

ESCAPING THE PORNOGRAPHY TRAP

Presented by Bil Mooney-McCoy
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TechMission, Boston, MA
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<http://safefamilies.org>



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"This is heavy.....

Something unnatural, and way beyond my control is driving me on a futile search for more and more.

I love You, Lord; no other sin do I routinely commit in deliberate, premeditated fashion, not wanting to hurt you, but unable to stop. Today, the entire day was spent masturbating, fantasizing, looking at porn. Why?

It's wild that the good boy, who has never stolen, played hooky, cheated, lied (almost), drank, done drugs, vandalized, and still is meticulous about taxes, untempted by other vices, would fall apart and abandon love of Christ, instilled from early childhood, risk marriage, reputation, and self-esteem, waste money and time, lie to his wife and be unable to truly repent when it comes to sex.

I'm operating on two levels now. On one hand, I'm a deliberate, rebellious sinner, bent on a consuming lust, casting aside all concerns of godliness.

*But then, I'm a man of God, desperately desiring to do what is right.
Do not utterly forsake me!"*

October 1, 1986

ESCAPING THE PORNOGRAPHY TRAP

THERE IS HOPE!

I will praise thee, O Lord my God, with all my heart: and I will glorify thy name for evermore. For great is thy mercy toward me: and thou hast delivered my soul from the lowest hell.

Ps. 86: 12-13 (KJV)

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Pornography's Effect on Families

- The Internet was a significant factor in 2 out of 3 divorces
(American Academy of Matrimonial Lawyers in 2003 - divorcewizards.com)
- More than 70% of men from 18 to 34 visit a pornographic site in a typical month
(comScore Media Metrix).
- 1 out of every 6 women, including Christians, struggles with an addiction to porn (34% of Christian women view porn)
(Today's Christian Woman, Fall 2003)
- 47% of families said pornography is a problem in their home
(Focus on the Family Poll, October 1, 2003).

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Adult Industry Statistics

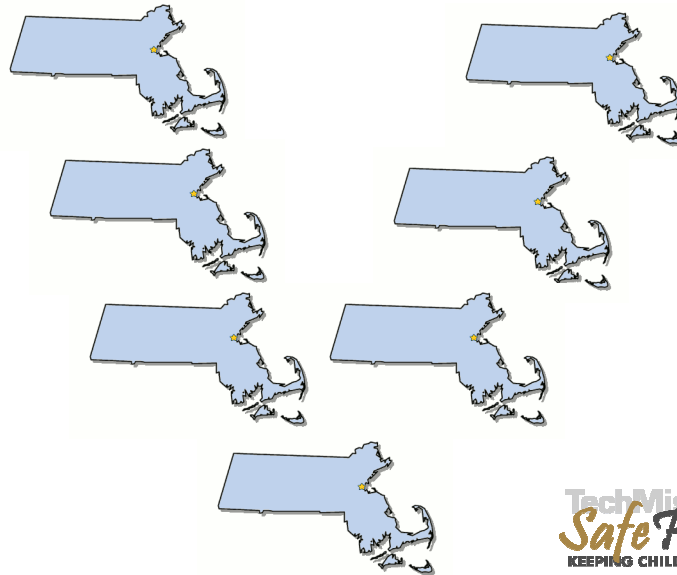
- Total U.S. revenue (2005): **\$12.6 billion**
(Adult Video News).



- U.S. adult DVD/video rentals in 2005: **almost 1 billion**
(Adult Video News).
- Hotel viewership for adult films out of total video on demand purchases: **55%**
(cbsnews.com).
- Unique adult web sites visitors (monthly): **45 million**
(Nielsen Net Ratings).

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45 Million!



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Pornography Industry and the Sexualization of Society

- **Like Tobacco Industry**
 - Industry hooks children in early
 - 2nd hand smut effects non-users
 - Inescapable (mags in grocery stores)
 - Is being “sold” as cool

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Lead by example!

“Second-hand smut” can have damaging effects just like second-hand smoking

- Your children are watching and learning from you.
- How were you first exposed to pornography?
(Many kids' first exposure is their parents' material.)
- Sexually provocative material incites curiosity.

PETE THE PORNO PUPPET
<http://xxxchurch.com>



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Don't Mislead by example!

And whosoever shall offend one of [these] little ones that believe in me, it is better for him that a millstone were hanged about his neck, and he were cast into the sea. *Mk 9:42*

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SIN

*Anything at all which diminishes
MY capacity to love God and His
people.*

Bart Campolo

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2 Basic Human Desires

- To worship
 - (God-filled vacuum)
- To not be lonely
 - “It is not good...”

Porn tries to meet these needs

- We worship the images, the act, the anatomy, the gods and goddesses
 - And make great sacrifices
- Virtual connection
 - Easier than real life relationships
 - Can lead to face-to-face

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Freedom vs. Recovery

Position & Process

An attainable benchmark	A never-ending journey
I stand apart from it	I continue to heal from its ravages
I can choose	I make better choices, fewer bad ones
Not my top struggle	Struggling to address root causes

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Phases of Recovery

• Recognition



- Depth of infestation
- True cost

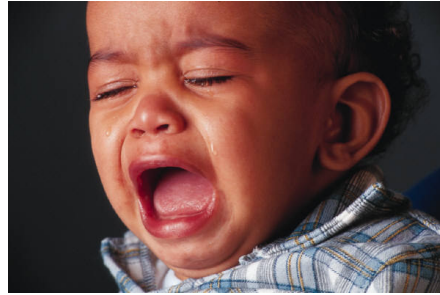
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- Brings about shame and hiding
- It takes away focus from people in your life
- Eats lots of time
- It diminishes your capacity to think and focus
- Can get expensive financially, emotionally, and socially
- Creates skewed perceptions of reality for real life relationships, leading to disappointment
- Looking at porn is self-seeking. We ought to look to the needs of others
- Guilt causes one to avoid gathering with other believers which affects their walk with Christ
- Pornography feeds the lonely deprived spots of a person's mind but does not fulfill the need
- A part of you dies when using porn; one gives away a piece of their soul to object of lust
- Loss of innocence, which is a hard thing to regain
- Dependency on porn is self-perpetuating. Addictive.
- Self hatred (shame)/ self esteem issues
- Can cause anxiety
- The glorification of the "perfect" body can make a person feel ashamed of her/his own
- Creates a fear of having a real relationship
- Makes you afraid of God rather than reverence for God
- Never satisfies, just feel worse afterwards
- Destroys vision and purpose in life
- Images are permanent in one's memory
- Validates violence against and exploitation of women and children
- Separates sex from true sexual intimacy, trivializes what God made as serious
- Promotes casual sex without addressing the consequences (emotional and physical - stds, etc.)
- Porn encourages users to think of the people as objects.
- Desensitizes to the vulnerability of real people by emphasizing personal gratification
- Pornography diminishes the value of the intimacy between husband and wife
- Pornography puts a wall between people due to mistrust, guilt, shame, and disappointment
- Instead of healing old emotional scars, it creates new ones in all people involved
- Causes pain to everyone
- It's just not cool!

Why is Porn Bad?

Phases of Recovery

- **Withdrawal**



IT HURTS!!!

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Phases of Recovery

- **Pink Cloud**



*Is a gift
Doesn't last
Enthusiasm may not be shared*

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Phases of Recovery

- **Resentment**
Volcano



*Feelings uncovered
Actually sign of healing*

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Phases of Recovery

- **Premature**
Checkout

*Obvious symptoms go underground
But fundamentally, I haven't changed*



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Phases of Recovery

- **Commitment to Recovery**

A journey and lifestyle



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Phases of Recovery

- **Complacency Daze**



*Doing the “right stuff”, but not fully engaged
New, “less serious” behaviors or temptations*

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Phases of Recovery Summary

- Recognition 
- Withdrawal 
- Pink Cloud 
- Resentment Volcano 
- Premature Checkout 
- Commitment to Recovery 
- Complacency Daze 

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Is it me or it is Jesus?

YES!!

*God has the power;
I choose to walk in it.*

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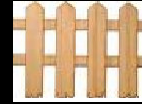
No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. *1 Cor. 10: 13 (NIV)*

ESCAPE!!!

PRIME DIRECTIVES



OFF THE FENCE



SHUT THE DOOR



PLUG IT IN



STAY ON BOARD



RESISTANCE ACADEMY

*STRUCTURES TO SET IN PLACE, GROUNDWORK TO BE LAID,
DIRECTION FOR RECOVERY WORK*

- Identify exactly what you want to change; settle it
- Develop and Sign Media Sobriety Covenant with Partner
- Clear the decks, make time and space
- Get support (mentors and a "study group")
- Document the benefits of not yielding; memorize
- Study your vulnerability; learn from others
- Start working on major underlying issues

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Media Sobriety Covenant

***For Those in Recovery for Pornography or
Media Addiction***

- 1. Have Accountability Partner**
- 2. Have Accountability Software**
- 3. Recovery Groups**
- 4. Close Entry Points**
- 5. Learn about Recovery**
- 6. Have Transparency with Spouse**
- 7. End Online Affairs**
- 8. Avoid Hiding**

<http://www.safefamilies.org/mediasobrietycovenantrecovery.php>

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ROUTINE MAINTENANCE

ONGOING HABITS FOR A NEW LIFESTYLE

- Acknowledge powerless and dependence daily
- Deliberately connect with God
- Make a decision daily, verbally
- Practice ongoing routines of accountability
- Disown ambivalence; gray areas
- Set boundaries and safeguards; frequently review
- Be aware of times of internal vulnerability
(like **Hungry, Angry, Lonely, Tired**)
- Anticipate challenging, dangerous (external) situations
- Stay mindful and grateful for past victories

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Qualifications for Accountability Partner

Same Sex

Is experiencing victory and healing

Is not easily fooled

Can keep confidence

Is available for daily check in by phone or email

Will meet for regular face to face meetings (2 - 4 month)

Is willing to be “on call” for times of stress and temptation

Is willing to be “not so nice”, to ask difficult questions

Will monitor my internet usage

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DAILY RENEWAL

1. Are you willing to admit you are powerless over lust and sexual acting out, just for today?
2. Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation?
3. Are you willing to do whatever is necessary to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, setting appropriate boundaries, and refusing all lust hits as toxic?
4. Do you realize that at the end of these 24 hours, you are free to continue with sobriety or to go another way?
5. Do you understand that this renewal does not keep you sober (God does), but it does make you aware of yourself and accountable to others?
6. And, just for today, are you willing with me to hand over your will and the care of your life to the One Who kept you sober yesterday and has protected you from the full consequences of your lust in the past?

*God, Grant me the serenity to accept the things I cannot change,
the courage to change the things I can and the wisdom to know the
difference. Thy will, not mine, be done.*

Have you done anything in the last 24 hours that you're ashamed of? Are you planning to do something you will be ashamed of?

Exchange at least one gratitude

"The Daily"

- 1) Keeps me aware of myself
- 2) Helps others be involved in my life
- 3) Lets me be connected to others' lives

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Accountability Software

- Software that runs in the background of your computer
- Reports on your internet usage on a regular basis
- Cannot be deactivated without your partner's knowledge
- Does not prevent questionable web surfing, but flags it

Filters are for children; accountability software is for adults

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Covenant Eyes Usage Report

<http://CovenantEyes.com>

- \$6.99/mo. or less
- Pricing for households/ministry staff/business
- Regularly sends list of ALL web visits to selected recipients



<http://x3watch.com>

- FREE
- Ministry of xxxchurch
- Regularly sends list of questionable web visits to selected recipients
- Works for Macs!

Existing Structured Groups for Pornography Addiction

12 step groups

<http://safefamilies.org/pastorindividualstep6.php>



Living Waters

<http://desertstream.org>



Online groups



<http://www.settingcaptivesfree.com>



<http://www.christians-in-recovery.com>



Structured Pastor/Counselor Led Accountability Groups

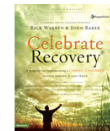
Strength in Numbers Groups

<http://blazinggrace.org> (Mike Genung)



Celebrate Recovery kit

<http://www.pastors.com/pcom/recovery/cr.asp>



Celebrate Recovery!



Church Peer Support Group Guidelines

No leader like 12 step groups

- Talk with pastor and enlist support for starting peer-support group
- Meet weekly or bi-weekly to read through book
- Groups Rules for Safety
 - Same sex small groups
 - No crosstalk: don't comment on what others share
 - Do not give advice
 - Sign confidentiality agreement
 - Avoid giving "advice prayer" or consider using pre-written prayers to keep safety in group

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Suggested Books for Reading in Accountability Groups

- *Every Man's Battle... (with workbook)*

by Stephen Arterburn, Fred Stoeker,
Mike Yorkey



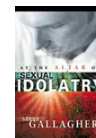
- *Men's Secret Wars*

by Patrick A. Means



- *At the Altar of Sexual Idolatry*

by Steve Gallagher



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CODE RED

WHEN TEMPTATION IS STRONG OR THINGS ARE VERY STRESSFUL

- Know when I'm in trouble; don't minimize
- Cry out to God for help; feel the feelings
- Call for help; sound the alarm
- Do something positive; anything. Help someone
- Choose to stop at all levels; if possible, run
- Raise your Ebenezer; gratitude
- Look for underlying cause; address it
- Check for loose connections (relational breakdowns)

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DAMAGE CONTROL

AFTER DIFFICULT TIMES, WHETHER SUCCESSFULLY HANDLED OR NOT

- Full confession to God including setup
- Know God's sorrow, wrath, and love; grieve
- Accept forgiveness; forgive yourself
- Disclose to another person immediately
- Seek underlying needs
- Empty hidden bottles –
 what am I still trying to get away with?
- Trace back to the decision/non-decision point
- Learn from mistakes; redraw boundaries
- Get back in the game

"We fall down, but we get up."

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Strategies Against Temptation

OFF THE FENCE SHUT THE DOOR PLUG IT IN STAY ON BOARD

RESISTANCE ACADEMY

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DIRECTION FOR RECOVERY WORK*

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Don't try them all at once!!!!!!

2 Essentials

GOOD **O**RDERLY **D**IRECTION
GIFT **O**F **D**ESPERATION

HOW TO

WANT TO

...by any means necessary!

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1 Source

GOD

...is able

...is willing

...is ready when you are



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Links....

To web pages and documents described in this presentation

Media Sobriety Covenant:

<http://www.safefamilies.org/mediasobrietycovenantrecovery.php>

Daily Renewal Questions:

<http://safefamilies.org/docs/dailyrenewal.doc>

Daily (Excel Spreadsheet):

<http://safefamilies.techmission.org/docs/daily.xls>

Temptation Strategies Summary:

<http://safefamilies.techmission.org/docs/Temptation%20Strategies.doc>

XXXChurch (Pete the Porno Puppet and X3watch Accountability Software):

<http://xxxchurch.com>

Covenant Eyes Accountability Software:

<http://CovenantEyes.com>

Online Safety Manual for Non-Profits:

http://www.safefamilies.org/docs/manual_nonprofits.doc

Strength in Numbers Groups:

<http://blazinggrace.org>

Celebrate Recovery Kit:

<http://www.pastors.com/pcom/recovery/cr.asp>

12 step group information:

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Setting Captives Free:

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