

## A WEB OF FREEDOM: A plan for anyone struggling with compulsive sexual behaviors

You will not eliminate lust, fantasy, pornography, or compulsive masturbation by using one or two tools, such as going to a group, or going to a counselor. These are not enough.

You must establish a **Web of Freedom** - a specific written strategy for YOUR context. The goal is neither perfection, nor dismissive acquiescence of occasional acting out. Rather, the goal is freedom from compulsive or addictive sexual behaviors. Many of us have failed in our struggle because we have not brought our struggle into the open; and we do not have a strategy.

Your strategy should adjust as your context changes. Your Web of Freedom may need to be different any time you get a new job, or move, or experience other significant life events.

1. **Take care of your spouse** – and get care for her (or him).
2. Get the **Internet out of your home**. If you think you must access it on any computer or other device, give your spouse and an accountability partner a specific justification for it.
3. **Block All Sexual Content** from all electronic devices with Internet connection, and use **Accountability Software**. Get it installed on your work computers. Make sure one or two people, including your Accountability Partner (not your spouse) receive your Internet usage reports. (See [covenanteyes.com](http://covenanteyes.com), or [xxxchurch.com](http://xxxchurch.com))
4. Begin meeting weekly with a **Christian counselor** with experience in addictions (preferably a licensed therapist certified in sexual addiction), and give full disclosure of your sexual history. If married, be willing to include your spouse when the therapist recommends it. .

5. **Confess your struggle** and your behaviors to God, to another spiritually mature person of the same gender, and (with counseling), to your spouse.
6. Meet regularly with an **Accountability Partner** that will hold your feet to the fire, call you a liar when necessary. It may not be easy to find the right person for you; but persevere until you find a good one. Make sure he/she is committed to radical honesty. If he/she is inclined to let you slip, find a new one.
7. Maintain open communication with your **spiritual overseers** .
8. **Participate weekly** in a 12-Step or similar support group that specifically deals with sexual addiction/compulsion, and seek out a **Sponsor**.
9. Develop a **Specific Strategy** for what you will do **when tempted** or vulnerable.
10. Develop a **Specific Strategy** for what to do **if you relapse** (slip, fall).
11. **Defeat Isolation**. Stay connected with other men/women – call them regularly.
12. **Read Recovery books and articles, and view Recovery media on the Internet**. (See [covenanteyes.com](http://covenanteyes.com) and [xxxchurch.com](http://xxxchurch.com))
13. Initiate a relationship with a **Pastor or Spiritual Director**, to help you develop and keep a plan for spiritual health.
14. **Have a plan for physical health**, including good diet, exercise and sleep. See a medical doctor regularly. Tell your doctor about your sexual struggle. Don't overlook medication for anxiety or depression.