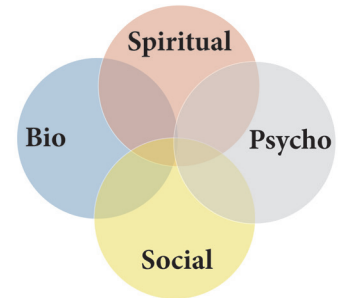
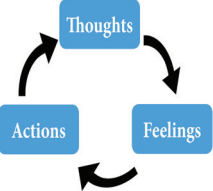


# Bio-Psycho-Social-Spiritual Model

*“for I am fearfully and wonderfully made...” Psalm 139:14*

A sexually impure act will likely have roots in all four of these human areas. Thus, as we strive to help unroot sexual impurity, a strong understanding of these areas is helpful.



<p><b>Biology</b></p> <ul style="list-style-type: none"> <li>● Experiencing physical sexual tension, urges, and surges often with a corresponding desire for release.</li> <li>● Experiencing shifts in one’s hormones and endocrine system.</li> <li>● Reacting to environmental stimuli regardless of whether you intentionally sought it out or not.</li> </ul>	<p><b>Biological Counsel</b></p> <ul style="list-style-type: none"> <li>● Maintain good physical health/sleep.</li> <li>● Deep Breathing to get good oxygen to the brain.</li> <li>● Brain science shows pornography exposure creates a brain chemical unnatural high. Porn use over time weakens the prefrontal “executive control” lobes. Desires become unhealthy urges. Urges become “needs”. Perceived “needs” define addiction. Hence the need for detox is necessary.</li> </ul>	<p><b>Biological Questions</b></p> <ul style="list-style-type: none"> <li>● Are you getting good sleep?</li> <li>● Your brain needs oxygen and nutrients. Are you breathing deeply, eating well and exercising?</li> </ul>
<p><b>Psychology</b></p> <ul style="list-style-type: none"> <li>● Having positive emotions (joy, fulfillment, etc.).</li> <li>● Experiencing painful emotions and wanting relief (frustration, loneliness, sadness, etc.).</li> </ul>	<p><b>Psychological Counsel</b></p> <ul style="list-style-type: none"> <li>● Often your counselee’s emotions/feelings have given rise to sexual sin. Help your counselee think rightly to induce right feelings and thus right acting. Healthy self-talk is important.</li> </ul> 	<p><b>Psychological Questions</b></p> <ul style="list-style-type: none"> <li>● Are your thoughts or feelings controlling your behavior?</li> <li>● What is the content of your thoughts?</li> </ul>
<p><b>Social</b></p> <ul style="list-style-type: none"> <li>● Experiencing closeness and emotional connection with a person.</li> <li>● Longing for companionship.</li> <li>● Having a desire to be married and to experience sexual relations in marriage.</li> </ul>	<p><b>Social Counsel</b></p> <ul style="list-style-type: none"> <li>● Healthy relationships are key. Accountability, mentoring, and companionship are critical.</li> <li>● Encourage your counselee towards the relationships and love the Bible sends us toward: family, brothers/sisters, fellow soldiers, fellow laborers, widows, orphans, unbelieving.</li> <li>● Help your counselee be settled in his/her relationship with God.</li> </ul>	<p><b>Social Questions</b></p> <ul style="list-style-type: none"> <li>● How are your relationships? Consider parents, spouse, friends, siblings, and church family.</li> <li>● Are you living with healthy boundaries?</li> </ul>
<p><b>Spirituality</b></p> <ul style="list-style-type: none"> <li>● Your beliefs about sexuality based on your scriptural understanding.</li> <li>● Temptation/lust/sin.</li> <li>● Desire to overcome and live sanctified.</li> </ul>	<p><b>Spiritual Counsel</b></p> <ul style="list-style-type: none"> <li>● Teach your counselee sexual education from a biblical standpoint.</li> <li>● Temptation is not sin. The struggle of choice between obedience and disobedience was a part of God’s “very good” creation. Thus, when we turn from temptation we have worshiped God deeply. Even temptation can be redeemed.</li> </ul>	<p><b>Spiritual Questions</b></p> <ul style="list-style-type: none"> <li>● Do you have peace and joy in God?</li> <li>● Are you overcoming sin?</li> <li>● Are you communing with God in reading and prayer?</li> </ul>