

Straight from the Men Breaking Free: Evaluation Questions and Responses

1. What are the most important things you learned today?

- Those are some one's daughters
- How deep families are hurt
- Be kind to others - we're all humans, and all struggle.
- Just a little better glimpse of who I am and greater sense of purpose in life.
- The emphasis I need to place on intimacy in my life. Prostitution is not victimless - the toll is particularly terrible on the prostitute - and there is a toll paid by me that I have not recognized
- My self-worth better than it was
- Knowing how big the consequences are so we don't do this again
- Focus more on changing old habits, fueling healthy ones
- How horrible their lives are and what they really go through. Self-reflection and doing what I can to be a better person and to really take accountability for my actions and figure out what to do to make myself better.

2. Did today's conversations change any ideas you had coming in about sex trafficking and sexual exploitation, as well about healthy relationships and seeking to live lives of integrity and respect? If so, what specifically may have changed for you?

- Yes. Loving my kids
- I feel so sad and hurt for these women
- Respecting women
- The thought that money can buy pleasure only feeds misery.
- I thought that some women did this because they enjoyed it.
- Yes - the emotional connection to the pain of prostitute was unexpected, strengthened my own sense of the need to improve intimacy in my life.
- My way of thinking about sexual trafficking because I have a family and two girls
- How a lot of us men have not known about how cruel all of the behind scenes are
- Yes. I knew their life wasn't amazing but never knew the extent of pain and suffering. Just to really look within and fix myself while also trying to help others in the same boat.

3. Based on today's conversations, are there any next steps you will consider taking to enhance your life and your relationships with people you care about and others in your community?

- Stay home, love my kids
- Respect for my family and self
- Education. Talk to my three boys about these things.
- Just to view all of humanity as a treasured child of God and respecting them as such.
- Be more aware of what my daughter is exposed to. Reach out to anyone I know struggling with this.
- Join the Sex Addicts Anonymous group. Be honest with my spouse, and work to recovery.
- Be more honest and open to people to not hold inside emotion.

- Talk to the military about having an annual meeting about prostitution and the cause and effect
- Stop watching porn
- Focus on more time w/ spouse
- Be fully accountable and take necessary steps to open up and tell the truth/heal myself and others

4. What additional tools and resources would be helpful for you to build on what you learned today?

- Come back and hear more stories
- Just talking more in groups
- All resources provided have helped out
- Staying in touch with Breaking Free
- I would have loved to have something like this day available when I was younger.
- Attending SAA meetings, counseling, group therapy
- Think about my kids and how I want them to be
- Take a family photo and put this where I would see it constantly
- To remember everything and whenever I feel tempted rewind the tape in my memory
- I want to go to therapy to further heal my mental health
- Classes and programs about trafficking
- How to help my friends stuck in the life
- Follow up meeting
- Marriage counseling

5. What can we do to improve and strengthen the impact of future Men Breaking Free workshops?

- More men who have had connections/family with people who were prostitutes
- More classes a week
- Offer answers to the problem that are creating the problem at hand
 - To have people like us come in and talk.
 - Having a speaker who is like us. A former sex addict who has overcome and the insight that might bring.
 - This was excellent. A. I really had a number of significant take aways.
 - This was a really great workshop and I thought stories shared were the most impactful. Just hearing other's scenarios and such made it possible for there to be growth in my life.
 - Nothing. Today's knowledge and speakers were a powerful form of restorative justice
 - Ask for donations to help. I will, to relieve the guilt
 - It was great. Completely different than what I expected.
 - You have done everything already. Nothing else.
 - Just keep the program alive
 - Invite more survivors and their stories
 - Talk more about what to do in a bad marriage that you don't want to leave

Asking the questions and hearing the responses

What do you need in your life, and what do men need in our lives to be able to break free from sex trafficking and sexual exploitation, and live lives of integrity?

Self-worth, Confidence, Compassion/empathy, Companion, Love, Support, Family, Respect, Faith, Friends, Honor, Stability, Structure Personal integrity, Respect for other humans, Self esteem, Positive relationships, Choose to avoid destructive behaviors, Feeling validated or good about myself, Protection of family and understanding, Support and trust from mate, Self-control, Physical touch, Healthy relationships, Love self-more, Fulfillment, Sobriety, Understanding other's position, Stable marriage, Strong communication, Counseling, Loving one's self and others, Having right (positive) friends in your life, Genuine love, Satisfaction in your job and other aspects of your life, Help and love from family, girlfriend, wife, Loving self as you are, Intimacy, open communication with partner, affirmation, Knowledge that women selling sex are being forced to - it is not willing, Someone to talk to, Happiness, Stress relief, Understanding we're all human beings and need to be respected

What does it mean to be a man?

Dependable, Work hard, Independent, Provider, Responsible, Care taker, Protector, Serve, Self-control, Responsibility, Take care of family, Be strong and take it - Stoic, Leader, Pride, Successful, guide of family, strong, confident, loyal, Caring for family, Responsible, Always pressure on men to be the leader and "just know"; We're always supposed to be in control

What feelings are allowable/accepted/expected for men?

Anger, Depression, Guilt, Frustration, Happiness, Fear, Uncertainty, Yelling, Stoic, Confident, Proudful, Loving, Helpful, Men stifle emotions, women express them, Love - we need love, but don't show it, Being open with yourself, Showing no fear or weakness, Expectation not to have emotions, Be strong for everyone: we've been taught not to have feelings or emotions

Where/how do men learn about and come to believe that it is OK to purchase sex from another human being?

Social media, Newspapers, TV, Friends, Commercials, Revenge from another woman, Music, Family, Pornography, Strip clubs

"Triggers" to be aware of and avoid/address:

Anger, Alcohol & drugs, Pornography, Stress, Depression, Friends & peers, Loneliness, Desiring pleasure, Situations where it (soliciting) would be hard to avoid, Try to avoid being alone as much, Summer - think about your attitudes/responses to how women dress, Avoid hanging out with negative people, and/or call them on it, Sobriety from drugs and alcohol, Access to pornography through internet/smart phones, No relationships outside of primary relationship, Avoid specific areas/boundaries where used to cruise and seek trafficked people,

Remembering old memories of (unhealthy) sexual activity, No porn, Be careful of technology (computers, smart phones) that provide easy access to porn and traffickers, Be careful of dating sites, ALCOHOL, Texting back to unknown numbers, Unlimited internet, Social networks, Late night cruising alone, Not carrying too much money.

Self-Care: What do I do, and can I do in the moment, as an alternative to making harmful choices, including trying to buy sex from another human being?

Calling a friend, Finding something else to do, Quit drinking, Picture a person you care about
Be alone to calm myself, then find someone to talk to, Staying more involved with my family
Exercise, Walk outside in nature

Call my daughter, Call my wife, Talk to family, Think about consequences (to everyone), Hug wife and take ownership, Fishing, Meditation, Talk to someone, Sports, Be sober, Planned physical activities, Call someone, Have support systems, go to meetings

Service to community, Exercise, walking, Church/faith community, Focus on what you want life to be, Go to bed when spouse does, turn off phone, Re-establish relationships, Build/re-build intimate friendships with people I care about, and can share with

Seeking help, Family support, Stability, Church/faith, Seeking healthy relationships, Finding things to fill free time, Community service