

PREVENTING RELAPSE*

- Remove all pornographic materials from your home, cell phone, computer, internet, television, apps, and any and all other forms of electronic equipment. This also includes books, movies, magazines, etc.
- Download accountability software such as Covenant Eyes. You must list your accountability partner's name so your web surfing data is emailed to him. To download Covenant Eyes go to <http://www.covenanteyes.com/services/internet-accountability/>. Everyone must have an accountability partner!
- After you have cleaned out your house, pray over every room and command any evil presence to leave in Jesus name.
- Contact your accountability partner at least once a week and when you are tempted. You may have to contact your accountability partner on a daily basis when you first participate in this program as temptation is most frequent when we are trying to quit pornography.
- Pray every morning before going to work that God will guide and guard your eyes, heart, mind, and tongue; and pray every evening before going to bed for God's protection from sexual dreams and nightmares (see Daily Prayer of Protection; Volume 1: God Perfectly Designed Sex & Relationships - And How to Reclaim It; Chapter 6: Knowing What You're Up Against & How to Confront It; Page 73). You will find it helpful to do a devotional before going to bed in the evening – usually the last thing we think about is what we will dream about.
- Stop fantasizing! Satan may put thoughts into your head, but you have the power in Christ to either accept those thoughts or reject them. If the thought does not honor God, then cast it out in Jesus name.
- Identify particular times of the day you are most tempted. You may be tempted when feeling hungry, angry, lonely, tired, bored, or curious; experiencing disappointment, rejection, missed opportunities, argument; physical separation from a loved one, depression, anxiety; you may experience abandonment, betrayal; feel incapable, unattractive; you may feel like rewarding yourself for an accomplishment.
- Find activities to occupy your time such as Bible reading, studying subjects of interest, exercising, socializing etc.

* Wendy Maltz & Larry Maltz. *The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography*. HarperCollins Publishers. New York, N.Y. 2010. (Pgs. 202-203). Some of the ideas were borrowed from this book.