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TRINITY COUNSELING TIPS AND TIDBITS

Helpful hints and ideas for personal growth.

SOME TIPS AND
TRICKS FOR YOUR
TIME OF SOCIAL
DISTANCING

VOL.3

COMBATING PORNOGRAPHY USE DURING STAY-AT-HOME ORDER

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If you struggle with watching pornography, or know someone who does, you already know how difficult it is. Now add to that a "stay-at-home" order, more internet use, and alone time, and it may get even more difficult. Current statistics suggest there is an 11% uptick in online pornography use worldwide with many staying home because of the Coronavirus.

Dear friend, if you are struggling, you are not alone, and there is hope.



The Broken Promises of Porn

from *Surfing for God*
by Michael John Cusick

- PORN PROMISES VALIDATION OF OUR MANHOOD WITHOUT REQUIRING STRENGTH
- PORN PROMISES SEXUAL FULFILLMENT WITHOUT RELATIONSHIP.
- PORN PROMISES INTIMACY WITHOUT REQUIRING RISK AND SUFFERING
- PORN PROMISES PASSION AND LIFE WITHOUT CONNECTION TO YOUR SOUL.
- PORN PROMISES POWER OVER WOMEN WITHOUT RESPONSIBILITY AND HUMILITY
- PORN PROMISES COMFORT AND CARE WITHOUT DEPENDING ON OTHERS

Ask yourself next time you are tempted. What am I wanting to feel? Manly? Sexual fulfillment? Intimacy? Passionate? Powerful? Comforted?

How can you get these needs met in a healthy way?

Some Helpful Resources:

- *Surfing for God* by Michael John Cusick (The best book I've read on the subject).
- The Docu-series- **Brain,Heart, World** (explores the damaging effects of porn).
- Celebrating recovery groups or an online recovery group.

Let's start with some hard questions.

How bad do you want to change? What has it cost you? What is it currently costing you. To engage this struggle you have to want it. If you want it (and I presume you do) there will be barriers to success. What are those barriers? Before moving forward with this article it is important to get those very clear in your mind.

1. *What is it costing me in my relationships, work, and emotional life?*
2. *What stands in the way of my success?*

Now that we are more clear on those, let's get into some steps toward gaining some success during this time. I call them the 3 R's. *These are not a trick for quickly beating this, but a way to start building insight into this struggle for you.*

Reflect: When you are tempted, pause and take account of what you are feeling. Check out the list of what porn promises to the right and see if one of these is your motivation. Begin to have this heart-level accountability with yourself.

Reach Out: Find a close friend you can call or text for accountability but not just do's or don'ts. Someone you can discuss the things from the list on the right. And if that person doesn't exist, find a safe person in your life that might be willing to read Cusick's book with you.

Respond: Take some time to reflect on why you feel the way you do and if there any healthy ways to get your needs met.