101 FREEDOM EXERCISES

DOUGLAS WEISS, PH.D.

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INTRODUCTION

101 Freedom Exercises: A Christian Guide for Sexual Addiction Recovery has been written for Christians who struggle with sex addiction and desire techniques to assist them throughout the different development stages of their recovery. As a recovering sex addict with more than 29 years of successful recovery, my personal recovery journey has educated me immensely about the recovery process. I personally have practiced many of the exercises in the pages ahead. Additionally, as a therapist, researcher, author and lecturer on the subject of sexual addiction, I have compiled these exercises and principles, which have successfully helped many addicts to begin and maintain their freedom from sexual addiction.

These exercises are listed in the chronological order recommended for the progression of the sex addict's recovery. The journey of recovery teaches us "first things first." I encourage you not to pick and choose which exercises you will or will not do, but rather receive from each exercise the insight it has to offer as you complete the exercise.

This book can most certainly be used in conjunction with therapy or as part of a 12-step or church support group. My hope is you receive the precious gift of recovery Jesus Christ has to offer, as I have, and maintain it the rest of your life for your benefit and for the benefit of others.

If we can be of any service along the way, feel free to write to Heart to Heart Counseling Center, PO BOX 51055., Colorado Springs, Colorado 80949 or call (719) 278-3708. You can also visit our website at www.drdougweiss.com. Some of our materials related to sexual addiction include books, DVDs and CDs. Support products are also available for wives in a relationship with a sex addict. We are available to minister to the church body as well through training seminars and men's meetings. For more in depth services, see the appendix of this book. We look forward to helping you become and stay free from sexual addiction. If God calls you into this ministry of healing, and you would like to start a freedom group in your church, see the appendix of this workbook to learn how you can begin a freedom group. If you do start a group, please notify our office so we can refer those who call us and are in need of a group.

Douglas Weiss, Ph.D.

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DAILY TIME FOR RECOVERY

Recovering from sexual addiction will be one of the hardest undertakings in an addict's life. In the midst of his addiction, the typical sex addict has clocked in hundreds, and sometimes thousands, of hours of repetitive, sexually addictive conditioning. Many sex addicts rely heavily upon their sexual acting out, as a primary coping mechanism before beginning the journey of recovery.

Recovery is hard work, and more importantly, it is consistent work. Remember, it took consistent behaviors to spiral you into your addiction. It only makes sense that consistent work is going to be a big part of your recovery and reconditioning yourself into a life of freedom from sexual addiction.

In light of this, you are going to need time to practice many of the exercises in this workbook daily, which will enhance your recovery process. These exercises have been successfully proven to work, but only if you take the time to do them. This is consistent with the fact that in most areas of life, what you put into something is also what you get out. So, you may need to have a daily calendar and try to come up with at least 15 to 30 minutes a day to work on your recovery from sexual addiction. This effort will make a big difference on the length of time it will take you to experience freedom. This, of course, is not the total amount of time you will need to work your recovery, as we will discuss later about attending support groups. Scheduling these support group meetings on your calendar will also be a very important part of your freedom from sexual addiction!

MY DAILY TIME FOR RECOVERY IS AS FOLLOWS:

Sunday _____ a.m./p.m.
Monday _____ a.m./p.m.
Tuesday _____ a.m./p.m.
Wednesday _____ a.m./p.m.
Thursday _____ a.m./p.m.
Friday _____ a.m./p.m.
Saturday _____ a.m./p.m.

I am accountable for this daily time to _____

CLEANING HOUSE

The information in this exercise may be obvious to many Christian sex addicts, but for the benefit of those who have never read anything about achieving freedom from sexual addiction, this exercise must be discussed. "Cleaning house" at the beginning of your recovery will steer you from keeping that “one” magazine, DVD, computer file, website link or telephone number, which could possibly cause you to relapse down the road. Many sex addicts I have counseled with had their first relapse with the one they didn’t throw away.

To prevent this experience from happening later, it is imperative to throw away (don’t try to sell or inflict this material on anyone else) any item, which could cause you to relapse. For some sex addicts, this will be a magazine, DVD, computer file, web link or possibly a computer disk.

To clean house a bit further, you may want to consider canceling cable television, Internet access, magazine subscriptions or any other material that could be a threat to your sobriety during the first 90 days of freedom. If it is important you have access to the Internet, then I would definitely recommend a porn blocker or accountability software. These are available on our website at www.drdougweiss.com.

In the beginning of your recovery, it is much better to error on the side of being too cautious, than to error on the side of not being cautious enough. Some of the more restrictive boundaries can be changed to less restrictive boundaries in the future when your recovery is not as fragile as it is in the beginning.

This exercise can be a great beginning for your recovery. If you feel you need help, you may want to ask a friend or support group member, who has some stable sobriety, if they can be supportive through this exercise. For some sex addicts, cleaning house is a new beginning. It’s a time you mark as the beginning of your journey. This is a great way to start your recovery and remove some of the possibilities for future stumbles.

➠ THE PERSON (S) I WOULD CONSIDER HELPING ME CLEAN HOUSE WOULD BE:

1. _____ 3. _____

2. _____ 4. _____

The day I cleaned my house was _____

EARLY PRAYER

1st Commandment

Prayer is something many sexual addicts find difficult to do, especially if they have avoided God because of the shame and guilt of their behavior or possibly what was done to them in the past. Prayer is simply a behavior that, when put in place, can change the addict's disposition. We know from other addictions that an addiction is basically self-will run riot. This expression of addiction is basically "doing your own thing," which is not very helpful for the Christian sex addict's recovery.

Take time out to pray first thing in the morning. If you need help, just use the guidelines of the Lord's Prayer. During your prayer time, do not forget to ask Jesus to help you stay sober, accountable and honest today, so you can stay free from sexual addiction. He is proud of you for starting your recovery. His death purchased your freedom. Your prayer can help you realize this on a daily basis.

Prayer is a way for you to behaviorally change yourself. For many addicts, sexual addiction starts early in the day, not necessarily the first thing in the morning but maybe in the shower, on the way to work or while driving. Prayer is preventative. It is a way of acknowledging you are a sexual addict and are in desperate need of Christ's freedom. Without sobriety, the addict is on a path of self-destruction, not only in his own life but more than likely those around him have been devastated, either through his anger, depression or acting-out behavior.

The addict is in a fight every day, especially the first 30 to 90 days, which is the toughest part of recovery for the sexual addict. So, make sure you connect with Jesus. Your prayer doesn't have to be long. Prayer may or may not make you feel better instantly, but it is one of the Five Commandments, which we will be discussing in a later exercise. If you begin to apply them to your life, you will begin to reap the benefits. As a Christian, prayer is one of the many tools you can have in your search for freedom from sexual addiction.

The time in the morning I can pray is _____

YOU ARE WORTH RECOVERY

The church, recovering community and professionals across the country have asked for practical exercises for healing from sexual addiction. This workbook is in response to those questions and provides a step by step process for those who wish to get and stay free from sexual addiction.

This workbook provides tips, principles, survival techniques and therapeutic homework that has been tested and proven on many recovering sex addicts from all walks of life who have practiced these principles and have maintained their sobriety for many years. Jesus promised us a life of freedom, this book makes this promise a practical journey.

DOUGLAS WEISS, PH.D.

is a nationally known author, speaker, and licensed psychologist. He is the Executive Director of Heart to Heart Counseling Center in Colorado Springs. Dr. Weiss is a frequent guest in the national television, radio, and print media and a prolific writer on marriage, addiction, and self-help topics. He is the author of more than forty books on marriage, men's issues, addiction recovery, and self help.

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719.278.3708
drdougweiss.com
heart2heart@xc.org

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