

THE PORN TRAP – *Episode 2: The Road Back From Porn*



Team Member Name: _____ Date: _____

Game Strategy – Are you or someone close to you addicted to porn? Millions of men are, but you don't have to stay caught in this ugly trap.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?

2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What are some ways to protect your family from pornography?

2. Name and discuss the seven points of recovery.

3. How have you protected your family from pornography?

4. What strategies have you taken to avoid pornography?

5. What support and accountability do you have to help you avoid pornography?

6. How have you talked to your kids/teens about pornography?

7. In what was are you working to grow in virtue?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Fight against the evils of pornography.
2. The devil is attacking. We need to fight.
3. Never give up! Through God's grace anything can happen.

Complete your **Personal Action Item**. 

Scripture References

1 Peter 3:7
1 Corinthians 3:16

Coaching Tips

We need to protect the family. For boys under 10, monitor what they see at home and who their friends are. It is all electronic devices, print media to the house, catalogs, etc. For boys over 10, we need to teach modesty and virtue. The best way to reach them is to talk about porn as an addiction similar to alcohol and drugs and discuss the potential implications and the science. Make sure they understand this will affect how they relate to others – family, women, etc. Tell daughters how men view women as a result of porn. Their relationships with men should not be dictated by porn.

There is a 7-point plan to recovery. 1. Admit you have a problem and be willing to change. 2. Get rid of the temptations and computer access, internet access, etc. 3. Need support and accountability. 4. Get counseling – understand the root cause. 5. Develop a spiritual plan – need to walk with the Lord and His grace. 6. Need education to understand the impact on marriages and families. 7. Need to develop virtues – humility, honesty, courage, hope, etc. This is where men find freedom. Can't just do it with the sacraments. We need God's grace and to trust in Him to win.

Tools to help. Porn Land book is a good reference. There are also helpful web sites such as: FamilySafeMedia.com and maritalhealing.com. There are also accountability services that notify your trusted friend when you are accessing troublesome materials (covenanteyes.com). You can also use a religious picture as your screen saver. Remember, God does not want us to live in darkness and shame and that we are not alone. We need to call on Him for help. He is *always* with us!

Catechism Connection

Coming Soon!

The CTG Team is working on selecting material for this section.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...