

Becoming Clean Questions for Chapter 2: You Are Here

1. By now you should have taken your Personal Inventory Test. The next step is to create a time line for your addiction. List your sexual acting out (including relationships) in a time line fashion beginning with your first exposure to sexuality. Include your present and your past efforts to get help. I know it may be emotionally challenging and may be overwhelming to dig through your past. So take your time. But it is crucial to know where you've been, before you can move on to where you want to go.
2. Now that you know where you've been, where is it you want to go? Write it down and keep this goal someplace you will be able to see it often.
3. How does it make you feel when you think of what it would be like to be free from your pornography addiction?
4. As the saying goes, "If you keep doing what you've always done, you'll keep getting what you've always gotten." Describe how this statement has been true in your own life.
5. Over the next six weeks, evaluate yourself daily in the five needs of healthy living. List out each of the five needs (physical, behavioral, relational, personal, and spiritual) and what you are doing each day to fulfill them. You may begin to notice imbalances in a couple of areas. If you do, take that opportunity to work on those areas in the days to follow.

Becoming Clean Questions for Chapter 3: Surrender

1. In the past, what has kept you from embracing the process of recovery?

2. Why are you embracing the process of recovery now?

3. Have you ever made up excuses about how hard it is to find help? If so, what excuses did you make?

4. Write a description of your present view of God.
What is God like in your mind?

5. God is:
everlasting, faithful, good, generous, holy, unchangeable, infinite, just, loving, merciful, all-powerful, all-present, all-knowing, sovereign, and wise.
 - From this list, choose five that you find easy to believe about God. Write them down, and journal how it is you believe these attributes to be true.

 - Now choose five attributes of God that you have difficulty believing. Write them down, and journal why it is you struggle with these attributes. Pray this week for God to help you overcome your unbelief, and journal your responses.

Becoming Clean Questions for Chapter 5: Accountability

1. Have you found a mentor, friend, or someone to serve as a guide? Who is it? If you have not found one yet, pray that God will grant you the courage this week to ask someone to begin that relationship.
2. Which area of your addiction do you feel will require the most drastic measure of discipline and accountability in order for you to achieve freedom? What ideas do you have that will help you achieve this?
3. What day of the week or time of day are you most tempted? What are some ways to adjust your routine so temptation is no longer standing between you and freedom.
4. Whether or not you currently have an accountability partner, you should begin establishing new boundaries and putting tools in place to help you take control of your behavior (e.g., Internet filtering & accountability). See our [RESOURCES](#) page for a list of great accountability tools. Before the day ends, explore this list and put one into place.
5. Psalm 103:2–5 says, “Praise the Lord, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”

What would it mean for you to have all your desires satisfied with good things and your youth renewed as promised in this passage?

Becoming Clean Questions for Chapter 6: Responsibility

1. List some ways you have avoided taking responsibility for your past behaviors and how doing so may have harmed others, directly or indirectly.
2. Create a personal inventory of those your actions have harmed.
 - Write down their names. Whether the harm was physical, emotional, spiritual, or even financial—acknowledge who was hurt during the warpath of your addiction.
 - Next to each name, describe what it is you desire, taking responsibility for things such as the opportunities you missed because of time you spent acting out, the lies you told in order to hide your behavior, two-facedness you showed as a Christian, and so on.

(Remember that the point of this exercise is not to fill you with shame or regret. Ask God to fill you with the peace of His grace as you create this inventory.)

3. Taking responsibility isn't about manipulation or making yourself feel better. Taking responsibility is about saying, "I'm sorry," with humility and without the expectation of receiving forgiveness. Journal about your reasons for wanting to take responsibility in each case. Pray for God to grant you discernment for your next steps.
4. Develop a plan for taking responsibility. How will you approach these people? However, do not take any next steps without first sharing your plan with your accountability partner or support group.
5. Philippians 1:6 says, ". . . being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." Consider the good work God wants to do in you through your obedience in taking responsibility.

Becoming Clean Questions for Chapter 7: Sharing

1. Begin writing your story. Keep it short and to the point. The following guidelines may come in handy as you write:
 - Describe what your addiction was made up of, your attempts at self-control, and any consequences you faced because of it.
 - Describe your rock-bottom experience, and what your healing journey has been like.
 - Describe how your life has changed now that you are free from your addiction and the thankfulness you have for God's grace.
2. Share your story with your accountability partner or support group. Ask for their feedback and rewrite your story as necessary.
3. List the names of three or four people who may also need to hear your story (those struggling, friends, family members, and so on). Keep a journal for the times you share, and describe their reactions.
4. Write a thank-you letter to those who have been an encouragement and support to you during your healing process.
5. First Corinthians 15:55–58 says, “‘Where, O death, is your victory? Where, O death, is your sting?’ The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ. Therefore, my dear [sisters], stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.”

Consider what it means for you to give yourself fully to the work of God and how your story may be the catalyst for you to use.