

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 30 years of successful recovery, my personal recovery journey has educated me immensely about the recovery process. I personally have practiced many of these exercises in 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 email at heart2heart@xc.org 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.



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 hundreds, possibly 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. You may need to have a daily calendar and schedule 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 setting yourself up for failure by keeping that "one" magazine, DVD, computer file, website link, or telephone number that could possibly cause you to relapse down the road. Many sex addicts I have counseled with had their first relapse with the one item they didn't throw away.

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

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 that you have access to the internet, I would strongly 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 err on the side of caution, rather than erring on the side of not enough caution. 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 cleaning house, you may want to ask a friend or support group member with stable sobriety for help, support, or accountability. For some sex addicts, cleaning house is a new beginning. It is a great way to start your recovery journey by removing possible stumbling blocks to your sobriety.

▶▶▶ 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. Some they have avoided God because of the shame and guilt of their behavior or what was done to them in the past. Prayer is a behavior that, when implemented, can change the addict's disposition. We know that an addiction is basically self-will run riot. This expression of addiction is basically "doing your own thing," which is counter-productive to the Christian sex addict's recovery.

Make prayer the first thing you do each morning. If you need help, 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.

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 a way for you to behaviorally change yourself.

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. When you begin to pray, you will begin to reap the benefits. As a Christian, prayer is one of the many tools you have in your quest for freedom from sexual addiction.

The time in the morning I can pray is _____