

Plan for Sexual Purity Worksheet

I, _____, agree that I have a sexual addiction. I know that without the help of God and the Holy Spirit, together with my own commitment to accountability and a plan for sexual purity, I will remain in my addiction. I also understand that my sustained recovery will take more than just my desire to get better. I know there are specific behaviors, thoughts, and attitudes that can alert me to when I am slipping toward relapse. I have included this information below.

My definition of Sexual Purity:

Example: Follow God's guidelines for sex. Any sexual behavior outside of my marriage is wrong.

Yours:

Acts of repentance for sexual purity:

Example: When I fall I will confess it to God and ask forgiveness, confess to an AP within 12 hrs, setup a counseling appt. to help work through the issue.

Yours:

Behavioral Boundaries:

Example: Pornography, strip clubs, adult stores, inappropriate movies or TV, prolonged fantasizing, self-sex and even flirting are off limits. I will avoid public swimming pools, water parks, and beaches on weekends and the gym during peak/evening hours. I will only use the Internet for specific business purposes on a monitored computer.

Yours:

Consequences to Breaking a Boundary:

Example: For each boundary I break I commit to additional AP calls, to read a new book pertaining to recovery or to volunteer for an additional church service project.

Yours:

Behavioral Goals:

Example: I will spend a daily quiet time with God in prayer and in his word, in the morning, I will write out an affirmation of my wife, and give to her daily and I will speak with one of my accountability partners at least 5 times a week.

Yours:

I will review this sexual purity plan weekly, adding any new trigger areas, as I become aware of them.

Signature

Date

After completing this worksheet, transfer to electronic copy and print enough copies for each brother in small group. Print out and distribute updated copies after all major edits.