

7 WAYS TO BATTLE SEXUAL ADDICTION

1. AVOID SITUATIONS THAT TEMPT YOU

Winning early means staying away from traps. The last thing you want to do is find yourself alone with the object of your unhealthy desires, whether it is images or actual people. If contact with that person is a must, then make sure it is always in a public space and others are around. Set boundaries surrounding your phone, the computer, and TV. Find a partner or counselor who is willing to help you with accountability.

2. CONSIDER THE CONSEQUENCES

While pondering the object of your desire, also ponder the consequences of that action. Is it going to help or hurt your partner? How would your partner respond if they knew? Think about where your actions can lead and then imagine your partner finding out.

3. AVOID PORNOGRAPHY

Besides the obvious reasons that avoiding porn will help guard against lust, there are psychological reasons as well. Porn creates unrealistic expectations and desensitizes our minds towards our partners. Also, did you know that over 60% of pornography comes from individuals who have been sex trafficked?

4. USE SOCIAL MEDIA WITH CAUTION

No explanation needed on this one. All we can say, is proceed with caution.

5. PRAY CONSISTENTLY

Prayer is the act of communicating your thoughts, worries, hopes and dreams to God. Lift up the desires you are feeling and ask for help. God made you and knows you and can deliver you time and time again.

6. SEE A COUNSELOR

Prayer helps, but it's not the solution. Finding a counseling that can walk with you and give you the tools you need to overcome sexual addiction is key. Find a list of counselors here.

7. REDIRECT YOUR PASSION

Rather than being controlled by untamed lust, direct that passion in positive directions. Use that energy to brainstorm about ways you can bless your wife. Perhaps focus on things that will make the world better like volunteering at a homeless shelter. Coach a youth sports team. Mentor troubled individuals.