

## NorthRoad Moscow Mills: 6/6/2024

**Young Adult Men's Group Pamphlet:** *Breaking the Cycle, Finding Freedom from Shame, Isolation, and Destructive Behaviors*

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### Here are some notes from this evening's talk:

We are dedicated to supporting each other in breaking the cycles of unwanted sexual behavior and shame. This resource provides an overview of key topics we discuss, valuable tools, and resources to help you on your journey.

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### The Shame Cycle

Understanding the shame cycle is crucial in overcoming unwanted patterns of behavior. It typically follows these stages:

1. **Trigger:** An event or feeling that initiates the cycle.
2. **Ritual:** Beginning the cycle, at this point, your brain is going offline.
3. **Acting Out:** Engaging in unwanted behavior as a coping mechanism.
4. **Shame:** Feeling guilt and shame about the behavior.
5. **Withdrawal:** Pulling away from support systems due to shame.
6. **Isolation:** Increased feelings of loneliness and helplessness.
7. **Repeat:** The cycle starts again.

Breaking this cycle involves:

- Recognizing triggers.
  - Identifying feelings and/or emotions around the triggering event
    - These feelings may be positive, negative, or both at the same time
- Developing healthy coping mechanisms.
  - Going for a walk, calling a friend, journaling, exercising
- Building a strong support network.
- Practicing self-compassion and forgiveness.
  - You have already been forgiven if you are in Christ. Try to seek him and experience forgiveness from him and from others who know you and accept you.



## The Serenity Prayer (Adapted)

*In times of struggle, remember to recite this prayer:*

God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can, and wisdom to know the difference.  
Living one day at a time, enjoying one moment at a time, accepting hardships  
As the pathway to peace; taking, as He did, this sinful world as it is, not as  
I would have it; trusting that He will make all thing right if I surrender according  
to His will; that I may be reasonably happy in this life and supremely happy  
With Him forever in the next, Amen!

## Key Strategies for Recovery

1. **Mindfulness and Meditation:** Practice being present in the moment to reduce stress and cravings/compulsions
2. **Healthy Routines:** Establish a daily routine that includes exercise, healthy eating, and sufficient sleep.
3. **Counseling and Therapy:** Seek professional help to address underlying issues and develop coping strategies. IT IS OKAY to seek professional help! Just search “Christian counselors near me” online and call for help. They are happy to help!
4. **Support Groups:** Attend regular meetings to share experiences and gain support from others facing similar challenges.
5. **Personal Accountability:** Set realistic goals and track your progress.



## Helpful Websites

- **Promote Minstry (Jared's Website):** A collection of resources for men, women, and the Church. Learn more at [PromoteMinistries.com](http://PromoteMinistries.com) / [PromoteMinistries.com/for-men](http://PromoteMinistries.com/for-men)
- **FirstLight St. Louis:** RECLAIM YOUR LIFE from the effects of unwelcome sexual behavior. Learn more at [FirstLightSTLouis.org](http://FirstLightSTLouis.org)
  - Fellowship, Victory Over Sin, Spousal Trauma and Support, Infidelity Support, Being Fully Known And Fully Accepted
- **Focus on the Family:** Focus on the Family is a global Christian ministry dedicated to helping families thrive. Learn more at [focusonthefamily.com](http://focusonthefamily.com)
- **Hope After Betrayal:** This faith-based 12-week curriculum offers a system to lead, teach and guide women who have been devastated by their partner's sexual betrayal.
- **Help Her Heal:** An Empathy Workbook for Sex Addicts to Help their Partners Heal
- **Sexaholics Anonymous:** A fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. (If possible, please see [FirstLightStLouis.org](http://FirstLightStLouis.org) first)
- (CAUTION with the first link, bold introduction, may be best to watch alone with headphones)
  - **Pastor Craig Groeschel of Life.Church:**  
<https://info.life.church/prayer-porn-addiction>
- **Overcoming Enmeshment:** Sons who are enmeshed with a parent feel excessive loyalty and guilt and have difficulty leading a separate life of passion and purpose.
- **Suicide Support and Resources:** [988lifeline.org](http://988lifeline.org) or dial 988 by phone

## Contact Information

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**You Are Not Alone. Together, We Discover and Experience the Fullness of Life.**

