FIGHT

- The first step toward freedom is always asking for _____.
- By repeatedly going from sexual arousal to climax while watching porn, you are _____ your mind to be sexually excited by certain things.
- Porn is _____ a generation of people of their personhood and training them to prefer images on a computer and masturbation rather than sex the way God created it.
- One lie that porn addicts tell themselves is that _____ will fix their problem.
- _____ of divorces in the last several years mention porn use by one of the spouses as a major contributing factor.
- Of the more than one million divorces each year, _____ are caused, in part, by pornography.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

—John 10:10 (ESV)

1. What does this verse say that the thief (Satan) wants to do?
2. What are some of the ways that pornography or other unwanted sexual behavior is accomplishing this?
3. What is the kind of life that Jesus wants to give you?
4. The word *abundant* means “more than necessary; extraordinary.” How should this verse give us hope about overcoming porn or other unwanted sexual behaviors?
5. How do you think this promise for abundance applies to a person’s sex life?

THE OPPOSITE OF ADDICTION

- Porn use and other unwanted sexual behaviors can _____ a person's growth and rob them from living a full and satisfying life.
- The opposite of _____ isn't sobriety; it's _____ (Rat Park).
- Sex addiction is classified as an _____ disorder.
- The two most important factors that help people find freedom in sexual recovery:

#1 Factor: _____ on God

#2 Factor: _____

BOTTOM LINE You need _____ + _____.

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Beloved, I urge you as foreigners and strangers to abstain from fleshly lusts, which wage war against the soul.”

—1 Peter 2:11 (NASB)

1. What does Peter command his audience in this verse?
2. The word *abstain* means “to remove completely or to hold off.” What is the reason Peter gives his audience for abstaining from fleshly lusts?
3. The word Peter uses for *wage war* is “strateuo,” the Greek word used to explain strategic warfare. With this understanding, what do you think it means that these desires war against our souls?
4. Why do you think it would be important to abstain from these as a result?
5. What are the fleshly lusts you are hoping to abstain from as a result of this program?

THE FASTER SCALE

(Adapted from the Genesis Process by Michael Dye)

- The FASTER Scale helps you understand how you move from _____ → _____.
- Relapse = _____ NOT an Event
- Restoration is a place of emotional healing, lifestyle balance, and _____.

Moving down the FASTER Scale

1. The first step away from restoration is _____.
 2. Forgetting priorities will lead to _____.
 3. Anxiety leads to _____.
 4. Speeding up leads to _____.
 5. Ticked off leads to _____.
 6. Exhausted leads to _____.
- Focus on using the FASTER Scale to identify _____ in your life that move you from restoration to relapse.

3 Keys to getting the most out of the FASTER Scale:

1. _____
2. _____
3. _____

BIBLICAL INSIGHT

Read Proverbs 7.

1. What do vv. 4–5 say wisdom will keep you from?
2. What was it that someone observed from their house as they looked out the window?
3. What did he do in vv. 8–9 to show a lack of judgment?
4. In your own words, what happens to this guy in the rest of this passage?
5. How do vv. 26–27 describe what happens to the men who end up in “her” house?
6. How do you think the FASTER Scale can protect a person from being vulnerable to “her” path?

CORE PRACTICES

1. Use the FASTER Scale daily.

SMALL GROUP BLUEPRINT

- A recovery group is geared to challenge its members to commit to specific _____ each week.

Key Characteristics of the Most Effective Recovery Groups

1. _____

- Commitment to _____ → Anything shared in the group will stay in the group

2. _____

3. Mutual _____

4. _____

- When you are _____ to the group, it will lift the quality of the group for all involved.

5. _____

6. Effective _____

Consists of:

- Check-Ins (Responses to the FASTER Scale)
- Discussion of Content (Discuss the Freedom Fight videos)
- Application Time (Share your commitment to change)

- What was one helpful insight you gained from this lesson?

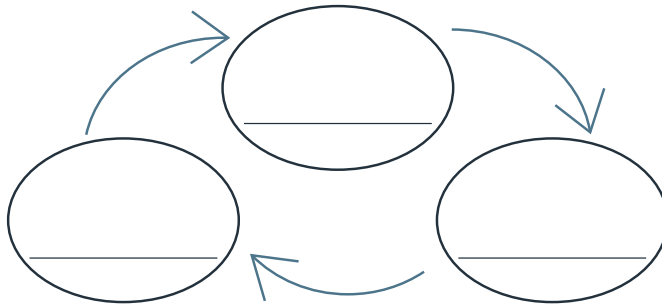
BIBLICAL INSIGHT

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

—Hebrews 10:24–25

1. What does the author tell us to consider?
2. What do you think of when you think of a spur?
3. So what do you think it means to spur someone on toward good deeds?
4. What commitment is the author wanting his audience to make in v. 25?
5. Why do you think these two components are essential in overcoming unwanted sexual behavior?
6. How can you be an encouragement to the people in your group?

BINGE/PURGE



- The first step away from the Binge/Purge cycle is to realize this isn't just a _____ problem, but it's also a _____ problem.
- When a person regularly uses porn, they build a strong _____ pathway so that their brain can go down that path almost automatically.
- The chemicals released during porn use _____ the neurological pathways in your brain and make them even stronger.
- When someone climaxes with porn or another person, his brain releases natural opiates. The brain is flooded with these natural chemicals that are _____ as strong as morphine.
- In order to change, the old pathways need to be _____ with new ones.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

—Romans 12:2

Ted said that in order to find change, our brains are literally going to have to be reprogrammed. The Bible actually speaks to this idea.

1. What are the two commands made in this one verse?

2. How would you define these words? (The Blue Letter Bible App can give you the definition in the original language for deeper insights.)

Conform—

Transformed—

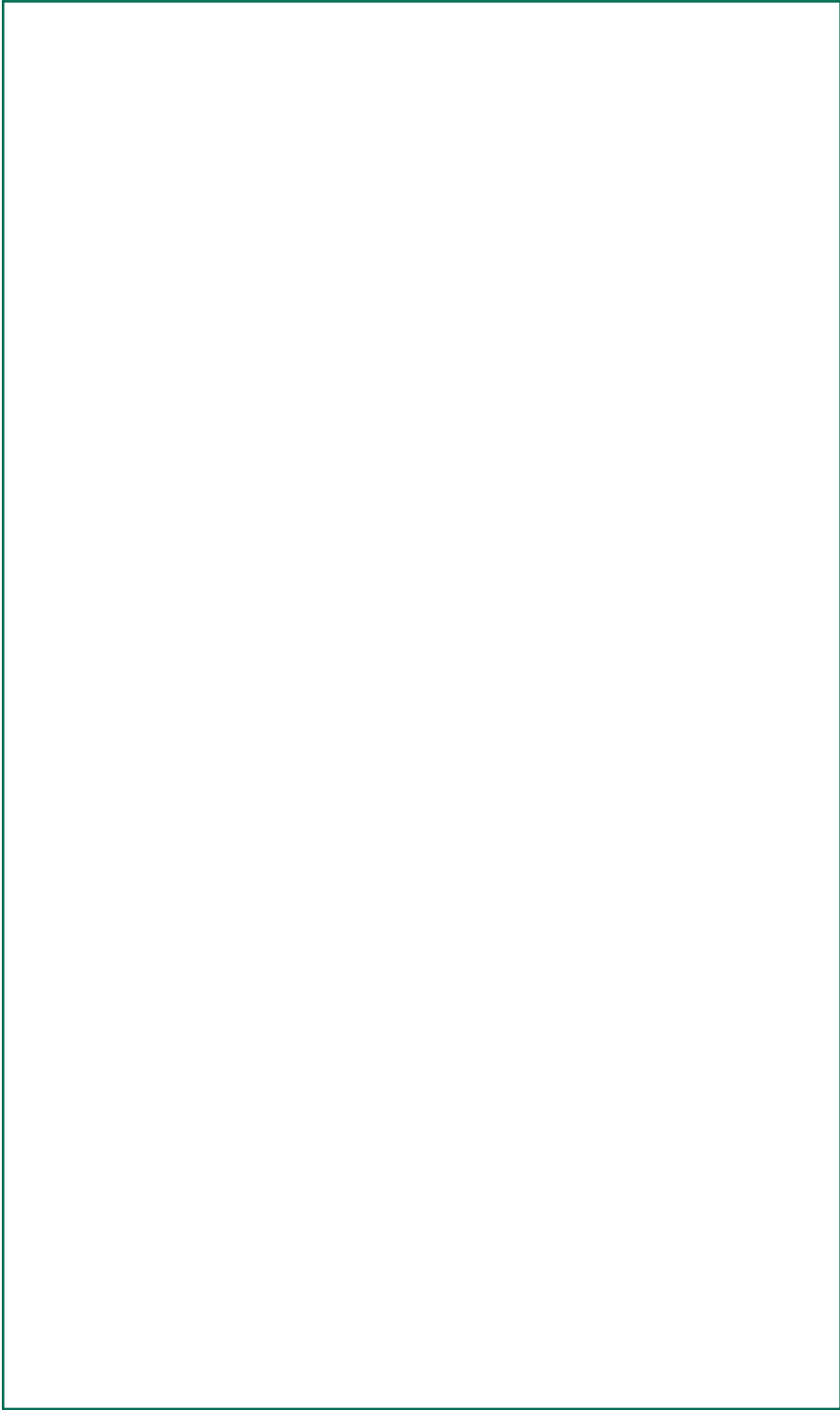
Renewing—

3. How does change take place according to the first part of Romans 12:2?

4. How do you think God intends for us to renew our minds?

A HOLISTIC APPROACH

- The goal of Freedom Fight isn't just to stop unwanted sexual behavior, but it's to bring a full and lasting _____.
- Just as _____ is about a lot more than alcohol, so sex addiction is about a lot more than just _____.
- Sex addiction isn't mostly about sex as much as it's about how you _____ the pain and discomforts of life.
- You have learned to _____ pain and discomfort through the sexual high of acting out.
- You need _____ help to overcome your addiction.
- Your own best thinking got you into this addiction, and God's _____ will help get you out.
- Your addiction thrives in _____, but it loses its power when you come into the light of community.
- You will need to _____ your addiction with _____ in order to find freedom.
- If you fully apply yourself to this program, you will become more:
 - _____ aware
 - _____ minded
 - _____ connected
- What was one helpful insight you gained from this lesson?



*DETOX,
ACCOUNTABILITY,
AND DEFEATING
TEMPTATION*

TIME TO GET REAL

- The desire to hide the truth must be _____ in order to find freedom.

Four Stages of Dependency

Stage #1: _____
"You get into the unwanted sexual behavior because of _____."

Stage #2: Excitement and _____
"You enjoy it and seek it regularly for pleasure."

Stage #3: Self- _____
"The chemicals released in the brain during porn use mimic the chemicals released in the brain during drug use."

Stage #4: _____
"Sexual outlets begin to dominate your brain and life."

- Chemical Dependency = You try to stop but _____.

4 reasons that telling the truth to others is key to your sobriety

1. You can be _____ for who you truly are.
2. Telling the _____ allows you to face the core issues.
3. Accountability is _____ for you to break free, and you can't have effective accountability without _____ and honesty.
4. You can't have _____ without this step.

- The desire to hide and _____ your condition will only sabotage your recovery.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read Proverbs 28:13.

1. What is the negative promise the author makes in this verse?
2. The word *prosper* means “make progress.” How do you think that relates with our sexual sin?
3. What is the opposite of concealing your sin according to this verse, and what are the results?
4. Finding mercy means “finding tender affection.” Why is that important to you as you begin getting real about your sin?

Read James 5:16.

1. What are the commands in this verse?
2. What is the reason for these commands?
3. In what ways do you think you need sexual healing?

CORE APPLICATIONS

- Take the SAST test (Website/App).
- Ask one person to be your accountability partner.

DETOX

- Porn has _____ your brain to respond to abnormally high levels of dopamine.
- Sex addiction is a sin to _____ from as well as a chemical condition to be treated.
- The first step in treatment is _____ by stopping the unwanted sexual behavior.
- Many sex addiction therapists suggest making a goal of going _____ days without sexually acting out.
- The first priority in any addiction recovery is to _____ the behavior.

7 Essential Steps for a Successful Detox

1. _____ computers and smartphones.
2. Eliminate all pornography _____.
3. Give your accountability partners specific _____ to ask you.
4. Avoid certain people and situations that may _____ you.
5. _____ your eyes.
6. _____ as Jesus taught us: lead me not into temptation.
7. If you _____, confess to your accountability partners.
 - Focus on one day at a time and _____ your progress.
 - The length of time for the brain to normalize is typically _____ weeks, but could be longer.

BIBLICAL INSIGHT

Read Matthew 5:29–30.

1. What two radical steps does Jesus suggest in order to protect yourself from sin?
2. Jesus sometimes used hyperbole or overstatement to make a point. What do you think Jesus is really communicating by these statements?
3. What do you think God wants you to do in terms of being radical to protect yourself sexually for the next ninety days?

CORE APPLICATIONS

- Commit to detox.
- Lock up all your devices to prevent access to porn.

CORE PRACTICES

1. Check in regularly with accountability.
2. Be completely honest with your group.

THE ADDICTED BRAIN

2 Significant Parts of your brain in sex addiction

Prefrontal Cortex and the Limbic system

- The prefrontal cortex is responsible for _____ functions.

- Logical Reasoning	- Impulse Control
- Moral Judgment	- Goals
- Determine Between Good and Bad	

- This part of your brain isn't fully developed until you are _____.
- The limbic system is known as the _____ brain.

- Pleasure Center
- Overpowers the Prefrontal Cortex

- The limbic system begins to treat porn and other unwanted sexual behavior as a _____ issue and overpowers the prefrontal cortex every time.
- _____ actually impairs the ability of the prefrontal cortex to operate effectively, while at the same time, DOPAMINE _____ the limbic system to move toward the sexual high of acting out.
- The negative impact of porn on the brain is a result of _____ what we have sown.
- Part of renewing the mind is _____ your prefrontal cortex to _____ when you face sexual triggers.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 1 Corinthians 6:18.

1. What does Paul command the church in Corinth?
2. What does he say is unique about sexual sin from all other sins?
3. Knowing what you learned about the brain in this lesson, what is one way we sin against our own body?
4. How does this make sexual sin so destructive to our lives?

BRACE FOR THE BATTLE

- Navy SEALs are trained in something called _____ breathing.
- This breathing technique helps them think more clearly because the prefrontal cortex gets more _____ and therefore operates more effectively.

Steps to Practicing B.R.A.C.E.

Breathe _____.

- _____ through your nose steadily for 4 seconds. Then you _____ slowly and steadily through your mouth for 4 seconds.

Remember the _____.

- Create immediate short-term _____.
- _____ Bible verses to meditate on can help us remember truth about God, His promises and our identity in Christ.

A _____ God for help.

C _____

- Making the _____ often makes the difference of whether you act out or not.

E _____ the situation.

- Fleeing the temptation means leaving _____ or at least removing the temptation.
- Escape to _____ outlets, like hanging out with friends, working out, walking, or reading.
- Repetition got you into this addiction, and _____ will help get you out.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read Hebrews 12:3–4.

1. How does the author of Hebrews describe his audience in v. 4 in regard to their fight against sin?
2. According to v. 3, what is the author of Hebrews concerned about for his audience?
3. *Growing weary* is the Greek word “kamno,” which means “to tire of toil.” What are some ways that you are prone to become tired of toiling for your own sexual purity?
4. How does this verse challenge us to be disciplined in practicing something like BRACE?

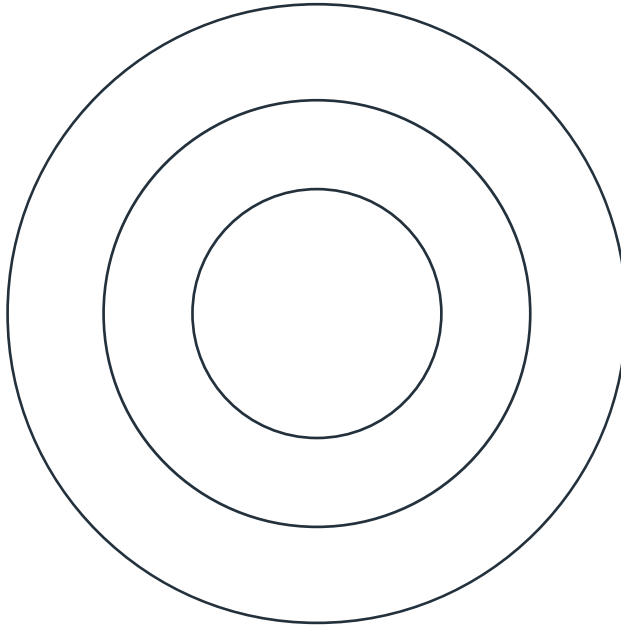
CORE APPLICATIONS

- Pick verses from purity verse list in appendix, to use when practicing BRACE.

CORE PRACTICES

1. Practice BRACE when tempted.
2. Practice BRACE even without temptation.

ZONES OF RECOVERY



- You are in the _____ zone when you do one of the behaviors that you committed not to.
- If you don't grow your _____ of relapse, you typically find yourself justifying these triggering behaviors that will lead to relapse.
- The single people who learn to _____ their acting out with negative consequences often find sobriety sooner.
- The _____ zone is when you do one of the triggering activities that lead you to relapse.

Common Danger Zone Activities and Practices

- | | |
|-------------------------------|--------------------------|
| - Checking out girls/guys | - Sexualized media |
| - Dwelling on impure thoughts | - Isolating when tempted |

- Something else that could put you in the Danger Zone is not doing the _____ of your Core Practices.
- _____ activities + neglecting Core Practices puts you in the Danger Zone and leads to relapse.
- _____ Zone = Practicing Core Practices + NO Triggering Activities
- Recovery isn't just about stopping a certain behavior, but it's also about _____ a new lifestyle.

BIBLICAL INSIGHT

Read Romans 13:14.

1. What are the two commands given in this verse?
2. To *clothe* means "to sink into a garment." How would you paraphrase this command with that definition?
3. Ted said that "making provision for the flesh means leaving the door open for your fleshly appetites to be stirred up." What is one thing you can do to close the door on your fleshly appetites?

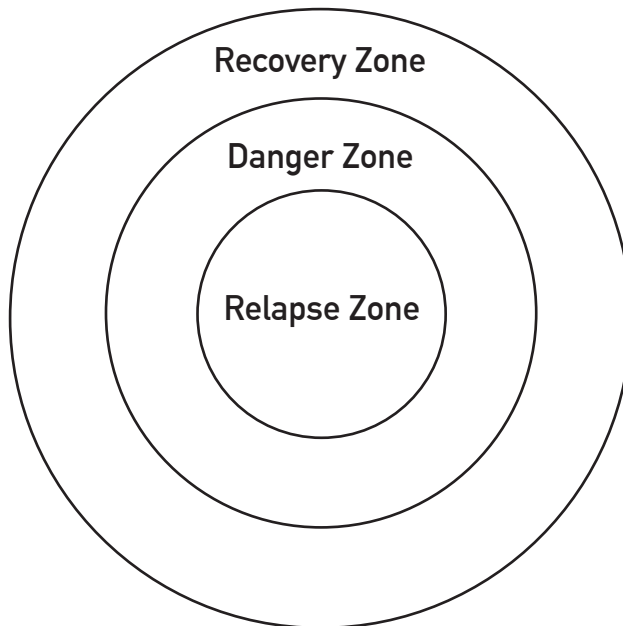
CORE APPLICATIONS

- Identify what activities belong in each of your three zones.

CORE PRACTICES

1. Evaluate which zone you are in through regular check-ins.

ZONES OF RECOVERY ACTIVITIES AND PRACTICES



Recovery Zone: When you are practicing Core Practices and no triggering activities. Some examples: Checking in daily, regular Scripture intake, authentic community, sticking to commitments, exercising, eating healthy. You should develop your Recovery Zone list individually and personalize it. Try to grow this list to be as big or bigger than your Danger Zone list!

Danger Zone: When you do one of the triggering activities that leads you to a relapse. Some examples: Checking out girls/guys, dwelling on impure thoughts, isolating when tempted, partaking in sexualized media, binge eating, justifying behaviors. Like the Recovery Zone list, personalize and grow your Danger Zone activities. Pray that the Spirit will help you identify triggers in your life.

Relapse Zone: When you do one of the unwanted sexual behaviors you have committed not to. Some examples: Looking at porn, masturbating, or hooking up. After you establish a track record of sobriety, it is good to expand your definition of *relapse* to include behaviors that lead directly to a relapse.

List out your activities and practices.

Recovery Zone

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Danger Zone

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Relapse Zone

_____	_____
_____	_____
_____	_____
_____	_____

MANIFESTATIONS OF THE FASTER

(Adapted from the Genesis Process by Michael Dye)

- Sliding down the FASTER Scale is like a boulder going down a hill: the more momentum it gains, the _____ it is to stop.
- Making your Core Practices a lifestyle keeps you in _____.
- When someone is sliding down the scale, it often manifests itself as an out of _____ lifestyle.
- “Craziness first manifests itself as _____ in routine, simple behaviors that support self-maintenance.” —Dr. Patrick Carnes

Craziness of lifestyle can either be a _____
of sliding down the FASTER Scale

OR

An indication that you are sliding down for other reasons.

- Sliding down the scale can also be a measure of trusting _____ instead of trusting God to deal with the challenges of life.
- Turning to God, His Word, and His people instead of old coping _____ is a practical way to trust God instead of ourselves.
- The FASTER Scale can show you where you need to trust God’s Word instead of your _____.
- When we make God our _____ to process life with, Freedom is Near.
- What was one helpful insight you gained from this lesson?

THE DOUBLE BIND

(Adapted from the Genesis Process by Michael Dye)

- In order to stop the slide, you must _____ what is causing it so you can address the issue and return to restoration.
- People typically get on the FASTER Scale because of a negative _____ pain.

The Double Bind is an unresolved internal conflict that makes you feel _____ between a rock and a hard place.

Common Double Binds

- Will I procrastinate or take care of business?
- Will I choose to reach out for help or isolate?
- Will I choose to avoid pain or face it?
- A Double Bind must be identified and _____ to return to restoration.
- The right decision is often the more _____ one in the short term that you want to avoid.
- _____ Double Binds are what most commonly drive people down the scale toward relapse.
- _____ the Double Bind enables you to step up and do the right thing.
- One of the most common Double Binds is whether or not you will _____ someone in your recovery group for help.
- The way to get off the FASTER Scale and return to restoration is to _____ the Double Bind.

“The Double Bind is typically _____ to our deepest fears and lies we believe about life, ourselves, and God.” —Dr. Ted Roberts

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
- Identify what activities belong in each of your 3 zones.
- Read Q & A with Experts on the FASTER scale.
- Read Common Double Binds (in Resources).

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.

Are you practicing your Core Practices?

*SURVIVING
A RELAPSE*

JUST DO IT!

- Life change won't happen if you don't _____ the principles that we are giving you.
- The objective is not to get through the _____ but for the material to get through you.
- The Way to Freedom is through application and _____.
- Practice is where _____ takes place.
- Putting these principles into _____ is where your freedom will be won.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 1 Timothy 4:7–8.

1. What contrasting statement is made in v. 7?
2. The Greek word for *train* is “gymnazo,” which means “to exercise vigorously.” In your own words, how would you rephrase this verse?
3. What is the reason Paul gives Timothy for such “gymnazo” training in v. 8?
4. According to this passage, why do you think it’s important for you to implement the Core Applications and Practices in your battle against sexual sin?

RELAPSE AND REALITY

- A _____ is the unwanted sexual behavior.
- Our response to relapse must be _____ and not just regret.
- Living in _____ = Complete Honesty ≠ Deny
Minimize
Rationalize
- When the _____ is living in Reality on the way to freedom, you see an immediate and complete confession after a relapse as a big win.

Dr. Mark Laaser refers to a relapse as a SLIP.

Short Lapse In P _____

“It remains a short lapse only if the person learns from it, repents, and grows in understanding as a result.”

5 Critical Responses to a Relapse

1. Confess to _____ and turn from your sin.
2. Confess to your _____.
 - “You are only as sick as your _____”.
 - Living in Reality has to be a bigger goal than being _____.
3. Receive God’s _____ and move forward.
 - By faith we must _____ that we are forgiven even though we sometimes won’t feel like it.
 - Freedom is not a destination but a _____ of practicing the right things.
4. Don’t _____.

“A relapse does not _____ the healing process, but it will have consequences.”—Jeremy Wiles

5. _____ from the relapse.

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 2 Corinthians 7:10.

1. There is a real difference between godly sorrow and worldly sorrow. How would define these in your own words?
2. How does this verse encourage us to live in Reality?

Read Romans 8:1.

1. What is true for someone who is in Christ Jesus?
2. Ted said, "By faith we must accept that we are forgiven even though we sometimes won't feel like it." What is the difference between how you feel in the midst of a relapse and what this verse says?
3. Write your own prayer in the space provided asking God to help you believe this truth about yourself.

CORE APPLICATIONS

- Commit to live in Reality.

SURVIVING A CRASH

- Doing a Crash Analysis is how you can turn a failure into future _____.
- Those who are serious about recovery take the time to walk through the _____ analysis.
- Through analyzing the crash, _____ begin to emerge that help you determine the contributing factors that you can address with boundaries or other adjustments.
- The Crash Analysis should be done as soon as possible after a _____ so you can remember the details more clearly.
- Fleeing temptation is held up as the _____ that we are commanded to have.
- Radically cut off the source of temptation, pray we don't face temptation, and when we do face it—_____!
- The people who struggle the most are the ones who give themselves way too much credit in what they can handle. Instead of fleeing temptation, they _____ with it.
- The Crash Analysis helps you see where you are _____ with temptation instead of fleeing it.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read Genesis 39:1–12.

1. What had God blessed Joseph with in vv. 1–6?
2. What has God blessed you with?
3. In your own words how was Joseph tempted in vv. 7–12?
4. Ted said, “Radically cut off the source of temptation, pray we don’t face temptation, and when we do face it—flee!” How does this phrase embody Joseph’s response to his temptation?
5. What is your most common tempting circumstance?
6. What can you do in order to flee from that temptation from now on?

CORE PRACTICES

1. Fill out a Crash Report after a relapse and give to your accountability.

BETTER TOGETHER

- _____ times the Bible gives specific commands about how we are to relate to one another.

How Small Groups Multiply Recovery Effectiveness

1. Provides a safe place to be _____
 - Small groups are the best place to get our _____ out in the open.
 2. Helps defeat _____
 - People are often able to receive God's love only after that love and acceptance have been manifested by _____ first.
 3. Develops self-_____
 - One of the best ways to understand your own routines and emotions is hearing _____ share about theirs.
 4. Enables others-_____
 - Part of being others-centered is having a vision beyond you and your recovery that sees your recovery as an opportunity to help others in the _____.
 5. Provides _____
 6. Allows you to build meaningful _____
 - We were made for _____, so less healthy bonding makes people more prone to a porn or sex addiction.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Now flee from youthful lusts and pursue righteousness, faith, love, and peace with those who call on the Lord from a pure heart.”
—2 Timothy 2:22 (NASB)

1. How does the apostle Paul instruct Timothy with his sexual purity?
2. There are two parts to Paul’s instruction. What are they?
3. After this episode, why do you think that both are necessary in our battle for purity?
4. Why do you think that this verse commands us to pursue righteousness, faith, love, and peace “with” others?

THE ANATOMY OF RELAPSE

- Pornography is not your only _____ mechanism.

When You Are on the FASTER Scale, You Have Two Choices

- An unhealthy choice to _____ the unwanted pain OR a healthy choice to confront the pain.
- Every step toward relapse is a _____ where you decide if you want to do the easy thing and avoid the pain OR do the right thing and address the pain.

Key Factors to Using the FASTER Scale

1. Relapse is not out of _____.
2. Resolving the Double Bind involves _____ the pain.
3. The _____ you notice, the better.
 - It takes _____ to use the FASTER Scale but not as much effort as trying to resist temptation when you are in Exhausted.
4. Keep a pulse on your personal _____.
5. Get to the _____ of the Double Bind.
6. BRACE helps you stop the _____.
7. Know your _____ emotions.

- | | |
|------------|-----------------|
| - Bored | - Self-Doubting |
| - Lonely | - Ticked Off |
| - Anxious | - Exhausted |
| - Stressed | - Depressed |

- What was one helpful insight you gained from this lesson?

RELAPSE RESPONSE PLAN

Confess, Repent and Receive God's Grace

We obviously want to do all we can to avoid a relapse, but if and when a relapse happens, we need a response plan in place. The first step after a relapse is to confess your sin to God. God promises, "If we confess our sins, he is faithful and just to forgive us our sins and cleanse us with all unrighteousness." Confessing to others and bringing your sin into the light is an important step of repentance and turning away from the sin. Don't believe the lies of self-condemnation but receive God's forgiveness in Christ (Romans 8:1).

Submit a Crash Report

An important part of walking in the light and bringing others in is filling out a crash report and sending it to your accountability. Do this within 12-24 hours after a relapse. Being completely honest with your accountability partners is essential and can help you avoid the binge-purge cycle.

Implement Consequences

Part of outgrowing pornography and other unwanted sexual sin is rewiring your brain. For years acting out has been rewarded with high levels of dopamine and pleasure chemicals which reinforce these brain pathways. A proven way to diminish this pathway is to establish consequences for each behavior in your relapse zone. This is a way to discipline ourselves as Paul talks about in 1 Corinthians 9:27, "But I discipline my body and keep it under control." Consequences are not punishment but are a way to "train yourself for godliness" (1 Tim. 4:7-8). By implementing a consequence immediately after a relapse, your brain begins to associate the relapse behavior with the consequence so next time you are more likely to pause at the neurological level so you can practice BRACE. Choose something you won't like. Some examples of consequences are: removing or locking the device used to relapse with for one month, take a cold shower for the next three days, fast from food/sports/entertainment for a period of time. You can use the same consequence for multiple relapses. Share your Relapse Response Plan with your accountability.

List out specific consequences that you will implement if you relapse.

If I relapse, I commit to execute this plan as soon as possible.

Signature _____ Date _____

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

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- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
- Identify what activities belong in each of your 3 zones.
- Read Q & A with Experts on the FASTER scale.
- Read Common Double Binds (in Resources).
- Commit to live in reality.
- Fill out and sign your Relapse Response Plan.

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.
7. Fill out a crash report after a relapse and give to your accountability partner.

Are you practicing your Core Practices?

MARRIED MEN

DISCLOSURE

- Rebuilding your marriage will be a _____, but it will be so worth it.
- Men who have a secret life learn to live in _____.
- Living in denial will _____ any attempt you make to get help.
- Destroying _____ structures and facing reality is the first step in a process toward restoring your marriage battered by pornography or other unwanted sexual behavior.

Three Meetings to Restoring Your Marriage

1. Disclosure Meeting

- A meeting where the husband shares with his wife fully about his sexually acting out and the _____ of his betrayal.

2. Emotional Impact Meeting

- A meeting where the wife expresses the _____ impact the husband's behavior has had on her.

3. Resolution Meeting

- A meeting where the husband acknowledges the pain he has caused and outlines his _____ to make restitution moving forward.
- Until the wife _____ the impact this has had on her, she won't be able to realize what she needs to forgive you for.
- A shallow process leads to a _____ forgiveness.
- Restitution is a biblical principle where someone _____ what they have stolen or damaged.

UNDERSTANDING HER

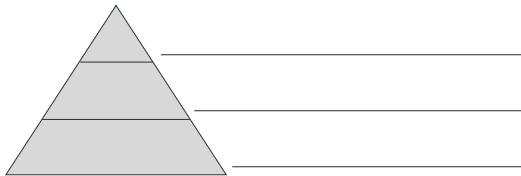
- Your wife should be honored as God's daughter. If you don't honor her, God says your prayers will be _____.
- Understanding the _____ you have caused your wife is an important step in the healing process.

Understanding Three Realities

1. Her _____ brain
 - The betrayal can _____ the wife's thinking, and it is difficult for her to see anything that is not colored by it.
 - Viewing porn = A _____ of your marriage vows.

"Emotionally I could only feel pain and grief to have the person I once considered to be my protector, my safe place, and best friend treat me the way he did."
—Betrayed Wife

- Her interconnected brain means that the significant pain will be the _____ she looks through until she feels safe and able to trust.
2. The different _____ of pain you inflicted



- The amount of pain inflicted on the wife _____ as you move down the pyramid.
- Only when the husband _____ his wife's wounds in this way will he be able to respond adequately.

If you don't work to understand your wife's pain, you will have a:

Shallow _____

Shallow _____

Shallow _____

1. Your _____ versus her mindset when you confess and disclose

HIS REALITY VS. HER REALITY	
Man of integrity	Liar
Feel better, more in love	Feel worse, more unloved
Relieved of the burden	Bear that burden
Valuing your marriage	You don't value it at all

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 1 Peter 3:7.

1. What does Peter command the husbands in his audience?

2. *Considerate* means "a knowledge that is deeper or enlarged directed toward something or someone." What implications does this command have for you as a husband?

FORGIVENESS AND BUILDING TRUST

- Forgiveness given too _____ in the process can actually hinder healing and set the betrayed spouse up for bitterness.
- There is a time to forgive and forget, but doing so _____ can do more harm than good in the healing process.
- A wise husband will encourage his wife to _____ her pain.
- Once forgiveness happens, then trust must continue to be _____.
- Trust is built through honesty, a track record of follow-through, and _____ communication.
- Trust is the _____ that you must rebuild your marriage on.

Five Trust Busters

1. _____
 - You start thinking your wife should _____ your efforts.
2. _____
 - Being understanding means you know that _____ trust and security will take time.
 - Remember this isn't about you earning more freedom, but it's about you building a _____ environment for your wife, which takes time.
3. Lack of _____
 - When a man is only half-heartedly _____ to his recovery and rebuilding his marriage, he forces his wife to have to take protective action.

- Your commitment to recovery and restoring trust speaks _____ to your wife.

4. Write _____ your recovery

- Breaking free from sexual bondage and restoring your marriage will likely be the most _____ thing that you have ever done.
- It will be much easier for your wife to trust _____ in you instead of just you.

5. A lack of _____

- _____ is relational suicide while open dialogue about your recovery builds trust.
- Opening up and letting your wife into your life will do _____ for your recovery, restoring your marriage and your wife's recovery.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out.”

—Proverbs 10:9 (ESV)

1. What contrasting statement is made in this verse?

2. The word *integrity* comes from the word *integer*, where we get the idea of something that is whole or complete. So what do you think it means to walk with integrity?

3. How do you think living with integrity could bring security and restored trust back into your marriage?

A SAFETY PLAN AND BOUNDARIES

- It's critical for you to remember that the purpose of the plan and its boundaries is to help your wife feel _____, not to punish or control you.
- A safety plan brings _____ to a world that has been shaken to the core.

COMMON BOUNDARIES

- No porn or sexually acting out
- No triggering media
- No lying
- Sexual abstinence

- Abstinence can help both your and your wife's _____.

Actions Your Wife May Need to See

- Starting recovery
- Filtering
- Accountability
- Locking up media
- Joining a group
- Giving her the passwords

- These positive _____ contribute to a sense of safety for your wife.
- Boundaries are in place to _____ the wife's heart and promote healing.

Ways the Husband Can Ensure an Effective Safety Plan

1. Take _____.
- Don't wait to be told what to do if you know that a certain _____ would add to your wife's safety.
2. Follow through on the _____.

- Willingly initiate _____ for all broken boundaries instead of making your wife police you.
 - It's important that you see _____ not as punishment but as protecting your wife's heart and the sanctity of your marriage.
3. Have a good _____ about the boundaries.
 - See boundaries as a _____ to restore safety to your wife's life regardless of the cost.
 4. Have a bigger _____.
 - This bigger vision will provide a _____ that will sustain the emotional ups and downs and your wife's lack of trust at times.

BIBLICAL INSIGHT

Read Ephesians 5:28–29.

1. In what way are men commanded to love their wives in v. 28?
2. What does Paul say that a man is doing when he loves his wife in v. 28?
3. How does Paul describe what we are doing when we love our wives in v. 29?
4. How do you think helping your wife with a safety plan and boundaries is loving and caring toward her?

SEX AND TRUE INTIMACY

- Pornography is a _____ normal stimulus.
- Whether you _____ an appetite for harder forms of pornography or for more and different sexual partners or for self sex, each of these has one thing in common:
They make it more difficult to be _____ with one sexual partner for life the way God intended.
- Pornography promises sexual fulfillment, but actually takes away the ability to enjoy the _____ thing.
- Porn sex _____ the porn pathways in the brain that strengthen one's appetite for new and different sexual partners.
- The appetite you _____ is the one that grows.
- A time of _____ can help you because it allows your brain to reset around your wife as you take time to invest in nonsexual intimacy.
- Porn and sex addiction is an _____ disorder.
- Cultivating _____ - _____ intimacy has proven to be significant in jump-starting a husband's recovery.
- For your wife to trust again, she has to _____ that you are letting her in and that she is getting to know the real you.
- The time you used to spend on acting out you need to _____ in your recovery and in your marriage.
- Don't _____ your pain but allow it to cause you to press into deeper relationships with God, your wife, and others.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Marriage should be honored by all, and the marriage bed kept pure.”

—Hebrews 13:4

1. *Honored* is the Greek word “timios,” which can mean “precious or esteemed.” How do you think pornography threatens to keep intimacy in marriage as something that is precious and esteemed?

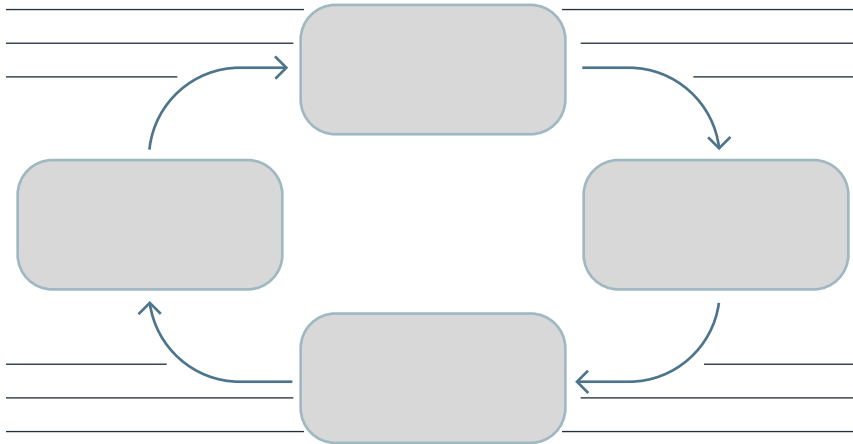
2. “Marriage bed” can actually be translated “sexual intercourse,” so this verse could read like this: “and marital sexual intercourse kept pure.” How does this correlate with what we learned in this lesson?

3. “Kept pure” is a shortened definition for the term “amiantos,” which means “free from that by which the nature of a thing is deformed and debased.” (blueletterbible.org). How do you think pornography can and has deformed and debased sexual and emotional intimacy in your marriage?



*UNDERSTANDING
THE ADDICTION
CYCLE AND
ITS DRIVERS*

THE ADDICTION CYCLE



The first three goals of any effective program must be:

1. Stop the _____.
 2. Stop the _____.
 3. Stop the _____.
- The easiest place to stop the sexual addiction cycle is in stage one. This is why it is so important to learn what your _____ are and avoid them.
 - _____ is a key tool to strike to the very heart of the addictive cycle.
 - Most people don't realize that they have _____ that precede their acting out, but learning to see the patterns is crucial.
 - Healthy _____ are set up to limit triggers and to put up obstacles to keep you from practicing your routines.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Don’t you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?”

—Romans 6:16

1. What happens when you offer yourself to something as a slave?
2. What are the two different ways this verse tells us that it can play out?
3. How does this verse apply to the sexual addiction cycle?
4. What are some of the ways we learned we can offer ourselves as slaves of righteousness in this lesson (example: practicing BRACE)?

CORE APPLICATIONS

- Identify your routines.

CORE PRACTICES

1. Address routines with effective boundaries.

WHAT ARE YOUR ROUTINES?

Most people don't realize that they have routines that precede their acting out. These routines prevent them from walking properly in the daytime, and they make provision for gratifying the desires of the flesh.

"Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires."

—Romans 13:13–14

Learning to see your patterns is crucial for your recovery. As you answer the questions below, refer to your past check-ins (in the App tap on "Menu" and then select "Progress") and Crash Reports to help you identify your patterns when acting out.

What: What are you tempted by the most? What are the things you do between the time you are triggered and acting out to "set the table" (routines)?

When: What day of the week and time of day are you most tempted?

Where: Where do you typically go to act out? What locations are triggering for you (i.e., gyms, hotels, beaches)? Do you struggle when you travel (i.e., at a hotel, on vacation, when you visit your parents)?

Why: What emotions typically precede your temptations? What are the common behaviors that drive you down the FASTER Scale? What does sexual sin give you that you feel you need?

How: How do you arrange certain things in your life to support your routines and acting out? This could be staying late at the office to be alone, or driving a certain way home from work where you see explicit material.

Once you start evaluating your routines, you may begin to notice that the details of your life are actually arranged to support the very bondage from which you want to get free.

What boundaries can you set up to counteract your routines (i.e., when triggered, don't go to your room if that is where you usually act out)?

Make sure to share these with your accountability partner or small group.

DRIVERS OF THE ADDICTION CYCLE

- The _____ issues that are driving the sexual addiction cycle must be addressed head-on in order to have lasting freedom.

The 5 Factors Driving the Sexual Addiction Cycle

1. An _____ Brain
2. Our Sexualized _____
3. Negative _____ of Life
 - In our overmedicated culture, we are used to _____ the pain instead of facing it.
4. Traumatic _____
5. _____
 - _____ says I have done bad, but _____ says I am bad.
 - Many sex therapists believe that shame is the _____ of all the drivers for the majority of sex addicts.
 - One reason it's so important to deal with the roots of sexual addiction is because the addict will often find other ways to _____.
 - Dealing with the _____ of the addiction is the only way to gain the lasting freedom that you want.

THE GREAT EXCHANGE

- Sin isn't just the _____ but it's what goes on in our mind and heart.
- The greatest consequence of our sin is a _____ from God.
- No amount of good _____ can get us to God because God's standard is perfection.
- The Bible uses the accounting term _____ to describe what is taking place.
- Christ lived the life we couldn't live, and He _____ the debt that we couldn't pay.
- Each person must make their own decision to:
 - _____ from their sin
 - _____ from trusting in their own works
 - _____ in Christ
- When Christ is in your life, you have the _____ to face life and your addiction with God's strength.

SAMPLE PRAYER

Dear God, I know that I am a sinner, and that I'm separated from You. I believe Jesus died for my sins and rose from the dead. I turn from my sins and receive the forgiveness and righteousness that You offer through Christ. Lord, I invite You to come into my life and take control. I want to trust and follow You as my Lord and Savior.

- What was one helpful insight you gained from this lesson?

ZONES OF RECOVERY 2.0

- The apostle Paul compared the Christian life to running a race and he said we should run to win. But we aren't competing against one another, we are competing against _____.
- Consequences applied immediately help a person _____ at the neurological level so they can practice BRACE.
- _____ change how our brain views these activities because, for the first time, we start associating unpleasant results with the triggering behavior.
- God changes our _____ so He can change our life and consequences can assist in this process by helping us avoid those pathways that lead to sin.
- _____ is sowing to the flesh and will lead you to more sin. Consuming sexualized media, dwelling on sexual thoughts or taking lustful looks can all be snacking that stokes _____ in a person's life.
- You are the one who needs to decide what your consequences will be. It should cost you something and you know what will _____ you most.
- It's important to remember that consequences are not a _____.
- Consequences can help you make no provision for the flesh in regard to its lusts (Rom. 13:14).

"We better be killing sin or sin will be killing us." John Owens
- Putting sin to death in our lives is a _____ empowered process.
- Paul told Timothy that the discipline we apply in our physical life should be applied to our _____ growth as well... godliness doesn't just happen, but we must _____ ourselves for it.

BIBLICAL INSIGHT

Read Romans 8:13-14.

1. What results from living according to the flesh?
2. How does the Spirit help us put to death the deeds of the body(sin)?
What has this looked like for you in the area of lust?
3. How can consequences be a way to kill sin(lust) in our lives?
4. In the context of killing sin, why do you think Paul reminds believers (v. 14) of the Spirit's leadership and their identity as sons of God?

Read Matthew 5:27-30

1. In the context of avoiding visual lust, why do you think Jesus commands us to get so radical about avoiding this sin?
2. How can using consequences for danger zone behaviors help you apply Jesus' words to your life?

CORE APPLICATIONS

- Fill out your Zones of Recovery 2.0 worksheet.

CORE PRACTICES

1. Implement consequences immediately for relapse and danger zone activities.

ZONES OF RECOVERY 2.0 WORKSHEET

After you have identified your Recovery, Danger and Relapse zone behaviors you now need to set up good boundaries and consequences! Boundaries and consequences help rewire our brains so destructive behavior isn't rewarded and reinforced. One way to do this is to take all of your "Danger Zone" activities or behaviors and identify a good boundary and a consequence if you do that behavior. This renews the mind (Romans 12:2) by teaching the brain that these behaviors are harmful even though they have only been reinforced for years. Consequences are not punishment for sin, Jesus paid our penalty. But it is a way, as Paul, said, "to discipline my body and keep it under control" (1 Cor. 9:27). It's a way to "train yourself for godliness" (2 Timothy 4:8). Below are some examples:

DANGER ZONE BEHAVIOR	BOUNDARY	CONSEQUENCE
1. Being home alone without telling accountability partner	1. Text or call accountability partner within 30 minutes of being alone	1. Can only drink water for a week
2. Scrolling on media before bed	2. Leaving phone or other device outside of room	2. Must remove media from device for two weeks
3. Medicating with media	3. No internet browsing on media after 11pm	3. Zero media for a week
4. Lusting after women at the gym	4. Text before and after workout	4. Go without contacts for a week
5. Undisciplined sleep patterns	5. In bed by 11:30pm and up by 7:00am	5. Be in bed by 11pm two nights in a row

Take all of your "Danger Zone" activities or behaviors and identify a good boundary and a consequence if you do that behavior.

DANGER ZONE BEHAVIOR	BOUNDARY	CONSEQUENCE
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
- Identify what activities belong in each of your 3 zones.
- Read Q & A with Experts on the FASTER scale.
- Read Common Double Binds (in Resources).
- Commit to live in reality.
- Complete and sign your Relapse Response Plan.
- Identify your routines.
- Make the Great Exchange or consider it.
- Fill out your Zones of Recovery 2.0 worksheet.

Have you completed your Core Applications?

CORE PRACTICES

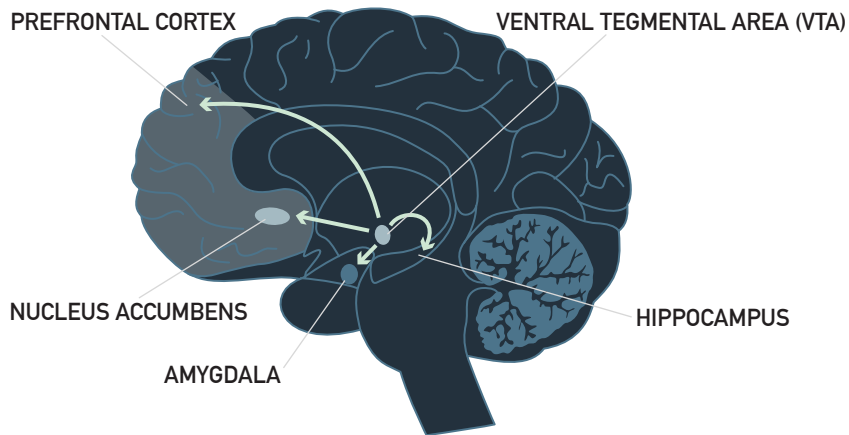
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2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.
7. Fill out a crash report after a relapse and give to your accountability partner.
8. Address routines with effective boundaries
9. Implement consequences immediately for relapse and danger zone activities.

Are you practicing your Core Practices?

*THE BRAIN
SCIENCE OF
PORN ADDICTION*

THE BRAIN'S REWARD SYSTEM

- The brain's reward system starts with a burst of _____ when it experiences something pleasurable that it wants you to remember.
- A behavior you do _____ gets more ingrained in your mind, especially if that behavior is pleasurable.
- AD-DIC-TION: A primary, chronic disease of brain _____, motivation, memory, and related circuitry



- Dopamine + Prefrontal Cortex = Focus/ _____
- Dopamine + Hippocampus = _____ the Porn
- When you are triggered physically or emotionally, _____ is released so that your cravings begin to increase.
- Every time you give in to the craving and act out, it only strengthens and _____ this reward circuitry.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

—Romans 8:5

1. The word for “to live according to” in the Greek is “kata,” and can mean “has allowed something to be in charge of.” How would you write this verse in your own words with that definition of “according to”?
2. What do you think is the determining factor for what a person allows to be in charge of his life according to this verse?
3. To “set your mind” means “to direct your mind to a thing, in a striving fashion.” How do you think the brain's reward system influences what a person sets his mind on?

THE PHARMACY IN YOUR HEAD

- Norepinephrine: Acts as a _____ for sexual arousal and sexual memory
- Information is stored for easy _____ with the help of norepinephrine.
- Oxytocin and Vasopressin: _____ Hormones

“The brain learns through porn use that _____ people are less rewarding than fake people.”

—Norman Doidge MD, *The Brain That Changes Itself*

- Endogenous Opiates: The body produces these and endorphins during climax which provides pain _____ and a sense of euphoria.
- God designed people to have an exhilarating sexual experience.

Unwanted Sexual Behavior

+Secrecy

+Risk Taking

+ _____

Greater High

When you start chasing a Sexual High, you start:

- Going places you _____ intended to go and doing things you never thought you would do.
- Whether the emotional impact on you is GREAT or SMALL, quitting porn for a significant period of time allows your _____ to return to normal.
- What was one helpful insight you gained from this lesson?

THE MAKING OF THE ADDICTED BRAIN

- Willpower is a function of the _____ cortex.
- Study after study has confirmed that using pornography repeatedly actually reshapes the prefrontal cortex, literally _____ your willpower and moral compass.
- Hypofrontality: The prefrontal area of the brain has decreased blood flow and therefore has a decreased effectiveness at restraining impulses.
- Strong boundaries and accountability are _____, especially in the early months of recovery.
- _____ functions as a sustained molecular switch which first helps initiate, then maintains a state of addiction for a relatively prolonged period of time.
- After 6–8 weeks of _____ from the addictive substance, there is often a breakthrough for patients in their recovery.

The Process of Addiction

- Consumption of Porn >> Dopamine >> DeltaFosB >> Addiction-Related Changes = _____ and _____
- _____ is the condition of being extremely sensitive to sexually arousing stimuli.
- _____ or tolerance is when the addict needs more and more of a substance or pornography to get the same effect.
- The Insanity of Addiction: “You want it more, but it fulfills you _____.”
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness.”

—Romans 6:19

1. How does one become a slave to impurity?
2. What results from becoming a slave to impurity?
3. How did the video help you understand how the brain is involved in this process?
4. What hope does this verse give us about overcoming this bondage?

CONDITIONING THE AROUSAL TEMPLATE

- Through sexual experiences, you have developed certain _____ tastes.
- An individual's arousal _____ is unique to the person and reflects what excites them sexually.
- Pavlov's experiment helps us to understand that there are certain things that your brain has _____ with sexual pleasure.
- Your arousal template is made up of those _____ things that arouse you sexually.

- | | |
|--------------------------|-------------------------------|
| - A certain kind of look | - A type of person |
| - A certain body part | - Even a computer starting up |

Spectrum of Arousal Templates



Negatively Conditioned Arousal Template

- Your _____ becomes attached to certain images, languages, sounds, and sex acts, and most of the time, it is subconscious.
- Leads to _____ with a normal healthy sex life.
- Those who watch porn have an increasingly less _____ sex life.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God’s law; indeed, it cannot. Those who are in the flesh cannot please God.”

—Romans 8:6–8 (ESV)

1. According to v. 6, what results from setting our mind on the flesh?
2. What do you think it means to set our mind on the flesh?
3. What results from setting our mind on the Spirit?
4. How do you think what we set our mind on can affect the conditioning of our arousal template?

EXTREME CONDITIONING

- Many porn users have had their arousal _____ conditioned so that they are sexually aroused by specific behaviors and elements connected to their pornography.

Most Prominent Study of Pornography Ever Undertaken Dr. Anna Bridges

Of the 25 Most popular pornography videos of 2004–2005:

- Eighty-eight percent of the scenes portrayed _____ from a man toward a woman.
- When a man acts violently toward a woman in pornography, _____ of the time one of two things happen:
 1. Either the woman expresses _____ at the violence.
 2. There is no response at all.

This teaches the male viewers that women enjoy being hit. It also teaches the female viewers that if they are hit during a sexual encounter, they should like it or at least not object.

- One hundred studies have shown that pornography use increases the likelihood that a man will commit _____ against a woman.
- Through a porn habit, users can actually start to erode their own natural sexual preferences and _____ their sexual arousal template.
- What was one helpful insight you gained from this lesson?

AROUSAL TEMPLATE AWARENESS

We often lack awareness of our arousal triggers. We sometimes try to hide or deny or block out our arousal template, only to find that it remains with us at an unconscious level. As the saying goes, 'we are only as sick as our secrets,' so we must share our secrets to find freedom. By growing in our awareness of our arousal template and then sharing those things with a trusted accountability partner, coach, or therapist, powerful breakthroughs can happen, giving us new insights and understandings of how our addiction has worked. This can lead to deeper freedom. Remember this truth: between every trigger and action is a space ... and that space is our freedom to choose our behavior. With every temptation, God promises a way of escape.

"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it" (1 Cor. 10:13).

Those who grow in their awareness of their triggers and arousal template more consistently choose the way of escape.

It's also true that we often feel shame about some of the things we find arousing. It's important to remember that our body may have been trained to react to something with arousal even though we don't actually desire that thing. Arousal and desire are different. As you understand your arousal template and its origins more clearly, the shame can begin melting away and lose its toxicity.

Instructions

1. This is often a difficult exercise because it can be triggering. Don't do it in isolation. Practice BRACE before you start. Take 10 deep breaths, remember the truth about who God says you are, and then send a message to your accountability partner, letting them know you're starting this work and that you'll check in with them when you finish.
2. Choose to reflect on and write down your arousal triggers courageously.

3. Answer the reflection questions at the end to help you connect the dots between your triggers, arousal template, and what need your unwanted behavior is meeting.
4. Afterward, practice BRACE again. Take 10 deep breaths, reflect on the truth that you must live in reality at all costs, and send another message to your accountability partner. If you're feeling triggered, escape the situation and call an accountability partner.

MY AROUSAL TEMPLATE

Arousal Categories	My Specific Triggers
Physical Locations Hotels, malls, parks, beaches, etc.	
Digital Locations Apps, websites, chat rooms, forums, etc.	
Sensations Perfume, smells, alcohol, drugs, etc.	
Body Types & Features Tall, short, blonde, redhead, etc.	
Personality Types Unavailable, vulnerable, dominant, etc.	
Feelings Danger, fear, pain, shame	
Culture or Genre Older women, violence, Hispanic, schoolgirls, Asian, gay men, etc.	
False Beliefs (Sex=Love, Sex=power, etc.)	

REFLECTION

1. Which aspects of your arousal template are the most triggering?
2. What makes them the most triggering? What does the specific genre of porn or unwanted behavior do for you (what need is it meeting that makes it so compelling)?
3. What did you learn about your arousal template that was most helpful?
4. What adjustments do you need to make in light of this understanding?
5. What are some of the things in your arousal template that don't align with your desires?
6. A person's arousal template is often significantly shaped by their first sexual exposure or experience. Do you see any connections between your first exposure/experience and your arousal template?
7. How can understanding your arousal template and triggers help you "escape" temptation as 1 Corinthians 10:13 talks about?

THE GAME CHANGERS

- Today's _____ have had their arousal templates shaped in a deeper and more profound way than earlier generations.

Porn History Game Changers

1953 — FIRST PORN MAGAZINE

- The government had _____ laws that kept pornography out of the public eye and away from minors.

1990s — ADVENT OF THE INTERNET

- Through the internet, porn became accessible, affordable, and _____.

1996 — SUPREME COURT DECISION STRUCK DOWN INDECENCY LAWS ON THE INTERNET

- In a 5–4 decision, pornography was _____ as free speech.

2006 — ADVANCES IN HIGH-SPEED INTERNET

- The possibility of watching _____ hard-core pornographic videos for hours at a time became a reality for millions overnight.

2007 — THE ADVENT OF THE SMARTPHONE

- High-speed porn became available _____ to millions of youth at increasingly younger ages.

“It is easier for a twelve-year-old boy with a smartphone to watch hard-core porn than it is for him to get a drink of water because he actually has to get up to get a drink of water.”

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

"Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world."

—1 John 2:15–16 (ESV)

In these verses *world* refers to the system of beliefs and practices in opposition to God and His Word.

1. What is the command in this passage if you fill in the above definition?
2. How are the things in the world described?
3. What are the results of loving the world or things in the world?
4. How have the game changers made it easier for people to love the pornography of the world?

THE ICEBERG OF ADDICTION

- It is what is _____ the surface that is typically the most dangerous.
- Behavior and routines are the only aspects of addiction that are _____ to the eye.
- Just below the surface is _____.
- Just focusing on the _____ will work for a while, but it will always come back unless you deal with the unseen drivers.
- To address the behaviors, routines, fantasy, and sexualized society, we must establish healthy _____, have good accountability, and practice BRACE.
- The men and women who practice BRACE have significantly better track records of _____ temptation.
- One of the biggest hindrances to walking in freedom is the fact that you have resisted temptation many times on your _____.
- It's that last _____ percent that keeps you in bondage.
- Using BRACE _____ you are triggered is the only way to be ready for the 10–20 percent of temptations that you will need it.
- By doing regular _____ you are laying a foundation that we will build on in future lessons.
- This subconscious _____ and chemical connection to porn can be significant and something therapists call “dating porn.”
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Whatever you do, work at it with all your heart, as working for the Lord.”

—Colossians 3:23

1. How would you write this verse in your own words?
2. What do you think it means to work at something with all your heart?
3. What do you think would change if you worked on your recovery with all your heart for the Lord?

CORE PRACTICES

1. Evaluate your progress on setting up boundaries and closing all porn access.

PROGRESS EVALUATION

Evaluate yourself in doing the work of recovery:

- How many times a week are you checking in?
- How often are you using BRACE when tempted?
- How often are you practicing BRACE when not tempted?
- Have you completed all the Core Applications assigned?
- Are you regularly doing the Core Practices introduced?

RATS AND DOPAMINE

- Dopamine is the pleasure _____ that the addict is trying to boost through his addictive substance.
- Sex is by far the highest _____ producer of dopamine.
- When dopamine is raised to _____ levels, the brain can stop producing as much dopamine over time, which means the addict will need more of the same substance to get the same dopamine burst.
- The result for the porn addict is that he builds a tolerance and needs more porn or harder versions of it to get the _____ high.
- Porn addicts have _____ themselves to prefer pornography, which has diminished their ability to enjoy real sex.
- Sustaining a dopamine high for _____ is a new phenomenon that hasn't existed before but is now possible because of today's porn.
- The pornified brains of young people have _____ them for years for moving on from one naked person to the next, so it is difficult to stop once they're married.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Therefore sin is not to reign in your mortal body so that you obey its lusts, and do not go on presenting the parts of your body to sin as instruments of unrighteousness; but present yourselves to God as those who are alive from the dead, and your body’s parts as instruments of righteousness for God.”

—Romans 6:12–13 (NASB)

1. What are we commanded in these verses?
2. What result do we experience if we let sin reign in our bodies and minds?
3. The word *present* means “to place beside, or to bring into intimate fellowship.” How is this true in unnatural sexual consumption?
4. The word for *instrument* means “tool,” but literally it means “a weapon for war.” As you have learned more about the complexity of our minds, why do you think God would refer to our minds as a weapon of war?

YOUNG MIND, PERFECT STORM

- The brain actually _____ after age 12 as billions of nerve connections are pruned and reorganized.

_____ of Americans who are addicted to



started using their addictive substance
BEFORE THEY WERE _____.

- The adolescent brain is particularly susceptible to pornography because the brain organizes around its _____ connections.
- Another reason that youth are more vulnerable to porn addiction is because their reward circuitry is in _____.
- The earlier one is exposed to pornography, the _____ likelihood of addiction.
- There are _____ - _____ effects for those who consume large amounts of pornography during this very impressionable time for the brain.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Jesus said to his disciples: ‘Things that cause people to stumble are bound to come, but woe to anyone through whom they come. It would be better for them to be thrown into the sea with a millstone tied around their neck than to cause one of these little ones to stumble.’”

—Luke 17:1–2

1. Jesus says that things that cause people to stumble in life abound, but what strong warning does Jesus give in this passage?
2. The word *woe* is an interjection of denunciation. You could read it, “WOOOOOOOOEEEEEEEE.” How would you put this in your own words?
3. Knowing what you just learned about the adolescent mind, what do you think God is saying to the creators and publishers of pornography?
4. What does Jesus say would be better than this “woe”?
5. Based on what we learned in this lesson, why do you think that Jesus is particularly concerned about the little ones?

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
- Identify what activities belong in each of your 3 zones.
- Read Q & A with Experts on the FASTER scale.
- Read Common Double Binds (in Resources).
- Commit to live in reality.
- Complete and sign your Relapse Response Plan.
- Identify your routines.
- Make the Great Exchange or consider it.
- Fill out your Zones of Recovery 2.0 worksheet.
- Fill out Arousal Template Awareness worksheet.

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.
7. Fill out a crash report after a relapse and give to your accountability partner.
8. Address routines with effective boundaries
9. Implement consequences immediately for relapse and danger zone activities.
10. Evaluate your progress on setting up boundaries and closing all porn access.

Are you practicing your Core Practices?

*RENEW THE MIND,
CONFRONT LIES
AND TRIGGERS*

RENEWING THE MIND

- The addiction was birthed out of the repetition of porn pathways, and healing will come by _____ of new pathways.
- It isn't simply that you suppress the old pathways, but you must _____ new ones.

THE KEY TO TRANSFORMATION: Renewing Your _____

COMMON LIES PORN USERS ACCEPT	
WORLD'S LIES	GOD'S TRUTH
Porn's not a big deal.	
Everyone looks at porn.	
Once I'm married, then I'll quit.	
Masturbation is OK and normal.	
It's my secret sin that no one's going to find out.	
I will never be able to resist this temptation.	

- Wrong behavior is a result of _____ thinking.
- _____ and using God's Word was what Jesus modeled for us when He faced temptation.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read John 8:31–36.

1. What are the results of holding to Jesus' teaching in vv. 31–32?
2. The word *hold* means "to tarry, to not depart, to continue in." According to what we learned in this lesson, why do you think this is important?
3. What is it that we have a need to be set free from according to v. 34?
4. What promise can we hold onto from this passage if we renew our minds with truth?

Read John 17:17.

1. In Jesus' final prayer on earth, He prays this for His disciples. What can truth do to us according to this verse?
2. The word *sanctify* is "hagiazō," meaning "to make holy." What hope does this verse give if you continue to renew your mind with God's truth?

CORE APPLICATIONS

- Commit to regular intake of the Bible.

CORE PRACTICES

1. Read the Bible regularly.
2. Practice regular Scripture memory.

PAY IT FORWARD

- The Bible says, “Fleshly lusts . . . wage war against the soul” (1 Peter 2:11, NASB).
- Dr. Samuel Perry researched the impact of pornography use on a group of three thousand people over a ___ year period of time.

Porn use wages war against:

1. Spiritual _____

2. _____

- Married couples where one of the spouses started watching porn were _____ times more likely to divorce in the next two years than the porn-free couple.

3. Kingdom _____

- More porn = _____ service

4. Godly _____

We are in a spiritual _____ with an enemy who uses pornography to wage war against God’s people in an unprecedented way.

- Only _____ percent of pastors say their church has a program or resource to help their people overcome pornography.
- As a ministry, we have a pay-it-_____ model.
- Will you pay it forward for the _____ person?

If someone completes the Freedom Fight program and they are committed to the three core habits of checking in, practicing BRACE, and doing the Core Applications and Practices, _____ percent find freedom.

Most people who start the Freedom Fight never _____ it.

Finding freedom typically takes six months to ____ years, so don't give up.

Change and _____ take time.

BIBLICAL INSIGHT

Read Hebrews 12:1–2.

1. In v. 1, how can porn use be both a sin and a weight?
2. What are ways porn use can keep us from running the race God has for us?
3. What is the race God has called all His followers to?
4. Why do you think we are told to have endurance in the race?
5. How can focusing on Jesus and how He ran His race help us run our race?

THE BOOK

“Any porn use . . . is associated with declines in religious commitment and behavior and an increase in religious doubts.”
—Dr. Samuel Perry

- There is a _____ between frequency of porn consumption and the number of doubts one has about faith.

God’s Word will keep you from _____, or porn will keep you from God’s Word.

Bible Confidence Builders

1. The Bible’s Amazing _____
 - Written over a _____ year period
 - By _____ human authors
 - In _____ different languages on _____ different continents
 - The unified message of the Bible is organized around the person and work of _____.
2. _____ continues to prove the historical accuracy of the Bible.

“Today more than _____ archaeological discoveries verify biblical people, places, and events”
—*Bite-Size Bible Answers*, 14

3. The Bible has correctly _____ the future hundreds of times.
 - _____ of the prophecies that were predicted to be fulfilled by now have been fulfilled to the smallest detail.
 - Over _____ prophecies have been fulfilled in the person of Jesus Christ.
 - God has given us undeniable proof of His Word by the fact that the Bible has a _____ record in its predictions.
4. The Bible’s _____
 - In _____ the Dead Sea Scrolls, which were dated to 150 BC, were discovered.

“When they compared the Bible we have today with this ancient copy of the Old Testament that was frozen in time for 2,100 years, they discovered that they were the same.”

- We have cold hard _____ that the Old Testament we have today is what it was 2,100 years ago.

BIBLICAL INSIGHT

Read Matthew 24:35.

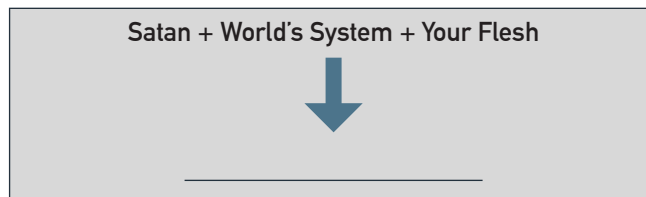
1. What promise does Jesus make about God’s words?
2. Thomas Paine, one of the founding fathers of the United States and author of *The Age of Reason*, said, “When I get through, there will not be five Bibles left in America.” Today twenty million Bibles are sold in America every year. How does this statistic correlate with Jesus’ promise?

Read Psalm 119:9–11.

1. What is the relationship between God’s Word and purity?
2. How did the psalmist apply this truth?
3. From what you learned in this lesson, why do you think the Bible can offer real solutions when it comes to our fight in sexual addiction?

TO STEAL, KILL, AND DESTROY

- Satan is an angel who _____ against God and has opposed God and His purposes ever since.
- Satan continues to lead people _____ by getting them to ignore God's warnings and doubt His Word and goodness.
- Satan promises a better life, but his _____ is to steal, kill, and destroy.
- Porn Promises = Fulfillment + Satisfaction
- Porn Delivers = Destruction of _____, Marriages, and the Inability to Enjoy Sex



- God's ways offer the _____ life in all areas including our sex lives.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

When Jesus was speaking with a group of prideful religious leaders, He described what Satan is like.

Read John 8:44.

1. What are all the descriptions Jesus uses to describe Satan or the devil?
2. If these descriptions were true of Satan in Jesus' day, then they are still true today. What does this mean for how Satan operates in our lives today?
3. What are some ways that Satan has lied to you in an attempt to steal, kill, and destroy your life?

Read 1 Peter 5:8.

1. What does Peter command his audience?
2. What is the reason for this command, found in the second part of the verse?
3. Satan is described as our enemy who is occupied with seeking to devour, literally swallow up, our lives. How has he tried to do that with sexual sin in your own life?

QUENCH YOUR THIRST

- All people are _____ for a fullness of life, and they will seek to quench their thirst with whatever they believe will be the most satisfying.
- _____ is one of those cisterns that we run after in pursuit of fulfillment.

Places we look for ultimate satisfaction, significance, and security

- | | |
|-----------------|-------------------|
| - Money | - Accomplishments |
| - Relationships | - Partying |
| - Sex | - Entertainment |

Sex addiction is a _____ of this bigger issue.

- Jesus' invitation is to anyone who is _____.
- Satisfaction won't be something you are looking for out there, but it will be something that will come from _____ of you because Jesus is in your life.
- We must recognize and admit that porn isn't just a bad habit in our lives, but it's an _____, a god that we run after for fulfillment, comfort, satisfaction, and even significance.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”

—Jeremiah 2:13

1. We are introduced to a problem in Jeremiah that is like a double-edged sword. God says that His people have committed two sins; what are they?
2. In your own words (or with the use of Dictionary.com) define some of these terms:
Forsaken—

Spring—

Cistern—
3. Rewrite this verse as a paraphrase in your own words.
4. What is the difference between a cistern (a ditch to catch water) and a spring?
5. What happens when water is poured into a broken cistern?
6. What does this mean for our lives if we continually drink from sources that God never intended to give us life and fulfillment?
7. What promise can we cling to in John 7:37–38?

TRIGGER-HAPPY

- Knowing and effectively _____ your triggers can be a game changer in your recovery.

3 Types of Triggers

1. _____ Triggers: Sexual stimuli that arouse sexual desires or thoughts.

- Determining the triggers behind your temptations and relapses is crucial to building effective _____ and finding freedom.

Most Common Sexual Triggers

- | | |
|----------------------------|------------|
| - Social media | - Movies |
| - The internet | - TV shows |
| - Immodestly dressed women | |

- Once you identify your triggers, you must set _____ to eliminate them as much as possible.
 - Those serious about recovery often realize they need to adopt new _____ related to movies, TV shows, and other entertainment.
 - Taking initiative to _____ triggers and ask for help beforehand is often the difference between the person who walks in freedom and the one who doesn't.
2. Non-sexual _____ triggers
- Your brain has _____ certain things with acting out, and they become part of your arousal template.
 - You can't just passively build boundaries _____ and hope it all works out.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“When tempted, no one should say, ‘God is tempting me.’ For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed.”

—James 1:13–14

1. How do these verses say a person is tempted?
2. The word *dragged* is “exelko” and carries with it the idea of hunting game being lured out from its hiding place of safety. How does that relate with how your triggers affect you?
3. James uses the phrase “own evil desire,” meaning that each person has desires or lusts that pertain to them individually. How does this truth reinforce what you learned in this “Trigger-Happy” lesson?
4. The word *enticed* means “to bait” like you use when fishing. Rewrite this verse inserting the definitions for *dragged*, *enticed*, and *own* in the space below.

CORE APPLICATIONS

- Identify your triggers and the boundaries needed to address them.

CORE PRACTICES

1. Continue to address triggers with boundaries

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
- Identify what activities belong in each of your 3 zones.
- Read Q & A with Experts on the FASTER scale.
- Read Common Double Binds (in Resources).
- Commit to live in reality.
- Complete and sign your Relapse Response Plan.
- Identify your routines.
- Make the Great Exchange or consider it.
- Fill out your Zones of Recovery 2.0 worksheet.
- Fill out Arousal Template Awareness worksheet
- Commit to regular intake of the Bible.
- Identify your triggers and the boundaries needed to address them.

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.
7. Fill out a crash report after a relapse and give to your accountability partner.
8. Address routines with effective boundaries.
9. Implement consequences immediately for relapse and danger zone activities.
10. Evaluate your progress on setting up boundaries and closing all porn access.
11. Read the Bible regularly.
12. Practice regular scripture memory.
13. Continue to address triggers with boundaries.

Are you practicing your Core Practices?

*PROCESS YOUR
EMOTIONS
INSTEAD OF
MEDICATING THEM*

DON'T GET BLASSTED

- There are also _____ triggers that can lead people to act out.
- When you sexually act out to medicate _____ pain, it quits being about just the sex and becomes about meeting the needs of the addicted brain.
- Confronting the emotional _____ begins when you learn to read your emotions.

EMOTIONS	WHICH ONES DO YOU IDENTIFY WITH MOST?
Bored Lonely Anxious Stressed Self-Doubting Ticked Off Exhausted Depressed	

- People who aren't aware of their emotions continually find themselves getting _____ by them and sexually acting out to medicate the negative feelings.
- Part of growing in _____ - _____ is recognizing this tendency to isolate when you are BLASSTED.
- Those who aren't self-aware tend to _____ themselves and not reach out, which results in falling back into the old patterns of medicating the pain.
- It is absolutely necessary for you to _____ the specific things that set you up.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

"Above all else, guard your heart, for everything you do flows from it."

—Proverbs 4:23

1. What command is given in this verse?
2. What is the reason for this command?
3. The word *guard* is a military term meaning "to defend from dangers." How does this truth relate to what we learned about self-awareness in this lesson?
4. What importance does the author of Proverbs give to this command?
5. With what we learned in "Don't Get BLASSTED," why do you think this is important for you?

CORE APPLICATIONS

- Commit not to isolate yourself when triggered.

FACING BLASSTED EMOTIONS

- To find lasting freedom you must learn to _____ the negative emotions instead of medicating them.
- Escaping the pain isn't the goal, but _____ is.
- Sexually acting out can stunt your emotional development because you haven't learned to face and _____ your emotions.

5 Steps to Addressing Your BLASSTED Emotions

1. _____ the emotion
 - Simply being aware of what you are _____ can help you disarm it as a trigger.
 2. Determine the _____ of the emotion
 - When you medicate the pain, you never face and _____ the real issues and are therefore doomed to be triggered by them again.
 3. Practice _____
 - _____ your emotions and acknowledging your vulnerability are powerful steps in stopping an emotional trigger.
 4. _____ your emotions
 - Immature people hide behind the mask that everything is okay, but Christ followers have the courage to be _____ and ask for help.
 5. _____ your emotions regularly
 - The most successful recovery groups have _____ check-ins as a foundational practice.
 - Simply _____ the issue causes the emotion and situation to lose some of its triggering effect.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.”

—Proverbs 14:8

1. How does a prudent person gain wisdom according to this proverb?
2. To give thought to your ways means to understand the direction and course of your life. Essentially, it means knowing why you do what you do. How do you think facing your BLASSTED emotions can give you greater wisdom?
3. *Wisdom* is the word “chokmah,” and means “a warrior’s skill set.” How do you think this applies to your fight for freedom in dealing with negative emotions?
4. How do you need to apply this truth to your life?

CORE PRACTICES

1. Face and process your BLASSTED emotions instead of medicating them.

CASTING YOUR CARES

- Only when we see the depth of our sinfulness and brokenness will we see our _____ for a Savior.
- It's human nature to medicate emotional pain instead of _____ that brokenness to show us our need for God.
- God wants to help you with your negative emotions because He _____ about you.
- The world's way of handling stress is to _____ it or to medicate it instead of facing the pain with God's help.
- Escaping the pain isn't the goal because God wants to use the pain to _____ us.
- Make prayer your _____ response to anxiety and other BLASSTED emotions.
- You _____ supernatural strength and wisdom when you invite God into your situation instead of trying to handle it on your own.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Cast all your anxiety on him because he cares for you.”

—1 Peter 5:7

1. What does Peter command his audience?
2. To cast means to “throw upon.” What exactly do you think God would want you to do as a result of this command?
3. What is the reason that God wants us to cast our anxiety and negative emotions onto Him?

Read 2 Corinthians 12:9–10.

1. According to v. 9, how does God’s strength/power become fully realized in Paul’s life?
2. The rest of v. 9 Paul goes on to say that he boasts and takes pride in his weaknesses. What is the reason he gives for this?
3. How does this truth and what we learned in this lesson apply to you?
4. What is Paul’s conclusion in v. 10?

CORE PRACTICES

1. Take your negative emotions to God in prayer.

THOSE MOST LIKELY TO RELAPSE

- There are certain qualities that help a person succeed in recovery as well as certain _____ that sabotage one's recovery.

6 Qualities of the Person Most Likely to Relapse

1. Not willing to get _____ with others
 - Living in Reality has to be more important to you than _____ your image.
 - If you don't have accountability that you can be real with, recovery is almost _____.
2. Doesn't _____ the principles in BRACE
 - People who consistently practice the principles of BRACE have a significantly _____ rate of recovery than those who don't.
3. Not _____ to do the work of recovery
 - These people want recovery as long as it doesn't _____ them too much.
4. Isn't fully _____ to the process
5. Has shallow _____ for pursuing sobriety
 - Make a list of _____ reasons why you are pursuing freedom and review it daily.
6. A sense of _____
 - It's easy to believe that you have a _____ to certain media even though they trigger you.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 1 Corinthians 9:24–27.

1. What is it that Paul is seeking to win in his life?

What command does Paul give to the Corinthians in v. 24?

2. What negative quality of the six we just learned about would keep you from running a championship race?
3. What is Paul's hope in v. 27?

Read 1 Peter 1:13-19, What are the different motivations we can find in this passage for pursuing holiness in our sexual purity?

CORE APPLICATIONS

- Identify and address any pattern that makes you likely to relapse.
- Make a list of thirty reasons for pursuing recovery.

CORE PRACTICES

1. Regularly review your thirty reasons for pursuing recovery.

THIRTY REASONS FOR PURSUING RECOVERY

The process of recovery is not usually instantaneous. On average, it takes six months to two years. One of the Core Applications with the Freedom Fight is to list out thirty reasons for pursuing recovery and review them regularly. Convictions leak, and this will help you remember the truth of why you are pursuing recovery.

Coming up with thirty reasons may seem like a lot. Here are some prompts to help you think through:

- Your walk with God
- Your legacy
- Your ministry on your campus or in your church, job, or neighborhood
- Your spouse or future spouse
- Your kids and their kids
- Helping others
- Your physical health

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

Prayer

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
- Identify what activities belong in each of your 3 zones.
- Read Q & A with Experts on the FASTER scale.
- Read Common Double Binds (in Resources).
- Commit to Live in Reality.
- Complete and sign your Relapse Response Plan.
- Identify your routines.
- Make the Great Exchange or begin considering it.
- Fill out your Zones of Recovery 2.0 worksheet.
- Fill out Arousal Template Awareness worksheet
- Commit to regular intake of the Bible.
- Identify your triggers and the boundaries needed to address them.
- Commit not to isolate when triggered.
- Identify and address any pattern that makes you likely to relapse.
- Make a list of thirty reasons for pursuing recovery.

Have you completed your Core Applications?

CORE PRACTICES

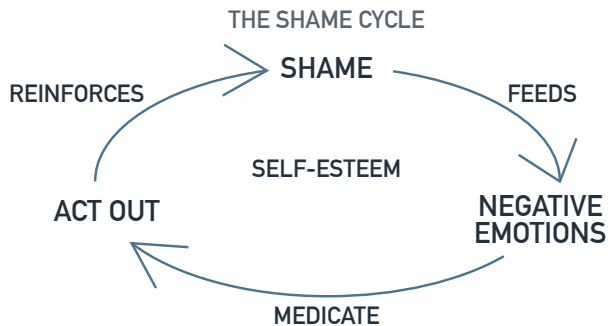
1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.
7. Fill out a crash report after a relapse and give to your accountability.
8. Address routines with effective boundaries.
9. Implement consequences immediately for relapse and danger zone activities.
10. Evaluate your progress on setting up boundaries and closing all porn access.
11. Read the Bible regularly.
12. Practice regular scripture memory.
13. Continue to address triggers with boundaries.
14. Face and process your BLASSTED emotions instead of medicating them.
15. Take your negative emotions to God in prayer.
16. Regularly review your thirty reasons for pursuing recovery.

Are you practicing your Core Practices?

*WINNING THE
SHAME AND
IDENTITY BATTLE*

SHAME

SHAME VS. GUILT	
GUILT = I have _____ bad.	SHAME = I _____ bad.
Shame often leads you to believe that there is something uniquely _____ with you.	
Can be a healthy emotion showing us our sin so that we can turn from it.	Unable to change because of an inherent personal flaw.
Allows people to see that they need help.	Don't deserve help.
We can have hope of a fresh start.	We are the problem so there is a hopelessness.
Can be a springboard to an improved life.	Is an anchor that often holds a person back from moving forward.



5 Keys to Disempower Shame

1. Acknowledge the shame of the addiction but don't let it _____ you.
You are _____ your addiction.
2. Be _____ and move toward others.
 - We are only as sick as the _____ we hold.
 - Shame _____ in secrecy; community is the key to dealing with shame.

- As long as you are only _____ known, you can only be conditionally loved.
3. Be aware of the _____ promise of porn.
 4. Be aware of the _____ game.
 5. Understand the _____ of the shame.

BIBLICAL INSIGHT

Read Genesis 3:1–10.

1. Summarize what happened in vv. 1–5.
2. What is Adam and Eve's response to each other after disobeying God in v. 7?
3. How did they respond to God in v. 8?
4. In v. 10, Scripture tells us that Adam and Eve hid from God because they were afraid. How is Adam and Eve's response to each other and to God similar to how we respond in our shame in our relationships with God and with others?

THE MAKING OF A SHAME IDENTITY

- When a shame _____ settles into a person's heart and life, it is a constant drip contributing to the negative emotions in their life that they regularly feel the need to medicate.
- Self-differentiation means you are able to _____ who you are from a particular thing.
- Those who can't _____ a shameful identity because of their porn habit will struggle ever getting free.

4 Sources of Shame

1. Not _____ your commitments
2. The _____ nature of pornography
 - Shocking and deviant porn is _____ more arousing and shame-causing.
3. The _____ both from yourself and the enemy

SATAN'S SHAME MESSAGES

- | | |
|---|--------------------------------------|
| - You are worthless. | - There is something wrong with you. |
| - God is done with you. | - No one struggles like you do. |
| - You are never getting free from this. | |

4. A _____ mentality
 - Performance = _____
 - The result of basing your significance on your _____ is that you are only as good as your last success or accomplishment.

BIBLICAL INSIGHT

“Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ’s physical body through death to present you holy in his sight, without blemish and free from accusation.”

—Colossians 1:21–22

1. What was true about you before you knew Christ according to v. 21?
2. Use Dictionary.com to define the terms below.
Alienated—

Enemies—
3. What is now true about you in v. 22 if you have decided to follow Christ?
4. Use Dictionary.com to define the terms below.
Reconciled—

Holy—

Without blemish—

No accusation—
5. How do these truths combat the shame identity in your own life?

CORE APPLICATIONS

- Identify the sources of shame in your life.

TRUE IDENTITY

- Shame is shattered when a person embraces _____ their identity in Christ.
- A performance mentality says that significance is _____, but through Christ significance is received.

Benefits to Building Your Identity in Christ

1. It gives you the most solid foundation for your _____.
2. It is the most effective way to _____ shame.
 - Jesus wants to set us free from the _____ of performance and the opinions of others.
3. It enables you to live in _____.
4. It helps _____ emotional triggers.
 - A person with a _____ based identity will be more negatively impacted by a failure.
5. You have _____ power to obey God for the right reasons.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” (ESV)
—2 Corinthians 5:17

1. What does this verse say about someone who is now in Christ?
2. The word *new* is the word “kainos,” meaning “a whole new substance.” It’s like having a completely new or different DNA! What do you think this means about you?
3. What do you think it means that the old has passed away?

Read Genesis 1:27.

1. What is repeated in this verse?
2. How do you think this shows the value God puts on people in general?
3. How does this apply to your identity?

CORE PRACTICES

1. Be aware of getting identity from performance and the opinions of others.

BO KNOWS

- To move from a performance-based identity to a Christ-based identity is a _____.

A STORY: MEPHIBOSHETH

- The identity we _____ will make a profound difference in every area of our lives.

A New Identity in Christ

- | | |
|---------------------------|------------------|
| - Forgiven | - Loved |
| - Born Again | - Blessed of God |
| - A Child of God | - An Heir |
| - Assured of Eternal Life | - Righteous |
| - Fully Pleasing to God | |

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 2 Samuel 9.

1. What was David's purpose in looking for Bo in v. 3?
2. What about the way that Mephibosheth is described probably contributed to his shame identity?
3. What did King David extensively give to Bo in order to bless him?
4. How would you describe the process of Bo's identity being changed in this story as a result of David's kindness to him?
5. How is this story a picture of what God wants to do for us through a relationship with Jesus?

LIVING A NEW IDENTITY

- When you begin to live out of this new identity, your life changes as you _____ the truth about who you are in Christ.

Practices to Help Us Live out of Our New Identity in Christ

1. _____ your mind.
- Before you can believe who you are in Christ, you first must _____ what the Bible says about who you are in Christ.
2. _____ the truth.
- Personalizing these truths helps you move past head knowledge into _____ change.
3. Allow shame to _____ you when you are off track.
- Shame is an _____ of performance mentality: that you are trying to achieve your identity. But, by faith, you are to receive your identity.
4. Live your new identity by _____.
- You received Christ by faith, and you will need to _____ to walk by faith to live out of your new identity.
5. Ask God to _____ you live out of your new identity in Christ.
6. _____ your shame in a small group.
- Shame is a huge _____ to you living out of your new identity in Christ.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Therefore, as God’s chosen people, holy and dearly loved.”
—Colossians 3:12

1. How does this verse describe those who belong to Christ?
2. If you are in Christ, how are these true of you?
Chosen—

Holy—

Dearly Loved—

“For we walk by faith, not by sight.”
—2 Corinthians 5:7 (ESV)

1. How does this verse describe the Christian life?
2. How is faith an essential part of living out of a new identity in Christ?
3. How can you live out of your new identity by faith?

CORE APPLICATIONS

- Accept the value and worth that God attaches to you.

CORE PRACTICES

1. Reinforce your identity in Christ through meditating on the truth. See Who I am in Christ statements in appendix/resources.

WIN THE BATTLE OF THE MIND

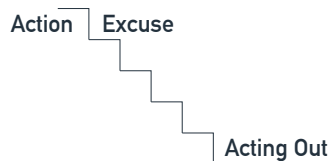
- Just one _____ thought or lie that a person believes can make all the difference.
- God's Word _____ lies, but we must know His Word and believe it.

4 Keys to Winning the Battle of the Mind

1. Take every _____ captive to obey Christ.
 - _____ = At Spear Point

Applications:

- Be careful what you _____ your mind.
 - Avoid _____ on lustful thoughts.
2. Be aware of _____ self-talk.
 3. _____ these negative thoughts and beliefs with your accountability.
 - Just as we need accountability for our behavior, we must be _____ for our false beliefs that drive us into hiding.
 4. Be aware of the _____ that you can use to lead you toward acting out.



- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 2 Corinthians 10:3–5.

1. In v. 3 Paul says that we do not wage war as the world does. How exactly does the world wage war?
2. What can the weapons that Paul fights with do according to v. 4?
3. According to v. 5 what exactly are we to demolish?
4. We have learned that Satan is the “Father of Lies,” and today we learned that strongholds are built in our minds that stand against all knowledge of God. There is a battle raging in our minds. How does Paul say that we win this battle for our minds?
5. Ted says that taking thoughts captive is to hold these thoughts at spear point in a military fashion. What do you think you need to take captive?

CORE PRACTICES

1. Take every thought captive to the obedience of Christ.

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

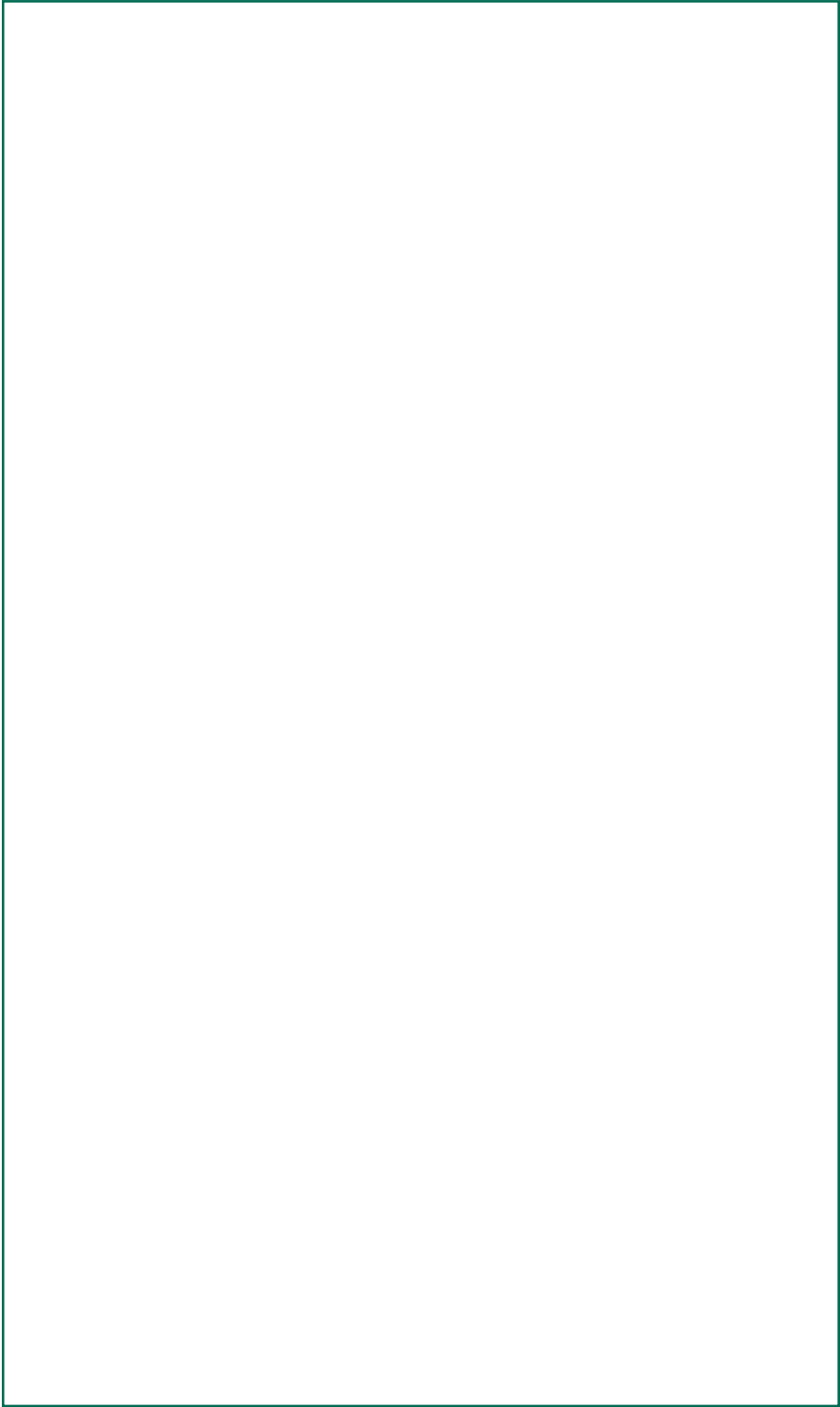
- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
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- Fill out Arousal Template Awareness worksheet
- Commit to regular intake of the Bible.
- Identify your triggers and the boundaries needed to address them.
- Commit not to isolate when triggered.
- Identify and address any pattern that makes you likely to relapse.
- Make a list of thirty reasons for pursuing recovery.
- Identify the sources of shame in your life.
- Accept the value and worth God attaches to you.

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.
7. Fill out a crash report after a relapse and give to your accountability partner.
8. Address routines with effective boundaries.
9. Implement consequences immediately for relapse and danger zone activities.
10. Evaluate your progress on setting up boundaries and closing all porn access.
11. Read the Bible regularly.
12. Practice regular scripture memory.
13. Continue to address triggers with boundaries.
14. Face and process your BLASSTED emotions instead of medicating them.
15. Take your negative emotions to God in prayer.
16. Regularly review your thirty reasons for pursuing recovery.
17. Be aware of getting identity from performance and the opinions of others.
18. Reinforce your identity in Christ through meditating on the truth.
19. Take every thought captive to the obedience of Christ.

Are you practicing your Core Practices?



*FACE
TRAUMATIC PAIN,
EXCUSES, AND THE
BRUTAL FACTS*

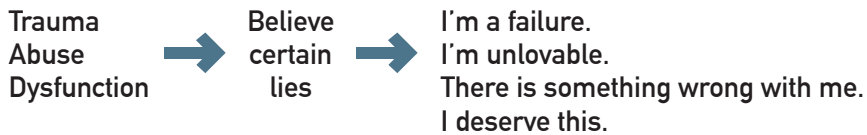
FACE THE PAIN

- Porn and sex addicts can also be triggered by past _____.

“It is clear that for sex addicts, trauma or high stress and addiction are inextricably connected. . . . Addiction in its various forms becomes a solution to the anxiety and stress of the trauma.”

—Dr. Patrick Carnes

- Many people who have been stuck in their addiction have discovered they were actually being triggered by past trauma or dysfunction that they never _____.
- A traumatic event can plant powerful _____ in the hearts and minds of a child or adolescent.



- Sex addiction is classified as an _____ disorder.

Reasons to Explore the Trauma

1. You typically have more _____ than you think.
 2. Going through the process will _____ you to help others in the future who have trauma to overcome.
- If there is an _____ that you have stuffed and vowed to keep secret, it is probably one of your ten worst moments.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

"Search me, God, and know my heart; put me to the test and know my anxious thoughts; and see if there is any hurtful way in me, and lead me in the everlasting way."

—Psalm 139:23–24 (NASB)

1. What does David ask God to do?
2. What does David hope that God will expose in v. 24?
3. When David asks God to see if there is any hurtful way in him, the word used there actually means pain. Why do you think the author needed God's help to reveal pain in his heart?
4. How do you think this applies to your pursuit in facing pain?

CORE APPLICATIONS

- List out your ten worst moments.

PROCESS THE PAIN

“True abstinence will not be achieved until the wounds are addressed.”—Dr. Patrick Carnes

- The purpose of identifying these painful _____ is to process them in a healthy manner.

7 Principles to Processing Your Pain

1. Determine the _____ that you have accepted from the traumatic experience.
 - Worst Moments → _____ → Replaying
2. Identify the _____ that the message promotes.
 - Whether big or small, the impact of trauma or dysfunction is determined by the lie that it _____ in your heart.
3. _____ the pain with others as you connect the dots.
 - Trauma isn't measured by the size of the impact of the event at the time but by the _____ impact it has on your mindset.
4. Connect the dots of your past trauma to your _____ mindset.
 - You aren't looking for excuses but _____.
5. _____ your losses.
 - People who _____ their pain instead of acknowledging and grieving it typically get tripped up by it later.
6. _____ where needed.
 - Forgiveness doesn't mean _____ people who hurt you.
7. Prepare for the _____.

- Experiencing the pain of your past once again will be _____ and can lead to relapse.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed."

—Luke 4:18 (ESV)

1. Jesus picked up a scroll in the synagogue and read from Isaiah, which was written seven hundred years earlier. As Jesus reads, he is also proclaiming His purpose. What does this verse say that Jesus came to do?
2. Twice Jesus uses the term *liberty*. What are the phrases He uses?
3. There are two different terms used here for liberty or freedom.
 - A. "to proclaim liberty to the captives" [release from bondage or imprisonment]
 - B. "to set at liberty those who are oppressed" [to drive someone into a fixed state of freedom!]

What does this say about what God wants to do in your life regarding your sexual addiction?

CORE APPLICATIONS

- Process your ten worst moments with the seven principles in "Process the Pain."

CORE PRACTICES

1. Continue to process your worst moments as others come to mind.

TEN WORST MOMENTS EXERCISE

Understanding your worst moments may feel uncomfortable and even frustrating, but sex addiction experts agree that it is an imperative step to finding true, lasting freedom. Dr. Patrick Carnes says, “True abstinence will not be achieved until the wounds are addressed.” Sex addiction is classified as an intimacy disorder. So unhealthy bonding and early attachment issues can mark a person in a way that can make them more prone to sex addiction. The addiction is a way to cope and can be intensified by past trauma, even in lesser forms.

Whether you have Trauma with a capital T (i.e., being sexually abused) or little t traumas (i.e., being made fun of repeatedly), your trauma has marked you in a way that makes you susceptible to certain triggers, and it is important to face the pain and process it with others. The first step to facing the pain is to make a list of your worst moments. One way to gauge a “worst moment” is to determine if there are certain negative memories or messages that you regularly relive or replay related to a certain event. This includes emotional, verbal, physical, or sexual abuse. Were there certain dysfunctions that shaped your childhood? When you think back on certain painful moments in your life, do they cause you great shame? Those could be some of your worst moments.

It can be a challenge to come up with ten “worst moments.” Our brains try to protect us from pain by forgetting the worst moments we have experienced. Ask God to reveal your worst moments to you and to make them clear. After you have listed out your worst moments, the next step is to begin processing them. It is important to understand that this may be triggering to process some of your worst moments so it can be helpful to ask for prayer and to check in before and after you do this work. You don’t have to list out all of your worst moments before you walk through the 7 steps with one of them. Actually, walking through the 7 steps with one worst moment can help you understand the overall process better which can help you think of other worst moments.

Make a list of your worst moments.

The ABC's of trauma can help you think through your worst moments.

Absence (or neglect)—you didn't get the basic support people need to be healthy growing up (ie. an absent or neglectful father can cause this).

Big pains—traumatic events or even a little event that left a big scar.

Comparison—You or others compare you or your performance to others and conclude that you are inferior in some way.

Example: I was broken up with by a longtime girlfriend in high school.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step One: Determine the message for each worst moment.

Example: I am unlovable.

The first step to processing the pain of your worst moments is to determine the message you have accepted from the traumatic experience. Every person will have different messages they believe. A few examples are "something is wrong with me", "I am stupid," "I am ugly," or "I am a failure."

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Once you have determined the message, identify the lie that the message is promoting. The message and the lie may be the same, but not always.

Step Two: Identify the lie for each message you replay.

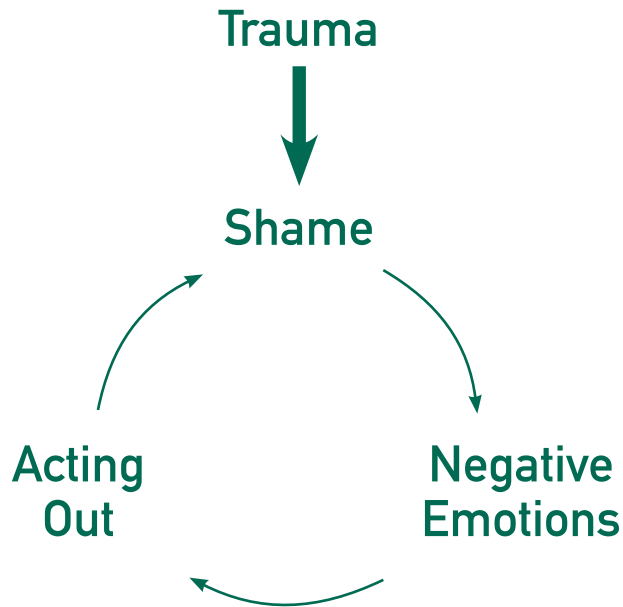
Example: If people knew me, they would reject me. I must hide my true self to be accepted by others.

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

Steps Three and Four: Process the pain with others as you connect the dots.

After you have identified the messages and lies you believe, it is incredibly important to process this pain with others as you connect the dots related to how your trauma is linked to your acting out. Trauma delivers lies that help form a shame identity which regularly feeds negative emotions that you have learned to medicate with sexually acting out (see diagram).



An accountability partner, your small group, or a professional counselor are all good options of someone to process with. Trauma isn't measured by the size of the impact of the event at the time, but by the impact it has on your current mindset.

It is eye opening when you understand how lies took root in your life through trauma and how that helped create emotional pain that you learned to medicate with porn or sex. You are not looking for excuses but explanations for why you keep sexually acting out and what needs you may be trying to meet through it. Verbally sharing your worst moments, the lies that were implanted and how that is connected to your current struggle with porn will help you process them at a deeper level. Processing with other people will also give you outside perspective from someone who can help you see patterns and give you encouragement.

Replace the lies with God's truth.

A key part of this process is identifying how the lies that were implanted through trauma are impacting how you currently view God, yourself and life in general. For every lie you have identified find a verse so you can replace that lie with God's truth. Write out this truth from God's word in the blank so you can meditate on it.

These lies form strongholds (2 Cor.10:3-5) that must be destroyed with God's weapons (v.3-4) His word and prayer. As you meditate on the truth pray and ask God to help you believe His truth as your new reality in place of the lie. Remember: don't just repress, replace.

Example: For the lie: I am worthless replace with I am chosen and accepted by God (Ephesians 1:4).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step Five: Grieve Your Losses.

Part of processing the wounds of the past is to acknowledge and grieve your pain and loss. The Bible says, “There is a time to weep and . . . a time to mourn” (Ecclesiastes 3:1–4). People who stuff their pain instead of acknowledging and grieving it typically get tripped up by it later. **You should grieve the painful experiences you endured and also those experiences that you missed out on because of dysfunction.** Acknowledge the loss and grieve it. The purpose isn’t to wallow in self-pity but to acknowledge the appropriate pain and loss so that you can bring closure to the wound and move into the future in an emotionally healthy way.

Step Six: Forgive Where Needed.

Forgiveness doesn’t mean excusing people who hurt you. Admit the pain and possibly the sinfulness of it, and yet forgive. Unforgiveness and bitterness will ultimately hurt you and keep you in bondage by keeping you tethered to negative emotions. Forgiving and releasing those who have hurt you is a crucial part of the healing process. “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:32, *ESV*). Even though we don’t deserve it, God forgives us. In the same way, we are to forgive others who don’t deserve it.

Step Seven: Prepare for the Pain.

As we mentioned, experiencing the pain of your past once again will likely be triggering and can lead to relapse. Be prepared as you engage this process and take precautions with extra boundaries and accountability.

THE STOCKDALE PARADOX

Says this:

- You must retain faith that you will _____ in the end, regardless of the difficulties.

AND

- You must _____ the most brutal facts of your current reality, whatever they might be.

2 Brutal Facts You Must Face

1. Sex addiction is one of the most _____ to overcome.
 - It will require the adoption of a new _____, not just a few minor changes.
 - God wants to use the _____ of recovery to grow and develop the whole person.
2. Recovery is not a _____ process.
 - It will be more challenging than you think, and it will probably take _____ than you think.
 - When someone confronts the brutal facts, they become more committed to real _____ and not the superficial kind.
 - _____ must happen to obtain freedom, but all changes aren't the same.

First Order Change:

- An attempt to _____ behavior by trying harder.
- Concrete action taken to _____ solve a problem.

Second Order Change:

- Required for _____ freedom.

- Core beliefs are _____.
- Requires you to leave your _____ zone.

“Healing is a lifetime journey not a one-time event. There is a direct correlation to the work that people put into their recovery and how permanent and stable the healing is.” —Dr. Mark Laaser

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.”

—Romans 5:3–5 (NLT)

1. How do vv. 3–4 correlate with what we learned in “The Stockdale Paradox”?
2. What hope is offered in this passage to those in sexual bondage?
3. What promise is offered to you in v. 5?

IN THE ZONE

- In order to live in the _____ zone where you are walking in freedom, there are certain practices that must be a part of your recovery lifestyle.
- Recovery isn't just a new phase you are going through to try to get rid of a bad habit, but rather the adoption of a new _____.
- There should be new habits and _____ in your life on a daily, weekly, and monthly basis.
- A _____ lifestyle both practices the right things and reinforces the right convictions that fuel those practices.

Core Anchor Convictions

1. Take every thought _____.
 2. Build your _____ in Christ.
 3. Spend _____ with God.
 4. God's Word _____.
 5. Be _____ with others.
 6. Live in God's _____.
 7. Pursue sharpening _____.
 8. Avoid _____.
- The stronger these _____ are, the more committed you will be to pursue the Recovery Zone practices.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read Matthew 7:24–27.

1. There are two men described in this passage. How are they similar?
2. How are they different?
3. The man who heard Jesus' words and put them into practice was described as building his house on rock. How do you think that is similar to anchoring your life with core convictions?
4. A conviction is a fixed or firm belief. What convictions did these two men have?

CORE APPLICATIONS

- Evaluate your convictions and commit to memorize Scripture to deepen them.
- Add activities to your zones of recovery.

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

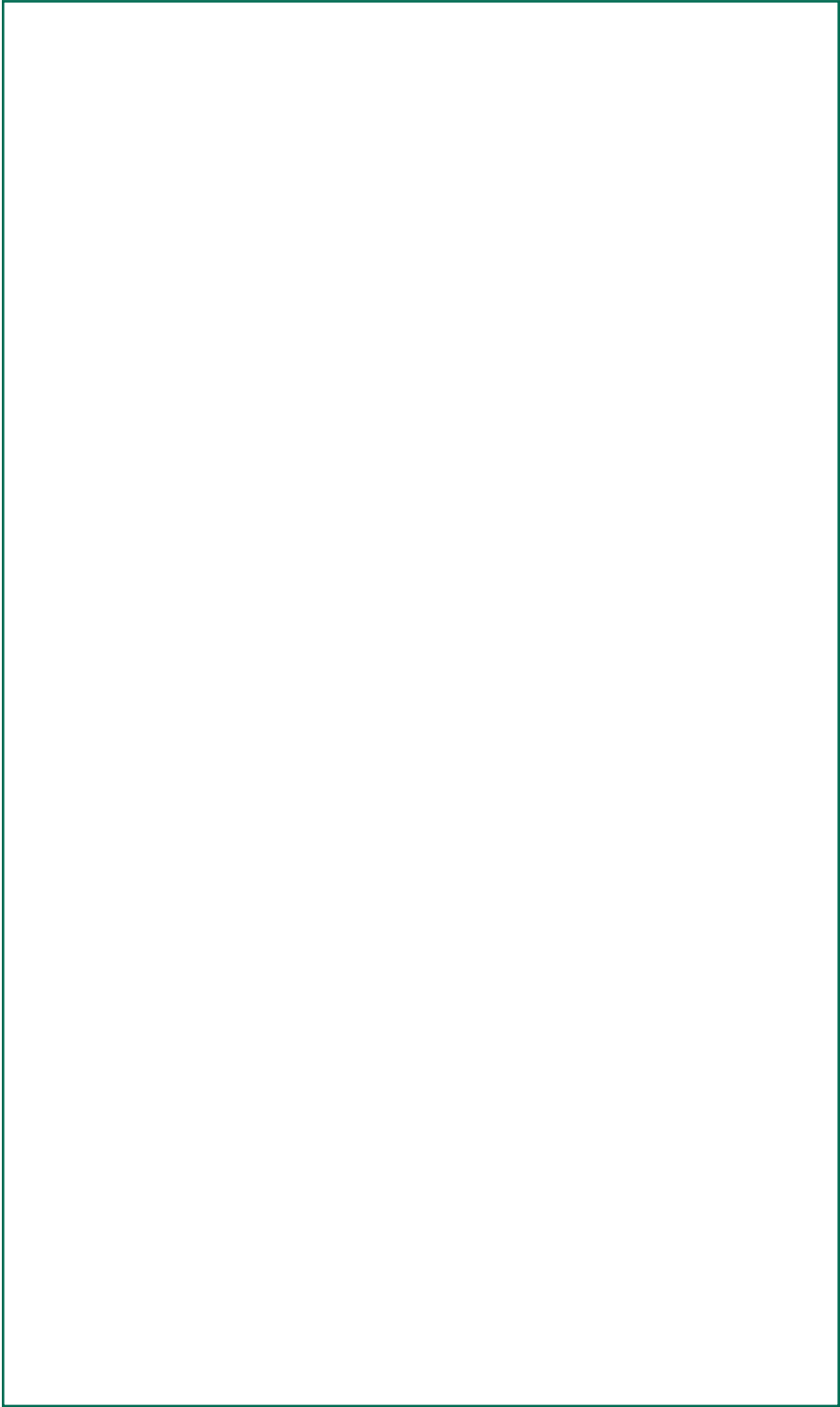
- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
- Identify what activities belong in each of your 3 zones.
- Read Q & A with Experts on the FASTER scale.
- Read Common Double Binds (in Resources).
- Commit to live in reality.
- Complete and sign your Relapse Response Plan.
- Identify your routines.
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- Fill out your Zones of Recovery 2.0 worksheet.
- Fill out Arousal Template Awareness worksheet
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- Commit not to isolate when triggered.
- Identify and address any pattern that makes you likely to relapse.
- Make a list of thirty reasons for pursuing recovery.
- Identify the sources of shame in your life.
- Accept the value and worth God attaches to you.
- List out your ten worst moments.
- Process your ten worst moments with the seven principles in "Process the Pain."
- Evaluate your convictions and commit to memorize scripture to deepen them.
- Add activities to your zones of recovery.

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
6. Evaluate which zone you are in through regular check-ins.
7. Fill out a crash report after a relapse and give to your accountability partner.
8. Address routines with effective boundaries.
9. Implement consequences immediately for relapse and danger zone activities.
10. Evaluate your progress on setting up boundaries and closing all porn access.
11. Read the Bible regularly.
12. Practice regular scripture memory.
13. Continue to address triggers with boundaries.
14. Face and process your BLASSTED emotions instead of medicating them.
15. Take your negative emotions to God in prayer.
16. Regularly review your thirty reasons for pursuing recovery.
17. Be aware of getting identity from performance and the opinions of others.
18. Reinforce your identity in Christ through meditating on the truth.
19. Take every thought captive to the obedience of Christ.
20. Continue to process your worst moments as others come to mind.

Are you practicing your Core Practices?



*SUPERNATURAL
POWER TO WALK
IN FREEDOM*

FREEDOM: ONCE FOR ALL

Freedom from Sin's Penalty	➔	Total and Immediate
Freedom from the Presence of Sin	➔	Total and Immediate
Freedom from the Power of Sin	➔	_____

- Through the resurrection, Jesus crushed the _____ of sin, and now He shares His victory with all who trust Him.

Consider = "to count" or "_____"

- Jesus broke the power of sin once for all, and that victory is _____ to everyone who receives Him.

Living in the Power of the Resurrection

- The power of sin has been broken, and learning to _____ God in the heat of temptation makes all the difference in experiencing the power of God over sin in your daily life.

THE POWER OF SIN HAS BEEN _____.

- The power of the cross is real, and your faith to consider yourselves dead to sin _____ if you experience it.

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“For the death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.”

—Romans 6:10–11 (ESV)

1. How is Jesus described in v. 10?
2. How did Ted explain what it means that Jesus died “to sin”?
3. How is this different from the truth that Jesus died “for sin”?
4. What is our response supposed to be as a result of what Jesus did, according to v. 11?
5. What does it mean that we are to consider ourselves dead to sin, according to what we learned in this lesson?

CORE APPLICATIONS

- Memorize Romans 6:10–11.

CORE PRACTICES

1. When tempted, meditate on the fact that the power of sin is broken.

FAITH AND THE PROMISES OF GOD

- God has given us _____ we need for life and godliness.
- A lack of _____ is one reason many followers of Christ aren't experiencing the victory over sin that Jesus has bought.
- God's _____ enables us to become partakers of the Divine Nature.

Faith + Seven Qualities Related to Sexual Addiction Recovery

1. _____ - Moral Excellence

2. _____

- Knowing and _____ God's truth renews your mind and changes your life.

3. Self-_____

4. Perseverance/Steadfastness

- A _____ to never give up.

5. _____

- Christlikeness is the _____ and the goal you are pursuing.

6 & 7. Brotherly Affection & Love

- Reflects the fact that we need a band of _____ to experience the life and freedom that God calls us to.

Recovery Approach Spectrum



Purely _____ Based _____ Knucklers

- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read 2 Peter 1:4.

1. In v. 4 what are the reasons that God has given us His promises?
2. What do you think it means to participate or become a partaker in the Divine Nature?
3. What do you think is the main thing that God wants from you according to this verse?

CORE APPLICATIONS

- Commit to cultivate these seven qualities in 2 Peter 1:5-7 in your pursuit of purity.

CORE PRACTICES

1. Take steps to practice the seven qualities in 2 Peter 1:5-7 as it relates to walking in purity.

THE HELPER

- Jesus is the one who breaks the power of sin, and He desires to live His life through us by the power of His _____.
- When Jesus was on earth, He Himself was led and _____ by the Spirit.
- If Jesus Christ was empowered and led by the Holy Spirit, then how much more do we need to be _____ and led by the Spirit?

The Holy Spirit Helps Believers

- | | |
|---|---|
| - Gives believers a desire and ability to obey God. (Ez. 36:27) | - Convicts believers of sin. (John 16:8) |
| - Produces godly qualities in the believer's life. (Gal. 5:22-23) | - Leads and directs believers. (Gal. 5:18) |
| - Empowers us for serving and witnessing. (Acts 1:8) | - Guides believers into all truth. (John 16:13) |

- Christ has given us an amazing gift in the the Holy Spirit, but we must choose to _____ into the Spirit in order to experience His help to the fullest.
- When we recognize our _____, we become dangerous for the kingdom.
- What was one helpful insight you gained from this lesson?

THE SPIRIT-FILLED LIFE

- When the Spirit is in _____, you also do things you normally wouldn't do but in a godly moral direction.
- Just as it's obvious when someone is under the influence of alcohol, you notice when someone is living under the _____ of the Holy Spirit.
- Be Filled = Keep on Being _____
- Being filled is a _____ ongoing experience.

Three Steps to Being Filled by the Spirit

1. Stay _____ to Jesus.
 - When we stay _____ to Jesus, the Holy Spirit will bear fruit in our lives.
2. Surrender _____ of your life to God.
 - God can only fill what has been _____.
 - Jesus tells us that this decision to surrender is a decision we make _____.
 - It isn't about you getting more of God in your life, but it's about God getting more of _____.
3. Practice spiritual _____
 - Confessing sin and _____ control to the Holy Spirit.
 - Sin must be dealt with immediately because it _____ the Spirit's power in our lives.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”

—Ephesians 5:18

1. What two commands do you see in this verse?
2. Ted explained that to “be filled” means to “keep on being filled, a continual ongoing experience.” How do you think being filled by the Holy Spirit is comparable to being drunk?
3. How has or can Spirit-filled living impact your pursuit of holiness and freedom?
4. How do you think Spirit-filled living would influence your routines, triggers, and boundaries that lead you toward sexual unhealth?

CORE APPLICATIONS

- Read the extra resource on the Spirit-Filled Life.

CORE PRACTICES

1. Practice the steps to being filled with the Spirit: connect with and surrender to Christ and practice spiritual breathing.

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
- Lock up your devices to eliminate access to porn.
- Pick verses from the list to use when practicing BRACE.
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- Evaluate your convictions and commit to memorize scripture to deepen them.
- Add activities to your zones of recovery.
- Memorize Romans 6:10–11.
- Commit to cultivate the seven qualities in 2 Peter 1:5-7.
- Read the extra resource on the Spirit-Filled Life.

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
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20. Continue to process your worst moments as others come to mind.
21. When tempted, meditate on the fact that the power of sin is broken.
22. Take steps to practice the seven qualities in 2 Peter 1:5-7.
23. Practice the steps to being filled with the Spirit: connect to and surrender to Christ and practice spiritual breathing.

Are you practicing your Core Practices?



*PURSUE A VISION,
GRATITUDE, AND
HOLINESS*

A VISION FOR RECOVERY

- Knowing that recovery is not an easy road, it's crucial to have a compelling _____ to sustain you as you pursue it.

“Having a vision creates energy. . . . When addicts develop a sense of their true calling, their vision, they have a much easier time staying sober.” —Dr. Mark Laaser

- What you are _____ to is as important as what you are recovering from.
- A _____ that will fuel your pursuit of recovery for the long haul needs to move beyond just yourself.
- You aren't just _____ for yourself, but for your family or future family.
- Recovery can _____ a person forward in their relationship with God and help them become a more fully committed disciple.
- Ultimately our recovery should be about God and His _____.
- When you pursue your recovery with a higher _____, it gives you a depth of purpose and resolve that doesn't come any other way.
- You don't have to be _____ with your own recovery in order to begin helping others start theirs.
- What was one helpful insight you gained from this lesson?

VISION, PURPOSE AND NEXT STEPS

- Freedom isn't just about what you stop doing but it's actually more about what you _____ doing.
- The relapse and danger zone practices must be put off and the _____ zone practices must be put on. Are you putting on a new lifestyle?
- Your Purpose Zone contains what you want to give your life to. This is your Life _____ .
- Your vision includes the _____ ways you are living out your purpose in your current season and situation.

Passing your freedom onto others will help _____ the freedom in your own life.

- This is the genius of disciple making. As we pass God's truth onto others, He uses the _____ to drive His truth deeper into our own lives.
- People tend to start _____ after they find new levels of freedom because compared to where they used to be they are doing amazing.
- Definition of freedom: No acting out for _____ and establishing healthy relationships and habits.
- Who are you going to ask to keep you _____ and receive your check-ins?
- What will you do to start passing on your freedom to others? Remember you don't have to be _____ walking in freedom yourself before you start helping others.

CORE APPLICATIONS

- Write out both your purpose and vision statements.
- Plan and share your next steps for recovery and for helping others find freedom.

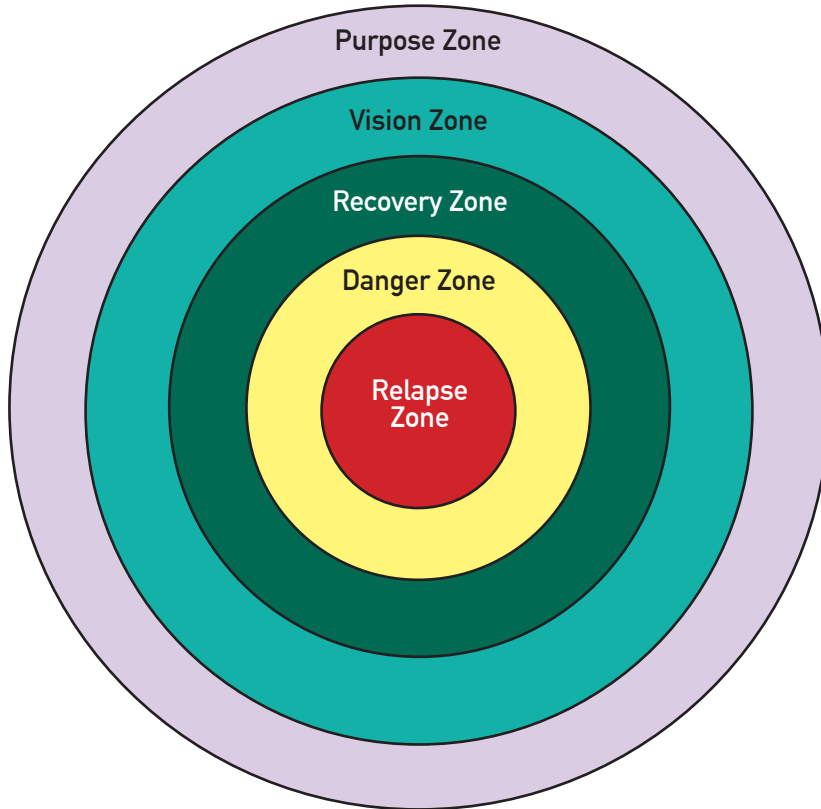
BIBLICAL INSIGHT

Read Hebrews 5:12-14

1. What is the contrast between the immature and the mature in this passage?
2. One of the practices of the mature is to teach what they have learned. How do you think God could use helping others find freedom to deepen your own experience of freedom?
3. In verse 13 the immature person is described as unskilled in the word of righteousness, the Greek word "apeiros" means inexperienced. How can teaching the Word to others deepen our skills and experience in it?
4. Verse 14 describes the mature as having "their senses trained to discern good and evil." The Greek word for trained is "hexis," meaning a habit acquired by custom, practice, or use. The ESV translates the word "constant practice." What are the key habits that you need to make sure you constantly practice as you plan your next steps?

What is your plan for each?

ZONES OF RECOVERY 3.0



The ultimate goal isn't finding freedom but it's running free after Christ and His purposes. "Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us. Fixing our eyes on Jesus..." (Hebrews 12:1-2b). God has a race for you to run, a purpose for you to pursue, but there are things that slow us down and trip us up. Few things can derail us from God's purposes like pornography. It is important to pursue freedom with God's purposes in mind.

Purpose Zone: The purpose zone is your personal mission statement, your life objective, your purpose in life. Spend time reflecting and praying about what's God's purpose is for your life. Some passages to consider thinking and praying through (Matt. 22:37-40, 28:18-20). Write out your personal purpose statement (i.e., My purpose is to: know Christ, be like Christ, and make Christ known).

Vision Zone: It's one thing to have a big, broad purpose but it's another thing to have a specific vision that can be measured and evaluated. Your vision is more measurable and helps ensure that your purpose gets priority in your life and schedule. What are you currently doing or can you do to practically live out your purpose? (i.e., What are the specific ways this week I will seek to know Christ, be like Christ and make Christ known right now?) Write out your Vision Statement.

Putting it All Together: The goal isn't simply to avoid the relapse and danger zone activities, though we absolutely must be committed to avoid them. Your goal also isn't to just do the recovery zone activities, though we must be committed to doing them. But we have a bigger goal because we were made for God and His purposes. He is the reason we avoid sin and pursue godly habits and disciplines because we want to run after God and His purposes.

THE POWER OF GRATITUDE

- One of the renewing practices that has proven to be powerfully _____ is gratitude.
- Gratitude actually changes the _____ in our brain and gets our focus off of ourselves and puts it on God and others.
- Thankfulness is _____ for our life.
- When gratitude is one of your recovery zone practices, it will boost your mood and happiness in surprising ways. It can also counteract _____ emotions in the moment.
- 68% of college students say they are _____ between half the time and always.
- The anxious person tends to _____ on their problems both real and potential.
- But the promise of peace includes another important condition besides just asking for help. We are to pray with _____.
- Practicing gratitude _____ people physiologically.
- Gratitude is a powerful anxiety _____.

3 Ways to Practice Gratitude:

- Write down _____ things you are grateful for every day.
- In your daily prayer time thank _____ for your blessings in life and in Christ.
- Write a note or send a text of appreciation to _____ who has been a blessing in your life.
- _____ gratitude with God first and foremost but allow that to spill over into your other relationships so that you become a more grateful person.

BIBLICAL INSIGHT

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thess. 5:16-18.

1. What are we commanded to do in this passage?
2. According to this verse, why should we make giving thanks a part of our lives?
3. After going through this lesson, why do you think thanksgiving is God's will for your life?

Ephesians 5:3-4

1. According to Paul what forms of sexual sin are we to avoid?
2. What practice are we to replace these activities with?

How can giving thanks help us avoid sexual sin?

3. How can the practice of gratitude improve our pursuit of sexual purity especially related to emotional triggers?

CORE APPLICATIONS

- Practice gratitude regularly.

A VISION FOR HOLINESS

- And day and night they do not cease to say, HOLY, HOLY, _____ (Rev. 4:8).
- God is set apart in His purity and blamelessness and in _____ His ways.
- God calls us to be holy and set apart like Him in _____ our behavior.

7 Biblical Reasons To Pursue Holiness of Mind

1. Entertaining unholy thoughts is _____ (Matt. 15:19-20). Notice that Jesus puts evil thoughts in the same category as murder and _____.
2. When we sow to the flesh, we reap _____ (Galatians 6:7-8).
3. Unholy _____ intake undermines God's number one method of sanctification-renewing the mind (Rom.12:2).
 - We must renew our minds with God's Word but at the same time we need to keep out the _____ which keeps us thinking and acting like the world.
4. A pursuit of holiness increases our _____ (2 Timothy 2:20-22).
 - God can use anyone He wants for His purposes, but He most often uses a _____ vessel.
5. A pursuit of holiness increases our _____ with God in Prayer (James 5:16).
 - Sin and unrighteousness can _____ our prayers while holiness increases our prayers' effectiveness.

“We must learn this lesson well- that righteous character and Christ-like conduct give us a peculiar and preferential standing in prayer before God.” EM Bounds

6. A pure and obedient heart increases our _____ with God (Matt.5:8, John 14:21).
 - The pure in heart will _____ God (Matt 5:8).
 - You are as _____ to God as you want to be (James 4:8).

7. The pursuit of holiness fuels a _____ of freedom.
 - A better goal than freedom is _____.

BIBLICAL INSIGHT

Read James 4:4-10.

1. According to this passage, how does friendship with the world impact our relationship with God?

2. How can we be friends with the world through our media use?

3. What are the steps this passage calls us to in order to draw near to God?

4. What aspects of these instructions are the most challenging for you? Why?

CORE APPLICATIONS

- Do the three-part Bible study on holiness of mind/ media in the resource section of the app/website.

CORE PRACTICE:

Pray for God's help to pursue holiness in all your ways.

EVALUATE YOUR CORE APPLICATIONS AND PRACTICES

CORE APPLICATIONS

- Take the SAST.
- Ask at least one person to hold you accountable.
- Commit to detox.
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- List out your ten worst moments.
- Process your ten worst moments with the seven principles in "Process the Pain."
- Evaluate your convictions and commit to memorize scripture to deepen them.
- Add activities to your zones of recovery.
- Memorize Romans 6:10–11.
- Commit to cultivate the seven qualities in 2 Peter 1:5–7.
- Read the extra resource on the Spirit-Filled Life.
- Write out your personal purpose and vision statements.
- Share your next steps for your plans for recovery and how you will start passing it onto others.
- Do the 3-Part Holiness Bible Study

Have you completed your Core Applications?

CORE PRACTICES

1. Check in and use the FASTER Scale daily.
2. Regularly check in with your accountability.
3. Be completely honest with your accountability.
4. Practice BRACE when tempted.
5. Practice BRACE even without temptation.
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20. Continue to process your worst moments as others come to mind.
21. When tempted, meditate on the fact that the power of sin is broken.
22. Take steps to practice the seven qualities in 2 Peter 1:5-7.
23. Practice the steps to being filled with the Spirit: connect to and surrender to Christ and practice spiritual breathing.
24. Regularly evaluate your purpose and vision statements.
25. Practice gratitude regularly.
26. Pray for God's help to pursue holiness in all your ways.

Are you practicing your Core Practices?

APPENDIXES | RESOURCES

SMALL GROUP DISCUSSION

GET IN THE FIGHT

1. Ted said, "The first step to freedom is always asking for help." What is the most difficult part for you in asking for help?
2. A common lie is that marriage will fix our problem. How have you believed that before?
3. What are your motivations for seeking freedom from unwanted sexual behavior?
4. Ted said, "This will be one of the most challenging things you have done." Why do you think this will be harder than you may expect?

THE OPPOSITE OF ADDICTION

1. Porn stunts people's growth relationally, emotionally, spiritually, and sexually. How have you experienced some of these?
2. How does Rat Park change how we think about addiction?
3. What does it mean that the opposite of addiction is connection? What does this say about the importance of small groups?
4. The survey of one thousand recovered sex addicts showed that God and small group were the top two factors for recovery. Why do you think that people need God and others to recover?

THE FASTER SCALE

1. What would you say the purpose of the FASTER Scale is?
2. Why do you think this tool could be beneficial to you?
3. Which stage of the FASTER Scale resonated with you?
4. Which do you think is most important for you getting the most out of the FASTER Scale—Trust It, Use It Daily, or Personalize It? Why?
5. What did you learn about the FASTER Scale from the "FASTER Scale with the Experts" article?

SMALL GROUP BLUEPRINT

1. What's the difference between an accountability group and a recovery group?
2. Which key characteristic of recovery groups impressed you the most?
3. Why do you think small groups are so important to recovery according to this content?
4. Why do you think it's important to be completely committed to this group?

BINGE/PURGE

1. Ted said that the Binge/Purge cycle is not just a moral problem, but a brain problem. What does he mean by 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. Ted said, "In order to change, the old pathways need to be replaced with new ones." According to Romans 12:2, how will God's Word help us to replace these neurological pathways?

A HOLISTIC APPROACH

1. Ted said, "Sex addiction isn't mostly about sex as much as it's about how you medicate the pain and discomforts in life." How do you think that sexual highs have aided you in escaping pain or discomfort?
2. Which of the four areas (physical, emotional, spiritual, social) are you most interested in exploring? Why?
3. Why do you think that the most successful addiction recovery programs have a significant spiritual component?
4. Ted said, "Addiction thrives in isolation." Why do you think this is the case?

TIME TO GET REAL

1. Ted said, “Most men who struggle with a porn or sex addiction tend to deny, minimize, or rationalize their condition.” How do you think you have denied, rationalized, or minimized the seriousness of your sexual habits?
2. Which of the four stages of dependency do you think you are in?
3. Of the four reasons for telling the truth to others, which one stood out to you the most?
4. At the end Ted said, “The desire to hide and minimize your condition will only sabotage your recovery.” From what we learned in this lesson, why do you think hiding and minimizing your sexual habits would sabotage your recovery?
5. What score did you get on the SAST? What did you learn about yourself as a result of that score?

DETOX

1. From what we learned about dopamine in this lesson, why is it important to go through a period of detox?
2. Jesus lays out some radical principles for us in Matthew 5:29–30. What is Jesus communicating based on this passage about detoxing from sin?
3. Which of the seven steps for a successful detox do you need to implement immediately?

THE ADDICTED BRAIN

1. What did you learn about the addicted brain?
2. How does understanding the addicted brain help you understand what is happening when you are tempted to act out sexually?
3. Ted said at the end, “Part of renewing the mind is training your prefrontal cortex to reengage when you face sexual triggers.” Why do you think we would need to train ourselves to do this?

4. What is the balance between a person taking ownership for sin while at the same time recognizing the significance of an addicted brain keeping them in bondage?

BRACE FOR THE BATTLE

1. How will BRACE help us in the midst of sexual temptation in a similar way that combat breathing helps a Navy SEAL?
2. What part of the acronym BRACE stood out to you?
3. Ted said it's important to create immediate short-term consequences for acting out. What is an immediate short-term consequence you can implement for acting out?
4. Ted said, "Repetition got you into this addiction, and repetition will help get you out," referring to the repetition of practicing BRACE. How does Hebrews 12:3–4 encourage us to be disciplined in practicing something like BRACE?

MANIFESTATIONS OF THE FASTER

1. How is sliding down the FASTER Scale like a boulder rolling down a hill?
2. Dr. Patrick Carnes said, "Craziness first manifests itself as lapses in routines, simple behaviors that support self-maintenance." When things start getting crazy for you, what are your first routines and practices to go?
3. What emotions or behaviors do you most often express as a way to medicate or numb out?
4. How can Psalm 139:23–24 be a good example of trusting God with our negative emotions?

THE DOUBLE BIND

1. What is a Double Bind?
2. How does a Double Bind put someone on the FASTER Scale?
3. To get off the FASTER Scale and return to restoration, we must resolve the Double Bind. How do we go about that?

1. Why is the right decision in facing our Double Binds usually the more difficult one?
2. What do you think are common Double Binds that you experience in your life?

JUST DO IT!

1. Why is it important to diligently practice these truths instead of just working through the material?
2. Ted said, "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 Core Applications and Practices?
3. What is the command the Paul gives to Timothy in 1 Timothy 4:7?
4. Why do you think we will need to train, *gymnazo*, in order to find freedom from our sexual habits?

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?
5. 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. How will doing a Crash Analysis on our relapses help us turn failures into victories?

3. What else stood out to you about the Crash Analysis?
4. Ted said, "The guys who struggle the most, instead of fleeing temptation they flirt with it." In what ways are you still flirting with temptation as opposed to fleeing it?
5. What impressed you about Joseph in Genesis 39 in his response to temptation?

BETTER TOGETHER

1. What are the ways that stood out to you in which a small group can multiply a person's recovery?
2. Why is others-centeredness important for recovery?
3. What insight does 2 Timothy 2:22 give for how our recovery is better together?

THE ANATOMY OF RELAPSE

1. Ted said, "Pornography is not our only coping mechanism." What are some of your lesser coping behaviors?
2. What key factor to using the FASTER Scale stood out to you?
3. How have you seen personal craziness affect your slide down the FASTER Scale?
4. Psalm 119:33 encourages us to live a lifestyle grounded in God's Word. What craziness of lifestyle other than acting out in your life would God's Word direct you differently?
5. Are there particular "pains" that tend to put you on the FASTER Scale?

DISCLOSURE

1. Why do you think denial structures must be dismantled in order to rebuild your marriage?
2. What denial structures will you have to dismantle?

1. What are the three meetings that must take place in a proper disclosure?
2. Why are these three meetings important?
3. Why is a staggered disclosure detrimental to the disclosure process?

UNDERSTANDING HER

1. What reason do we have to honor and understand our wives in this process according to 1 Peter 3:7?
2. How does a woman's interconnected brain affect her in the midst of betrayal?
3. Ted said, "The amount of pain inflicted on the wife increases as you move down the pyramid." How far down the pyramid have you gone?
4. Are there any reality differences that you relate to under point number 3?

FORGIVENESS AND BUILDING TRUST

1. What happens if forgiveness is given or expected too early?
2. Why is it important for our wives to be able to grieve before forgiveness is given?
3. What were some of the components that Ted said would build trust with our wives?
4. What did you learn about the five trust busters?
5. Which trust buster is going to be your greatest challenge?

A SAFETY PLAN AND BOUNDARIES

1. Why is it important for us to help our wives establish her safety plan?

2. What is the ultimate purpose of our wives establishing a safety plan with boundaries?
3. What do you think are some actions your wife needs to see from you?
4. What are the four ways we can ensure our wives establish an effective safety plan?

SEX AND TRUE INTIMACY

1. What does Ted mean that pornography is supranormal stimulus?
2. Why is adding porn to your marital sex life detrimental to your sex life and intimacy in marriage?
3. How can abstinence and nonsexual intimacy benefit your recovery?
4. Why is vulnerability so important to our recovery process and healing in our marriages?

ZONES OF RECOVERY

1. Ted said, "If you don't grow your definition of a relapse, you typically find yourself justifying these triggering behaviors that will lead to relapse." What triggering behaviors do you typically justify?
2. Ted said, "The single men who learn to connect their acting out with negative consequences often find sobriety sooner." What are some natural consequences you want to implement?
3. We are in the Recovery Zone when we are practicing our Core Practices and avoiding triggering activities. What Core Practices have you been practicing well? Which ones do you still need to implement?
4. How does Romans 13:14 apply to the zones of recovery?

THE ADDICTION CYCLE

1. How does the sex addiction cycle progress?
2. Ted said, "Most men don't realize that they have routines that precede their acting out, but learning to see the patterns is crucial." What are some of your routines that precede your acting out?
3. What roadblocks or boundaries do you need to have to stop routines and interrupt the cycle?
4. What reality in Romans 6:16 should challenge us to set and keep these boundaries?

DRIVERS OF THE ADDICTION CYCLE

1. Ted said, "The root issues that are driving the sexual addiction cycle must be addressed head-on in order to have lasting freedom." Why is this true?
2. Which of the five drivers or roots are most powerful for you?
3. Ted said, "One reason it's so important to deal with the roots of sexual addiction is because you will often find other ways to cope." What are some of the ways you have learned to cope with pain, shame, and negative emotions other than sex?
4. According to Jeremiah 6:14, why is it important for us to begin addressing these root issues?

THE GREAT EXCHANGE

1. The Bible uses the accounting term *credit* to describe what takes places between us and God. How would you explain this process of God crediting us righteousness?
2. Why does someone need to make the Great Exchange?
3. What do you think keeps people from making this decision?
4. How does someone make the Great Exchange?

5. What is keeping you from making that decision right now?

THE BRAIN'S REWARD SYSTEM

1. How does the brain's reward system work?
2. How does porn hijack the brain's reward system?
3. How do you think the brain's reward system influences what a man sets his mind on in Romans 8:5?
4. Why is practicing BRACE a powerful tool when we consider what we learned in this lesson?

THE PHARMACY IN YOUR HEAD

1. What are some of the different chemicals that get pumped into our brains when we sexually act out? How do these affect us?
2. How does the brain conclude, like Dr. Doidge said, "that real people are less rewarding than fake people"?
3. From what we learned in this lesson, why are porn users more depressed than nonusers?
4. How does Galatians 6:7–8 give us insight into the science behind what we learned in this lesson? How should we apply this truth from Scripture?

THE MAKING OF AN ADDICTED BRAIN

1. What are some similarities between the tobacco industry and the porn industry?
2. How does our brain actually become addicted to sexually acting out?
3. How does hypofrontality affect us in our fight against sexually acting out?
4. What role does DeltaFosB play in our sexual addiction?

1. Ted said, “Strong boundaries and accountability are essential in the early months of recovery in light of how DeltaFosB works in our brains.” Why is that?
2. From what we learned in this lesson, how is the brain involved to the biblical insight of Romans 6:19?

CONDITIONING THE AROUSAL TEMPLATE

1. What does a person’s arousal template form?
2. Which description of a negatively conditioned arousal template stood out to you?
3. How would you describe what your arousal template consists of?
4. According to Romans 8:6–8, how do you think what we set our minds on will affect the conditioning of our arousal templates?

EXTREME CONDITIONING

1. What is the difference between negative and extreme conditioning of someone’s arousal template?
2. Ted said, “Conditioning can turn extreme when someone reaches the point of tolerance.” What does it mean to reach a point of tolerance?
3. “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?
4. Ted talked about the professional who was stuck in his addiction because of shame from watching child porn. Is there anything in your sexual past you still feel a lot of shame about?
5. How does Romans 1:24–27 illustrate extreme conditioning?

THE GAME CHANGERS

1. What were the game changers?

2. How is today's porn different from the porn of previous generations?
3. What are we commanded in 1 John 2:15–16?
4. How are the game changers in opposition of this command for us?

THE ICEBERG OF ADDICTION

1. How is sex addiction like an iceberg?
2. How is it going practicing BRACE? What are the benefits of practicing?
3. Ted said that in order to address the surface issues of our sexual behaviors, fantasy, routines, and sexualized society, we have to have healthy boundaries in place. What access to porn have you yet to eliminate?
4. Colossians 3:23 says, "Whatever you do, work at it with all your heart, as working for the Lord." How would your recovery look different if you applied this verse to your recovery?

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?
4. How does porn train young men to move on from one naked body to the next?

YOUNG MIND, PERFECT STORM

1. How are adolescents more vulnerable to addictive substances than adults?

1. What happens to an adolescent's brain when exposed to stimulants early in life?
2. Ted said, "The earlier one is exposed to pornography, the greater likelihood of addiction." How has learning about the adolescent mind helped you understand the impact of pornography in your own life?
3. What does Luke 17:1–2 reveal to us about God's thoughts on youth and porn?

RENEWING THE MIND

1. In Romans 12:2, God says, "Do not be conformed to this world, but be transformed by the renewal of your mind" (ESV). 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. What can we learn from how Jesus fought temptation?
4. How can you replace the lies you have bought into with God's truth?
5. What step can you take to start getting more of God's Word in your life?

PAY IT FORWARD

1. Of the four areas porn wages war, which is most alarming to you? Why?
2. Which of these areas of warfare have you experienced? How?
3. Why do you think so few churches address the topic of porn?
4. What do you think of the pay-it-forward model?
5. Why do you think most never finish the program? Will you? Why?

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 wage war against the soul" (NASB)?
3. Which Bible Confidence Builders stood out to you about the reasons we can trust that the Bible is God's Word?
4. How can the Bible help in your fight for freedom?

TO STEAL, KILL, AND DESTROY

1. How is porn an example of Satan's strategy to steal, kill, and destroy (John 10:10)?
2. Satan is described as the "Father of Lies." What are some of the lies you have believed about porn or sex that have led you astray?
3. Satan has lied from the beginning about God's Word, His goodness, and the consequence of sin. According to 1 Peter 5:8, what is Satan's ultimate intention for us?

QUENCH YOUR THIRST

1. What are the two sins in Jeremiah 2:13? What do they mean?
2. How is sexual sin a broken cistern?
3. What does Jesus claim in John 7:37-38? Why is this such an extraordinary claim for someone to make?
4. How is the water Jesus offers different from the water from the cistern? Why is this so hard to believe?

TRIGGER-HAPPY

1. How would you define a trigger?
2. The two types of triggers mentioned in this video were sexual and nonsexual environmental triggers. What are the most common sexual triggers for you?

1. What are the most common nonsexual environmental triggers for you?
2. Why is it important to identify your triggers?
3. What are boundaries you have put up to help you avoid triggers? What are new boundaries that could help?
4. What are the rationalizations that can keep us from putting up new and needed boundaries?

DON'T GET BLASSTED

1. Which of the BLASSTED emotions are the most common emotional triggers for you?
2. How does sexual behavior medicate the BLASSTED emotions?
3. Why is growing in self-awareness important?
4. How do our BLASSTED emotions relate to the sexual addiction cycle?
5. Of the three types of triggers—sexual, nonsexual environmental, or emotional triggers—which do you feel triggers you the most?
6. How does Proverbs 4:23 relate to this lesson?

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. Which step of Addressing Your Emotions stood out to you?
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?
7. How does Proverbs 14:8 apply to this lesson?

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" (2 Corinthians 12:9–10)?
3. Ted said, "Escaping the pain isn't the goal because God wants to use the pain to mature us." How can seeking to escape pain keep us from missing God's bigger purposes for pain?
4. How do you think you can apply this lesson to your life?

THOSE MOST LIKELY TO RELAPSE

1. Which of these six qualities are you most tempted to fall into?
2. What are those lifestyle changes 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. How would you evaluate your commitment level to the process?

SHAME

1. How is shame different from guilt?
2. What makes shame such a powerful driver of addiction?
3. Which of the keys to disempower shame are most meaningful to you?
4. How does being honest and open help you overcome shame?

1. How does shame play a significant role in what happened to Adam and Eve in their relationship with each other and their relationship with God in Genesis 3?

THE MAKING OF A SHAME IDENTITY

1. What did you learn about having a shame identity?
2. Which of the four sources of shame would you say have been sources for you personally?
3. How does knowing that everyone can be aroused sexually by deviant forms of porn help you with a shame identity?
4. What truths from Colossians 1:21–22 stand out to you the most that combat your shame identity?
5. How can you identify other sources of shame in your life this week?

TRUE IDENTITY

1. What benefits of living out of an identity in Christ stuck out to you?
2. In what ways do you get significance based on your performance or the opinions of others?
3. How does a performance-based identity set us up for shame?
4. What's it mean to build your identity on who you are in Christ?
5. How does 2 Corinthians 5:17 and Genesis 1:27 apply to us living out our real identities?

BO KNOWS

1. How is Mephibosheth described that would have contributed to his shame identity?
2. How is what David did for 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 sons, 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)?

LIVING A NEW IDENTITY

1. Which of the six practices do you most want to practice? Why?
2. How can shame be a reminder that you are off track?
3. How can a small group be particularly helpful in overcoming a shame identity?
4. How do the verses Colossians 3:12 and 2 Corinthians 5:7 encourage us to live out of our new identities?

WIN THE BATTLE OF THE MIND

1. What does it mean to take every thought captive? How can you do that practically?
2. Why is it so important what you feed your mind?
3. What are some of your go-to rationalizations?
4. Paul talks about arguments, pretensions, and thoughts that have become strongholds in our minds that need to be destroyed. What do you think are some of the thoughts or arguments that have become strongholds in your mind that need to be deconstructed?

FACE THE PAIN

1. What is the connection between trauma and sex addiction?
2. Are there certain events or messages that you replay from earlier in your life?
3. Why does Joe Dallas say a lot of guys give up at this point?

1. Why are father wounds so impactful (abuse, neglect, rejection, or abandonment)?
2. How does Psalm 139:23–24 apply to our pursuit of facing the pain?

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. What stuck out to you about the steps to process your pain?
3. What were some of your ten worst moments?
4. 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. What would change if you had a "whatever it takes" mentality with your recovery?
5. What is the difference between first and second order change?
6. How can you make sure that you are committed to second order change?

IN THE ZONE

1. What does it mean when an athlete is in the zone? Give a few examples.
2. Joe Dallas was told he had a change of heart without a change of lifestyle. What does that mean?

3. How have the concentric circles tool and check-ins been helpful to you in your recovery?
4. Why is it important that you have strong convictions for your recovery practices?
5. Which of the core convictions mentioned would you say is your strongest? Weakest?
6. What can you do to strengthen your convictions?

FREEDOM: ONCE FOR ALL

1. Ted quoted John 8:36, which says, "If the Son sets you free, you will be free indeed." If the Bible promises freedom through Jesus, why do so many followers of Christ not experience it?
2. How does the elephant illustrate how we are prone to respond to our sin?
3. Why does Paul command us to consider ourselves dead to sin? Why is this important to the process?
4. The Core Practice to implement from this lesson is to meditate on the fact that the power of sin is broken. How do you think practicing this will help you in the midst of temptation?

FAITH AND THE PROMISES OF GOD

1. Based on this passage, why do you think so many believers don't live fruitful and effective lives?
2. Which of these qualities do you most need to seek in your recovery?
3. What would it look like to "make every effort" to add these qualities?
4. What are the two extremes on the recovery approach spectrum that Ted described? How can you maintain balance?
5. 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 does the fact that Jesus was filled and empowered by the Holy Spirit tell us?
4. 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? Why is each important?
4. How do you think being Spirit-filled will impact your recovery?

A VISION FOR RECOVERY

1. Why is vision such an important part of recovery?
2. What are some vision-minded reasons Ted gave us for our recovery?
3. How would you like God to be able to use you to help others?
4. The Core Practice for this lesson is to clarify your vision for your recovery. How would you clarify your vision for pursuing recovery?

FASTER SCALE WITH THE EXPERTS

HOW WOULD YOU DESCRIBE THE FASTER SCALE TO SOMEONE WHO HAS NEVER HEARD OF IT?

A. First, I would explain that for guys that habitually struggle with pornography and masturbation and generally say, "It came outta nowhere. I was doing really good for two weeks or three months and then BOOM! I act out." Here's the reality: It is not out of nowhere! It follows a very predictable escalating pattern. This predictable escalating pattern is called the FASTER Scale. Men who know the FASTER Scale can begin to see a relapse coming weeks before it comes and eventually can learn to stop behaviors, attitudes, and actions that have led you to relapse for most of your life.

A. It's a self-awareness building exercise that helps you understand your current emotional state, see a relapse coming before it hits, and make course corrections in life that keep you in the light and walking in step with the Spirit.

A. It is a tool that helps you see when you are stepping away from restoration and toward relapse so that you can identify the cause of the slide and make the adjustments needed to return to restoration and avoid a relapse.

WHAT'S ITS PURPOSE?

A. To identify relapses weeks before they happen. To see that it does not come out of nowhere. To help people see addiction is a problem with how you process life, not simply a moral problem. The FASTER Scale helps you tangibly identify areas where you are not processing life well.

A. The FASTER Scale is basically a tool to figure out what I'm feeling, why I'm feeling that way, and how those emotions cause me to do things that are against God (i.e., sin). The tool is not so that I live by my emotions but rather that I can actually become aware of my emotions and respond the way God would have me, so I DON'T have to live by my emotions. It makes me so much more aware of how I'm actually doing and how I'm doing with fighting sin and how tempted/vulnerable I really am.

A. To help you grow in self-awareness and make small course corrections in life that, if avoided, contribute toward an eventual relapse.

WHAT IS SOMETHING THAT YOU EVENTUALLY LEARNED ABOUT THE FASTER SCALE THAT WOULD HAVE HELPED KNOWING FROM THE OUTSET?

A. As you become more familiar with the scale, you can discover major identifiers of where you're at on the FASTER that are unique to you. There may be unique behaviors that for you are a identifier that you are in a specific stage, but this happens over time as you grow in self-awareness.

A. I'm usually not doing as well as I think I am. I often can think I'm at Anxiety, but I'm really Exhausted and don't even know it. So I would say it's important not to paint a rosier picture than what reality really is.

A. Trusting how closely tied my emotional discontent and fantasy life and sexual urges can be linked.

A. God has made us very complex. The FASTER Scale is predictable, but it is very complex. You will not figure it all out in six months. The goal is to begin to learn your patterns. When you start, you will know Relapse the best. Then you will learn Exhaustion the best. Then you will begin to see Ticked Off. The FASTER Scale builds so it is easier to see the stages closest to relapse.

WHAT MADE IT MOST HELPFUL?

A. The most helpful part of the FASTER Scale is having a system in place to have to think about what you're feeling and knowing how close you are to upping your chances of a relapse. It also gives you tangible information to communicate to your accountability partners so they can help you process living in recovery.

A. Before the FASTER Scale, I never actually knew how I was doing or what I was feeling. I just always thought I was doing good. What has made it most helpful is that now, I'm so much more aware of how I'm doing emotionally, which then helps me to prepare to fight sin and pursue holiness. It also really helps in relationships with people as it has made me a much more pleasant and patient person. When I'm mad/irritable, I now try to identify why and respond/deal with it in an appropriate way that

honors Christ. Before I would just be mad (a lot of times not even aware of it), act like everything is okay, do nothing about it, and then watch it flesh itself out with sin in other ways. What also makes it most helpful is doing it consistently, day in and day out, so I can see patterns and trends in my life.

A. Using it regularly, personalizing it, trusting that it is accurate, and making changes when I'm in the higher states of the scale instead of waiting to act when I've already slid down.

A. Stick with it. The FASTER Scale can be confusing at first, and I've heard guys say they didn't get it until three or four months in. Guys who have been using it for two years will be able to get so much more out of it than when they started.

WHAT HELPS YOU GET OFF THE FASTER SCALE AND RETURN TO RESTORATION?

A. That can vary from person to person and situation to situation. It is important to identify the cause of the slide (i.e., Double Bind, out of balance area); after that it may look different how you move back to restoration.

A. The first step is to voice to someone in your group if not your entire group ("Hey, man, I'm at Exhausted and am feeling very tempted. I think it's because we have finals this week, I feel unprepared for a presentation I have, and I don't want to go home to have to answer all my parents, questions about why I'm not taking the internship they want me to.") Once you identify the cause, then you can identify the Double Bind so you can address it, which will look different depending on what it is.

A. Recognize where I am right now. The easiest thing is to see it in Double Binds. And do the hard thing.

A. By identifying the Double Bind and broken core belief that is driving me down the scale and following through on a plan to move through the Double Bind rather than continue to avoid it. This often involves making very practical changes in life, like for me learning to budget so I can minimize the financial chaos in life and help me address the incompetency I feel around finances. Financial chaos and a sense of

incompetency and failure regularly put me on the scale. Learning to ask for help with my finances and implement a budget reduced the chaos and increased my confidence in both God and myself regarding finances.

A. Checking in and confessing it.

- Taking a nap
- Journaling
- Spending extra time with God
- Working out/running
- Meditating on Scripture
- Making a list of things I'm thankful for

PURITY VERSES TO MEMORIZE

- | | | |
|--|---|---|
| <input type="checkbox"/> Job 31:1 | <input type="checkbox"/> Philippians 4:8 | <input type="checkbox"/> Romans 13:12–14 |
| <input type="checkbox"/> Ephesians 5:3 | <input type="checkbox"/> Colossians 3:1–2 | <input type="checkbox"/> 1 Peter 2:11 |
| <input type="checkbox"/> 1 Corinthians 6:18–20 | <input type="checkbox"/> Romans 12:2 | <input type="checkbox"/> 1 John 3:3 |
| <input type="checkbox"/> Matthew 5:27–28 | <input type="checkbox"/> Galatians 5:1 | <input type="checkbox"/> Psalm 24:3 |
| <input type="checkbox"/> 1 Thessalonians 4:3–4 | <input type="checkbox"/> Hebrews 12:1 | <input type="checkbox"/> 1 Peter 1:16 |
| <input type="checkbox"/> Colossians 3:5 | <input type="checkbox"/> Matthew 5:8 | <input type="checkbox"/> Romans 8:6–8 |
| <input type="checkbox"/> Psalm 119:9–11 | <input type="checkbox"/> James 5:16 | <input type="checkbox"/> Psalm 101:3 |
| <input type="checkbox"/> Hebrews 13:4 | <input type="checkbox"/> 2 Timothy 2:22 | <input type="checkbox"/> 2 Corinthians 10:5 |

I made a covenant with my eyes not to look lustfully at a young woman.

Job 31:1

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

Ephesians 5:3

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:18–20

You have heard that it was said, "You shall not commit adultery." But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Matthew 5:27–28

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable,

1 Thessalonians 4:3–4

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

Colossians 3:5

How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.

Psalms 119:9–11

Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

Hebrews 13:4

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

Colossians 3:1–2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Galatians 5:1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.

Hebrews 12:1

Blessed are the pure in heart, for they will see God.

Matthew 5:8

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:16

Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

2 Timothy 2:22

The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

Romans 13:12–14

Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul.

1 Peter 2:11

All who have this hope in him purify themselves, just as he is pure.

1 John 3:3

Who may ascend the mountain of the LORD? Who may stand in his holy place?

Psalms 24:3

For it is written: "Be holy, because I am holy."

1 Peter 1:16

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God.

Romans 8:6–8

I will not look with approval on anything that is vile. I hate what faithless people do; I will have no part in it.

Psalms 101:3

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:5

WHO I AM IN CHRIST

THE WORD OF GOD SAYS:

- I am God's child, for I am born again of the incorruptible seed of the Word of God that lives and abides forever. (1 Peter 1:23)
- I am forgiven of all my sins and washed in the blood. (Ephesians 1:7; Hebrews 9:14; Colossians 1:14; 1 John 2:12; 1 John 1:9)
- I am a new creation. (2 Corinthians 5:17)
- I am a temple where the Holy Spirit lives. (1 Corinthians 6:19)
- I am delivered from the power of darkness: Christ brings me into God's kingdom. (Colossians 1:13)
- I am redeemed from the curse of the law. (1 Peter 1:1–19)
- I am holy and without blame before God. (Ephesians 1:4)
- I am established to the end. (1 Corinthians 1:8)
- I have been brought closer to God through the blood of Christ. (Ephesians 2:13)
- I am victorious. (Revelation 21:7)
- I am set free. (John 8:31–32)
- I am strong in the Lord. (Ephesians 6:10)
- I am dead to sin. (Romans 6:2, 11; 1 Peter 2:24)
- I am more than a conqueror. (Romans 8:37)
- I am a coheir with Christ. (Romans 8:16–17)
- I am sealed with the Holy Spirit of promise. (Ephesians 1:13)
- I am in Christ Jesus by His doing. (1 Corinthians 1:30)
- I am accepted in Jesus Christ. (Ephesians 1:5–6)
- I am complete in him. (Colossians 2:10)

- I am crucified with Christ. (Galatians 2:20)
- I am alive with Christ. (Ephesians 2:4–5)
- I am free from condemnation. (Romans 8:1)
- I am reconciled to God. (2 Corinthians 5:18)
- I am qualified to share in His inheritance. (Colossians 1:12)
- I am firmly rooted, established in my faith, and overflowing with gratefulness and thankfulness. (Colossians 2:7)
- I am called of God. (2 Timothy 1:9)
- I am chosen. (1 Thessalonians 1:4; Ephesians 1:4; 1 Peter 2:9)
- I am an ambassador of Christ. (2 Corinthians 5:20)
- I am God's workmanship, created in Christ Jesus for good works. (Ephesians 2:10)
- I am the apple of my Father's eye. (Deuteronomy 32:10; Psalm 17:8)
- I am healed by the stripes of Jesus. (1 Peter 2:24; Isaiah 53:6)
- I am being changed into His image. (2 Corinthians 3:18; Philippians 1:6)
- I am raised up with Christ and am seated in heavenly places. (Ephesians 2:6)
- I am beloved of God. (Colossians 3:12; Romans 1:7; 1 Thessalonians 1:4)
- I have the mind of Christ. (Philippians 2:5; 1 Corinthians 2:16)
- I have obtained an inheritance. (Ephesians 1:11)
- I have access by one Spirit to the Father. (Ephesians 2:18)
- I have overcome the world. (1 John 5:4)
- I have everlasting life and will not be condemned. (John 5:24; 6:47)

- I have the peace of God that transcends all understanding. (Philippians 4:7)
- I have received power—the power of the Holy Spirit; power to lay hands on the sick and see them recover; power to cast out demons; power over all the power of the enemy; nothing shall by any means hurt me. (Mark 16:17–18; Luke 10:17–19)
- I live by and in the law of the Spirit of life in Christ Jesus. (Romans 8:2)
- I walk in Christ Jesus. (Colossians 2:6)
- I can do all things (everything) in and through Christ Jesus. (Philippians 4:13)
- We shall do even greater things than Jesus did. (John 14:12)
- I possess the Great One in me because greater is He who is in me than he who is in the world. (1 John 4:4)
- I press toward the mark for the prize of the high calling of God. (Philippians 3:14)
- I always triumph in Christ. (2 Corinthians 2:14)
- My life shows forth His praise. (1 Peter 2:9)
- My life is hidden with Christ in God. (Colossians 3:3)

KEY INSIGHTS