

A Path *to* Freedom *and* Recovery



WORKBOOK

Freedom & Restoration

A 6-Week Recovery

Workbook

For Understanding and Overcoming Pornography
Addiction

With Biblical Insight, Clinical Tools, and Reflective
Exercises

This workbook has been designed as a guide for individuals seeking to understand and overcome struggles with pornography addiction and compulsive sexual behavior. Addiction in this area is more than a bad habit — it is a cycle that impacts the mind, body, spirit, and relationships. It thrives in secrecy and shame but can be healed through honesty, grace, and practical steps toward recovery.

Drawing from the clinical insights of Dr. Patrick Carnes, the biblical wisdom reflected in Pure Desire Ministries, the proven recovery principles of Alcoholics Anonymous, and the hope of Scripture, this workbook provides both information and application. Each week includes teachings, guided reflection, journaling prompts, and devotionals to help you grow both individually and alongside a mental health professional.

The purpose of this workbook is threefold:

1. Awareness – to help you recognize the cycle of addiction and how it impacts your life.
2. Healing – to invite God’s grace and truth into the wounds, shame, and isolation that

feed addictive behaviors.

3. Transformation – to equip you with tools, practices, and a renewed identity that lead to lasting freedom.

Recovery is not a quick fix; it is a journey of surrender, self-discovery, and restoration. Each step you take matters, and you are not alone. With God's help, and through intentional work, you can break free from destructive patterns and begin to experience wholeness in your mind, relationships, and spirit.

As you begin, remember the promise of 2 Corinthians 5:17:

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

This is your invitation to a new beginning.

Table of Contents

1. Week 1: Facing the Truth
2. Week 2: Breaking the Silence
3. Week 3: Understanding the Wounds Beneath
4. Week 4: Surrender and Grace
5. Week 5: Rebuilding Trust and Relationships
6. Week 6: Living in Freedom
7. Bonus Tools & Resources

Freedom & Restoration

A 6-Week Journey to Healing from Pornography
and Compulsive Sexual Behavior

Inspired by Pure Desire Ministries, Patrick Carnes,
the 12 Steps, and Biblical Truth

WEEK 1: ACKNOWLEDGING THE STRUGGLE

Understanding Addiction & Compulsivity

Objectives:

Define sexual addiction and compulsive sexual behavior

Understand the addiction cycle

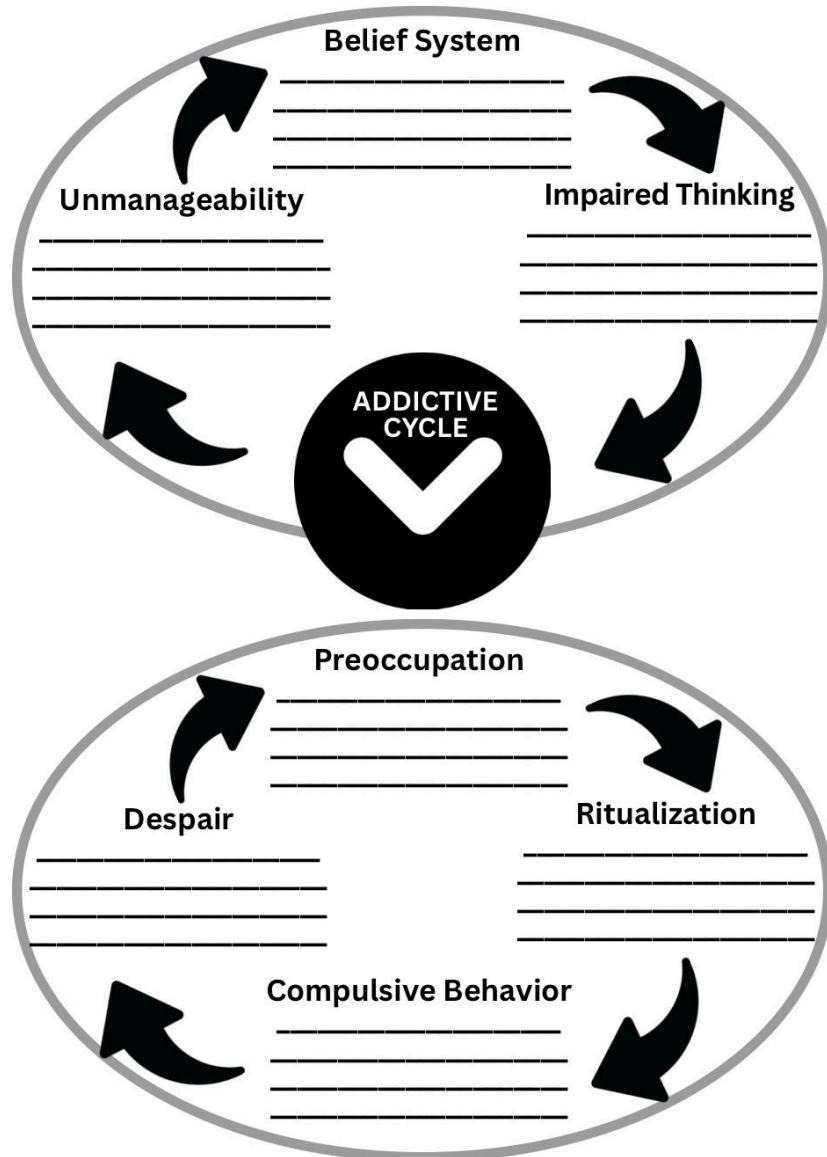
Begin identifying your own patterns

Explore the emotional and spiritual impact of pornography use

Teaching:

According to Dr. Patrick Carnes, sexual addiction is a pattern of out-of-control sexual behavior, escalating over time and continuing despite negative consequences. It often includes compulsive use of pornography, objectifying others, secret-keeping, and broken relationships. These behaviors tend to follow a repetitive cycle of preoccupation, ritual, acting out, and feelings of shame or despair. Over time, the addiction becomes more entrenched, often requiring increased intensity or frequency to achieve the same emotional relief. What begins as a coping mechanism for pain, stress, or emotional wounds can quickly spiral into a destructive lifestyle that feels impossible to escape.

The Addictive System



Addiction system including the addictive cycle (Carnes):

Spiritual Reflection:

For I do not do the good I want, but the evil I do not want is what I keep on doing. *Romans 7:19*

The Lord is close to the brokenhearted. *Psalm 34:18*

Self-Reflection Exercises:

When did you first notice your sexual behaviors were becoming compulsive?

What triggers usually lead you toward pornography or sexual behavior?

What have you tried in the past to stop? What worked or did not work?

How has your struggle affected your relationship with God, others, and yourself?

What emotions do you feel most often after acting out?

Therapy Discussion Prompts:

Talk about your family of origin and early exposure to sexual material.

Explore secrecy, shame, and emotional coping strategies.

Identify personal patterns in the addiction cycle.

Review triggers and map out your addiction cycle visually with a therapist.

Recovery Tool:

Triggers and Responses Journal: Each day, record the emotional or situational trigger, how you responded, whether you acted out, and what a healthier response could be next time.

Trigger	Response	Result	Alternative
<i>felt distant from my wife</i>	<i>got angry and distracted self with social media</i>	<i>Acted out with by searching for women online</i>	<i>Confronted my wife with my feelings</i>

Prayer Prompt:

Lord, I admit I cannot do this on my own. I confess the things I have hidden, and I invite You into the places I have tried to manage without You. Teach me to walk in truth and grace.

WEEKLY DEVOTIONALS

Day 1 – God Sees and Loves You Still

Psalm 139:1 – 'You have searched me, Lord, and you know me.'

We often hide because we fear rejection. But God already sees us fully — our desires, our pain, our patterns. Still, He loves us. You don't need to fix yourself before approaching Him. Facing the truth begins by realizing you are already fully known and deeply loved.

Prayer: God, I'm scared to face the truth about myself. Thank You for seeing me and still loving me. Help me to rest in Your gaze, not hide from it.

Reflection: What do you believe God thinks about you when you struggle? Where does that belief come from?

Day 2 – Walking in the Light

1 John 1:7 – 'If we walk in the light, as He is in the light, we have fellowship with one another...'

Addiction thrives in secrecy. God invites you out of darkness and into light — not to shame you, but to heal you. Light creates connection, freedom, and truth. Facing your behavior honestly is not condemnation; it is the beginning of walking with God in wholeness.

Prayer: Jesus, help me walk into the light today. Shine truth on what I've hidden and give me courage to be honest with You and others.

Reflection: What part of your story or behavior are you tempted to keep in the dark? Why?

Day 3 – Truth Sets Us Free

John 8:32 – 'Then you will know the truth, and the truth will set you free.'

Freedom does not begin with effort. It begins with truth. Jesus doesn't free you by giving you rules — He frees you by showing you reality through His eyes. Today, ask Him to show you the truth about yourself, your pain, your addiction, and His love.

Prayer: Lord, I want freedom. Teach me to love the truth, even when it hurts. Use it to set me free.

Reflection: How has avoiding the truth impacted your life? What truth might God be showing you today?

Day 4 – The First Step of Surrender

James 4:10 – 'Humble yourselves before the Lord, and He will lift you up.'

Humility means telling the truth about ourselves — not minimizing, not exaggerating. It's admitting we can't heal on our own. When we lay down our pride, we invite God in. Facing the truth is surrendering the illusion of control.

Prayer: Father, I surrender my image, my defenses, and my need to fix myself. I need You. Lift me up as I humble myself before You.

Reflection: What would it mean for you to surrender today — not in defeat, but in trust?

Day 5 – God is Not Surprised

Hebrews 4:13 – 'Nothing in all creation is hidden from God's sight.'

Sometimes we act like God just found out about our sin. But He's always known. What's amazing is that He still pursues us. Jesus died for you knowing your full story. Facing the truth is scary, but God is already waiting with grace.

Prayer: God, thank You for knowing everything and still loving me. I confess that I've feared You might turn away. Help me believe You already knew — and You chose me anyway.

Reflection: What does it change for you to know God isn't surprised by your sin?

Day 6 – Confession is Healing

James 5:16 – 'Confess your sins to one another and pray for one another, that you may be healed.'

Confession is not punishment. It's part of healing. When we speak truth aloud in a safe place, shame begins to lose its grip. God works through honesty — not only with Him, but with others.

Prayer: Lord, give me the courage to confess my struggles to someone trustworthy. Bring people into my life who reflect Your grace and truth.

Reflection: Who could you confess to in a safe and godly way? What would it look like to take that step?

Day 7 – The Invitation to Come Clean

Psalm 51:10 – 'Create in me a pure heart, O God, and renew a steadfast spirit within me.'

David prayed this after confessing his sin. He didn't just ask for forgiveness; he asked for renewal. God can purify what feels broken. Facing the truth is the first step toward a cleansed and restored heart.

Prayer: God, create in me a clean heart. I've tried to cover up, but now I want to come clean before You. Restore my heart and renew my spirit.

Reflection: What would it mean for you to be made clean — emotionally, spiritually, sexually?

WEEK 2: BREAKING THE SILENCE

Shame, Isolation, and the Power of Honesty

Objectives:

Identify shame-based thinking and behaviors

Understand the role of secrecy in addiction

Begin practicing healthy vulnerability

Explore the role of honesty in spiritual growth

Teaching:

Shame tells us we are not just sinful or guilty, but broken beyond repair. It convinces us that if others knew the truth about us, they would turn away. As a result, we retreat into isolation, hiding our struggles and avoiding authentic connection. But isolation only deepens shame, keeping us trapped in secrecy and self-condemnation.

The way forward is vulnerability—choosing to be open and honest with safe, grace-filled people. Vulnerability allows us to be seen, not for a false version of ourselves, but as we truly are. It's risky, but it's also freeing. When we are known and still accepted, shame begins to lose its grip. Healing grows in the soil of connection, where love, truth, and accountability can take root.

Spiritual Reflection:

Confess your sins to one another and pray for one another, that you may be healed. *James 5:16*

There is now no condemnation for those who are in Christ Jesus. *Romans 8:1*

Self-Reflection Exercises:

What lies do you believe about yourself because of this addiction?

Who in your life is a safe person you could begin sharing your story with?

What are the risks and benefits of being honest about your struggle?

How have secrecy and isolation impacted your relationships?

When have you experienced grace or forgiveness in the past?

Therapy Discussion Prompts:

Explore how shame was used in your family of origin.

What messages did you receive about being vulnerable or emotional?

Practice saying out loud a portion of your story in a safe setting.

Work through the fear of rejection and build trust with your therapist or group.

Recovery Tool:

Create an 'Honesty Practice Plan' with specific people, what you need to share, and why its important.

This may include a therapist, spouse, mentor, or recovery group.

Prayer Prompt:

Father, I have tried to hide for so long. Give me the courage to walk in the light. Help me remember that You do not shame me. You receive me. Lead me to the people who will help me heal.

WEEKLY DEVOTIONALS

Day 8 – The Burden of Hiding

Psalm 32:3 – 'When I kept silent, my bones wasted away through my groaning all day long.'

Silence is heavy. It wears down your body, your mind, your soul. Carrying the weight of secrets drains your strength and separates you from peace. God invites you to speak — not to be punished, but to be healed.

Prayer: Father, I've grown tired of hiding. I want to bring my whole self to You — not just the good parts. Meet me in my honesty.

Reflection: Where in your life are you carrying the weight of silence?

Day 9 – Mercy for the Honest

Proverbs 28:13 – 'Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.'

Confession leads to mercy, not shame. God doesn't require perfection — He desires truth. When you confess, you don't just admit failure; you create space for God's mercy to flood in.

Prayer: Jesus, thank You for meeting my honesty with mercy. Give me courage to keep confessing, even when it's uncomfortable.

Reflection: What would it look like to believe that confession is a mercy invitation, not a punishment?

Day 10 – Freedom in the Light

Ephesians 5:13 – 'But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.'

Whatever you keep in the dark controls you. But what you bring into the light begins to heal.

Amazingly, God doesn't just expose — He transforms. Even your broken story can become a source of light for others.

Prayer: God, shine Your light on the parts of me I've kept hidden. Turn my pain into a testimony of grace.

Reflection: What is one thing you can bring into the light this week?

Day 11 – Safe People, Safe Places

Galatians 6:2 – 'Carry each other's burdens, and in this way you will fulfill the law of Christ.'

God doesn't call you to heal alone. He gives us the body of Christ — brothers, sisters, counselors, and mentors — to carry the weight with us. Vulnerability in safe places opens the door to healing.

Prayer: Lord, lead me to safe people who reflect Your heart. Help me recognize where I can be both honest and protected.

Reflection: Who in your life could be a safe person to share more honestly with?

Day 12 – There Is No Condemnation

Romans 8:1 – 'Therefore, there is now no condemnation for those who are in Christ Jesus.'

Shame lies to you. It says, 'You're disqualified. You're beyond hope.' But Christ has already declared you not guilty. When you confess, you're not earning God's grace — you're stepping into it.

Prayer: Jesus, thank You that I'm not condemned. Help me live from Your truth, not the lies shame wants me to believe.

Reflection: Where have you allowed condemnation to silence your voice?

Day 13 – Healing Through Confession

James 5:16 – 'Confess your sins to one another and pray for one another, that you may be healed.'

Confession isn't just about telling the truth — it's about inviting others to walk with you. Healing often comes not from isolation, but from shared honesty and prayer.

Prayer: Father, give me the strength to confess, and the faith to believe that healing will follow.

Reflection: What might healing look like if you allowed others to walk with you?

Day 14 – Grace in Every Step

2 Corinthians 12:9 – 'But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

You don't confess to start over from zero — you confess because grace is already holding you. Every honest step forward is covered by God's power. You are not alone, and you are not beyond help.

Prayer: Lord, I trust that Your grace is enough — even here, even now. Strengthen me through honesty, and transform my weakness into dependence on You.

Reflection: What weakness are you learning to bring to God instead of hiding?

WEEK 3: UNDERSTANDING THE WOUNDS BENEATH

Trauma, Attachment, and Emotional Avoidance

Objectives:

Explore emotional trauma and attachment wounds

Identify how the past shapes present behavior

Learn basic emotional regulation tools

Begin inner child work

Teaching:

Addiction is rarely just about sex. Many who struggle with compulsive sexual behavior carry unresolved emotional wounds—experiences of neglect, abuse, abandonment, betrayal, or chronic shame. These early hurts often shape how we view ourselves, others, and relationships. To cope with that pain, we may turn to sexual behavior as a form of escape, comfort, or control. Over time, the brain learns to associate acting out with relief, reinforcing the cycle even when it brings negative consequences.

Healing goes beyond managing behavior—it means facing the wounds that drive it. This involves identifying past hurts, challenging the lies we've believed, and learning healthier ways to meet emotional needs. As we do this in safe relationships—and, for many, in connection with a

higher power—we begin to experience lasting freedom. When the pain is addressed, the compulsion loses its power.

Spiritual Reflection:

He heals the brokenhearted and binds up their wounds. *Psalm 147:3*

You shall know the truth, and the truth shall set you free. *John 8:32*

Self-Reflection Exercises:

What emotional needs went unmet in your childhood?

Can you identify any traumatic experiences that impacted your self-worth or security?

When you act out sexually, what are you usually feeling or trying to escape?

What would your inner child say to you today?
What would you want to say to them?

Therapy Discussion Prompts:

Explore your attachment style and how it affects current relationships.

Identify formative events that shaped your emotional world.

Begin inner child dialogue exercises.

Develop emotional regulation strategies.

Recovery Tool:

Create a timeline of your life, dividing it into key stages (childhood, adolescence, adulthood). For each stage, identify significant emotional wounds, the messages you internalized, and how you coped. This activity helps you connect past pain to present behavior, revealing patterns that may be fueling your addiction. As you reflect, notice how these experiences shaped your beliefs and responses—and where healing can begin.

Prayer Prompt:

Lord, You see the pain I have tried to bury. Help me name it, feel it, and bring it to You. Teach me to comfort the wounded parts of myself with truth and love.

WEEKLY DEVOTIONALS

Day 15 – Digging Beneath the Surface

Proverbs 20:5 – 'The purposes of a person's heart are deep waters, but one who has insight draws them out.'

Addiction is rarely about lust alone — it often grows from deeper wounds. Emotional neglect, trauma, shame, rejection — these unhealed places become fertile ground for unhealthy escapes. God's healing begins when we go deeper than behavior and ask, 'What's really driving this?'

Prayer: Lord, help me go deeper. Give me the courage to face what's buried and the grace to let You into those places.

Reflection: What deeper emotions or experiences might be fueling your struggle?

Day 16 – God Sees the Whole Story

Psalm 139:3 (NLT) – 'You see me when I travel and when I rest at home. You know everything I do.'

God sees the moments no one else does — the childhood pain, the loneliness, the silent tears. He sees the full story and offers compassion, not condemnation. Healing starts when we trust that He understands even what we can't explain.

Prayer: Father, I don't always understand myself. Thank You for knowing my story fully and responding with love.

Reflection: What parts of your story do you need God's perspective on?

Day 17 – The Pain Behind the Pattern

Psalm 147:3 – 'He heals the brokenhearted and binds up their wounds.'

Pornography and compulsive sexual behaviors often become coping mechanisms for unmet emotional needs. But God doesn't just want to stop the behavior — He wants to heal the wounds that created it. You can bring your broken heart to Him.

Prayer: Jesus, I bring You my pain, not just my behavior. Heal the wounds I've been trying to numb.

Reflection: What emotional needs are you trying to meet through your addiction?

Day 18 – Your Wounds Do Not Define You

John 8:36 – 'So if the Son sets you free, you will be free indeed.'

What happened to you may have shaped you, but it doesn't have to define you. Jesus came to set you free — not just from sin, but from shame and false identity. You are more than your trauma. You are more than your past.

Prayer: Lord, remind me who I am in You. I am not what happened to me — I am who You say I am.

Reflection: How has your past tried to define your identity? What truth from God replaces that?

Day 19 – The Father’s Compassion

Psalm 103:13 – 'As a father has compassion on his children, so the Lord has compassion on those who fear him.'

Many wounds come from human relationships — especially from family. Whether you lacked nurture, protection, or affirmation, God is the perfect Father. He sees your pain and responds with compassion.

Prayer: Father God, comfort the younger parts of me still hurting. Let Your love fill the places others could not.

Reflection: What do you long to hear or feel from God that you didn't receive from others?

Day 20 – God Heals in Layers

Matthew 12:20 (NLT) – 'He will not crush the weakest reed or put out a flickering candle.'

Healing isn't instant. Like peeling back layers, God gently works through pain without overwhelming you. He won't break you — He'll restore you. Even small steps matter.

Prayer: Jesus, thank You for being gentle with my heart. Heal me layer by layer. I trust Your pace.

Reflection: Where have you seen even a small sign of healing in your heart?

Day 21 – Beauty from Brokenness

Isaiah 61:1,3 – 'He has sent me to bind up the brokenhearted... to bestow on them a crown of beauty instead of ashes.'

God doesn't just patch wounds — He transforms them. He turns ashes into beauty, mourning into joy. Your wounds can become your ministry. Nothing is wasted in His hands.

Prayer: Lord, take the ashes of my story and make something beautiful. Use my healing to bring hope to others.

Reflection: What part of your story could one day bring hope to someone else?

WEEK 4: SURRENDER AND GRACE

Letting Go of Control and Embracing Grace

Objectives:

Explore what surrender means in recovery

Reflect on control, fear, and trust

Understand the difference between grace and performance

Invite God into the process of healing

Teaching:

Surrender is not passivity. It is choosing to trust something greater than yourself. Step 3 of the 12 Steps invites us to turn our will and lives over to God's care. Recovery requires letting go of the illusion that we can control everything—our struggles, our image, or the outcomes we want. Control often keeps us trapped in anxiety, perfectionism, and self-reliance, which only fuel our compulsive behaviors. Surrender means admitting our limits and allowing help from others and, for many, from God. Embracing grace is accepting that our worth is not based on performance but on unconditional love. Grace frees us from shame, giving us courage to face failure without fear. When we surrender control and rest in grace, we create space for genuine transformation to take root.

Spiritual Reflection:

My grace is sufficient for you, for my power is made perfect in weakness. *2 Corinthians 12:9*

Create in me a clean heart, O God, and renew a right spirit within me. *Psalm 51:10*

Self-Reflection Exercises:

What does surrender mean to you? How do you know when you are resisting it?

In what ways have you tried to control your addiction?

How do you experience God's grace or struggle to accept it?

What might it look like to surrender daily, not just once?

Therapy Discussion Prompts:

Explore control and fear as survival strategies.

Process experiences of performance-based faith.

Discuss practical steps to live in surrender.

Identify your personal barriers to receiving grace.

Recovery Tool:

Write down things you are trying to control and place them in a small 'God Box' as a symbolic act of release. This tool reminds you to surrender daily.

Prayer Prompt:

God, I have tried to carry what I was never meant to. Today I give You what I cannot fix. I trust Your grace is enough. Teach me to live in surrender and peace.

WEEKLY DEVOTIONALS

Day 22 – Letting Go of Control

Proverbs 3:5 – 'Trust in the Lord with all your heart and lean not on your own understanding.'

Addiction can feel like a way to regain control — over pain, over emotion, over vulnerability. But control is an illusion. True peace comes not from managing outcomes but surrendering to God. When you let go, you make space for healing.

Prayer: Father, I've tried to control my healing. Help me let go. Teach me to trust You more than I trust my own understanding.

Reflection: What are you still trying to control in your recovery?

Day 23 – Surrender Is Not Failure

Luke 22:42 – 'Not my will, but Yours be done.'

Jesus surrendered everything in the Garden of Gethsemane. His surrender wasn't weakness — it was strength, trust, and love. Surrender in recovery isn't giving up; it's giving over. You are placing your life into the hands of Someone far more capable.

Prayer: Jesus, You showed me what surrender looks like. Help me to follow Your example today, trusting the Father with my will.

Reflection: What would it mean for you to surrender instead of strive?

Day 24 – Grace Meets You Where You Are

2 Corinthians 12:9 – 'My grace is sufficient for you, for my power is made perfect in weakness.'

Grace isn't something you earn by performing better — it's something God gives freely to those who know they need Him. You don't have to be strong to be accepted. Your weakness is where His power shows up most.

Prayer: God, I don't have it all together. Thank You for loving me anyway. I receive Your grace again today.

Reflection: Where do you feel weak right now? How might God's grace meet you there?

Day 25 – You Are Not Your Sin

Psalm 103:12 – 'As far as the east is from the west, so far has he removed our transgressions from us.'

The enemy wants you to believe that your sin defines you. But in Christ, your identity is not tied to your worst moments. When you surrender to Him, He removes your sin — not just in record, but in identity.

Prayer: Jesus, help me stop identifying with my sin. Let me believe I am who You say I am — forgiven, redeemed, and free.

Reflection: How have you allowed past sin to shape your identity? What truth counters that?

Day 26 – Laying Down the Masks

Ephesians 4:25 – 'Each of you must put off falsehood and speak truthfully...'

Surrender includes dropping the image you try to maintain — the mask of being fine, strong, or unaffected. God isn't drawn to your image; He's drawn to your truth. Real healing comes when you stop performing and start being real.

Prayer: God, I lay down the mask today. Meet me in my truth, and show me that You love the real me.

Reflection: What mask have you worn to protect yourself? What's beneath it?

Day 27 – Grace Changes How You See Others

Colossians 3:13 – 'Forgive as the Lord forgave you.'

When you receive grace, you're empowered to give it. Recovery isn't just personal — it's relational. Surrendering control includes releasing others from your expectations and forgiving as you've been forgiven.

Prayer: Lord, help me extend grace to others. Heal the places where I've held onto resentment. Let me love freely as You do.

Reflection: Who do you need to forgive — or release — in your heart?

Day 28 – The Freedom of Daily Surrender

Luke 9:23 – 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'

Surrender isn't a one-time event. It's a daily choice to give up your agenda and follow Jesus. And in that surrender, you find freedom — not because life is easy, but because your burden is no longer yours to carry alone.

Prayer: Jesus, I choose to surrender again today. Lead me, carry me, and make me new — one day at a time.

Reflection: What would it look like to practice surrender again tomorrow?

WEEK 5: REBUILDING TRUST AND RELATIONSHIPS

Repair, Boundaries, and Relational Healing

Objectives:

Understand how addiction harms others

Learn how to make amends responsibly

Set boundaries to support healing

Practice empathy and connection

Teaching:

Recovery is not only about breaking harmful patterns—it's also about repairing what's been broken. Shame and secrecy damage trust, but trust can be rebuilt over time through consistent honesty, humility, and changed behavior. Forgiveness is part of this process, both receiving it and extending it, but it rarely happens overnight. Making amends means taking responsibility without excuses and allowing others the time they need to heal.

Restoring relationships requires patience, empathy, and perseverance. As we practice living with integrity and grace, we create space for reconciliation and begin to experience the deeper freedom that comes from living in truth.

Spiritual Reflection:

Do to others as you would have them do to you.
Luke 6:31

Bear one another's burdens *Galatians 6:2*

Self-Reflection Exercises:

Who has been hurt by your addiction? How have they been affected?

What would healthy amends look like in those relationships?

What boundaries do you need to establish?

What does it mean to love someone well while protecting your recovery?

Therapy Discussion Prompts:

Identify damage and begin planning amends.

Discuss empathy: putting yourself in others shoes.

Create a personal boundaries plan.

Define safe vs. unsafe relational dynamics.

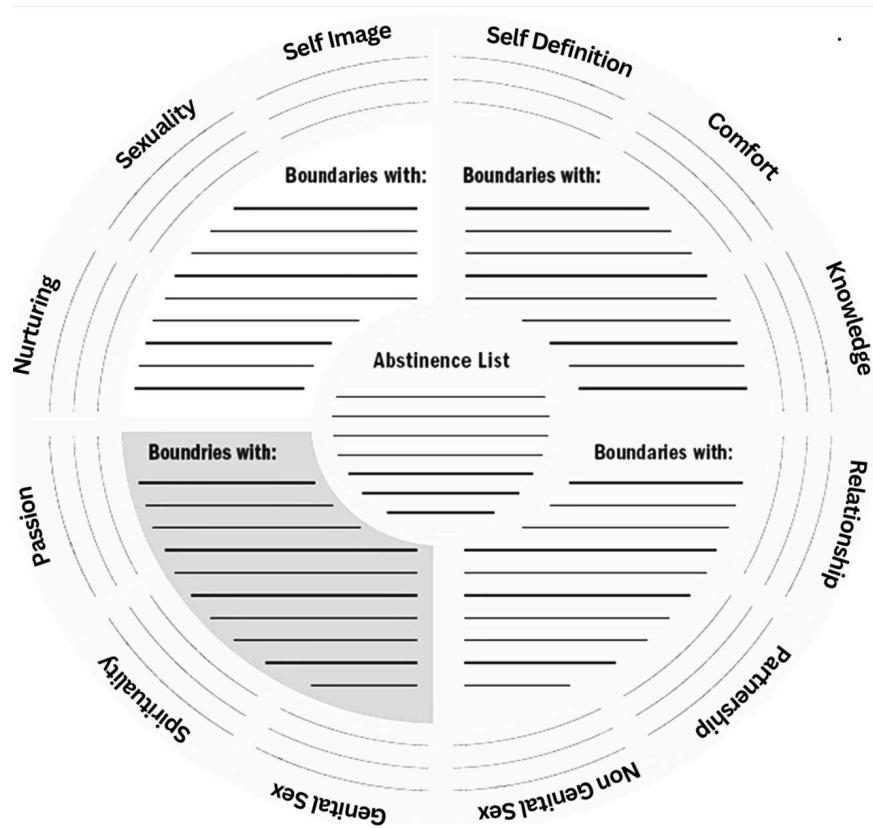
Recovery Tool:

Use the 'Three Circles' worksheet to define Inner (relapse), Middle (triggers), and Outer (healthy) behaviors for clear recovery boundaries.

Prayer Prompt:

Father, I want to live in a way that honors others and builds trust. Help me take responsibility for my actions, and guide me in making things right with wisdom, grace, and humility.

Three Circles Worksheet



Write down various behaviors in each of the three circles. In the inner circle we put the sexual behaviors we want to abstain from, the ones we consider “acting out.” These are the behaviors that we identify, with our sponsor’s guidance, as addictive, harmful, or unacceptable for us. In the middle circle we put behaviors that may lead to acting out, or that we are not sure about. In the outer circle we put healthy behaviors that enhance our life and our recovery.

WEEKLY DEVOTIONALS

Day 29 – Trust is Rebuilt Through Truth

Proverbs 12:22 – 'The Lord detests lying lips, but he delights in those who tell the truth.'

Broken trust often starts with broken truth. But trust can also be rebuilt — one honest word at a time. God delights in truth, even when it's uncomfortable. Your healing relationships will need truth to thrive.

Prayer: Father, help me speak truth in every relationship. Even when it's hard, let my words reflect Your heart.

Reflection: Where is God calling you to practice courageous honesty this week?

Day 30 – Living in the Light

1 John 1:7 – 'If we walk in the light as he is in the light, we have fellowship with one another...'

Secrets isolate. Light connects. When you walk in honesty, even after failure, it invites others back into relationship with you. True intimacy is built on visibility, not perfection.

Prayer: Jesus, I want to live in the light. Help me stop hiding and begin connecting from a place of honesty.

Reflection: How is light (truth) making a way for restored fellowship in your life?

Day 31 – Becoming a Safe Person

Philippians 4:5 – 'Let your gentleness be evident to all. The Lord is near.'

Healing relationships require safety — not just from others, but from you. As God softens your heart, you become someone others can trust. Gentleness, not control, makes people feel safe.

Prayer: Lord, change me from the inside out. Make me safe, kind, and consistent — a reflection of Your nearness.

Reflection: What kind of person do you want to become as you rebuild trust?

Day 32 – Making Amends

Romans 12:18 – 'If it is possible, as far as it depends on you, live at peace with everyone.'

Apologies don't erase consequences, but they do open doors. Making amends is about taking responsibility without excuse. It's not about fixing people — it's about humbly seeking peace.

Prayer: God, give me humility and courage to make things right. Help me accept what I cannot control, and trust You with the outcome.

Reflection: Who might God be leading you to make amends with — or simply listen to?

Day 33 – Forgiveness Is a Process

Matthew 6:12 – 'Forgive us our debts, as we also have forgiven our debtors.'

Just as you've received forgiveness, you're called to extend it. But forgiveness doesn't always happen in a moment — it's often a journey. The more you stay connected to grace, the easier it becomes to pass it on.

Prayer: Father, thank You for forgiving me again and again. Help me to forgive others as freely as You have loved me.

Reflection: Who are you still learning to forgive — and what step might you take toward it?

Day 34 – Repairing with Integrity

Proverbs 11:3 – 'The integrity of the upright guides them...'

Trust is built slowly and tested often. Every small, faithful decision adds up. You don't need to prove your change — just live it consistently. Let your integrity speak louder than your promises.

Prayer: God, help me live in quiet faithfulness. Let my actions reflect Your character in me.

Reflection: What daily choices will help you rebuild trust through integrity?

Day 35 – Trusting God with the Outcome

Psalm 37:5 – 'Commit your way to the Lord; trust in him and he will do this.'

Not every relationship will be fully restored. But God sees your effort, your repentance, your surrender. Restoration is His work. Your job is to walk in faithfulness and leave the results to Him.

Prayer: Lord, I entrust my relationships to You. Whether they are restored or not, help me walk in obedience and peace.

Reflection: What relationship are you surrendering to God as you continue healing?

WEEK 6: LIVING IN FREEDOM

Identity, Purpose, and Long-Term Freedom

Objectives:

Discover a new identity in Christ

Create a recovery maintenance plan

Embrace ongoing spiritual growth

Define your 'why' and long-term goals

Teaching:

Recovery is not a finish line it is a new way of living. Steps 10 and 12 of the 12 Steps focus on maintaining spiritual condition, service, and accountability. Lasting recovery is built through consistent daily choices that support health and integrity. By this stage, the goal is not only to avoid relapse but to create a life worth staying sober for. This means developing routines that nurture physical, emotional, relational, and spiritual well-being. Healthy boundaries, ongoing accountability, and purposeful connection are essential. Growth also involves staying alert to triggers and addressing stress before it escalates. Recovery is not a finish line but a lifelong journey of learning, adapting, and deepening self-awareness. As we keep moving forward, we strengthen both our resilience and our sense of purpose.

Spiritual Reflection:

It is for freedom that Christ has set us free.

Galatians 5:1

Therefore, if anyone is in Christ, he is a new creation. *2 Corinthians 5:17*

Self-Reflection Exercises:

What does freedom mean to you today?

Who are you becoming as you walk in recovery?

What spiritual practices will you continue using?

What is one step you can take this month to live with purpose?

Therapy Discussion Prompts:

Define your recovery identity.

Set long-term goals: spiritual, relational, emotional.

Design a recovery maintenance plan.

List your accountability and support systems.

Recovery Tool:

Create a 'Freedom Plan' that outlines daily habits, weekly check-ins, spiritual routines, and your key support people for ongoing growth.

Prayer Prompt:

Thank You, God, for meeting me in my brokenness and walking with me into healing. I receive Your freedom. Help me to live in truth, walk with courage, and love others well.

Week 6 Recovery Exercise: Freedom Plan

Create a clear, practical strategy for sustaining recovery and building a fulfilling life.

Step 1 – Daily Habits

Write three daily actions that will support your physical, emotional, relational, or spiritual health:

1. _____
2. _____
3. _____

Step 2 – Boundaries & Triggers

List two boundaries that protect your recovery:

1. _____
2. _____

List two common triggers you must watch for:

1. _____
2. _____

Step 3 – Support Network

List the people or groups you will reach out to when facing temptation or stress:

1. _____
2. _____
3. _____

Step 4 – Purpose & Motivation: Write a short statement about why you choose to stay in recovery—something you can revisit on difficult days:

WEEKLY DEVOTIONALS

Day 36 – Freedom Is a Daily Choice

John 8:36 – 'So if the Son sets you free, you will be free indeed.'

Freedom isn't just a feeling — it's a fact. But walking in freedom requires daily decisions to reject lies, resist old habits, and trust the truth. You've been set free — now live like it.

Prayer: Jesus, thank You for setting me free. Teach me to walk in that freedom today, even when it feels unfamiliar.

Reflection: What decision today would reflect the freedom Christ has already given you?

Day 37 – Replacing the Old with the New

Ephesians 4:22–24 – 'You were taught... to put off your old self... and to put on the new self, created to be like God in true righteousness and holiness.'

You can't live a new life with old patterns. Real freedom involves not just stopping unhealthy behavior but filling that space with life-giving rhythms, relationships, and truths.

Prayer: Lord, help me not just to remove what's harmful, but to embrace what's holy. Form in me a new way of living.

Reflection: What healthy patterns are you learning to “put on” as you leave the old behind?

Day 38 – Identity Before Behavior

2 Corinthians 5:17 – 'Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!'

You are not defined by your addiction, your past, or your mistakes. You are a new creation. True freedom comes not by managing behavior but by embracing who you are in Christ.

Prayer: God, help me live from my true identity — not from shame or failure, but from Your declaration of who I am.

Reflection: What labels from your past are you ready to release? What truths will you replace them with?

Day 39 – Freedom Is Found in Surrender

Matthew 16:25 – 'For whoever wants to save their life will lose it, but whoever loses their life for me will find it.'

Freedom isn't self-reliance — it's surrender. Paradoxically, the more you surrender to God, the more power you experience to live a free life. Letting go is the path to holding on to what truly matters.

Prayer: Jesus, I give You my plans, desires, and struggles. Teach me to find life through surrender.

Reflection: What are you still trying to control that God is asking you to surrender?

Day 40 – Grace-Fueled Discipline

Hebrews 12:11 – 'No discipline seems pleasant at the time... but later it produces a harvest of righteousness and peace.'

Freedom doesn't mean passivity. It requires intention. Discipline guided by grace — not fear or shame — shapes your soul. Over time, discipline becomes delight when you see what God is forming in you.

Prayer: Father, give me grace-filled strength to stay the course. Shape my heart as I learn new disciplines.

Reflection: Which discipline is helping you grow most right now?

Day 41 – Freedom is Meant to Be Shared

Mark 5:19 – 'Go home to your own people and tell them how much the Lord has done for you...'

Your freedom isn't just for you. As God heals you, He equips you to bring light to others. Your story, with all its pain and redemption, becomes a powerful tool of hope.

Prayer: Lord, use my healing for Your glory. Help me share what You've done with humility and boldness.

Reflection: Who might need to hear a piece of your redemption story?

Day 42 – Staying Connected to the Source

John 15:5 – 'I am the vine; you are the branches... apart from me you can do nothing.'

Freedom isn't about independence — it's about connection. The more you remain in Christ, the more fruit you bear. Stay close to the Source. That's how lasting freedom is sustained.

Prayer: Jesus, keep me rooted in You. Don't let me wander from the connection I need most.

Reflection: What helps you stay connected to Christ in your daily life?

BONUS TOOLS & RESOURCES

WEEKLY HABIT TRACKER

Track daily habits like prayer, journaling, exercise, meetings, and emotional check-ins.

EMOTIONAL TRIGGER WORKSHEET

Identify emotional triggers and replace false beliefs with truth.

Example Table:

Trigger	Emotion	False Belief	Truth
Work stress	Anxiety	I'm not enough	God is my peace

RECOVERY CHECK-IN TEMPLATE

Use this format for daily or weekly check-ins:

- How am I feeling today?
- Did I experience temptation or triggers?
- How did I respond?
- What am I grateful for?
- What do I need to bring into the light?

RELAPSE PREVENTION PLAN

Plan ahead for high-risk moments:

- Top 5 Triggers
- Early Warning Signs
- Emergency Contact Plan
- My Scripture Anchor
- Healthy Coping Actions

RECOMMENDED RESOURCES

- Pure Desire by Ted Roberts
- Out of the Shadows by Patrick Carnes.
- Unwanted by Jay Stringer.
- Awakenrecovery.com
- Celebrate Recovery, SA, SAA, S-Anon
- The Bible Recovery Plan (YouVersion).
- Covenent Eyes

CONTINUING THE JOURNEY

Day 43 – The Journey Isn't Over

Philippians 1:6 – 'He who began a good work in you will carry it on to completion...'

Finishing this workbook doesn't mean your healing is finished. It means you're equipped to continue. God is still working in you. Trust that He will complete what He started.

Prayer: Father, I'm grateful for what You've begun. Keep shaping me beyond these pages. I trust You to finish the work.

Reflection: What has God started in your life that still needs maturing?

Day 44 – Stay Anchored in God’s Word

Psalm 119:105 – 'Your word is a lamp to my feet and a light to my path.'

Now more than ever, you need light for the next steps. God's Word isn't just for study — it's your anchor in temptation, confusion, and fear. Let Scripture stay central to your walk.

Prayer: God, lead me through Your Word. Speak to me when I'm confused and anchor me when I'm tempted.

Reflection: What Scripture do you want to memorize or meditate on this week?

Day 45 – Prayer Is Your Lifeline

Colossians 4:2 – 'Devote yourselves to prayer, being watchful and thankful.'

Prayer isn't just a discipline — it's your lifeline to the heart of God. Now that you're free, stay connected. Make space to talk to God and listen for His voice daily.

Prayer: Lord, don't let me drift from our connection. Remind me to talk with You like a friend, not a task.

Reflection: How can you make prayer a deeper habit in your week?

Day 46 – Walk in Community

Ecclesiastes 4:9–10 – 'Two are better than one... If either of them falls down, one can help the other up.'

You weren't meant to do life — or healing — alone. Isolation is dangerous, but community strengthens you. Stay honest with safe people, and keep letting others walk beside you.

Prayer: Jesus, thank You for giving me people I can walk with. Help me keep showing up in community, even when it's uncomfortable.

Reflection: Who do you need to stay connected to for support and accountability?

Day 47 – Freedom is Maintained by Grace

Titus 2:11–12 – 'The grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions and to live self controlled and godly lives in this present age.

The same grace that saved you is the grace that sustains you. Don't slip into trying to earn what was freely given. Grace empowers discipline — not performance.

Prayer: God, I need Your grace today just like I did at the start. Help me walk in freedom without falling into performance.

Reflection: Are you relying on grace, or slipping back into self-effort?

Day 48 – You’re Being Sent with a Story

2 Corinthians 5:20 – 'We are therefore Christ's ambassadors as though God was making his appeal through us...

Your healing has a purpose. You're not just saved — you're sent. Others need the hope and truth you've discovered. Share it with humility and boldness when the door opens.

Prayer: Lord, use my story. I'm available. Give me courage and discernment to speak when You lead.

Reflection: Who in your life might benefit from your testimony?

Day 49 – Keep Your Eyes on Jesus

Hebrews 12:1–2 – 'Let us run with perseverance... fixing our eyes on Jesus...'

Your healing journey isn't about perfection — it's about direction. Keep your eyes on Jesus, not your past, your performance, or your failures. He's the Author and Finisher of your story.

Prayer: Jesus, keep my heart fixed on You. When I'm tired or discouraged, remind me who I'm walking toward.

Reflection: What distractions threaten to pull your focus off of Christ?