

Path to Freedom



The piece you are reading is a guide to help you find freedom from pornography use. It represents a suggested path, although one must choose where to start and how to progress. Please seek counsel when deciding.

Our advice: Be as prudent, honest, and aggressive as is appropriate.

Through this path, we hope you experience the freedom Jesus wants you to experience as soon as you are able.

1

Create your "Freedom Plan"

Internet filter/
Covenant Eyes —
set up a line of
defense

2

3

Regular Confession
with the same
Confessor

Accountability
Partner
(see back for details)

4

5

Regular Confession
weekly with the
same confessor

Utilize other tools:
*e.g. rTribe App,
Victory App,
Exodus 90*

6

7

Spiritual
Direction

Weekly
Small Group

8

9

Online Recovery
Programs:
*e.g. Reclaim Sexual
Health or Fortify*

Initial visit with a
counselor, preferably
a Christian one who
is a certified sex
addiction therapist

10

11

Regular counseling
with a certified
sex addiction
therapist

Group Therapy:
*e.g. Sexaholics
Anonymous*

12

13

Outpatient
Therapy

Inpatient
Therapy

14

Accountability Partner Guide

- Daily/weekly check-in
- Recipient of Covenant Eyes Report
- Call immediately if you experience an urge to act out
- Call if you should fall
- Practice what to do in moments of temptation (What is your slippery slope, and what do you do if you find yourself on it?)
- Create short-term, mid-range and long-term purity goals.