

## **Part 2 – Sexual Addiction? Get Help for Yourself to Walk in Sexual Freedom**

### **A. Introduction**

Four ways of thinking about Achieving Sexual Freedom

Hope Journey Guide Mentoring

\_\_\_\_\_ is the goal! That means:

Unwanted Sexual Behaviors (USB) defined. NOT a sneaky way to avoid calling it sin!

Description of the men that come to me for help...

Thoughts about ‘fences’

Shame, Pressure, Fear of Public Humiliation and External Control ‘kind of’ work for some people:

A GREATLY SIMPLIFIED, INITIAL STEPS TO FREEDOM

#### **1) STOP USB**

Tools and Concepts to help you stop:

The Freedom Fight

#### **2) GROW SELF-AWARENESS**

**The big question: WHY DO I DO THE THINGS THAT I HATE (OR DON’T I HATE IT)?**

The Dam

Three Kinds of Triggers

The Dominos

“A part of us is getting some \_\_\_\_\_ out of USB – or we wouldn’t do it!

### **3) DEPEND ON GOD**

**USB is sin at two different levels**

Anxiety Tradeoff

“I believe that learning how to \_\_\_\_\_ / \_\_\_\_\_ about the emotional distress that we feel and then being able to receive truth from God that changes the beliefs that we act on is THE SINGLE MOST IMPORTANT \_\_\_\_\_ that those on their way to freedom need to learn!”

JumpStart Your Freedom

Today, in the form of USB...

Two Questions:

Our God always has one more move!

MORE QUESTIONS

Life Skills you will learn while winning the battle for freedom...

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