

# APPENDIX



<b>NEXT STEPS &amp; ACCOUNTABILITY SOFTWARE</b>	.....	<b>136</b>
<b>PURE DESIRE GROUP GUIDELINES</b>	.....	<b>138</b>
<b>MEMO OF UNDERSTANDING</b>	.....	<b>139</b>
<b>MEN'S AROUSAL TEMPLATE EXAMPLE</b>	.....	<b>140</b>
<b>WOMEN'S AROUSAL TEMPLATE EXAMPLE</b>	.....	<b>142</b>
<b>RECOVERY ACTION PLAN</b>	.....	<b>144</b>
<b>THE MAKING OF A SEX ADDICT</b>	.....	<b>146</b>
<b>SEXUAL ADDICTION SCREENING TEST (SAST)</b>	.....	<b>148</b>
<b>LOVE ADDICTION EVALUATION</b>	.....	<b>151</b>
<b>PURE DESIRE RESOURCES</b>	.....	<b>152</b>

# NEXT STEPS

So what now? The worst thing to do with all of this time, teaching, and tools is to do nothing. Here's what we suggest:

## JOIN A GROUP

Find a local or online group through the Pure Desire website and start your healing journey. Whether you're struggling or betrayed, a group is the best next step.

➔ Visit [puredesire.org/join-a-group](https://puredesire.org/join-a-group) to join a group.

## START GROUPS IN YOUR CHURCH/COMMUNITY

Don't wait any longer. People in your church are struggling, they're hurting, and they need a safe place to go to process their behavior and find freedom from it. And, we can help you get started.

- ➔ Don't miss the bonus disk on Starting Groups In Your Church.
- ➔ After watching *Sexual Integrity 101* as a church leadership team (staff and ministry leaders), contact our International Group Coordinators at [groups@puredesire.org](mailto:groups@puredesire.org) to discuss your specific circumstances, challenges, and needs.

## GET ADDITIONAL TRAINING

Check out our Pure Desire podcast for weekly teaching, training, and encouragement. Or, come to a Pure Desire Event or Regional Group Training.

- ➔ Listen at [puredesire.org/podcast](https://puredesire.org/podcast) or on iTunes, Google Play, Spotify, and Stitcher.
- ➔ Visit [puredesire.org/find-an-event](https://puredesire.org/find-an-event) to find a training event near you.

## CONSIDER COUNSELING

Whether you are single or married, Pure Desire Counselors can walk you through your recovery or healing journey. **Over 90% of our counseling is done online**, so you can get counseling from wherever you are.

- ➔ Visit [puredesire.org/counseling](https://puredesire.org/counseling) for more information.

## CONTACT US

Reach out. Ask questions. Get encouragement for your next step on the healing journey. Or get trained by our staff on how to start groups in your church.

- ➔ Email us at [info@puredesire.org](mailto:info@puredesire.org).
- ➔ Call us at **(503) 489-0230**.
- ➔ Mail us at **886 NW Corporate Dr, Troutdale, OR 97060**.

The journey to lasting health is a long process. It can take 2-5 years of God doing miracles every single day.

This 8-week course is not the solution. It's just the beginning.

Don't sit on this. Stand up. Own your story. Pursue healing. Let's change the tide of sexual brokenness in our world.

We believe that if you lean into this process, if you implement the tools, and you trust that God will work through this process, great healing and change will happen for you and for those around you. God bless you on your healing journey.

## ACCOUNTABILITY SOFTWARE

Having the right accountability software is an essential tool in our recovery kit. Partnering in a safe, grace-filled group, we'll discover the freedom found with the right app—for us and our family.

### COVENANT EYES

Visit [coveyes.com/puredesire](http://coveyes.com/puredesire) to sign up for this accountability-based service: it's safe, secure, and proven effective at helping members overcome porn addiction.

### ACCOUNTABLE2YOU

Visit [accountable2you.com](http://accountable2you.com) for the most comprehensive accountability software tailored to your specific needs. Use the promo code: **PUREDESIRE**.

### EVER ACCOUNTABLE

Visit [everaccountable.com/pure-desire](http://everaccountable.com/pure-desire) for the most effective, simple way to help you make good choices online.

# PURE DESIRE GROUP GUIDELINES

These group guidelines were designed to create a safe environment for open and honest conversations during group meetings. Read and discuss the following guidelines as a group, including when anyone new joins the group:

- ➔ **Confidentiality:** What is said in the group is not shared outside the group.
- ➔ **Self-focus:** Speak only for yourself and avoid giving advice.
- ➔ **Limit Sharing:** Give everyone a chance to share.
- ➔ **Respect Others:** Let everyone find their own answers.
- ➔ **Regular Attendance:** Let your leader or co-leader know if you cannot attend a meeting.
- ➔ **Commitment to Accountability:** Make a minimum of three contacts a week. If you have relapsed in the last week, then a daily contact is recommended.
- ➔ **Listen Respectfully:** No side conversations.
- ➔ **Take Ownership and Be Responsible:** If you feel uncomfortable with anything, talk with your leader or co-leader, or your small group.
- ➔ **Stay on the Subject/Questions:** Watch those rabbit trails!
- ➔ **Homework Completion:** Allow 20-30 minutes per day to complete your homework. If you don't do your homework, you won't win your battle with healing, and you will not be able to participate when the group is processing their homework.
- ➔ **Covenant to Contend (CTC):** The CTC is an open commitment of accountability which states why you have chosen to join a PD small group and what you are committed to do in order to win your battle with sexual addiction. At the bottom of the page you will notice a place for you and one other person to sign and date. This is a public commitment. Read the CTC and ask a member of your group to sign as a witness to your signature.
- ➔ **Memo of Understanding:** This document indicates that you have read and understand the purpose and parameters of PD groups and the moral and ethical obligations of leaders.

# MEMO OF UNDERSTANDING

Please read and sign this memo, indicating that you have read and understand the purpose and parameters of Pure Desire groups and the moral and ethical obligations of the group facilitators.

I understand that every attempt will be made to guard my anonymity and confidentiality in this group, but that anonymity and confidentiality cannot be absolutely guaranteed in a group setting.

- ➔ I realize that the group facilitator cannot control the actions of others in the group.
- ➔ I realize that confidentiality is sometimes broken accidentally and without malice.
- ➔ I understand that I am allowed to share any of my personal experiences with others outside the group, however, I also understand that disclosing any information about others in the group with anyone outside the group is strictly prohibited. I understand that this type of behavior, whether intentional or unintentional, may result in termination of my group participation.

I understand that the group facilitator is morally and ethically obligated to discuss with me any of the following behaviors, and that this may lead to breaking of confidentiality and/or possibly intervention:

- ➔ I communicate anything that may be interpreted as a threat to self-inflict physical harm.
- ➔ I communicate an intention to harm another person.
- ➔ I reveal ongoing sexual or physical abuse.
- ➔ I exhibit an impaired mental state.
- ➔ I reveal that I have perpetrated an act of child abuse and/or child molestation or have expressed the intent to commit such an act.
- ➔ I reveal that I have perpetrated or am considering an abusive act toward the elderly/disabled.

I have been advised that the consequences for communicating the above types of information may include reports to the proper authorities - the police, suicide units, or children's protective agencies, as well as to any potential victims.

I further acknowledge that if I am on probation and/or parole and I engage in wrongful behavior in violation of my parole/probation, part of my healing/recovery may include notifying the appropriate authorities.

I understand that this is a Christ-centered group that integrates recovery tools with the Bible and prayer, and that all members may not be of my particular church background. I realize that the Bible may be discussed more (or less) than I would like it to be.

I understand that this is a support group and not a therapy group and that the group facilitator is qualified by "life experience" and **not** by professional training as a therapist or counselor. The group facilitator's role in this group is to create a climate where healing may occur, to support my personal work toward recovery, and to share their own experience, strength, and hope.

**Name** (please print) \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature** \_\_\_\_\_

**PD Group Leader** \_\_\_\_\_ **Signature** \_\_\_\_\_

# MEN'S AROUSAL TEMPLATE EXAMPLE

<b>Step 01:</b> The specific triggers and behaviors for me	<b>Step 02:</b> Early painful sexual relational experiences	<b>Step 03:</b> As a child, how did you feel and act?
<b>Risk:</b> <i>Constant masturbation and fantasies</i>	<b>5/6</b> <i>Older sister attempted to have sexual intercourse</i>	<i>Fearful and excited</i>
<b>Taboos:</b> <i>Erotic writings on the Internet</i>	<b>5/6</b> <i>Began to masturbate</i>	<i>Shame and anger</i>
<b>Quick and anonymous:</b> <i>Frequent sexual encounters with anonymous males</i> → <i>Tall, dark, and well-built</i> → <i>Parks and public bathrooms</i> → <i>Bath houses</i> → <i>Porn shops</i> → <i>Quick and dirty</i>	<b>7/8</b> <i>Sister and relative attempt intercourse with me; discovered by mother</i>	<i>Alone</i>
<b>Secrecy:</b> <i>Sexually anorexic with wife</i>	<b>Jr. High</b> <i>Mother discovered sister in bed with me</i>	<i>Hurt and anger</i>
<b>Non-relational:</b> <i>Foul language is a turn-on— at work and in public</i>	<b>High School</b> <i>Forced to have oral sex with male student at knife-point</i>	<i>Isolated and used</i>

**Looking at**  
Steps 1-3

**01.** *How do they make you feel?*

**02.** *Why do you violate biblical standards (taboos)?*

**03.** *How does this make you feel about those of the opposite gender?*

**04.** *Why do you tend to isolate?*

**Step 04:** Your overall themes and core beliefs

*I am worthless*

*Breaking taboos is exciting*

*Can't trust women*

*Don't get close to anyone; they will hurt you*

**Step 05:** Arousal patterns, triggers, and recovery strategies

**Inner Circle**

**Middle Circle**

**Outer Circle**

# WOMEN'S AROUSAL TEMPLATE EXAMPLE

**Step 01:** The specific triggers and behaviors for me

*Interested in unavailable men*

*Chase me*

*Seduction*

*Flirting*

*Affair that is emotional & sexual*

*Fantasy*

*Instant messaging*

*Phone sex*

**Step 02:** Early painful sexual relational experiences

*Parents divorced at age 4*

*Terror from stepdad—age 6; chased Mom with a knife*

*Mom on couch w/ BF—age 7*

*Threatened to not tell about problems at home—ages 4 to 16*

*Lost virginity—age 16*

*BF left for college*

*Watched porn with BF—age 16*

*Escaped into fantasy life to survive*

*Affair with old BF after many years of marriage*

**Step 03:** As a child, how did you feel and act?

*Family members can't be trusted; they create feelings of abandonment & fear.*

*My fantasy world is safer than the real world.*



**Looking at**

Steps 1-3

**01.** *How do they make you feel?*

**02.** *Why do you violate biblical standards (taboos)?*

**03.** *How does this make you feel about those of the opposite gender?*

**04.** *Why do you tend to isolate?*

**Step 04:** Your overall themes and core beliefs

*I am worthless.*

*Breaking taboos is exciting.*

*Don't get close to anyone; they will hurt you.*

*I can't trust men.*

*The only safe place is living in fantasy.*

*I can't be alone.*

**Step 05:** Arousal patterns, triggers, and recovery strategies

**Inner Circle**

**Middle Circle**

**Outer Circle**

# RECOVERY ACTION PLAN

An action plan is a document that lists what steps must be taken in order to achieve a specific goal. Benjamin Franklin once said, “*If you **fail to plan**, you are **planning to fail**.*”<sup>1</sup> The **Recovery Action Plan** is a good tool for anyone wanting to take a proactive approach to their recovery and their relationships.

The goal is to re-establish trust and to implement actions that need to be taken in order to process the relapse and trauma in an positive, intentional manner.

**Keep in mind:** You will develop a Recovery Action Plan for *yourself*. If your spouse gets to the point in recovery where he or she has created his/her own Recovery Action Plan, you will add your Recovery Action Plan to his/hers. The addict spouse creates a Recovery Action Plan up front to provide guardrails and accountability during the initial stage of recovery. However, when the betrayed spouse presents his/her Recovery Action Plan, that will become the Recovery Action Plan for your marriage—the plan for you and your spouse. If your spouse is not in a Pure Desire group, the Recovery Action Plan you created for yourself—with your group—will continue to provide parameters and accountability for you.

- ➔ Before the disclosure, there were probably secrets in the relationship. Because of this, it will be difficult for your spouse to trust your words or their own instinct. Your spouse must SEE things that will help them start trusting again. Your spouse is learning to believe behaviors and not just words. Create a plan together to rebuild (or maintain) trust and intimacy.
- ➔ **For single group members:** For a married person, it’s easier to see the hurt their spouse and family experiences when he or she confesses a relapse, but for a single person, it’s not that simple. In most cases, single people have little experiential understanding of how their sexual behavior affects others and themselves. It is crucial that you begin to associate your sexual acting out with logical consequences and learn how to develop healthy intimacy as a single person.
- ➔ **For group members who are separated or divorced:** Your *Recovery Action Plan* will provide additional boundaries and direction in dealing with co-parenting—establishing individual and relational health—regardless of the marriage outcome.

Having consequences decided ahead of time will allow you to fall back on your plan when relapse occurs instead of allowing emotions to take the wheel.

---

<sup>1</sup> Goodreads. (2013, June 22). *Quote by Benjamin Franklin*. Retrieved from <https://www.goodreads.com/quotes/460142-if-you-fail-to-plan-you-are-planning-to-fail>

## IDENTIFY NATURAL AND LOGICAL CONSEQUENCES

- ➔ A **natural consequence** occurs as a result of a choice without anyone imposing it.
- ➔ A **logical consequence** is a reasonable and necessary outcome imposed personally or by another.

## RECOVERY ACTION PLAN STEPS FOR THE ADDICT

- 01.** Identify your relapse.
- 02.** Determine who you need to share your relapse with, and in what time frame.
- 03.** Write out all the **natural** consequences of your relapse.
- 04.** Write out a list of **logical** consequences you choose to follow if you relapse.
- 05.** Review your **escape plan** or create one by visiting [puredesire.org/tools](http://puredesire.org/tools).
- 06.** Describe your desired outcome for creating this plan.

## RECOVERY ACTION PLAN STEPS FOR THE SPOUSE

- 01.** Identify what constitutes a relapse.
- 02.** Determine who your spouse needs to share their relapse with, and in what time frame.
- 03.** Write out all the **natural** consequences of your spouse's behavior.
- 04.** Write out a list of **logical** consequences connected to the behavior that would help you see that your spouse recognizes the serious nature of their actions.
- 05.** Make a list of steps you will need to personally take in order to find health and stability, and be ready to fully engage in the relationship.
- 06.** Describe your desired outcome for creating this plan.

**Full Recovery Action Plans, with examples, can be found at [puredesire.org/tools](http://puredesire.org/tools).**

# THE MAKING OF A SEX ADDICT

## Sexual Behavior

- Fantasy **18%**
- Voyeurism **18%**
- Exhibitionism **15%**
- Seductive Role Sex **21%**
- Intrusive Sex **18%**
- Anonymous Sex **18%**
- Trading Sex **12%**
- Paying for Sex **15%**
- Pain Exchange **16%**
- Exploitive Sex **13%**

## Other Addictions

- Chemical Dependency **42%**
- Eating Disorders **38%**
- Compulsive Working **28%**
- Compulsive Spending **26%**
- Compulsive Gambling **5%**

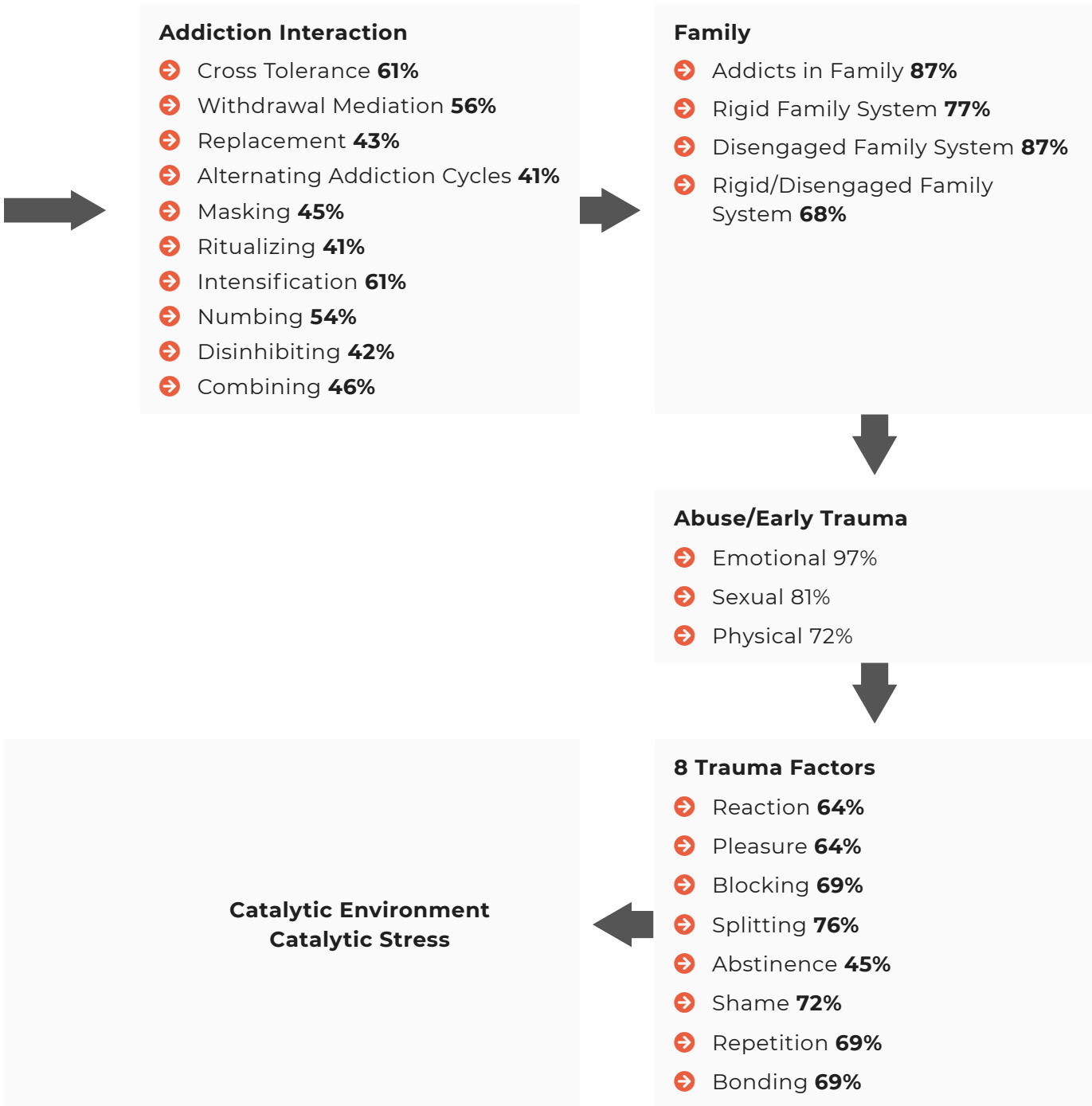


## Sexual Addiction

- Compulsive Behavior **94%**
- Loss of Control **93%**
- Efforts to Stop **88%**
- Loss of Time **94%**
- Preoccupation **77%**
- Inability to Fulfill Obligations **87%**
- Continuation Despite Consequences **85%**
- Escalation **74%**
- Social, Occupational, Recreational Losses **87%**
- Withdrawal **98%**

**Catalytic Environment**  
**Catalytic Stress**





© 2004 Dr. Patrick Carnes, Ph.D.

# SEXUAL ADDICTION SCREENING TEST (SAST-R V2.0)<sup>1</sup>

The Sexual Addiction Screening Test (SAST) is designed to assist in the assessment of sexually compulsive or “addictive” behavior. Developed in cooperation with hospitals, treatment programs, private therapists and community groups, the SAST provides a profile of responses that help to discriminate between addictive and non-addictive behavior.

- ➔ To complete the test, answer each question by placing a check next to it if it is true for you.
- ➔ Although the statements are written in the present tense, if the statements have ever applied to your life, then place a check next to that item.
- ➔ Statements are considered false only if they have never been a part of your life. If in doubt, let your first reaction be your guide.
- ➔ Please complete the scoring, filling out the Core Item Scale, the Subscales and the Addictive Dimensions on the page that follows the test. Pay close attention to your results on the Core Item Scale as a score of 6 or more indicates an addiction may be present.

01. Were you sexually abused as a child or adolescent? .....
02. Did your parents have trouble with sexual behavior? .....
03. Do you often find yourself preoccupied with sexual thoughts? .....
04. Do you feel that your sexual behavior is not normal? .....
05. Do you ever feel bad about your sexual behavior? .....
06. Has your sexual behavior ever created problems for you/your family? .....
07. Have you ever sought help for sexual behavior you did not like? .....
08. Has anyone been hurt emotionally because of your sexual behavior? .....
09. Are any of your sexual activities against the law? .....
10. Have you made efforts to quit a type of sexual activity and failed? .....
11. Do you hide some of your sexual behaviors from others? .....

---

© 2008, P. J. Carnes, *Sexual Addiction Screening Test - Revised (Used by permission)*

12. Have you attempted to stop some parts of your sexual activity? .....
13. Have you felt degraded by your sexual behaviors? .....
14. When you have sex, do you feel depressed afterwards? .....
15. Do you feel controlled by your sexual desire? .....
16. Have important parts of your life (job, family, friends, leisure activities) been neglected because you were spending too much time on sex? .....
17. Do you ever think your sexual desire is stronger than you are? .....
18. Is sex almost all you think about? .....
19. Has sex (or romantic fantasies) been a way for you to escape problems? .....
20. Has sex become the most important thing in your life? .....
21. Are you in crisis over sexual matters? .....
22. The Internet has created sexual problems for me. ....
23. I spend too much time online for sexual purposes. ....
24. I have purchased services online for erotic purposes (sites for dating). ....
25. I have made romantic or erotic connections with people online. ....
26. People in my life have been upset about my sexual activities online. ....
27. I have attempted to stop my online sexual behaviors. ....
28. I have subscribed to or regularly purchased or rented sexually explicit materials (magazines, videos, books or online pornography). ....
29. I have been sexual with minors. ....
30. I have spent considerable time and money on strip clubs, adult bookstores, and movie houses. ....
31. I have engaged prostitutes and escorts to satisfy my sexual needs. ....
32. I have spent considerable time surfing pornography online. ....
33. I have used magazines, videos, or online pornography even when there was considerable risk of being caught by family members who would be upset by my behavior. ....
34. I have regularly purchased romantic novels or sexually explicit magazines. ....
35. I have stayed in romantic relationships after they became emotionally abusive. ....

- 36. I have traded sex for money or gifts. ....
- 37. I have had multiple romantic or sexual relationships at the same time. ....
- 38. After sexually acting out, I sometimes refrain from all sex for a significant period. ....
- 39. I have regularly engaged in sadomasochistic behavior. ....
- 40. I visit sexual bath-houses, sex clubs, or video/bookstores as part of my regular sexual activity. ....
- 41. I have engaged in unsafe or "risky" sex even though I knew it could cause me harm. ....
- 42. I have cruised public restrooms, rest areas, or parks for sex with strangers. ....
- 43. I believe casual or anonymous sex has kept me from having more long-term intimate relationships. ....
- 44. My sexual behavior has put me at risk for arrest for lewd conduct or public indecency. ....
- 45. I have been paid for sex. ....

SCALES	ITEMS	CUT-OFF	MY SCORE
Core Item Scale	1-20	6 or more	
Internet Items	22-27	3 or more	
Men's Items	28-33	2 or more	
Women's Items	34-39	2 or more	
Homosexual Men	40-45	3 or more	
Preoccupation	3, 18, 19, 20	2 or more	
Loss of Control	10, 12, 15, 17	2 or more	
Relationship Disturbance	6, 8, 16, 26	2 or more	
Affect Disturbance	4, 5, 11, 13, 14	2 or more	

## RELATIVE DISTRIBUTIONS OF ADDICT & NON-ADDICT SAST SCORES

This instrument has been based on screenings of tens of thousands of people. This particular version is a developmental stage revision of the instrument, so scoring may be adjusted with more research. Please be aware that clinical decisions must be made conditionally since final scoring protocols may vary. A score of 6 or more on the Core Item Scale indicates an addiction may be present.



# LOVE ADDICTION EVALUATION

Put a check next to any statements that describe you in the present or in the past.

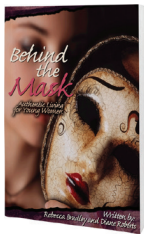
- 01. I am driven by one or more compulsions (relationships, sex, food, drugs, shopping, etc.).
- 02. I think my self-esteem is low.
- 03. I think that my happiness depends on having a loving relationship.
- 04. I often fantasize to avoid reality or loneliness.
- 05. I feel I need to be "good" enough to earn love from others.
- 06. I will do almost anything for that desired loving relationship.
- 07. I find it difficult to say "no" and set healthy boundaries, especially in relationships.
- 08. I keep looking for a relationship to fill what is missing or lacking in my life.
- 09. I find myself thinking that things will (or would) be better in this new relationship.
- 10. I have always felt a distance and/or lack of love from my dad and/or my mom.
- 11. I have a difficult time having an intimate relationship with God.
- 12. I go from over- to out-of-control in relationships, sex, food, money, drugs, shopping, etc.
- 13. I crave and fear intimacy at the same time.
- 14. I have used sex to get love.
- 15. I have used sex/seduction to dominate another person, be in control, or get what I want.
- 16. I take responsibility for people, tasks, and situations for which I am not responsible.
- 17. I find myself in relationships that echo my past abuse.
- 18. I was sexually abused as a child or adolescent.
- 19. I have stayed in romantic relationships after they became abusive.
- 20. I often find myself preoccupied with sexual thoughts or romantic daydreams.
- 21. I have trouble stopping my sexual behavior when I know it is inappropriate.
- 22. I have hurt others emotionally because of my sexual/romantic behavior.
- 23. I feel bad at times about my sexual behavior.
- 24. I have worried about people finding out about my sexual activities.
- 25. I feel controlled by my sexual desire or fantasies of romance.
- 26. I have been sexually or romantically involved with inappropriate people.
- 27. When I have sex or am involved in sexual activity, I often feel depressed afterward.
- 28. I have become emotionally or sexually involved with people I don't know.

**Total Number of Items Checked** .....

If you scored a total of 3-6 items checked, we recommend going through the *Seven Pillars of Freedom* Kit (for men) or *Unraveled* Kit (for women). If you scored over 6 checked items, we recommend seeking counseling from a certified sexual addiction therapist. For more information and resources visit [www.puredesire.org](http://www.puredesire.org).

# PURE DESIRE RESOURCES

## GROUPS MATERIALS



### Behind the Mask

**Products Include:** *Behind the Mask* and *Behind the Mask Leader's Guide*

*Behind the Mask* provides practical strategies that can help young women move into sexual health. In this challenging season of your life, the biblical principles, clinical tools, and recent discoveries about the brain will allow you to walk in the freedom your heart has longed for.



### Betrayal & Beyond Kit

**Contains:** *Betrayal & Beyond Workbook* and *Betrayal & Beyond Journal*

The *Workbook* provides betrayed women with valuable tools, biblical wisdom, and testimonies by other courageous women who found hope, help, and encouragement. The companion *Journal* helps promote the daily commitment to self-care and emotional health.

**A Leader's Guide is available separately.**



### Conquer Series

**Products Include:** *Conquer Series 6-DVD Set Volume 1*, *Conquer Series 6-DVD Set Volume 2*, *Conquer Series Study Guide Volume 1*, *Conquer Series Study Guide Volume 2*, *Conquer Series Journal*, and *Conquer Series Leader's Guide*

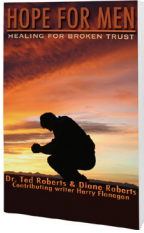
The *Conquer Series* is a 10-week cinematic teaching series on sexual purity. Use the *Conquer Series Study Guide Volume 1 & 2* to provide powerful tools that help you set up proper boundaries, identify emotional triggers, and process personal shame. The *Conquer Series Journal* includes weekly tools and practices to produce weekly self-awareness on your journey to sexual integrity.



### Unraveled Kit

**Products Include:** *Unraveled* and *Unraveled Weekly Tools*

Through the use of personal stories, strategic tools and exercises, and weekly self-care lessons, *Unraveled* will become our guide. We will discover the core of our distorted beliefs, address the shame that drives our behaviors, and write a new ending to our story, crafted with hope and purpose.



### Hope For Men

*Hope for Men* is a workbook for men who have experienced betrayal. Most men would react in anger in order to cover up their fears and run from the pain. This workbook will prove that you are not alone and that hope and healing from sexual betrayal is possible.



### Living Free Kit

**Contains:** *Living Free Workbook* and *Living Free Journal*

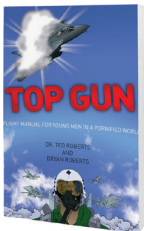
*Living Free* is a resource for college-aged men that helps individuals identify and understand the underlying factors that create and reinforce habitual sexual behavior. The *Workbook* is a two-semester format that includes tools and lessons to help you experience greater intimacy with Jesus and others. The *Journal* includes practical tools that help develop healthy sexuality on a daily basis. **A Leader's Guide is available separately.**



### Seven Pillars of Freedom Kit

**Contains:** *Seven Pillars of Freedom Workbook*, *Seven Pillars of Freedom Journal*, and *Pure Desire*

*Seven Pillars of Freedom* is designed to provide a safe and focused format to process addiction, build a lifestyle of accountability, and find healing. The *Workbook* includes instructions and exercises to create structure for freedom and provide the biblical truth necessary to build on. The *Journal* provides tools that reinforces the daily commitment to self-care and personal health, which is vital to sobriety and spiritual growth. **A Leader's Guide is available separately.**



### Top Gun

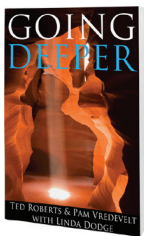
*Top Gun* provides young men the practical steps necessary to move into sexual health as part of a unique team of fellow warriors. Together you'll study biblical principles and how they relate to the most recent research on sexual struggles. You'll develop strategies for success in purity and live out proven techniques. You'll stop hiding in shame as you learn to live strong and free.

## INDEPENDENT STUDY/MARRIAGE MATERIALS



### Connected

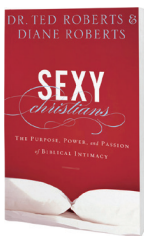
God designed marriage to reflect the love, passion, and intimacy He has for us. He wants the very best for you and your marriage. *Connected: Building a Bridge to Intimacy* was created to be used as a weekly study for you and your spouse. Together, you'll learn how to be intentional in your behavior toward your spouse, cultivating a relationship fueled by compassion, grace and love.



### Going Deeper

**Products Include:** *Going Deeper*, *Going Deeper Study Guide*, and *Going Deeper Leader's Kit*

We all want to know God better. We desire to go deeper—but how do we sort through the contradictory and sometimes extreme teachings in the church today? Ted Roberts joins best-selling author, Pam Vredevelt, to walk you step-by-step through eight distinctive ministries of the Holy Spirit.

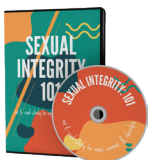


### Sexy Christians

**Products Include:** *Sexy Christians*, *Sexy Christians DVD*, and *Sexy Christians Workbook*

In *Sexy Christians*, you will learn why men and women see sex so differently, what the greatest aphrodisiac is, and how to avoid the most lethal killer to a great sex life. You'll also discover what men's and women's sexual needs are and why they are so different, what sex is all about from God's perspective, and what the differences are between male and female sexual response cycles.

## COURSES



**Products Include:** *Sexual Integrity 101 Video Course* and *Sexual Integrity 101 Workbook*

*Sexual Integrity 101* is an 8-week training course intended to raise awareness of sexual brokenness. It's for men, women, students, pastors, lay leaders, parents, and more—anyone who wants to find freedom from the effects of unwanted sexual behaviors, betrayal trauma, and unhealthy relationship patterns.

## BOOKS



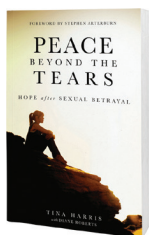
### Digital Natives

*Digital Natives* gives a glimpse into not only the workings of the Internet, but how the church culture is uniquely prone to be ensnared in destructive, online behavior. It answers the question, “How can we positively influence the next generation?”



### Exposed

*Exposed* is an account of James and Teri Craft's harrowing, yet beautiful journey through the devastating impact of sexual addiction. They each share their perspective of restoration after a single moment in time seemingly shatters their life, family, and careers. Walk with the Crafts on a practical and life-altering path to victory through a Christ-centered commitment to recovery, renewal, and restoration.



### Peace Beyond the Tears

Did you feel all alone when you discovered your husband's secret battle? Have you watched your marriage intimacy erode? Tina Harris has experienced those feelings—feeling like your world is falling apart, not knowing which way was up, and thinking something must be wrong with you. You are not alone. As Tina shares her story of pain and struggle, you will begin to see how God weaves together His grace with the pain of betrayal to bring healing.



### Pure Desire

*Pure Desire* is the answer to the desperate cry for help from men and women who have tried to build sexual holiness into their lives and failed...and failed...and failed. Chronicling the life of Dr. Ted Roberts, *Pure Desire* shows that hope is available by establishing healthy personal boundaries with proven, practical applications to claim Christ's healing power and presence, perhaps for the first time.



### Safe

Becoming a safe place will rarely happen by accident. It must be created by those who know the way; those who have walked a path of grace and know how to call others down that same road. *Safe: Creating a Culture of Grace in a Climate of Shame* provides the practical steps and tools needed to revive a passion for grace in the body of Christ.



### Setting Us Free

Have you ever found yourself thinking, *This isn't a big deal. All guys struggle with this kind of thing.* But at the same time feeling *I hope she never finds out. I always have something to hide.* As Nick shares his experience with these thoughts, you will discover how God shows up in unexpected ways and places to bring true and lasting freedom. This isn't just another how-to book on trying to control your behavior. This is the story of redemption.



### Stories for Men

This collection of *Stories for Men* provides insight into the lives of men who have struggled with sexual addiction and an understanding of the way isolation, shame, and loss accompany addictive behavior. Each has bravely chosen to take back what the enemy has stolen from them. Men from all walks of life have fearlessly taken on the challenge of writing their inspirational stories that you may find hope.



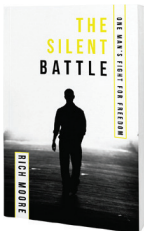
### Stories for Women

This collection of *Stories for Women* provides a unique approach to understanding the way sexual addiction impacts individual lives. Women from all seasons of life have taken on the challenge of writing their inspirational stories. Each has courageously chosen to take back what the enemy has stolen from them and write their stories for your strength and encouragement.



### The Forgiveness Factor

In this true story about one family's quest for restoration and wholeness, author Scott Bradley describes how forgiveness and restored relationships can come out of hurt, pain, and betrayal. Begin your journey of freedom as you read a raw, authentic story of hope and healing. You will also discover that the forgiveness factor can empower you to live a life full of purpose and meaning.



### The Silent Battle

Is your addiction taking over your life? Do you feel hopeless and alone? Rich Moore knows what you are going through. Many people stand at the crossroad in life not knowing whether to come clean and unburden the guilt and shame or to continue living under the weight of the secrets. As Rich shares his healing journey, you will see that true healing takes place through the pain, not void of it. This one man's story will show you that you're not alone and that God is with you regardless of challenges you face.

# SEXUAL INTEGRITY 101

For men and women who struggle with unwanted sexual behaviors, the weight of their shame and guilt is relentless. They feel isolated and alone, certain no one else struggles like they do.

For the spouse who has experienced betrayal, the devastation of being promised again and again that things would be different—and they're not—is overwhelming. They are trapped by the trauma they are living every day.

And for those who struggle with unhealthy relationship patterns, they genuinely want to develop healthy relationships, but don't know where to start.

Whether you struggle or have been impacted by sexual brokenness, this course will give you a greater understanding of the factors that contribute to unwanted sexual behaviors. You will learn how to process your trauma and how to take proactive steps toward healing. You will discover the power of lifelong healing through the use of tools, daily practices, and more.

Sexual Integrity 101 is an 8-week training course intended to raise awareness of sexual brokenness. It's for men, women, students, pastors, lay leaders, parents, and more—anyone who wants to find freedom from the effects of unwanted sexual behaviors and betrayal trauma.

**SEXUAL INTEGRITY 101 WILL GET YOU STARTED**

**ON THE PATH TO SEXUAL HEALTH.**

ISBN 978-1-943291-79-3



9 781943 291793



**PURE DESIRE  
MINISTRIES**