



Uncompromising purity is about becoming who you are in the eyes of God and experiencing **true freedom**. It's more than a gut check or confession checklist; it's about living with the courage and strength to never compromise, to live in the love and beauty for which you were made.

Today, our culture is being attacked in purity, and pornography and masturbation are becoming two of the greatest challenges for women. It's time to reclaim our identity and true freedom as daughters of God.

Let's be uncompromising in our purity.  
Let's be saints.

# Uncompromising **PURITY**



## INVITE JESUS IN

Jesus made you as His daughter. He desires your heart. Bring any fear or shame to the Lord for Him to heal, and take time to develop a personal relationship with Him through consistent, daily prayer.



## EVALUATE YOUR EXPERIENCE

Everyone's experience is unique. Take time to reflect on your personal experience:

When was your first exposure?

How often do you struggle with strong temptation to engage in pornography and/or masturbation? (Daily? Weekly? Monthly?)

Have you experienced anything shameful or scarring that should be prayed through or discussed?

Do you desire freedom from this habit?



## IDENTIFY TRIGGERS

Identify the internal and external circumstances that lead to thoughts of acting out. Common triggers for women include stress, exhaustion, loneliness, insecurity, boredom and hormonal cycle. Ask yourself:

When thoughts of acting out are strongest, what are the internal circumstances? (E.g., stress due to a big test, lack of sleep, emotions after a break up, time of ovulation, etc.).

When thoughts of acting out are strongest, what are the external circumstances? (Think time of day, location, and situation — e.g., an afternoon when you're home alone, when using social media at night, etc.).



## MONITOR YOURSELF

Consider changing your habits after determining common internal and external triggers:

Throw away everything that leads you to deeper temptation (books, devices, etc.).

Schedule healthier options (walks, more frequent friend-time, at least seven hours of sleep at night, etc.).

Minimize situations of temptation (watching TV or using social media in bed, etc.).

# WINNING THE BATTLE



## ESTABLISH ACCOUNTABILITY

Choose an accountability partner who won't be afraid to ask the tough questions:

Choose a partner in close proximity to you and someone you feel comfortable connecting with to discuss this topic.

With your accountability partner, select other accountability measures that fit your situation (Internet blocks, healing programs, etc.).

Reach out to your accountability partner daily or weekly and during every time you have thoughts to act out.



## SEEK SPIRITUAL HEALING AND/OR PROFESSIONAL GUIDANCE

Seek guidance and support based on the degree of your experience:

Spiritual direction and frequent confession are necessary steps for receiving spiritual healing.

Professional counseling and support groups will aid in emotional and mental healing to help you fully root out residual effects and potential causes of this habit.

# WANT TO KNOW MORE?

To learn more about how to receive freedom from pornography and masturbation, check out the resources below:

- [www.integrityrestored.com](http://www.integrityrestored.com) (Fr. Sean Kilcawley and ministries provide valuable support)
- [www.theporneffect.com](http://www.theporneffect.com) (includes women-specific videos and articles)
- [www.fightthenewdrug.org](http://www.fightthenewdrug.org) (join the movement to restore freedom)

Here are other helpful programs and tools:

- Reclaim Sexual Health Ministries (month-to-month Catholic program with videos, articles and coaching)
- Fortify Program (videos, strategy plans and support)
- Covenant Eyes (internet filter with friend accountability)
- Recovery Tribe and the Victory App (phone applications for support and tracking)
- Confraternity of Spiritual Warfare for sexual purity and chastity (prayers and discipline for spiritual protection)
- Courage International (for those seeking more information regarding same-sex attraction)

Check out these retreats:

- John Paul II Institute, Healing the Whole Person Retreat
- Theology of the Body Institute, Head and Heart Emersion
- Bethesda Workshops

