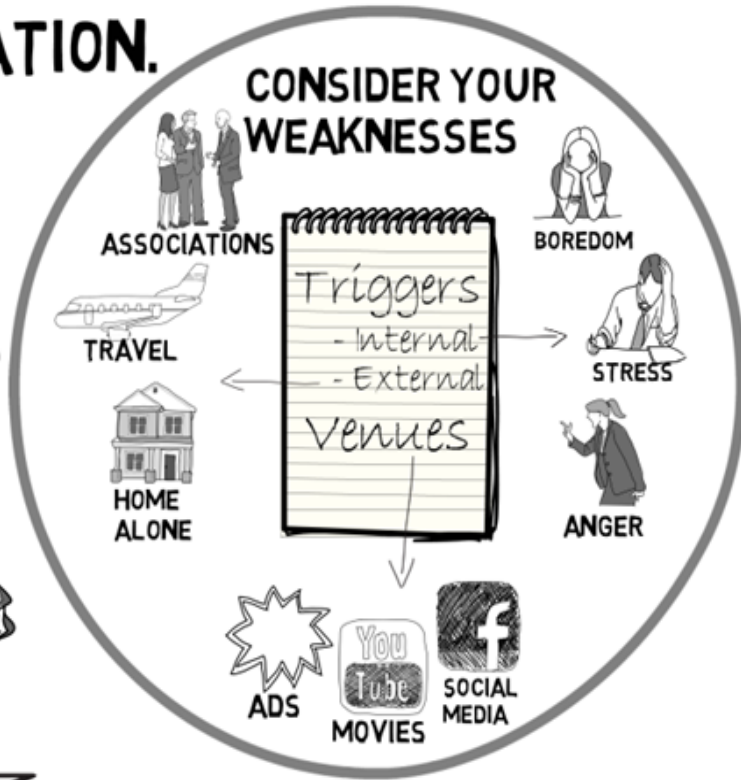
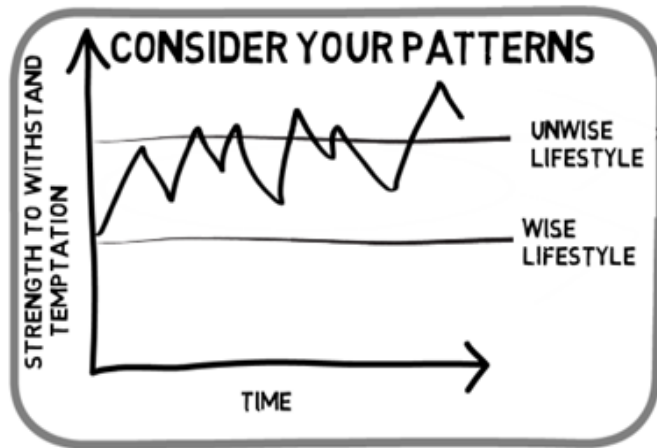


CREATE A LIFESTYLE THAT PROTECTS YOUR PURITY IN EVERY SITUATION.



"LOOK CAREFULLY THEN HOW YOU WALK! LIVE PURPOSEFULLY AND WORTHILY AND ACCURATELY, NOT AS THE UNWISE, BUT AS THE WISE."
EPH 5:15 AMP

Lifestyle

Questions:

1. What internal triggers do you have?
2. What external triggers do you have?
3. What venues do you use to indulge in sexual sin?

Consider:

1. What wise lifestyle choices have you made?
2. What unwise lifestyle choices have you made?

Challenge:

1. Make a lifestyle choice that will protect you in your routinely weak moments.

For our next meeting:

1. Report on the implementation of your lifestyle choice. In what ways was the lifestyle choice difficult to implement? In what ways was it successful? In what ways was it not successful? What did you learn from the experience?

Triggers

Anger: When you get angry and don't express it appropriately (e.g., hold it inside, explode, etc.).

Boredom: When you feel like you don't have anything to do, especially when you don't want to concentrate on anything.

Confusion: When you don't know what is going on and/or things are not clear in your mind.

Depression: When you are feeling down and/or hopeless.

Entitlement: You start to believe you "deserve" certain privileges. This type of thinking can lead to rationalization of unhealthy, ungodly behavior.

Fatigue: Lowers your resistance to things that aren't good for you. You may have less patience, be more irritable, have an "I'm too tired to care" attitude.

Fear: When you are feeling afraid, anxious, worried, or powerless.

Frustration: When you're feeling like things aren't working out how you want them to or a goal you are working toward is blocked.

Helpless: When you feel like no matter what you try, it isn't going to work out anyway.

Humiliation: When you feel that someone has put you down (especially in front of others) or when you feel like everyone knows the mistake you made and everyone is always judging you.

Hunger: When your physical body is hungry or you are dealing with emotional tension by emotional eating.

Impatience: When circumstances in your life are moving "too slow" for you and you're getting agitated or irritable about them.

Impulsive: When you feel like you would rather take quick action of some type regardless of the consequences. Looking for short term pay-offs and not caring about longer term consequences.

Loneliness: When you are feeling all alone or when no one is there in the way that you are wishing for.

Physical Pain: When you're in pain and you feel like doing "anything" to make it stop.

Rejection: When you tried to be close to someone, and they pushed you away.

Sadness: When you feel sad, and wish someone or something could take away the feelings.

Self-pity: When you feel sorry for yourself or feel like you are a victim.

Shame: When you feel flawed and alone thinking no one could love you if they really knew you.

Stressed Out: When stress is really bearing down on you and you look for an escape.

Through what venue do most temptations arise?

Home computer	Novels
Work computer	Magazines
Ipad	Advertisements
Social Media	Movies
Facebook	Browsing movie choices
Snapchat	Watching trailers
Instagram	Watching full movies
Google Images	YouTube
Phone	Netflix
Surfing apps	Personal interaction
Surfing media	Co-workers
Texting	Co-students
TV	Business associates
Gaming	Alone at Home
	Other _____

Practical Helps to Sexual Purity

Maintain regular daily devotion	Be active in the Body of Christ (invest)
Stay busy (productivity)	Exercise
Being accountable to someone	Confession
Memorize Scripture	Bounce your thoughts
Recite the gospel to yourself	Listen to Christian music
Radical amputation	Fasting
Self-restrictions	Other _____

Name: Example

Trigger and Venue Chart

Month/Year: Feb 2017

Day of the Month	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	FREQ.	
Behavior																																	
Porn			X			X				X													X										4
Masturbation			X			X				X					X		X				X		X										7
Fantasy			X			X				X	X				X		X						X				X						8
*X																																	
Venues																																	
YouTube			N			F				N			T		F					T			N				N	F					
Google Images										T										T													
Instagram						N				F	N				N					T							F	T					
*T,F,N																																	
Triggers																																	
Depression			X												X								X				X						4
Shame			X			X					X												X										4
Boredom			X							X	X				X					X			X					X					7
Anger										X																							1
Sex Drive		S	L			L				L	L			M	L		L		L		M		L					L					
*X, S, M, L																																	
Pro-Activity																																	
Rehearse Gospel		X	X	X			X		X	X			X		X					X		X					X						12
REad Bible	X	X	X	X	X	X		X					X		X		X		X		X		X		X		X						14
Pray	X	X		X	X	X		X		X	X		X	X		X		X				X			X	X							16
*X																																	

*key: x = yes	T = tempted	s = small
Blank = no	F = flirting	m = medium
	N = Indulgence	L = large