

PERSONAL PORN SURVEY

Take stock of your struggle against porn, by filling out the following survey. Be honest, specific, and thorough. Then talk this over with someone you trust, who's willing to help you fight back against porn.

Step 1: Let's get real. What's this struggle look like in your life?

- What are you looking at? (Still shot pictures, youtube videos, renting videos, buying porn online...)
- What kind of porn are you looking at? (Gay porn, straight porn, bestiality, kiddy porn, etc.)
- How often do you look? (Once a week? Twice a day? Twice a year?)
- How long are you looking when you look? (30 seconds and clicking away, 3-hour binge sessions, etc.)
- What's your backstory with this struggle?" (When were you first exposed?)
- What has resistance looked like up to this point? Be specific. (Have you ever told anyone before? Do you have any current online limits? Etc.)

Step 2: Let's talk about "danger zones". When/where are you vulnerable?

- Where are the access points for pornography in your life? (Phone, laptop, computer lab, the mall, cable)
- What time of day does it usually happen?
- What settings does it usually happen in? (in your room by yourself, in the library late? etc.)
- Have you recognized an emotional pattern that happens leading up to looking at porn? (Stress, discouragement, boredom, loneliness)
- What impact do you think looking at porn has on you? What impact does it have on others?

Step 3: Let's make a plan

How badly do you want to be free of this sin? (And be honest! If you're not at a place where you want to never look at porn ever again, pray about it! Jesus is willing to "make you well" but you have to want to, too – John 5:6).

What are you going to do about it? Write out a specific, holistic plan. Here some things to think about:

- **Access points / Triggers** - Check the walls of the city of your life. Where are you vulnerable? You can be sure the Enemy is testing your defenses, so to have good defenses, you need to think this way, too. If you were going to defeat yourself, how would you do it? Then how can you stop that? This is where you take stock of identifying your "danger zones" from Step 2.
- **Alternatives** - What needs to be cut from your life? What needs to change in your schedule, your relationship with technology? If stress is a primary trigger, for example, what are alternative behaviors to help you deal with stress.
- **Spiritual Health** - Tend to your devotional life, prayer life, your personal relationship with God (if Jesus isn't your Lord, and obeying Him isn't a motivator, there's work to be done here, right?).
- **Physical Health** - porn is a chemical habit-builder, so you need to be taking care of your body. Engaging all 5 of our senses in healthy, vibrant ways is a terrific antidote to sensual sin. If your senses are starved, then sensual sin is a quick and easy "flush" sensations.
- **Community** - how involved in Christian community are you? Loneliness, isolation, lack of a social life with wholesome people is a key trigger to porn-coping. It fakes intimacy, flushes your body with "connective" chemistry, only to leave you emptier and lonelier than before you looked at porn.
- **Confession / Accountability** - You need the right kind of accountability – more than just people sharing the struggle. Find people who have already had victory who will tell you the truth about how possible victory is! Many accountability groups just "share sins" and don't help each other actually repent. So ask of any accountability group, "Are we just venting, or are we repenting?" Vulnerable confession is key in this - and it helps to avoid language like, "I stumbled". It's important to not make it sound like an accident. It's a choice made, every time.

Step 4: Let's think long-term . What's the root of this sin?

This plan deals primarily with immediate behavior, rather than root causes, and you need to start there right away because porn is so addictive – heroin needs to STOP right away, and then the deeper struggles that got you to heroin can be addressed.

But you have to get to the root of this sin. What's behind it? Why do I do this? What am I compensating for? What need am I trying to meet? This is where good counsel is so important. A trusted mentor who knows how to probe about these things, or even a few visits to a professional counselor can be helpful.

Professional counseling is especially helpful if this sin in your life is (1) compulsive – it's become an appetite you work hard to give in to, no matter what interventions you try to put in place yourself, and/ or (2) if this sin developed in your life before you hit puberty, so it shaped and patterned your views of, and desires for, sex while you were biologically starting to discover sexual desire.