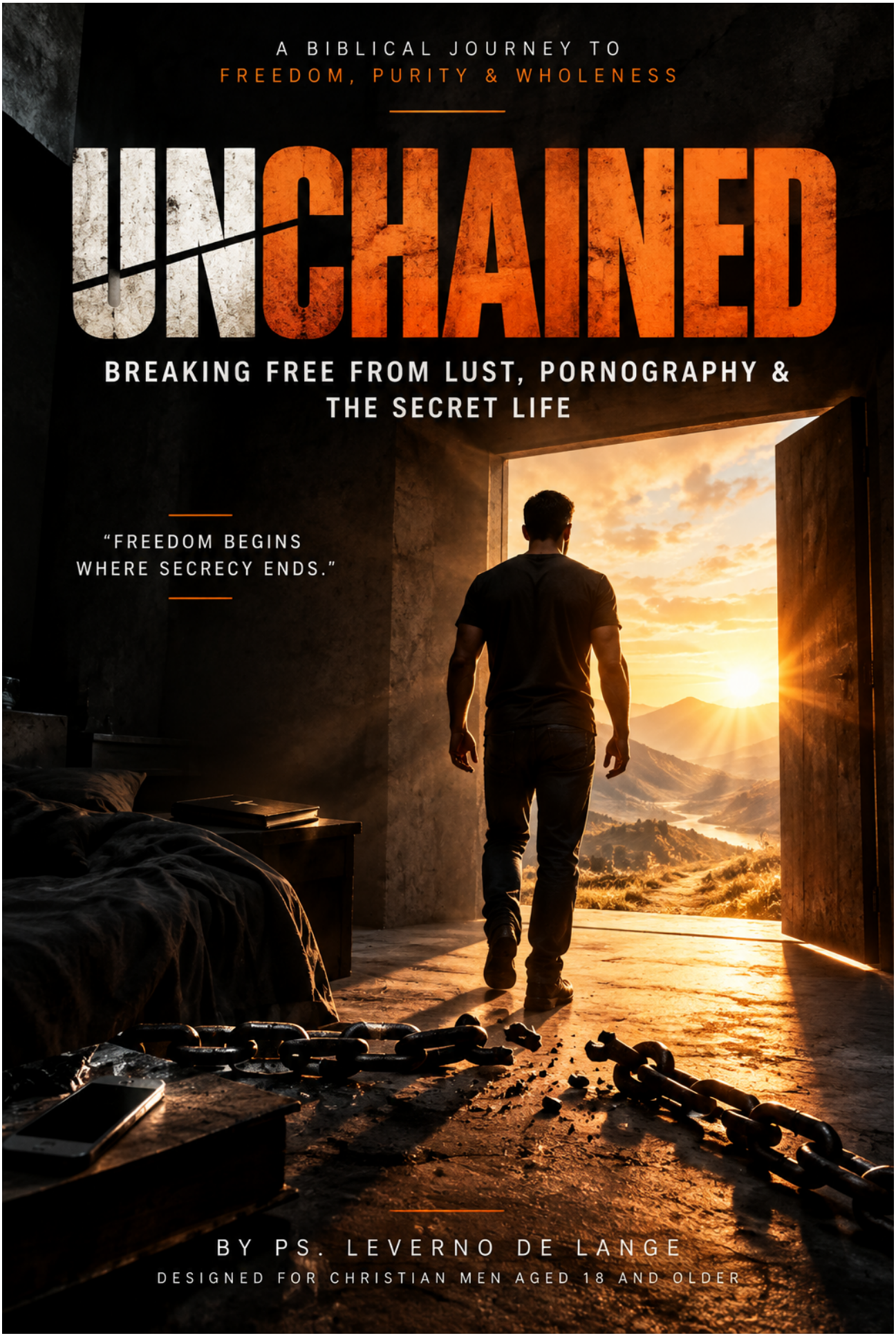
A BIBLICAL JOURNEY TO
FREEDOM, PURITY & WHOLENESS

UNCHAINED

BREAKING FREE FROM LUST, PORNOGRAPHY & THE SECRET LIFE



"FREEDOM BEGINS
WHERE SECRECY ENDS."

BY PS. LEVERNO DE LANGE

DESIGNED FOR CHRISTIAN MEN AGED 18 AND OLDER

START HERE · THE FRAMEWORK

Freedom is built in the light

This workbook is not a courtroom where you prove that you are a good man. It is a training ground where you learn to tell the truth, understand your patterns, practise wiser responses, and rebuild a life that can sustain integrity.

THE PROMISE

You are not asked to pretend that temptation is easy, or that one prayer instantly removes every urge. You are invited to bring your struggle into truth, grace, wise action, and support.

THE RESPONSIBILITY

Grace is not permission to stay passive. Take responsibility for choices, repair harm where needed, create protective boundaries, and ask for help when a pattern has become bigger than your solo strategies.

THE FOUR MOVEMENTS

01 · RECOGNISE	02 · REVEAL	03 · REWIRE	04 · REBUILD
Name the pattern without exaggeration or denial.	Bring hidden needs, emotions and triggers into the light.	Practise new thoughts, boundaries and responses.	Create rhythms, relationships and purpose that support freedom.

HOW TO USE THIS WORKBOOK

Read slowly. Mark what applies. Write honestly, not impressively. Choose one practical action per section and test it in real life. Revisit the worksheets weekly. If you are supporting another man, listen without ridicule, keep appropriate confidentiality, and encourage professional care when distress or loss of control persists.

A NOTE ON THE WORD “ADDICTION”

People use “porn addiction” in everyday speech, but it is not a standalone diagnosis in the DSM-5-TR. ICD-11 includes compulsive sexual behaviour disorder under impulse-control disorders. Frequency alone does not establish a disorder; impaired control and significant life impact matter. This workbook supports discipleship and self-reflection—it does not diagnose.

MOVEMENT 1 · RECOGNISE

The secret war: you are not the only one

Shame often tells a man that he is uniquely broken. Evidence does not support that conclusion. Research uses different definitions and samples, so no single statistic describes every man, every country, or every kind of use.

REPORTED POOLED ESTIMATE · 2025 META-ANALYSIS



Confidence interval: 8–19% • Included samples varied substantially.

22 STUDIES	CONTEXT MATTERS	NOT A DIAGNOSIS
31,566 participants across included studies.	Definitions and samples differed substantially.	The figure cannot label an individual man.

READ THE STATISTIC HONESTLY

The 13% figure is a pooled estimate from the studies included in that analysis—not a claim that 13% of all men are addicted, not a South African prevalence rate, and not a diagnosis. Variation between studies was substantial. The useful message is not “everyone does it”; it is “you are not alone, and careful definitions matter.”

A SPECTRUM, NOT A SINGLE LABEL

Experience	What it can mean	Useful next question
Desire / attraction	A normal human capacity; noticing someone is not automatically a chosen action.	Can I honour this person’s dignity?
Temptation / intrusive thought	An unwanted thought or opportunity may arise without consent.	What response aligns with my values?
Cultivated lust	Choosing to dwell on fantasy or objectify another person.	What am I deliberately feeding?
Problematic pattern	Repeated use that conflicts with goals or affects wellbeing, relationships or responsibilities.	What costs and loss of control am I noticing?
Possible CSBD	Persistent failure to control repetitive sexual behaviour with significant impairment or distress over time.	Would a qualified clinician help assess this?

CASE STUDY · DAVID

After a stressful work evaluation, David watches pornography late at night, hides his browser history, and concludes, “I am a hypocrite, so change is impossible.” His first useful step is not a dramatic promise. It is an honest map: stress → isolation → screen access → short-term relief → secrecy and regret. A pattern can be named without making it his identity.

Scripture in context: 1 Corinthians 10:13 speaks of God’s faithfulness and a way to endure temptation; it does not promise that discomfort will vanish instantly. John 8:31–36 connects freedom with abiding in Jesus’ word and the truth that sets disciples free.

MOVEMENT 1 · RECOGNISE

Lust is bigger than pornography

The issue is not simply whether a screen appears. Lust can involve deliberately turning another person—known or unknown—into material for private gratification. Christian sexual integrity sees people as image-bearers, not objects to consume.

THE MOMENT-BY-MOMENT PATH

NOTICE	INTERPRET	LINGER	CHOOSE	ACT
An image, person or thought catches attention.	I tell myself a story about what I see.	I choose to keep looking or rehearse fantasy.	I redirect, or I feed the thought.	A choice becomes a behaviour or habit.

WHAT IS NOT THE SAME AS LUST

A spontaneous attraction, a body's involuntary response, or an unwanted intrusive thought is not identical to deliberately cultivating fantasy. Condemning every first thought can create panic rather than maturity.

WHAT REQUIRES A CHOICE

Lingering to intensify arousal, searching for more, returning to a trigger, or mentally reducing a person to a sexual object are choices worth interrupting. The goal is not to stop noticing beauty; it is to practise honour.

BIBLICAL INSIGHT · MATTHEW 5:27–30

Jesus moves the conversation beyond outward reputation into the heart's intention. His vivid language about eye and hand calls for decisive removal of what repeatedly draws us into sin; it is not a command to harm the body. Ask: What access, habit, fantasy, or environment needs a serious boundary?

A PRACTICE FOR THE MOMENT OF ATTRACTION

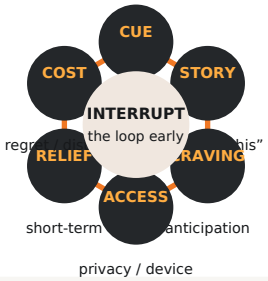
Step	Practise saying / doing
1 · Notice	"I noticed attraction. I do not need to panic or pursue it."
2 · Honour	Remember: this is a person with dignity, story, agency and a life beyond my gaze.
3 · Redirect	Move your eyes, close the feed, return to the conversation or task.
4 · Re-engage	Put attention toward something meaningful instead of rehearsing the image.

Reflection: Where do I most often move from noticing to lingering? What would honour look like in that exact setting?

MOVEMENT 1 · RECOGNISE

Map the loop before you try to break it

Repeated behaviours often become linked to cues and emotional states. A cue can start anticipation; a behaviour may offer short-term relief; the consequence may then create stress that makes the same escape feel attractive again. This is learned—not inevitable.



THE IMPORTANT DISTINCTION

A trigger is a prompt, not a command. A craving is an experience, not an instruction. The earlier you interrupt the sequence, the fewer decisions you have to make while highly activated. Your best intervention may be changing the setting before the urge peaks.

CASE STUDY · THE 12:17 A.M. LOOP

After a twelve-hour shift, Aaron lies in bed with his phone. He feels unseen after a tense conversation at home. His thought is, “I have given everyone everything today; I deserve something for myself.” He opens a social feed, sees a cue, searches, watches, and feels brief relief. The next morning he feels distant and ashamed. The loop was prepared hours earlier by exhaustion, unresolved emotion, and unrestricted phone access.

Aaron’s most strategic intervention is not only “try harder at 12:17.” It is to charge the phone outside the bedroom, plan a decompression ritual after work, and address the unresolved conversation when calm.

YOUR LOOP MAP

Prompt	My honest answer
What time / place / situation usually comes first?	_____
What feeling or body state is present?	_____
What does my inner voice say to justify the next step?	_____
What is the earliest point I can interrupt?	_____
Who or what can help me act on that interruption?	_____

Scripture: Romans 12:1–2 connects embodied worship with the renewal of the mind. Renewal is more than a slogan; it includes repeated choices, changed environments, and truthful reflection.

MOVEMENT 2 · REVEAL

What are you really hungry for?

Sometimes sexual content is pursued for sexual pleasure. Sometimes it is also used to manage boredom, anxiety, rejection, loneliness, anger, or exhaustion. These motives can overlap. Asking what need is present does not excuse harmful choices; it helps you choose a better response to the real problem.

H HUNGRY	A ANGRY	L LONELY	T TIRED
Food, nourishment, neglected needs	Resentment, conflict, frustration	Disconnection, feeling unseen	Burnout, sleep debt, depleted focus

THE COUNTERFEIT PROMISE

"This will soothe me quickly. I can forget the day. I will feel wanted without risking rejection." The promise is immediate, private, and predictable. But temporary relief is not the same as healing the need underneath.

THE HONEST QUESTION

"What am I trying not to feel right now?" Name the feeling without attacking yourself. Then choose a response that meets the need without creating a second problem: rest, food, movement, conversation, grief, prayer, or practical repair.

CASE STUDY · AFTER THE ARGUMENT

Marcus and his wife have an unresolved disagreement. He feels dismissed and inadequate. Instead of calming down and returning to the conversation, he opens an incognito tab for quick validation. The immediate behaviour is sexual; the deeper context includes hurt, avoidance, and an inability to tolerate emotional discomfort.

A healthier sequence: regulate first (walk, breathe, pray); identify the feeling ("I feel rejected and defensive"); choose a respectful time to reconnect; own his part without demanding immediate reassurance. If the relationship is unsafe, coercive, or abusive, seek appropriate professional support rather than treating reconciliation as a simple technique.

REPLACEMENT AUDIT

When I feel…	My old escape is…	A healthier first response could be…
Lonely	_____	Call / meet _____
Angry	_____	Pause and process with _____
Tired	_____	Rest / charge phone elsewhere
Anxious	_____	Breathe, pray, write, seek help
Bored / restless	_____	Move into a planned activity

Scripture: Psalm 62:8 invites God's people to pour out their hearts before Him. Prayer is not hiding emotion behind religious language; it is bringing the actual emotion into relationship with God.

MOVEMENT 2 · REVEAL

The brain, craving and choice

Cues can become associated with reward, relief, novelty, and particular contexts. Dopamine is involved in motivation, learning and anticipation; it is not a simple "pleasure chemical," and pornography does not automatically "damage the brain." The practical point is that learned patterns can feel powerful—and can also be changed through repeated practice and support.

CUE	ANTICIPATION	URGE	RESPONSE
Something reminds the brain of the behaviour.	The mind predicts relief or reward.	Body sensations and thoughts intensify.	I obey the habit—or practise a new route.

AN URGE IS A WAVE, NOT AN ORDER

You do not have to prove you are strong by staring at a trigger. Remove access, change location, and allow the feeling to be present while you act according to your values. Urges vary; they may rise, fall, return, or remain uncomfortable for a while. No technique guarantees that every urge disappears within a set number of minutes.

THE R.E.S.E.T. PRACTICE

Move	What to do
R · Recognise	Name it plainly: "I am experiencing an urge." Avoid catastrophising.
E · Exit	Close the screen and physically leave the private setting if possible.
S · Slow	Breathe slowly; relax your shoulders; feel your feet on the floor.
E · Examine	Ask: what cue, feeling, or story is fuelling this? What do I need?
T · Turn	Take one values-aligned action: call someone, walk, shower, pray, return to a task.

TRY THIS NOW

Set both feet on the floor. Name five things you see, four things you feel physically, and three sounds you hear. Take a few slow breaths. Say: "I can feel this without obeying it." Then choose your next action.

WHEN TO GET MORE HELP

If urges repeatedly override your plans, the pattern harms relationships or work, or distress feels unmanageable, consider a registered mental-health professional. A pastor or accountability partner can support discipleship, but they do not replace clinical assessment when needed.

Scripture: 1 Corinthians 6:12—"I will not be mastered by anything." Christian freedom is not the absence of every urge; it is learning to respond with agency, integrity, and support.

MOVEMENT 3 · REWIRE

Challenge the lie; choose the next step

Automatic thoughts often arrive quickly and sound convincing. Cognitive restructuring is not pretending everything is fine. It is testing the thought, looking for evidence, and choosing a response that reflects reality and your values. Thoughts can influence behaviour, but they are not the only cause of it.

CATCH	CHALLENGE	CHOOSE
Name the thought without arguing yet.	Test its accuracy and usefulness.	Act on values, not on the first impulse.

Automatic thought	A more accurate response	Next action
“I have already failed, so the day is ruined.”	A lapse is an event, not a command to continue.	Stop now; reset the environment.
“Nobody will ever know.”	Secrecy can make the pattern harder to interrupt.	Choose appropriate honesty with a safe person.
“I cannot handle this urge.”	This feels difficult; difficulty is not impossibility.	Exit the cue and use the RESET practice.
“I deserve this after a hard day.”	I deserve care, not a response that violates my values.	Meet the real need directly.
“God must be finished with me.”	Conviction can lead to repentance; despair is not the gospel.	Pray honestly and take one repair step.

BIBLICAL INSIGHT · 2 CORINTHIANS 10:3–5

Paul’s language about taking thoughts captive is not a demand to panic over every unwanted mental event. The passage concerns challenging arguments and proud claims that oppose the knowledge of God. Practically, notice what your mind is telling you, test it, and bring your response under Christ’s lordship.

MY THOUGHT-REPAIR WORKSHEET

The thought that usually pulls me toward the old pattern is:

What evidence supports it—and what evidence challenges it?

A truer thought I can practise is:

Remember: A thought appearing is not the same as choosing to cultivate it. Practise returning attention without self-contempt.

MOVEMENT 3 · REWIRE

Design your environment for integrity

Willpower matters, but a plan that depends on perfect willpower at the most vulnerable hour is fragile. Build friction around the old route and make the healthier route easier to take. Digital tools can help; none of them replaces honesty, wise relationships, or personal responsibility.

THE ATTENTION PROTOCOL

NOTICE	ACKNOWLEDGE	REDIRECT	REFOCUS
Recognise the cue.	Name it without panic.	Look away / close / leave.	Return to a chosen task or value.

DIGITAL BOUNDARIES

- Unfollow accounts that repeatedly pull you toward sexualised content.
- Remove saved material and bookmarks that feed the pattern.
- Use filters or accountability tools as friction—not as proof of purity.
- Keep devices out of the bedroom or bathroom if those are risk settings.

LIFESTYLE BOUNDARIES

- Plan a transition after stressful workdays.
- Protect sleep; fatigue weakens attention and patience.
- Schedule connection before isolation becomes the default.
- Decide in daylight what you will do at night.
- Keep meaningful activities ready for vulnerable hours.

BUILD YOUR PERSONAL DIGITAL RULES

Risk point	Boundary I will test	How I will make it easier
Late-night phone use	_____	_____
Social media / feeds	_____	_____
Private browsing / saved content	_____	_____
Stress after work	_____	_____
Isolation / unplanned time	_____	_____

EXAMPLE OF A MEASURABLE COMMITMENT

“At 9:00 p.m., I will charge my phone in the kitchen. I will prepare tomorrow’s clothes, read for 15 minutes, and go to bed without a screen. If I feel an urge, I will leave the room and contact my support person if I need help.”

Scripture: Job 31:1 pictures a deliberate covenant with the eyes. Philippians 4:8 also gives a positive direction: cultivate attention toward what is true, honourable, just, pure, lovely and commendable.

MOVEMENT 2 · REVEAL

Shame is not your saviour

After a lapse, some men try to prevent future failure by insulting themselves, making impossible promises, or withdrawing from God and people. Self-punishment can deepen distress and secrecy. Accountability names what happened and changes what happens next; shame attacks the whole person and says change is pointless.

GODLY CONVICTION	DESTRUCTIVE SHAME
Names a specific choice: “I crossed a boundary.”	Attacks identity: “I am disgusting and hopeless.”
Moves toward confession, repair and wise support.	Moves toward hiding, isolation and despair.
Can hold both truth and hope.	Treats grace as unavailable and the future as settled.
Asks, “What needs to change?”	Repeats, “What is wrong with me?”

GRACE DOES NOT MINIMISE SIN

Grace tells the truth about sin without pretending that sin is the whole story. It allows responsibility, repentance, consequences and repair without requiring self-hatred as payment.

REPENTANCE IS A TURN

Repentance is more than feeling terrible. It involves turning toward God, naming the truth, changing the conditions that supported the behaviour, and taking a concrete next step.

SCRIPTURE TO SIT WITH

Passage	A careful reading
Romans 8:1	For those in Christ, condemnation is not the final verdict. This does not make choices inconsequential; it creates room to live differently.
1 John 1:9	Confession is met by God’s faithfulness to forgive and cleanse; it is an invitation into truth, not a performance of self-loathing.
Psalm 32:1–5	David describes the burden of concealment and the relief of acknowledging sin rather than continuing to cover it.
2 Corinthians 7:10	Godly grief can produce repentance. Grief that becomes hopeless self-destruction is not the goal.

AUDIT YOUR SELF-TALK

When you stumble, write the exact sentence you say to yourself. Then rewrite it with both truth and hope: “I am responsible for _____. I will not excuse it, and I will not make it my entire identity. My next faithful step is _____.”

MOVEMENT 3 · REWIRE

Confession without humiliation

A trustworthy brotherhood is neither a gossip network nor a surveillance squad. Biblical accountability combines honesty, gentleness, prayer, clear boundaries, and practical follow-through. The purpose is restoration and growth—not public exposure or control.

LOOK FOR A TRUSTWORTHY PERSON

- Keeps confidences, except where safety or legal duties require action.
- Can be direct without contempt or ridicule.
- Understands grace and responsibility together.
- Respects boundaries and encourages qualified help when needed.

AVOID THESE RED FLAGS

- Threats, humiliation, coercion or public disclosure.
- Treating every detail as entitlement to private information.
- Promises of guaranteed secrecy where someone is at risk.
- Using confession to control a partner or gain power.

A SIX-QUESTION WEEKLY CHECK-IN

Question	Notes
Where did I practise integrity or experience progress?	_____
What stress, mood or context made this week harder?	_____
What urges did I notice, and how did I respond?	_____
Did I cross a boundary? What happened before it?	_____
What practical change will I make this week?	_____
What support or prayer would help right now?	_____

A SCRIPT TO START THE CONVERSATION

“Brother, I am working seriously on an area I have struggled to address alone. I want to live with integrity, and I need a mature, trustworthy person who can meet with me regularly, ask honest questions, pray with me, and help me follow through. I am not asking you to fix me. Would you be willing to walk with me?”

A NOTE FOR MARRIED MEN

Honesty and repair matter, but disclosure should be handled with care and not used to offload guilt or demand instant forgiveness. Consider a qualified counsellor if there is significant relational harm, repeated deception, trauma, or uncertainty about how to speak safely. Never use “accountability” to monitor, threaten, or coerce a spouse.

Scripture: James 5:16 calls believers to confession and prayer; Galatians 6:1–2 describes restoration with gentleness and shared burdens.

MOVEMENT 1 · RECOGNISE

Know your battlefield

A useful trigger map is specific. “I struggle at night” is a start; “after conflict, alone in bed, scrolling short videos after midnight” gives you something you can change. Look for combinations of time, place, emotion, device, and thought.

TIME	PLACE	EMOTION	ACCESS	STORY
When does vulnerability rise?	Where do you tend to be?	What feeling is present?	What makes the behaviour easy?	What justification appears?

CASE STUDY · JAMES

James says his issue is “lack of discipline.” After tracking two weeks, he sees a more precise pattern: on Sunday evenings he feels anxious about Monday; he stays up watching clips; a suggestive video becomes a search; then he feels ashamed and sleeps late. His intervention plan changes the Sunday routine, not only his willpower.

He prepares Monday’s work before dinner, calls a friend, blocks the most triggering feed, leaves his phone in the kitchen, and uses a short prayer-and-reading routine. If he lapses, he reviews the data rather than declaring the entire plan useless.

MY TRIGGER MAP

Dimension	My pattern / clues	My prevention step
Time of day	_____	_____
Place / privacy	_____	_____
Emotion / body state	_____	_____
Device / content cue	_____	_____
Thought / justification	_____	_____
First opportunity to interrupt	_____	_____

TURN INSIGHT INTO AN IF–THEN PLAN

“If I notice _____ (cue), then I will _____ (specific action), and if the urge remains strong, I will contact _____.” Make the action observable and easy enough to do when tired.

Reflection: Which one environmental change would remove the most friction from the old route? Which one relationship or routine would add the most support to the new route?

MOVEMENT 3 · REWIRE

Build an escape route before the urge arrives

A plan works best when it is designed before pressure rises. Use several layers: one boundary can fail, but a system of boundaries, connection, and meaningful routines gives you more than one route back to your values.

ENVIRONMENT	TECHNOLOGY	BODY	COMMUNITY	SPIRIT
Change the room, time or access.	Add friction and reduce cues.	Eat, sleep, move, breathe.	Contact a trusted person.	Pray, read, worship, remember truth.

THE R.E.D.I.R.E.C.T. METHOD

Letter	Move	Example
R	Recognise the urge	“This is an urge, not an instruction.”
E	Exit the cue	Close the page; leave the room.
D	Describe the state	“I am lonely, tired and anxious.”
I	Interrupt the body loop	Walk, stretch, breathe slowly, drink water.
R	Reach for connection	Text or call your chosen support person.
E	Engage a replacement	Do a prepared, meaningful activity.
C	Choose the next right action	Return to work, rest, prayer, or repair.
T	Track and learn	Record what helped; refine the plan.

MAKE A READY LIST

1. One person I can contact: _____
2. One place I can move to: _____
3. One activity I can start: _____
4. One verse / truth to recall: _____

MY FIRST 90 SECONDS

Put the device down. Stand up. Leave the private setting. Breathe slowly. Name the feeling. Do not negotiate with the feed. Decide only the next right action, then reassess.

THEOLOGICAL INSIGHT · 2 TIMOTHY 2:22

The instruction is not merely to resist; it is also to flee youthful passions and pursue righteousness, faith, love and peace—with those who call on the Lord from a pure heart. Notice both directions: move away from the cue, and move toward a life-giving pursuit and community.

MOVEMENT 4 · REBUILD

When you fall: recover without surrendering

A lapse matters. It may break a commitment, damage trust, or show that a boundary was too weak. But it does not have to become a binge, a week of hiding, or a verdict about your future. The next response is part of the recovery process.

STOP	TELL THE TRUTH	STUDY THE SETUP	REPAIR	REFINE
End the episode; do not use "already failed" as permission to continue.	Name what happened without minimising or catastrophising.	Identify cue, emotion, thought, access and missed off-ramp.	Take responsibility and address relational or practical consequences.	Change one part of the plan and reconnect with support.

THE 24-HOUR RESET

Within the next day	Complete / notes
Remove the immediate cue and return to your normal routine.	_____
Write a short, factual account of what led up to it.	_____
Contact your trusted support person if that is part of your plan.	_____
Identify one boundary that needs strengthening.	_____
Take any necessary step toward honesty or repair.	_____
Sleep, eat, move, and avoid using shame as punishment.	_____

LEARN WITHOUT EXCUSING

"I was exhausted, had my phone in bed, and ignored the first cue. Those choices increased risk. Next time I will charge the phone outside the room and text my support person before bed."

AVOID THE ALL-OR-NOTHING TRAP

"I failed, so nothing works" is not a plan. Neither is "It was no big deal" if it violated your values. Hold both truths: the lapse matters, and a constructive next step is still available.

SCRIPTURE · PROVERBS 24:16; MICAH 7:7–9

These passages are not permission to repeat harm casually. They picture a life that gets up, looks to God, acknowledges darkness honestly, and continues toward hope. The question is not only "Did I fall?" but "What truth, support, and action will shape my next step?"

MOVEMENT 4 · REBUILD

Thirty days of deliberate practice

Thirty days will not guarantee permanent change. It can, however, give you a structured period to observe your patterns, build protective habits, practise honest connection, and review what is working. Progress is more than a streak: include honesty, shorter episodes, earlier interruption, better repair, and greater willingness to seek help.

Week	Focus	Actions to practise
1 · RECOGNISE	Observe without denial	Track cues, times, emotions, access and consequences. Set one immediate safety boundary.
2 · REVEAL	Name the need	Use HALT check-ins; practise naming feelings; plan healthy decompression and connection.
3 · REWIRE	Rehearse new responses	Practise RESET / R.E.D.I.R.E.C.T.; adjust digital boundaries; challenge one recurring lie.
4 · REBUILD	Strengthen the system	Review the data with support; repair what needs repair; plan the next 30 days.

DAILY CHECK-IN · KEEP IT BRIEF

Prompt	Today
What was my strongest trigger or pressure?	_____
What need or emotion was underneath?	_____
What did I do that aligned with my values?	_____
What boundary or support do I need tomorrow?	_____

MEASURE MORE THAN A STREAK

HONESTY	AGENCY	CONNECTION	REPAIR
Did I tell the truth sooner?	Did I interrupt earlier?	Did I reach out instead of isolate?	Did I take responsibility and learn?

MY COMMITMENT FOR THE NEXT 30 DAYS

The one boundary I will keep: _____
The person who will support me: _____
The habit I will build: _____
The date I will review this plan: _____

MOVEMENT 4 · REBUILD

A life larger than the struggle

The goal is not to spend your whole life staring at the thing you are trying to stop. The goal is to become a man whose attention, relationships, faith, work, rest, and service are being brought into alignment with what he believes. Freedom grows as you build a life worth showing up for.

MY FREEDOM DECLARATION

READ IT SLOWLY

I will not hide behind denial, and I will not live under hopeless shame. I will take responsibility for my choices, honour the dignity of other people, and build boundaries before vulnerable moments arrive. I will seek help rather than pretend I must win alone. If I stumble, I will tell the truth, learn, repair where needed, and take the next faithful step. My past is part of my story; it does not have to dictate my next choice.

A PRAYER FOR THE ROAD AHEAD

Father, bring truth into the places I have hidden. Teach me to recognise temptation without panic, to name the needs I have tried to numb, and to choose what honours You and the people You have made. Give me courage to build boundaries, humility to ask for help, and grace to take responsibility when I fail. Renew my mind, strengthen my relationships, and help me pursue righteousness, faith, love and peace with others. Lead me out of secrecy and into a life marked by integrity. In Jesus' name, amen.

WHEN TO SEEK PROFESSIONAL SUPPORT

Consider a registered psychologist, counsellor, or other qualified mental-health professional if you repeatedly feel unable to control the behaviour, experience significant distress or impairment, have co-occurring anxiety or depression, or need help addressing trauma or relationship harm. If you are in immediate danger or fear you may harm yourself or someone else, seek urgent local help. Pastoral support and clinical care can work alongside one another.

SELECTED RESEARCH & READING

• Chew, Yow & Tan (2025), "Prevalence of problematic pornography use: a meta-analysis," Sexual Health 22(4), SH25054. DOI: 10.1071/SH25054. The pooled estimate was 13% across included samples, with substantial heterogeneity and a confidence interval of 8–19%.

• Roza et al. (2024), "Treatment Approaches for Problematic Pornography Use: A Systematic Review," Archives of Sexual Behavior 53, 645–672. DOI: 10.1007/s10508-023-02699-z. The authors note limitations in the evidence base.

• World Health Organization, ICD-11: Compulsive sexual behaviour disorder (6C72), classified among impulse-control disorders.

• Scripture references throughout: Matthew 5:27–30; James 1:13–15; 1 Corinthians 6:12; Romans 8:1; 12:1–2; Job 31:1; Philippians 4:8; James 5:16; Galatians 6:1–2; 2 Timothy 2:22.

Educational note: This workbook is a Christian discipleship and self-reflection resource, not a substitute for medical or psychological diagnosis or treatment. Research on problematic pornography use is developing; studies use varying definitions and samples. A statistic is context, not a label for an individual.