How to Break the Bonds of Pornography and Live in True Freedom

By: Roger Pike

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How to beat the enemy

This is no joke. Pornography addiction is real and nothing to slough off. You need to get serious and take care of this problem. Do you know how porn affects the brain? Do you know how porn desensitizes you to perverse and violent sex? Do you know that porn secretly undermines your relationships and thought life?

It's no big deal, everyone looks at a little porn now and then right? Would your wife agree with that statement? Could you get your pastor on the side of that argument? Would you feel the same way if your child was using pornography?

If you don't take action now what could happen to your life? Divorce? Job loss? Cheating on your wife? Child molestation? There are many consequences to using pornography. Don't think any of these could happen to you? Neither did the men who experienced these consequences and are left with a life in shambles.

Quitting pornography is hard. Real tough. But it's worth it! Quitting porn means you get back control of your life! You can ditch the shame and guilt that comes after a session of porn use. You can engage your wife and family in meaningful conversation! You can get close to your wife again! You can see a pretty woman walking towards you without undressing her with your eyes. You can become an effective witness for the Lord! Your sex life becomes much more meaningful with your wife.

As you step out on this journey to quit pornography, I ask one thing of you. Don't quit. Keep on trying no matter how hard the temptations come, how many times you fail, or how bad you long

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after porn. The enemy will not let you go easily. He will fight to keep you enslaved to porn.

Who is the enemy? Satan. Pornography is a counterfeit for sex. Porn is an evil tool that Satan uses to undermine you. Satan uses pornography to keep you from intimacy with your wife. With intimacy comes strength. Strong marriages are targets for Satan. Satan uses pornography to keep you at a distance with God. Have you tried to minister to others in the name of Jesus while you were involved heavily in porn? You can't do it effectively. You can't pray effectively when you are into porn. I'll even say that you can't witness when you are involved in porn! Satan does not want you to be close to God or to be an effective minister for God. Pornography will turn you into a quivering, weak, shadow of a man.

I have assumed up to this point that you are a child of God. Are you? Have you ever trusted Jesus as your savior to forgive all your sins and give your eternal life? Do you want to learn more about who Jesus is and how to be forgiven? http://whoisjesus-really.com

In the following sections I will begin to outline what you need to do to get rid of pornography in your life. Let me tell you that pornography addiction is more that just spiritual and more than just physical. It is both. You have to break the spiritual bonds of pornography and the physical bonds. I am not a fan of those who claim either one or the other focus is the way to break this addiction. I think you need to fight this battle with both spiritual weapons and practical physical methods.

Admit you have a problem & want to quit

Admitting that you have a problem is the first step. You will not take serious any of the steps to freedom if you don't believe you have a problem using pornography. Take a few minutes and answer these questions truthfully. If you resonate with a few of these questions, then you have a problem with pornography.

- Do you daydream about pornography? Do you find yourself playing scenes from porn in your head throughout the day?

- Are you many times pre-occupied with sex? Do you turn normal situations into sexual conquests in your mind?

- Do you get uncontrollable urges to look at porn? Do your urges order you to get a porn fix? Do these urges not stop until you fulfill them?

- Do you lose track of time while watching porn? Do you find yourself hours later than you intended ending a porn session?

- Do you plan your days around time to use porn? Do you look forward with anticipation the upcoming porn session?

- Are you less interested in sex with your spouse?

- Have you experienced an increase in anger, shame and moodiness towards others?

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- Have you tried unsuccessfully to stop using pornography in the past?

- Do you hide your pornography usage from your friends & family?

If you have answered positively to a few of these questions, you are probably addicted to pornography. Don't be afraid or angry. It took me a few weeks to come to the conclusion that I was addicted to porn.

Pornography was always an escape for me from the ho-hum daily life. I thought that it was a normal part of life to steal an hour or two here and there to look at porn and masturbate. There were times when I would indulge while at work! The moment when I admitted I was addicted was when I read a list of questions similar to those above. I identified with many of them and finally said to myself "I have a problem".

If you have admitted you have a problem you need to acknowledge that you want to quit! You are either an addict or a recovering addict. If you are addicted you cannot play around with pornography! You need to decide right now – Do you want to quit? –OR- Do you want to continue with porn?

Think about how porn makes you feel when you are done with a session.

- Shame
- Guilt
- Self Loathing
- Angry
- Dirty
- Ineffective
- Weak
- Physically Ill

All of that will go away in time once you stop using. If you want to continue…. READ ON.

Purge & Destroy

Just like a junkie needs get rid of all drugs, needles, and paraphernalia, a porn addict needs to purge just as thoroughly. If a junkie finds one item of drug or paraphernalia, it will drive him mad until he gets a hit. You need to get rid of all traces of pornography! Every little bit. Take some time, sit down and remember all the places you have stashed a little something. You are on purge and destroy mission!

Let me try to help you remember some of the items that you might forget and run across later.

- *Movies* – locked up, hidden in your space (workshop, closet, dresser, etc)
- *Magazines* – at home, bathroom, workshop, filing cabinet, dresser drawer, closets, garage
- *Your computer* – laptop, USB drive, CDs, DVDs, external hard drives, internal hard drive, floppy disks. Do you have a spare, private computer? – get rid of it, pull out the hard drive & smash it!
- *Online memberships* – Cancel them, delete your password lists, delete the emails on your private email account, erase the bookmarks, private blogs, file sharing services
- *Your cell phone & PDA* – delete all pictures, IM's, wallpaper, files, wipe them clean
- *Ipod touch, PSP, Netbook* – wipe them clean

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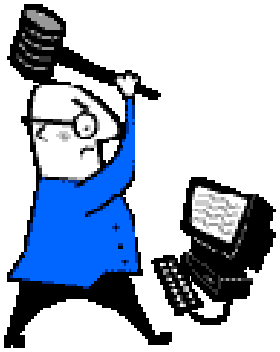
- *Cable TV* – Get rid of the pay channels & disable pay per views. You don't need the temptation.

While doing your porn sweep, go ahead and grab the 'fringe & edgy' materials. Grab the lingerie catalogs, the swimsuit magazine, the illustrated sex manual, the penthouse letters, movies with overly suggestive sexual themes. Why? Because these materials can be a catalyst that will make your desire for porn flare up into a fire. These things will be that spark of temptation that will trip you up. Please trust me on this.



Make this fun!! Burn, smash, shred, mutilate all of the porn! This is important that you destroy it in total so you or no one else will ever see this stuff again. If you have hard drives with porn, you must re-format these drives! I know of programs that will 'shred' your files that you could use. (http://www.abattleplan.com/contact) Do whatever it takes to make sure this stuff is untraceable and can never be recalled again. Make this the watershed moment when you gave up pornography and started on the journey to sexual purity!

Now that you have destroyed every last bit of pornography you probably feel good!! You feel like you have reclaimed a bit of the power back that porn stole from you! Savor it, and move on to the next step.

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Confession & Repentance

Confession and Repentance are the next two things you need to do. Confession is acknowledging what you did was wrong and asking forgiveness. Do you sincerely believe pornography is wrong? Some of you may not be totally convinced viewing porn is wrong. I could cite you scripture that lists sexual immorality as sin, but you probably already know that. I believe you can sincerely want to change and make a confession with just a little bit of belief that porn is wrong and a sin.

When it was my time for confession & repentance, I knew porn was wrong, but was I sorry for it? Yes, somewhat. I did not fully understand the damage porn had done to me until much later. I also did not fully understand why I should be sorry for it and how it hurt God & others, BUT I did know that the conviction I felt every time after I used it was my conscience and The Spirit telling me it was wrong. It took some time to really understand the damage that was done and to be remorseful about it. I suggest you read a few good books to help you with this → http://abattleplan.com/2010/05/porn-addiction-books/

I still am learning about the damage, but at first when I realized I was addicted and needed to quit I only was sorry for what I understood. There was a part of me that still was used to justifying my behavior, comparing my sin to what others did and the longing for porn. I really wanted to quit, but like a lost love, I still had feelings in favor of pornography. I hope this makes sense to you.

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First I went to God and confessed to Him that I was addicted and wanted to get free, but I didn't know how. I needed His help & strength. Yes, He already knows these things but you should admit your sense of regret for your sin and acknowledge to Him how weak you are. I opened up to God to also say that I was sorry, even just a little bit and I needed Him to show me how wrong I really was & to make me very sorry. I actually wanted Him to turn my love affair with pornography into hate for pornography. I asked Him to make pornography turn my stomach, to make me see people beyond physical features, to remind me of eternity & the value He placed behind each of those women.

Confession

Confession to God is the number one priority and next came confession to my men's Bible study group. I *know* that God wanted me out of the grips of porn, because all of these events in my life happened in perfect order. At a meeting prior, I listened as one of the men admitted to his pornography addiction. Our leader asked him questions and all the details were laid out. Everyone prayed over him and was asked to hold him accountable. The next time our group met, my heart was burning. I had to come out and confess to the group about my addiction and how I got into pornography, the whole story. My group was supportive and prayed for me and was there to hold me accountable. I walked out of there with a tremendous burden lifted!!

One important thing you need to know about secret sins like pornography is that they thrive when they are kept secret. When you expose a secret sin, its like kryptonite to superman, it takes away its power! I cannot explain why this happens, but it is true. When I confessed to my men's group

something I had never told anyone before, it lifted the power it had on me an allowed me to regain some of the control I once had.

My confession was not finished and man did I wish I was done! God placed it in my heart to tell my wife. I know you are thinking *"Were you nuts?"* but this was such a strong conviction, that I had to ask my group what to do. The scenarios that I imagined that would happen were all over the place: throwing me out, divorce, etc. My group advised me of the consequences and told me if this conviction was that strong, it must be what God wants you to do.

A few days later I told my wife about my addiction, its origins, that she was not at fault - everything. She took the news very well and was supportive of me. I was very shocked. That confession began my journey to being set free from pornography. My wife will occasionally ask me if I have been alright, but that is alright with me. Sometimes I wonder if she believes my answers, but there is a trust issue at hand here. I broke the fidelity of our marriage by seeking sex outside of our relationship and she was hurt. Trust is so easily lost and very hard to build back up.

Should you tell your wife?? My advice is to pray very hard on this. There is a right time to do it and God will let you know when that is. Pray ahead of time that God prepares your wife for the news (like He did mine). It is not an easy thing for a wife to hear.

Repentance

Repentance is the next step and is basically turning away from pornography and seeking a life of sexual purity. It is to decide that pornography is not for you and to do everything to reverse gears and change course. When a person repents, that person denounces

a particular sin and declares it as something that they will fight against. Doing a 180! Repentance goes hand in hand with confession. In most instances when a person says “Repent, for the end is near” they basically telling you to confess your sins, truly feel sorry for doing them and reform your life to stop sinning.

Repentance is the decision to turn away from pornography & turn to God and follow him. Making the decision is the first step. True repentance includes taking the next steps towards God & not looking back. Repentance is more than words and a commitment, it is action.

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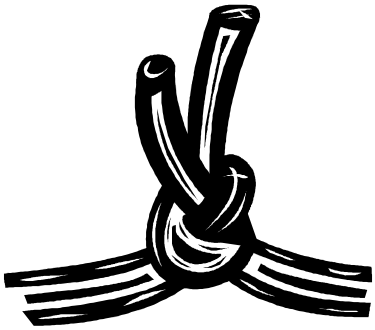
Seeking Help



You cannot and you should not try to beat this on your own. This addiction is strong and too hard to break in your own strength. Even though you are going to have to do the work, you need someone to mentor you and hold you accountable. The Bible said two are better than one, but a cord of three strands is hard to break. (Ecc 4:12) You will need help with your journey to break free.

The importance of a mentor / accountability partner.

A mentor/accountability partner will help you walk through the daily struggles and temptations you will face. This person should be willing to take your call at any time of the day. They should meet with you regularly to ask you tough questions such as "Have you looked at porn since we last met?" "Have you been praying?" This person should have access to your private life and you need to be open and honest with this person. The times of lying, deception and covering up are over. Your new life is an open door that can be accessed by your mentor partner. You should freely share your struggles and feelings in order to maintain trust and the confirmation that you want to change and are working towards it. A good accountability relationship will be supportive, firmly hold you to purity, forgiving when you fail and encouraging to you. Go here for a list of Accountability Questions.

Who should be your mentor/accountability partner? You should ask a trusted, mature man. Your pastor, close friend or elder in the church would be good. If you do not have any one to ask, you

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should consider joining a program that provides you a partner, such as http://settingcaptivesfree.com. Although these accountability partners will not actually meet with you in person, it is much better than not having one at all! You MUST get an accountability partner.

Some men ask: Is ok for my wife to be my accountability partner? I tell them no. Your wife will not be able to relate with your struggles like another man can. Your wife will have a hard time listening to you and your struggles without translating it into something personal. She will think that she is doing something wrong, is not attractive enough for you, etc. Another reason she should not be your accountability partner is because her rebukes will seem like nagging and you will not accept them the same way as you would from another man. A man can bust your chops and tell you like it is and you will take it a lot differently than you would from your wife.

Join a program that is designed for sexual & pornography addiction

Joining a program will help you immensely. Many programs usually educate you on the origins of the addiction, what causes you to become addicted and steps to take to break free. I would suggest you enroll in the program you think would help you the best. Do *Not* judge a program based on cost or length of time to complete. Your recovery depends upon matching the program to your needs. If you don't pick the right program, you will not do the lessons or attend the sessions and revert back to your addiction. Please see the resources page at the end of this book for programs

Unraveling the mess in your life

Some of the things in this chapter will be covered by the program that you decide to join. I want to get you started thinking about a few things to help you unlock the puzzle and understand some things about your addiction.

Where did it begin for you?

Step back to the beginnings of your affair with porn. How old were you when you started looking at it? How did that initial introduction make you feel? What made you go back for more?

Many of us were first exposed to pornography in our early teens. That initial glimpse made our hearts race while the endorphins created a feeling of high like drugs do. After seeing it we probably felt scared that someone would find out, but it left us with a hunger for some more. So we planned another time to check it out again. That high we felt was addicting! We wanted to look again and again.

After a while we would get our own stash and use pornography anytime we felt lonely, depressed, bored, or angry. It was our outlet, our escape from the reality of our lives. It felt good and had a sense of intimacy that we did not know in our other lives.

We always thought that this was normal and that everyone did it even though we would feel 'dirty' and guilty after doing it. Before long we realized how much time we were spending with pornography. The hours would just fly by as we consumed image after image.

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Now it was time to cut back or give it up. So, we would decrease the time spent by trying to put a limit on the hours spent or we would get rid of our stash and give it up for good.

Too bad that never stuck. We always spent more time than we wanted to and eventually become weak enough to go buy new pornography or troll the internet for porn. Our trying to quit was seemingly futile. All the while it probably never occurred to us that we were addicted!! I know it did not for me, until one day I had a revelation when hearing of the signs of pornography addiction.

Can you relate to any of the above? Spend some time going back into your history of pornography and think about where you started, how often you indulged, your initial feelings.

When did you get to the point were you stopped trying to fight the temptation and just used it when you wanted? What kind of emotions were you feeling when you decided to indulge? What circumstances provided you the opportunity or urge to act out? How much time did you spend per week? How often? Did you have a favorite place to indulge? What kinds of media provoke your mind to wander and get on the one-way road to a session with pornography? How often do you daydream about sex? How often does your mind wander when trying to engage someone in conversation, especially a beautiful woman? How many times did you try to quit using porn? What circumstances, feelings or realizations brought you to the point or wanting to quit for good?

Our love affairs with porn often last years and are deeply seated in our emotions. It is like breaking up with a love when you try to quit. No wonder it is so hard to break free. You will need to answer these questions that I have asked above so you can get to know yourself and the origins of your addiction.

Many of the answers to those questions will provide insight into what your triggers are that drive your readiness for using pornography. Knowing the answers to these questions will also help you to get real with the seriousness of your addiction and will also show you the areas where you will need to place additional healing and support.

Setting up your Battle Plan

After analyzing the origins of your addiction and knowing what your triggers are you are now ready to outline your plan to break free and stay free. You know yourself and what triggers your readiness to use pornography. Use this knowledge to fill in the details. I will offer my suggestions here for you to start.

Pray

Prayer is an often overlooked power available to us. I am not a theologian in any respect, but I know that God hears prayer and answers them. The answers are not always immediate or what we want, but they do get answered. You need to be praying daily for a few things: Purity – Pray that you will stay pure and not let your mind wander or your actions stumble into pornography. Pray for the purity of your thoughts, words and actions. Against temptation – Pray that you will be able to stand firm against temptations. God has promised not to allow temptations beyond what we can handle! Pray for strength to put down temptations that come your way and that you will take the escape route that is provided or the one you have established to counteract it. To be filled with the Spirit – Praying to be filled with the Spirit is a good thing to do daily. Scripture says that if we walk in the Spirit, we will not fulfill the desires of the flesh. Pray that you will be filled and guided by the Spirit all day long.

Get accountable

Accountability means you have to answer to someone for what you do. Just as discussed earlier, you need to have someone with whom you may talk to regularly and openly share with. This person should openly ask you how you have been doing and know

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if you are lying. Part of the reason accountability works is that you will be afraid to tell that person that you failed and if you lie to them about being clean, they will know. Accountability holds you responsible for doing what you say you will do. If you are not held responsible, you can do whatever you want without having to explain yourself. Find someone to hold you accountable.

Use Internet Filter & Accountability Software

Put filtering & accountability software on ***all*** the computers you use - I don't have to tell you how much pornography is available to you on the internet. You NEED filters and accountability software on all the computers you use. The filters will keep most of the porn from reaching your screen. Accountability software will keep you pure in your online browsing. If you had someone looking over your shoulder every second you were on the internet, how would that change the way you browse?

Accountability software logs all the sites you visit and searches you perform and then makes a report available to your accountability partner. Your partner will then know where you have been on the web and what you were up to. Please don't give yourself unguarded internet. I highly recommend using Covenant Eyes - http://www.abattleplan.com/go/bpbook software on your computers. If you sign up from my link, you will get to try it free for 30 days. The piece of mind it provides is worth the cost. I like having it on my computers because it takes away the temptation while online and provides those eyes over my shoulder when I am alone.

Develop good habits & Standard Operating procedures

You will need to think about your own triggers and then decide in advance what you are going to do to either avoid them or an evasive move to get yourself out of that situation. I will give you a

few examples of triggers and offer suggestions. This is a battle. You need to know your moves in advance of what is thrown at you by the enemy. If boredom is one of your triggers, then keep yourself busy and start a hobby. When you find yourself with free time, just go to your hobby and enjoy it. Don't keep unaccountable time. If you are married this is pretty easy, but if you are single, your time is usually your own. Try to figure out with whom you can keep a schedule (roommate, friend, relative).

Another trigger for some is the sight of attractive women. Taking in the view of an attractive woman will send some of us off onto a tangent which results in using porn. If you have problems letting your eyes wander all over a woman's body, then you need to make it a point to keep your eyes at the shoulders & above. Look an attractive woman in the eye and consider her as a person, not an object. Pray that God will open your eyes to see women as individuals created by Him and not objects of your lust.

Do you have a favorite place that you used for your porn sessions? Stay away and avoid them like the plague! We sometimes associate places with feelings and those two will collide with your favorite place. If you can, consider redecorating or repurposing that area by moving furniture and making it less inviting.

If loneliness causes you to want pornography, then call a friend or family member when you are lonely. This serves two purposes: You will improve your relationship with that person. You might be able to fill in your free time by meeting that person for a night out. Loneliness is sometimes unavoidable, but personal contact via phone or in person helps.

I could detail many other examples, but I hope you got the point. If something causes you to stumble, you either walk around it or move it out of the way. Decide ahead of time what you will do should you find yourself in a perfect storm that leads to

pornography time. Don't try to make decisions while in the heat of battle. You will fail more often than win against the temptation if you don't have a standard operating procedure and execute it!

Have regular sexual relations with your wife

Enjoy your wife as displayed in the book of the Song of Solomon. Your body belongs to your wife and her body belongs to you. When you have normal & frequent sexual relations with your wife it really curbs your sexual appetite. Some of us were searching for intimacy in pornography – you can get it fulfilled with your wife. The physical release of sex was also a big driver in our addiction and that release can happen with your wife. When you have regular sexual relations with your wife, you are re-programming yourself to enjoy sex the way it was meant to be. A man and wife! Your desires for you wife will return in time, so stick with it. Before you know it, you will be amazed at how much better one time of sex with your wife is than ten times with pornography.

Feast on wholesome media

The phrase garbage in, garbage out was used in the early days of personal computers. It referred to the fact that if you feed bad data into a computer, you will get bad output. The same is true when it comes to what we feast on. We know how a diet of pornography warped our minds and caused damage to our relationships. We now need to start feasting on wholesome things. We tend to think, act and feel in relation to the kinds of material we allow into our minds via eyes and ears. These things influence us more than we realize.

I remember when I spent a few months faithfully listening to a conspiracy theory type radio show. After a while, I found myself becoming paranoid and worried about the government. I was obsessed with a few conspiracy websites and the topic was always on my mind. You will be influenced by the media you consume,

so make it good media. Feast on these: Christian radio, family TV shows, magazines & books (not fringe material), internet sites that make the family safe list, read the Bible

Keep occupied with hobbies

Chances are real good that your pornography addiction left you little time to do anything else with your spare time. Now that pornography is out, you should get involved with some hobbies. Hobbies keep your mind and hands occupied when you have down time. They redirect your passions off or pornography and sex into something that is not destructive. Get back into some hobbies you may have left behind years ago. Remember what you were taught: Idle hands are the devil's workshop. This is especially true for you if boredom or unaccountable time is one of your triggers.

I found that hobbies I enjoyed as a kid such as fishing and R/C cars offered a welcome diversion of my mind & energy. I took my passion and obsession with pornography and redirected it. If you can get your wife, children or friends involved in your hobby, that will make it truly fulfilling. Relating to others through common interests will help you get back to normal and heal.

Exercise & get plenty of sleep

Taking care of yourself physically is something we all want to do, but neglect because of the busyness of our lives. Add some exercise to your schedule even if it is only a brisk walk during lunchtime. Exercise releases lots of those feel-good hormones we became so hooked on with pornography. Exercise is also a good outlet for your sexual frustrations you will experience upon quitting porn.

Don’t overlook getting a good night sleep. Sleep has many health benefits including clarity of mind and overall feeling of wellness. I know that sometimes when you are worn out and tired, you become more susceptible to temptation. We are all for tactics to help us stand strong or prevent temptations! A solid 7 to 8 hours is enough to provide these benefits. No more staying up half the night watching TV or on the internet!

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What to do when you fail

You will experience failure. The question is not if you will fail, but when. When you fail that is not the end! Don't give up! You need to get up, confess, repent and get right back on track.

What caused you to fail? Was it something you were not prepared for, or just a weakness that the enemy exploited? Repair the hole in your plan and make it stronger for the next time you are tempted. Call your accountability partner and tell him all about your failure, what you learned and what you are going to do going forward.

You are still learning about yourself & how to live without pornography. When we start out on the journey to become free from pornography and develop our battle plan, we cannot foresee all the temptations or scenarios that will try to fail us! Failure truly happens only when we fail, quit and don't learn from our mistake. You will win the battle if you keep pushing forward!

Soon you will have reinforced & fortified your plan. The schemes the enemy has in his bag of tricks will have been tried on you. Some have bounced off, but others were successful in bringing you down….temporarily! You got back up. You repaired the breach and now you know how to counteract his tactics. Your battle plan will eventually become second nature that you will automatically do the exact thing that will save you from failing.

Stay vigilant and keep the defenses up!

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Are you ever cured?

Alcoholics always say they are recovering alcoholics. Recovering addicts rarely declare victory and move on. It is something we must stay vigilant about for the rest of our lives. This is not one of the items on your checklist of chores to complete and move on. You are predisposed to using pornography. If you ever let your guard down and do not work your battle plan, watch out, failure is coming your way.

It is true that the further away from using your get, the easier it becomes to stand up to temptation. It does become easier to clear your mind when your get onto the wrong thought sequence caused by exposure to one of your triggers.

You always need to remind yourself of life as it was while you were addicted. Remember the cycle of using, shame, guilt then back using again. Reinforce the fact that the clean life is much better and that living a normal life & not the secret life is much better! A clean conscience makes a soft pillow. Stay vigilant.

Keep in contact with your recovery group & your accountability partner. Never remove the filters on your computers. Always work your battle plan.

Freedom is when you have been away from the addiction long enough: To have not used pornography in a long time. When you recognize a temptation as such and quickly dismiss it & move on. When your love for pornography turns into hate for it. When you can look at women as people, not objects and can interact with them and not sexualize them in your mind.

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Dear Friend,

This book was written by me as a result of my addiction to pornography. It was laid upon my heart to write this book and start ABattlePlan to help those who want to quit using porn.

I am not a counselor, psychologist or theologian. I am just a regular guy like yourself who got hooked on pornography at a young age and carried the addiction with me for many years. I only wish that I had never been exposed to pornography in the first place or that I had gotten help to break the addiction many years earlier.

It is my aim to educate families, addicts and their spouses on the road to freedom from pornography. Many people wallow in their own shame and never reach out for help. If you are out there feeling hopeless, alone and don't know were to start would you just follow these steps outlined in this book. Seek out help and tell someone. I want you to break free!

If this book reaches just one person and helps them, then I will be satisfied. I really want your feedback. You may contact me - http://www.abattleplan.com/contact via the contact page on my website. I want this book to inspire you to help yourself and then go help others.

P.S. – *Please* scroll down for my list of fantastic resources that I recommend without hesitation. All of these resources live up to my high standards and expectations.

Books to read:

The Way of Purity: Enjoy Lasting Freedom in Christ (Setting Captives Free) *by Mike Cleveland*

http://www.amazon.com/gp/product/1885904622?ie=UTF8&tag=thmone-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1885904622

Mike Cleveland is a fantastic speaker and author with regards to strongholds and addictions. I had the privilege to hear him speak at my church last year. Mike founded the website Setting Captives Free and this book goes along with the study on Pornography addiction.

Porn Nation Student Edition: The Naked Truth *by Michael Leahy.*

http://www.amazon.com/gp/product/0802481264?ie=UTF8&tag=thmone-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=0802481264

This book is the true story of how the author lost his marriage and family to pornography addiction. The truth is laid bare in this book which holds no punches and shows you how pornography destroys a life. A MUST read

The Drug of the New Millennium - The Brain Science Behind Internet Pornography *by Mark B. Kastleman.*

http://www.amazon.com/gp/product/0967776406?ie=UTF8&tag=thmone-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=0967776406

This amazing book shows you scientific proof how pornography alters the brain and directly impacts our attitudes and behaviors. Did you also know that the chemicals released while watching pornography is the same as those for a person doing drugs? Get this book.

Pure Desire: Helping People Break Free from Sexual Struggles *by Ted Roberts.*

http://www.amazon.com/gp/product/B001OD424W?ie=UTF8&tag=thmone-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=B001OD424W

I read this book right after I realized that I had a problem with pornography. Ted had me nodding my head in agreement so much

that I thought I was getting whiplash! This book is so down to earth yet it deals directly with the problem and how you must change.

An Affair of the Mind *by Laurie Hall.*
http://www.amazon.com/gp/product/1561794643?ie=UTF8&tag=thmone-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1561794643

Focus on the Family recommended this book to my wife right after she learned of my problem. I even read the book and agree it is a MUST read for any wife whose husband has a problem with pornography. It helps the woman of the addict understand why her husband is addicted and how she can help him.

I Surrender All: Rebuilding a Marriage Broken by Pornography *by Clay Crosse.*
http://www.amazon.com/gp/product/B001YQF0ZO?ie=UTF8&tag=thmone-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=B001YQF0ZO

Clay is a contemporary Christian musician who inexplicably lost his voice. He was not sick, but after some probing by a voice coach he confessed his addiction to pornography. This book documents his story and rebuilding of his marriage. Good book.

Addiction Programs:

Christians in Recovery: http://www.christians-in-recovery.org/db/ Information and resources for people who are in recovery or desire to recover from dysfunctional living, life's abuses and traumas, addictions, etc.

Christian Recovery Connection: http://www.christianrecovery.com/ National Association for Christian Recovery, counseling referrals, phone: (714) 529-6227

Focus on the Family: http://family.org/ Free referrals to counseling sources via email or phone; call 719-531-3400 weekdays 9:00 AM to 4:40 PM (MST).

Healing for the Soul: http://www.healingforthesoul.org/ Jayson Graves, M.MFT, Christian Psychotherapist, Sexual Addiction Specialist; Based in Colorado Springs, CO, Jayson serves a local, national, and international clientele. He uses an innovative, faith-based approach that can involve individual, couples, and/or group therapy over the telephone or in person.

Heart to Heart Counseling Center: http://www.sexaddict.com/ Colorado Springs, CO; Doug Weiss, PhD, offers a variety of counseling options ranging from telephone counseling to 3-day intensives on site in Colorado Springs.

Lifehouse Restoration Counseling Center, http://www.lifehouserestoration.com/ Colorado Springs, CO, Susan Anderson, MA, LPC, offers a variety of counseling options and can be easily accessed toll free, 877.574.6620. Susan is a Christian psychotherapist who uses a faith-based approach to help individuals/couples needing treatment strategies to overcome and recover from issues of addiction, trauma, abuse and other unhealthy life patterns.

Love in Action International: http://www.loveinaction.org/ Features a live-in recovery/discipleship program called *The Source*, for men and women struggling with homosexuality, sexual addiction, pornography, and other related issues. We have a range of other programs as well, designed to minister to strugglers and their families, including Refuge, an intensive 2- or 8-week program for adolescents and their families struggling with these same issues. Located in Memphis, TN.

Ministry of Prayer & Counseling, Sue Violette, 253-273-3132 (Seattle, WA)

New Life Ministries: http://www.newlife.com/ 800-639-5433 (NEW LIFE)

Personal Counseling Solutions: http://personalcounselingsolutions.com/ a Christian counseling ministry rooted in the love of Christ and based on the truth of the Bible; Phone counseling is available and easy to schedule - phone 814-734-4400

Pure Heart Counseling: http://pureheartcounseling.com/index.html Offers Biblical, Christian counseling locally in Portland, Oregon and/or nationally via phone and Internet Webcam for men and couples struggling with the impact of porn and sexual sin. As former pastors, Master's level counselors, and men who have personally broken free of sexual addiction, Pureheart offers proven results.

Pure Life Ministries: http://www.purelifeministries.org/ Dry Ridge, KY, 800-635-1866, provides biblically based counseling, teaching materials and a public speaking ministry; also features a live-in program and an at-home program.

Software:

Covenant Eyes: http://abattleplan.com/go/bpbook/ Covenant Eyes is my favorite software for filtering internet and accountability. The filter is top-notch and is customizable. The accountability feature allows you to pick a partner who will be able to see all the sites and searches you do on the internet.

OpenDNS: http://opendns.com Open DNS is a filtering option that allows you to filter the internet connection by changing the DNS settings on your router. The web interface allows you to set levels of filtering.