



BREAKING OUT OF PORN'S PRISON

4 Ways To Finally End Your Secret Screen
Affairs & IMMEDIATELY Improve Your
Marriage, Money, Mood, & More

PURITY IS THE
NEW *Sexy*



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HELP HAS ARRIVED

by Coach Rusty Nokes

I'm about to guide you through the "Purity is the New Sexy" 4 Deliverance Pillars

IDENTITY / IDOLATRY / INSECURITIES / INTIMACY

PILLAR #1: IDENTITY

Welcome brother, you are in the right place if you can't stop looking at porn and you really want to STOP!

In my life it led to a lack of intimacy in my marriage and with God. I was neglecting other things, arguments came up constantly, I felt myself becoming more and more insecure and defensive, I had unrealistic expectations of my spouse, and I became short and abrupt and would explode in anger.

Can you relate?

I knew it was wrong to behave that way and look at that stuff but most of the time I just didn't care because I just wanted to feel better.

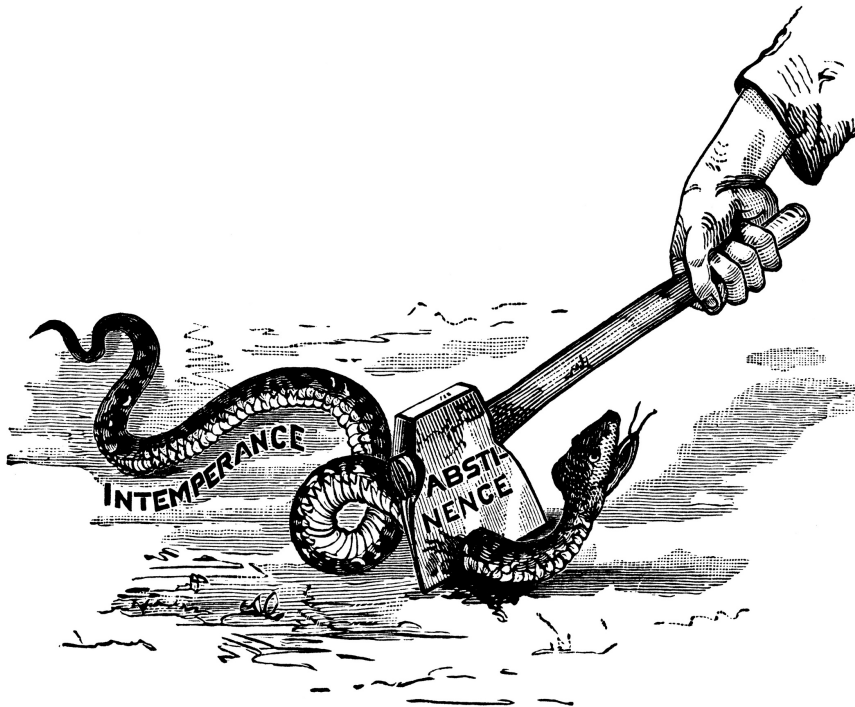
The problem was that my secret rendezvous with the nudie cuties was starting to leak and come out crooked in other areas of my life. I didn't see how it was connected but I learned the hard way that ALL OF IT IS.

HOW DO I KNOW?

Because it almost cost me everything, including the woman I love more than anything in this world.

But you don't have to go down that self destructive path that I did. You can stop this secret sin before it's too late. I'm telling you brother, if you are reading this right now, God is providing a way out.

The following next steps will not only be an **answer to prayer** but if you truly **implement** this, it will be your **way out**. You can finally **cut the head off the snake** and live a life where "Purity Is The New Sexy." (™)



You can finally cut the head off the snake

STEP 1.

HOW TO STOP LOOKING AT THE NUDIE CUTIES.

Here is how step one works...

How Do You View yourself? What do you say to yourself, especially after going down the path that you said you would never go down again?

STEP 1. CONTINUED

How does God view you? Do you know yet?

TRUTHS:

You are His beloved, His masterpiece, Forgiven,
A New Creation, Worth more than gold, A child
of God, An heir of God, Created with purpose,
Victorious in Jesus

Can you say outloud the truths that God says
about you and mean it?

Yes

No

*"But in all these
things we
overwhelmingly
conquer through Him
who loved us."
Romans 8:37*



YOUR SOLUTION:

The truth is, you need to embrace the truth that
God has given you.

GRACE!

Sounds easier said than done, right?

Watch the video below to learn the keys to *unlock
God's grace.*

<https://youtu.be/KsepFF1V4Ek>

GRACE...

Grace is the Empowering Presence of God that enables you to be the man that God sees when He looks at you.

Complete the following statement:

Jesus, you say that I am _____, and I believe it! Say that out loud.

PILLAR #2: IDOLATRY

STEP #2: BECOMING AWARE OF OUR IDOLS

One of the first steps to get free from what keeps us looking at porn and acting out with other sinful sexual behaviors is to create **awareness** of where we are looking to feel **good, satisfied, and fulfilled**.

IDOLS are what we turn to when we feel we are not enough or when we feel GOD is not enough. It's what we look to when we are sad, lonely, depressed, angry, frustrated etc. or when we want to change how we feel about ourselves or the situation in life (without God). An idol is a "false substitute for a legitimate, God-given desire"

Let's identify possible idols in our lives.

Circle yours below:

Porn - Sex - Money - Consumerism - Wealth - Safety & Security - Athleticism
Status - Title - Identity - Entertainment - Romance - Substances (drugs/alcohol)
Vehicle - Comfort - Phone - Job - Career - Success - Hobby - Family - Looks
Physique - Children - Friendships - Family Relationships - Video Games - Politics
Social Justice - Marriage - Ministry - Social Media - Home - Possessions
Other _____





ACTION STEP:

God / My Heavenly Father / Dad / Papa, Thank you for loving me. I've had idols in my life and didn't even know all of these were here. I don't want this addiction or any other idol in my life anymore. I don't want anything preventing me from living my life for you. I renounce and repent of the following:

Psalm 1:1-6 - Fill in the blanks with your name...

What a delight comes to _____, who follows God's ways! _____ won't walk in step with the wicked, nor share the sinner's way, nor be found sitting in the scorner's seat. _____'s passion is to remain true to the Word of "I AM," meditating day and night on the true revelation of light. _____ will be standing firm like a flourishing tree planted by God's design, deeply rooted by the brooks of bliss, bearing fruit in every season of life. _____ is never dry, never fainting, ever blessed, ever prosperous. But how different are the wicked. They are like chaff blown away by the wind. The wicked will not endure the day of judgment, for God will not defend them. Nothing they do will succeed or endure for long, for they have no part with those who walk in truth. But how different it is for _____! The Lord embraces _____'s paths as he moves forward while the way of the wicked leads only to doom.

God I now choose to put you in the proper place. Thank you for bringing me into alignment with you. I accept your Grace and empowering freedom.



*Grace is the
Empowering Presence
of God that enables
you to be the man
that God sees when He
looks at you.*

PILLAR #3: INSECURITIES

STEP 3:

IDENTIFY WHERE YOUR INSECURITIES COME FROM.

Real men aren't afraid to be REAL.

We have all overcome challenges, adversities and have received wounds that impact us today as men. ALL OF US.

There is not any one man that has not experienced a wound or insecurity. However, REAL men are willing to win and conquer all insecurities and become the strongest and most secure versions of themselves.

To identify where your insecurities come from, first identify possible Adverse Childhood Experiences (ACEs) you have been through. Why? Because without awareness we can't battle and can't win against what we are up against. You see, the porn and masturbation is not the real issue. These are merely symptoms of a deeper issue.

Society and the devil want to keep you numb, unaware, emotionally distant, and keep the illusion of not being weak. Meanwhile we are suffering inside and are not able to truly be the strong men we show to everyone else.

Most insecurities develop from ACEs, but the problem is that many of us who survived traumatic upbringings didn't realize it was traumatic at the time. To us it was normal because we didn't know any different. Then we learned to stuff it and/or minimize the trauma and even take on the blame for it in many cases. These traumas left wounds whether we realized it or not and those wounds left us with insecurities that manifested in various unhealthy ways.

ROOTS TO WOUNDS & INSECURITIES:

The following list of questions will help you discover the roots of your wounds and insecurities: These statements are a combination of those from official ACE studies as well as what I have seen in my experience practicing with others.

- Y N 1. Were you adopted?
- Y N 2. Did your parents/guardians fight and/or argue?
- Y N 3. Were you belittled often by either or both guardians?
- Y N 4. Were one or both of your guardians excessive with their punishment?
- Y N 5. Did one or both of your guardians drink or use drugs?
- Y N 6. Were one or both of your guardians absent a lot (Work, Separations, Hobbies)?
- Y N 7. Were you made to feel unwelcome or unloved by a parent/step parent/guardian?
- Y N 8. Did your parents divorce?
- Y N 9. Were you abandoned or neglected (Did you have to take care of yourself a lot)?
- Y N 10. Was there abuse in your home (Emotional, Sexual, Psychological, Physical)?
- Y N 11. Did your guardians say one thing and do another (Over promise, Lie, Gaslight)?
- Y N 12. Was their pornography or other sexual paraphernalia in the home?
- Y N 13. Did one or both guardians require perfect grades/perfect appearances, etc.?
- Y N 14. Were you raised in a strict “religious” home (Focused on rules vs. relationship)?
- Y N 15. Did you fulfill parental roles due to frequent guardian absence/unavailability?
- Y N 16. Were you discouraged, put down, given negative words of affirmation; told you were not good enough, etc.?
- Y N 17. Were you prevented from expressing yourself and communicating your emotions?
- Y N 18. Was physical affection withheld (hugs, kisses, tucked in at night, sat in laps, snuggled)?
- Y N 19. Is there any mental illness in the family tree?
- Y N 20. Were you bullied by parents, siblings, step siblings, at school...?
- Y N 21. Were you rejected by your peers often?

How many yes answers did you score? _____

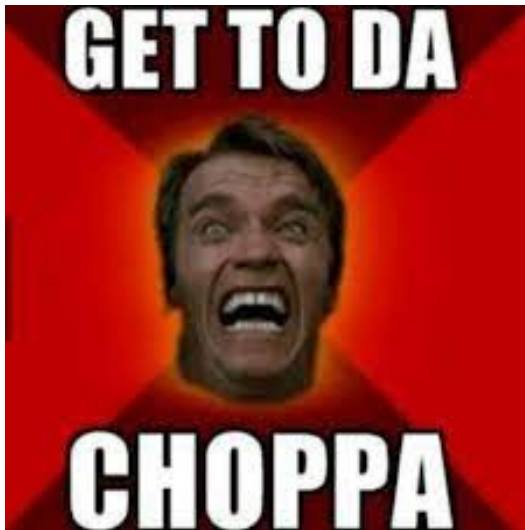
Some of the risks associated with ACEs are: substance use, sexual health issues, mental health issues, weight and physical problems, propensity to violence, and physical health status and conditions (heart disease, etc.).

SCORING:

Individuals with at least 4 ACEs were at increased risk of all health outcomes compared with individuals with no ACEs.

0-2: Associations were weak or modest for physical inactivity, overweight or obesity, and diabetes. This means on paper you are at low risk for sexual addictions.

2-3: Moderate risk for smoking, heavy alcohol use, poor self-rated health, cancer, heart disease, and respiratory disease. Most addictions have co-occurring disorders. Depending on the type of ACEs you experienced you could be at risk for sexual addictions. Talk to a professional if you think you are at risk.



3-6: Strong for sexual risk taking, mental ill health, and problematic alcohol use. You've been wounded and your soul is under attack. Get to a safe and secure location and start healing your wounds.

7+: Strongest for problematic drug use and interpersonal and self-directed violence. You are likely bleeding out. You are in critical condition. Schedule a breakthrough call Immediately! See below for details!

*"Bear one another's burdens,
and thereby fulfill the law
of Christ."
Galatians 6:2*



WHY TRYING HARDER IS NOT THE SOLUTION

Trying harder is like tightening the rope on a noose. The harder you pull and fight, the tighter it gets. Relaxing and letting go is the only shot you have of escaping the noose of pornography.

Better yet; cut it off completely. Watch this video about Insecurities and I'll show you how.

https://youtu.be/lpcvDx_SuSQ

PILLAR #4: INTIMACY

STEP 4: WAYS TO DEVELOP REAL INTIMACY



Sex is not “Intimacy.” “Intimacy” is not sex. But true Intimacy does lead to sex!

Hey guys, we’ve lost Intimacy and it’s our own fault. We’ve got to take responsibility to change it.

- What is intimacy? Intimacy is closeness between people in personal relationships. It's what builds over time as you connect with someone, grow to care about each other, and feel more and more comfortable during your time together. It can include physical, emotional, and spiritual closeness, and even a mix of the three.

WHY TRYING HARDER IS NOT THE SOLUTION

When it comes to sexual intimacy you need to know that what you look at during orgasm, you bond to, because of the hormone vasopressin. It's super glue. When you're repeatedly gluing yourself to others, whether in person or on screen, there is no way that you're going to be able to bond to your wife properly.

When we're involved in sexual sin our wives don't trust us and they're not emotionally connected. They want to trust us and feel safe, secure and connected, but when we're not being faithful, believe me; they can smell it. Purity has an aroma. And when we are fully committed to them in every way they can smell that too. And it smells really good to them and draws them to us. That's because *Purity* is sexy to them.

So if you want to have great sex, and you should; don't focus on the sex. Focus on being pure and being *INTIMATE*.



YOU MUST CREATE AN ENVIRONMENT FOR INTIMACY TO DEVELOP:

8 Intimacy Building Exercises

ONE:

Validate her feelings.

Don't tell her "you understand." You don't. Tell her she has a right to feel the way she does. Tell her if you had been betrayed you'd be upset too. Ask her what she needs from you and if it's reasonable, do it. Express that we have lost intimacy and you are taking responsibility for your part in that and to change it.

TWO:

Rebuild trust.

For your wife to trust you again, she needs to know you are plugged into a support system, (a coach, a curriculum, a community) to demonstrate that you are working on healing from your traumas, wounds, and insecurities and becoming a whole man, capable and worthy of holding her heart.

THREE:

Drop your expectations of her.

God needs to be your first, true love. She is not your pacifier or coping mechanism. Picture a triangle. You are at the bottom left corner and your wife is at the bottom right corner. God is at the top. When both of you have your full focus on reaching God at the top, the closer you get to him the closer you get to each other. When you're frustrated or irritated or feeling tempted, you've got to learn to give your needs to God in that moment. You also need a tribe of men so you've always got someone to call during those times. You need men to lean on and she needs to see you doing it.



FOUR:

Pray and study together.

FACT: Couples that pray and do a study together have less than a 1% divorce rate!

FIVE:

Turn off electronics and talk (especially before bed).

Don't know what to talk about? You can always start by listing things that you like and appreciate about each other. Focus on the positive.

SIX:

Increase quality time together.

Take her on dates at least once a week. Let her choose the plan sometimes too; not only you. Focus on the positive. Leave the problems at home for a bit.

RESOURCES:

- YouTube - Purity Is The New Sexy Coaching
<https://www.youtube.com/channel/UC8SuQR7L7LaEPpz-hRIm3Og>
- Others: Graham Cooke, Craig Groeschel, Dr. Caroline Leaf, Timothy Jennings, MD

RESOURCES:

- The Bible
- Devotionals
 - TheChosenGifts.com
 - The Connected Devotional
- Relationship Books
 - The 5 Love Languages by
 - Love & Respect by Emerson Eggerichs
 - 4 Habits of a Joy Filled Marriage by Chris Coursey and Marcus Warner



SEVEN:

Enrichment Activities.

Do things together: Read books (The Shack...), hobbies, sports, exercise, games, download "THE CHOSEN" app, then watch the episodes together and discuss

EIGHT:

Listen to educational, uplifting content together:

Learn about this addiction together and fight it together.

INTIMACY WITH GOD IS CRUCIAL:

None of this works without developing Intimacy with God first. We love because He first loved us. It takes God to love God and others. Spend time with Him and let Him love you like a father (even if you have not had a great example of an earthly father). He already does, you just have to wake up to it and allow yourself to receive it.

Of course, spend time with Him in His Word, in prayer etc., but also spend time with Him in silence and rest in Him. Pull away like Jesus did many times and get in a quiet place (I like nature) and just sit in His presence. Talk to Him, reflect, ask Him questions and LISTEN. Picture yourself leaning on His shoulder or sitting in his lap as a child and let Him speak to you as a Father to a son.

Keep in mind, you are also married to His daughter. You are married to the daughter of the King. He knows her better than you. Ask Him for the answers you need to love her well.

QUESTIONS? DOUBTS?

You probably still have questions at this point. Maybe even doubts and that's alright. I can tell you that I have done everything I am asking you to do and then some. I have unlocked my prison cell and gone from a 30 year addict to a Certified Addiction & Abuse Recovery Coach specializing in sexual addiction. I have gone from looking at life on a 12" black and white T.V. to seeing it in full color on a high definition jumbotron. Life is spectacular on this side of addiction and Purity truly is The New Sexy. If you don't believe me, you can even ask my wife.

If you want to experience a "Life Changing" coaching call I will block out 2 hours for you and during that call I will help you discover and address your root causes that are driving you to act out, take control of the bully in your head and say no to the powerful urges. I will also tell you exactly what I did, step by step, to break out of porn's prison and achieve "Purity Is The New Sexy."TM.

Book A Life Changing Breakthrough Call with Coach Rusty:
<https://calendly.com/coachrusty/2-hour-breakthrough-call>

RESOURCES:

- Listen to Wild Love by Graham Cooke on YouTube https://youtu.be/oNi_s7129Os
- **BE SURE TO WATCH THIS VIDEO WITH BOTH RUSTY & AMY ON INTIMACY:** <https://youtu.be/HgNX3ZeOTR4>

ARE YOU READING AS THE BETRAYED SPOUSE?

On the other hand, if you are a spouse affected by your partner's addiction, you are most likely experiencing "Betrayal Trauma." Betrayal trauma occurs when your mate significantly violates your trust or well-being. Experiencing betrayal, a form of emotional abuse, can cause various symptoms of post-traumatic stress disorder. Symptoms such as flashbacks, nightmares and impaired sleeping, depression, anxiety, brain fog, distrust, dissociation, are common. Betrayed partners often feel as if their reality has been shaken to its core.

If you want to experience a life changing coaching call with Coach Amy Nokes, she will block out 2 hours for you and help you understand how to navigate the life of a betrayed spouse, set healthy boundaries, and learn to love and take care of yourself in the midst of emotional upset.

Book A Life Changing Breakthrough Call For Betrayal Trauma With Coach Amy:

<https://calendly.com/coachamynokes/2-hour-breakthrough-call>

WE WANT TO HELP!

No matter which side of the situation you are in, we want to help you overcome, find healing, and experience the freedom that seems impossible right now. We look forward to speaking to you soon!

PURITY IS THE NEW *Sexy*

Eliminate Shame. Elevate Intimacy!

"Coach Rusty is the most influential person in my recovery journey. He has made me realize I am worth fighting for!"

- Nicholas H



“I have been working with coach Rusty for about 4 months, and it has been great for me. Rusty has a lot of experience in sexual healing and recovery and he brings that experience along with multiple tools and resources to help groups and individuals like me find healing and recovery from sexual brokenness. I know for me, Rusty has been very gracious and encouraging in my journey, which when I started working with him, I was still caught up in addictive tendencies which involved porn, masturbation, and sexual acting out with others. From the beginning Rusty was very encouraging and uplifting but he kept me accountable to a daily and weekly recovery plan. Now that I'm gaining traction and have some sobriety under me he still holds me to the same recovery plans while encouraging me in the process.”

- David T.

Did you watch the Intimacy video yet with Rusty & Amy? Click [here!](#)

“Rusty is a gifted recovery coach and has been instrumental in starting me on the path of recovery. Two things stood out about Rusty from the first time I met him. First, he is real and relatable. He's walked the walk and he knows what he's talking about. Rusty has a lot of life experience but he also takes the time to listen to my story. When he speaks, he talks in a way that I understand. Second, Rusty is positive and passionate. Because he cares he doesn't pull punches when he needs to be direct with my addict mindset. I never cease to feel uplifted by our conversations. God has given Rusty a big heart and a message that is going to help hundreds of other men like me find their own strength, hope and peace.”

- Kevin R.

WANT TO TALK?

BOOK YOUR FREE BREAKTHROUGH CALL

What to expect in your call with
Coach Rusty:

1. Discover and address the root causes that are driving you to act out.
2. Take control of the bully in your head and learn to say no to the powerful urges to act out.
3. Learn step by step, exactly what I did to break out of porn's prison.

[Book your call today!](#)



WANT TO TALK?

BOOK YOUR FREE BREAKTHROUGH CALL

What to expect in your call with
Coach Amy:

1. Learn to navigate the life of a betrayed spouse.
2. Set boundaries
3. Love and take care of yourself even if your spouse will not get the help they need.

[Book your call today!](#)

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