

Lesson Plan - Session 2 – Sexual Purity Issues, Part 1

Time	Activity
0:00	Opening Prayer
	Plan for the session
	<p>Did you get all the scheduled meetings on your calendar? IMPORTANT – You cannot work the 12 Steps with a group if you do not attend group meetings! You will have to miss other events during the next 16 months if you are serious about your recovery. If you cannot say that being here is among the 3 most important things in your life right now, drop out and come back when working the steps is such a priority!</p> <p>Questions/comments from last session</p> <p>Discuss reading assignment</p> <p style="padding-left: 40px;">Questions/comments from reading</p> <p style="padding-left: 40px;">Q & A</p> <p>Share Triggers exercise</p> <p>Assignments for next time</p>
0:05	<p>Discussion – Last Session and Reading through page 16</p> <p>See discussion notes & questions below</p>
0:45	<p>Share from Trigger exercise</p> <p>Go around the circle:</p> <p style="padding-left: 40px;">Each person share 1 sexual trigger</p> <p style="padding-left: 40px;">Response - think lightning round; can be 1 word; < 30 seconds</p> <p style="padding-left: 40px;">Do not repeat someone else, pick another from your list or skip</p> <p>Ask if anyone has another to share that has not been mentioned?</p> <p>Repeat the above process for Emotional triggers</p> <p>The above sharing may take only 5-10 minutes, but will likely prompt discussion that lasts for 10-20 minutes.</p>
1:10	Discuss False Beliefs, p,44 (discussion notes)
1:20	<p>Assignments:</p> <p>Review the assignments on the Overview for the next session.</p> <p>Update your Triggers exercise if you identified more from the sharing</p> <p>Continue Reading, p. 16-50</p> <p>Complete exercise on False Beliefs (read instructions from p. 317)</p> <p style="padding-left: 40px;">Write your false belief</p> <p style="padding-left: 40px;">Write a scripture that speaks truth to replace the false belief</p> <p>Come next time prepare to discuss the readings and share 1-2 of your false belief/s and corresponding truth statements from God</p> <p>Final questions or comments</p>
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

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Discussion Guide for Session 2

Note to Leader:

Discussion of the assigned readings is to:

- 1) help each man to absorb/understand the ideas presented in the Resource Book, and
- 2) to improve his ability to talk about his thoughts and feelings related to addiction and recovery.

Following is a list of sample questions and answers that could be used to lead a discussion of the assigned readings. There will not be enough time to use them all and it is not necessary to use all to have a robust discussion. Nor is it necessary that the discussion address every paragraph, sentence, or idea in the reading. *(Remember the above purposes and remember that each man was assigned to read the material in advance of this session. They also can read it, first time or again, after the session.)* In the discussion period, it is recommended that you give first attention to questions or comments that come from the group. These are a sign that a man wants to know more about a given topic and therefore is most ready to learn more about it. You may wish to select some questions in advance if you want to be sure those ideas are discussed. It may also help you keep the discussion moving within the allotted time.

Assigned Reading – Pages 7-16

Any opening questions or comments about the reading?

Sexual Impurity Cycle

What is the Sexual Impurity Cycle? (Figure 1)

- Uncomfortable Feelings & Emotions
- Obsession and Preoccupation
- Ritualization
- Sexually Impure Behaviors

What is the difference between guilt and shame? (p.11)

- Guilt – I did something bad
- Shame – I am bad

Condemnation of you is not from God; that is the enemy trying to use “shame” against you.

What is a “moment of clarity”?

- A time when we pause to consider the consequences of a current or future action

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What is “acting out”?

Examples: porn, masturbation, physical or emotional affair, sexting, texting, sexual massage, prostitution, etc.

Sexual sin is in full effect – the unsanctified self or addict is in control

Why is this a cycle?

Sometime after acting out, and often because of acting out, we begin to experience uncomfortable feelings again. This causes us to restart the cycle.

“Rinse and repeat”

Origins

What did the readings say about fantasy and escape? What role did they play in developing our compulsive behaviors?

Fantasy is an all-natural escape from the emotional issues the plagued us in our family of origin

Strong link developed between our physical sexual satisfaction and a temporarily pleasant emotional state (feelings)

What is the role of brain chemistry?

We get a rush of neurochemicals in the brain when we act out – a temporary high

Our bodies adjust to these chemicals – we need more to get high again

Leads to accelerated behaviors – new things, bigger risks – to get the same high

What is “white knuckling”?

The use of individual will power to abstain from acting out.

Usually of limited duration

Have not dealt with deeper issues, core problems still there

What is the role of lying?

Lie about our activities to keep them secret, usually to get what we want or avoid consequences for our actions

Begin to lie about other things – same reasons

We eventually lie about who we really are

Lying becomes a lifestyle – lie until you die

Slowly destroys our character

One participant said – The more I live my life the way Jesus wants me to, the less I need to lie.”

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Another said – “I don’t tell the truth because of my pride and fears. Fear of embarrassment and fear of consequences.”

What is denial?

Choosing to believe lies; deny the truth
Don’t Even Know I Am Lying
Barrier to seeking or receiving help

What is the difference between private and public exposure?

Private – can be self; often spouse or family member
Public – employer, law enforcement, acting out partner; sometimes results in legal or media problems

Guilt and Shame – earlier question

Why is shame such an issue?

We feel shame from our true character being exposed

Can we change on our own?

Have not yet or we would not be here
We come to understand that we are powerless to change, even if we want to
Self-will will fail
We need brothers and sisters to help us through the process, speaking truth to us
We need to increase intimacy with others, especially our spouse
We need to surrender to a greater power, Jesus Christ
We will explore each of these ideas throughout this study

Triggers (p.12) – discussed in Session 1, reference only

What is a trigger?

Thought or feelings that remind us of our sexual sin and tempt us to go back into it

What do we do with them?

*Attempt to avoid them
Develop tools to capture them – Magness*

Common Triggers?

*HALT-BS
Hungry
Angry
Lonely*

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Tired
Bored
Stressed/Anxious

2 Types of Triggers?
Sexual
Emotional

Sexual Triggers?
Sights – people, pictures, videos
Sounds – voice, music
Locations – places where we acted out
Websites, browsers

Look, linger, lust – another way to think about second looks

What is euphoric recall?
Mental fantasy – we remember a time when we acted out sexually and a feeling of euphoria comes over us reminding us of the “good times” we had sexually acting out

Erotic or Pornographic Dreams
Cannot control our dreams – cannot avoid
Be aware of aroused thoughts or emotions when waking – use tools

Emotional Trigger
Ideas or events that trigger a non-sexual emotional response within us
Examples:
Abandonment
Kicked out of the house
Discussion of divorce
Other fears: financial, employment, relationship, spiritual, medical
Often harder to recognize than sexual triggers
Can be irrational – learn to identify them, verbalize, and not resort to old acting out behaviors

Anxiety Cup
“Normal” people deal with anxiety and stress in non-compulsive ways. They use a variety of anxiety-lowering techniques.

As we work our program, our anxiety and stress levels will slowly lower; approach those of a normal person

Psychiatric care or medications - Seek the services of a psychiatrist and use medications, if needed. No stigma.

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When we were sexually or emotionally triggered, we often engaged in masturbation or sex – this connected the trigger with the emotional/sexual relief. By breaking this connection in our behavior, we slowly break the need for sexual activity when we are triggered.

Additional Resource:

Thirty Days to Hope and Freedom from Sexual Addiction

Dr. Milton Magness

Day 8 – Triggers

Day 18 – Tools

Day 19 - Tools

Return to Sharing Trigger Exercise

False Beliefs (p.44)

What is a belief?

The acceptance that a statement is true

What is a false belief?

Statements about ourselves, our wants, or our needs that are not true and can be damaging to us

Can be so deeply ingrained that they become part of our subconscious mind

Can take many forms

Drive our actions so that we can survive this broken life on a daily basis

How can we address false beliefs?

Dig into our belief system

Bring deeply ingrained false beliefs from subconscious to conscious mind

Dispel false beliefs and replace them with a Christ-centered belief

Combat them on a daily basis with a truth from God's Word

Begin to heal by letting go of false beliefs

Create and live into true beliefs

Not easy; could take years

Common False Beliefs?

Need to be in control

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Sex is our most important need

Sex = Love; feeling love and affirmation only through sex

If anyone really knew me, they would not love me; abandon me