Sexual Purity Helps

Directions: Knowing the severity level of the sexual sin being dealt with and what interventions to put in place provides a great deal of hope and help. The content below casts a vision for generalized definitions of severity levels of sexual sin. The opposite page provides a list of interventions of various teaching modalities which can be employed in the context of each severity level. All resources can be found on our website at www.accounseling.org/sexuality.

Overcoming

Compulsive Entrenched

Enslaved

Not Overcoming

Healthy Sexuality

etc.)

Attributes: Individual has mature awareness of gering moments with dangers, and has established personal boundaries that are working to insure spiritual safety and relational integrity. Is overcoming temptations and denying self of inputs (anything that entices to sexual sin such as popups, ads, entertainment,

Attributes: Spends lininputs, such as popups on computer, newspaper ads, etc. Can rationalize that "I'm not doing this on purpose,"but no great effort being made to avoid triggers. Person acts out on these temptations sporadically.

Flirting

Attributes: Individual knows acting out behaviors are wrong and struggles to resist, but secrecy is becoming more important; starting to lead a double life. Purposely choosing to act out sexually, with repeated viewing of pornography, repeated masturbation, and these behaviors are now un-

Attributes: Addictive behaviors continuing for at least a couple years' duration. Person has repeatedly lied or tried to cover up activities in secret life. Preoccupation with these behaviors has led to disruption in other areas of life. Attempts to overcome have resulted in failure.

Attributes: Consequences are now very high to person in spiritual, marital, family, or legal realms. Person has been in numerous types of treatment for sexual addiction, but so far, the person has not found success in any type of treatment that has been tried.

Severity of Consequences Relational

controllable

Family/Financial

Legal

Spiritual

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Type of Help:	Healthy Sexuality	<u>Flirting</u>	Compulsive	Entrenched	Enslaved
		Bible Study, Prayer, Enga <mark>ging at Church, Accountabili</mark> ty, Elder Counsel			
Reading/ Discussion	 What does an Overcoming Christian Life Look Like? Singleness and Sexuality Keys to Accountability True Guilt False Guilt Parental Education on sexuality Compassion Without Compromise (PowerPoint) (SSA) 	 10 Tips for Maintaining Sexual Integrity 7 Principles of Highly Accountable Men by Mark Laaser Finding Your Path workbook (SSA) 	 Faithful and True Workbook Taking Every Thought Captive by Mark Laaser Your Brain on Porn (Cov. Eyes) Homosexuality & the Christian by Mark Yarhouse (SSA) Restoring Sexual Identity by Anne Paulk (SSA) 	• <u>Healing theWounds of Sexual</u> <u>Addiction</u> by Mark Laaser	
Audio / Video	Striving for Sexual Purity VideoScribes Keys to Accountability Podcast	<u>Striving for Sexual Purity Video-Scribes</u> /Podcasts	Sexual Addiction podcast series		
Mentoring		 Striving for Purity Discussion Aids with Acct. partner(s) Apostolic Christian Way of Purity Lite 	 Apostolic Christian Way of Purity Support Group engagement 	 Apostolic Christian Way of Purity Support Group engagement 	
Counseling		Marriage Counseling (EMA)	 Intensive at ACCFS Licensed Counseling for individual/copule Sexual Identity Therapy Counseling (SSA) Group Counseling 	 Intensive at Faithful/True (MN) L.I.F.E. Recovery Guide Support Group Group Counseling Marriage Counseling 	The Meadows Residential (AZ)

This document is updated as new resources become available. Last updated: $8/31/16\,$

Note: The interventions are cumulative. An "enslaved" person should employ all interventions $SSA = Same \ Sex \ Attraction \ EMA = Extramarital \ Affair$