

On the road questions

Saturday, May 14, 2016 6:09 PM

1. Is watching adult channels a problem?
 - a. Call the front desk and block adult titles
 - b. Avoid possibility surfing - scanning channels looking for something racy.
 - c. Movies rated R and TV shows rated TV 14 and TV MA are off limits.
 - d. If you must watch TV head towards nature shows, documentaries, or science channels.
There is sometimes a radio in your room.
2. Do you have a laptop or tablet with Internet access?
3. Is it protected by accountability software?
 - a. Yes. Be careful
 - b. No. Stay off the internet
4. Do you have any back doors or bypasses? Ways not to get caught?
 - a. Block yourself
 - b. Don't make it easy
 - c. Delete the apps and hide in iTunes or Google Play.
5. Are you susceptible to masturbation while in your room or bed alone?
 - a. Keep your clothes on
 - b. Keep your hands out of your shorts
 - c. Don't sleep naked
6. Are you tempted to masturbate in the shower?
 - a. Shower quickly
 - b. Avoid prolonged soaping and washing your penis (pre stimulation)
7. Struggling a lot?
 - a. Stay in the company of colleagues as long as possible
 - b. Call or text a brother.
 - c. If it is late, leave a voicemail or send an email
 - d. Tell them what you are wrestling with and ask them to ask you what you did in the morning.
 - e. Be specific.
 - f. Email or text a brother something like one of these:

Viewing Pornography

In the past I have participated often in viewing pornography. I respond to pictures of naked bodies and videos of sex. I am tempted right now, I am feeling the pull of lust, and I am motivated to find a way to watch pornography. I want to turn this over to God before it gets beyond this point. With you as my witness, I'm acknowledging my powerlessness to God. I ask God to give me surrender over the desire to lust today because I can't do it and I don't even want to do that. I need God to do this for me because He desires me to be free from this destructive behavior. I believe that by opening myself up to you I open myself up to God. I appreciate your listening. Please ask me about this in the morning.

Masturbation

In the past I have engaged in masturbation frequently and repeatedly to satisfy the lust that was triggered by visual stimulation or my own sexual fantasy. But I also respond by becoming aroused simply by the opportunity to masturbate like when I am alone and unsupervised like when I am on a business trip in my hotel room. I am tempted right now, I am feeling the pull of lust, and I am motivated to respond by masturbating. I want to turn this over to God before it gets beyond this point. With you as my witness, I'm acknowledging my powerlessness to God. I ask God to give me surrender over the desire to lust today because I can't do it and I don't even want to do that. I need God to do this for me because He desires me to be free from this destructive behavior. I believe that by opening myself up to you I

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