



FREEDOM FOR COURSE WORKBOOK

Print and use this workbook to help you track your progress and increase your insight during your work on the Freedom For Online Course.

This material is intended only as complimentary to the online course. If this was shared with you and you would like to enroll, check out:

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How To Get Your Money's Worth

What will you add to this course besides simply watching the videos?

- Take notes online
- Print the PDF and fill it out
- Use a journal to keep track of insights
- Invite _____ to be a trusted companion on this journey

This course will require you to focus and reflect for 15-30 minutes at a time for some modules. **What setting (time of day, private place, etc) will give you the best chance for doing the best work?**

Before moving on...

Do you have everything you need ready to make the most of this course?



DAY ONE

What has this struggle cost you in the past?

How have you tried to overcome it in the past?

What is this struggle costing you now?

What will this struggle cost you in the future if you don't make a change?

What do you want to hold onto as you walk through this? NOTHING worth changing in your life will change easily. What goal or desire will help you persevere? In other words, **WHY** are you making this change? Once you answer that, circle it so you can find it again.

Before moving on...

I know you are in a hurry for answers but this is a critical step. **Did you slow down enough to honestly answer the questions from this module?**

GET AWAY - Part 1

Recap: This step is set up to break three cycles that lead to porn becoming an issue in most peoples' lives:

- **The Shame Cycle:** Feeling bad about yourself for a struggle you have leads to disconnecting from healthy habits and healthy people. More negative feelings about yourself grow in the gaps, causing you to push further into a hidden means of escape.
- **The Emotional Cycle:** Porn often becomes both a cause of and solution for our depressed emotions.
- **The Cognitive Cycle:** Porn often becomes both a cause of and solution for our anxieties.

How have you seen the Shame Cycle evident in your life? What negative views about yourself have been fueling this struggle?

How was porn talked about during your childhood? Did a trusted adult ever talk to you about it? What other healthy or unhealthy messages did you receive about it?

How have you seen the Emotional Cycle evident in your struggle? How has porn become both a cause of and a solution for some negative emotional states?

How have you seen the effects of the Cognitive Cycle in your struggle? How has porn become a way for you to mentally avoid or disengage from some parts of your life?

Before moving on...

We promise that the next steps offers some really practical advice and being the tangible work of this course BUT we have to keep all the carts behind all the horses.

Did you take enough time to honestly journal about and answer the questions above?

GET AWAY - Part 2

Recap: the first practical steps to Getting Away involve:

- **The Purge** – Get rid of it. All of it. Do it quickly while you are highly motivated for change.
- **Technological Boundaries** – Use this link (scroll down to 11.a) to begin putting some protections in place around your technology.
- **Physical Boundaries** – If you can't get rid of it or lock it down, then you need to stay away from it by any means necessary for the next few weeks.
- **Boundaries for You** – Change some of your patterns that put you closer to the temptation in ways that could easily push you over the line.

What specific commitments are you making during this Get Away season? Use the list above to make a plan.

What does your **Purge** look like? What needs to go?

What devices need technological boundaries? Who can you ask for help if you need someone to set them up for you? (Hint, tell them you are trying to make some changes in your life and then send them some of the links above).

What physical boundaries do you need to set up? What are the settings you need to avoid?

What rhythms do you need to add to your life to help you avoid them? We will discuss this more later but you probably already have an idea about what would be helpful.

Before moving on...

Desire is one thing. Implementation is another. **What changes have you implemented?** (You may need to come back to check these off).

- The Purge**
- Technological Boundaries on ALL my devices**
- Physical Boundaries** - avoiding the settings that I'm most likely to use.
- Boundaries for Me** - added new rhythms to my life that help me want to stay away from the settings that draw me back into my struggle.

GET SMART - Part 1

What Triggers Me?

What sends me toward this struggle?

Emotional States	
People	
Places	
Times of Day	
Thoughts	
Images	

What are your 3 biggest triggers, in detail?

Trigger #1	
Trigger #2	
Trigger #3	

Plan for avoiding or reducing the impact of each trigger

Trigger #1	
Trigger #2	
Trigger #3	

GET SMART - Part 1

Continued

Listening for voices.

What does your struggle say to you...

When you are tempted to look at porn again?

Immediately after you have gone back to it again?

When things are going well in your life?

Seek out patterns.

If you've ever tried to quit before...

What's the longest season of recovery that you've ever had?

What healthy and unhealthy factors were a part of your life in that season?

What brought you back to the struggle?

GET SMART - Part 2

Major Wounds

This section may be very difficult for some participants. It's time to ask some honest questions.

Have you suffered any wounds in any of the following areas?

- Abuse - physical, sexual, emotional, or verbal.
- Addiction in your past
- Addiction in your family
- The absence or loss of a parent.
- Neglect
- Assault
- Other Trauma or traumatic circumstances involving sudden loss or sudden injury.

If so, how has **your life** been impacted by those wounds?

If so, how has **your struggle** been impacted by those wounds?

How have you sought **healing** for those wounds in the past (in healthy or unhealthy ways)?

What do you need to do to find healing going forward? **What first step can you take today?**

What would a season of health that looked totally different from the last few seasons look like for you?

How long should your season of health last?

What are the commitments that you are making during this season that will, hopefully, turn into a new lifestyle for you?

GET HELP - Part 1

This lesson is built on the principle of **Pre-Accountability**.

Pre-Accountability is a relational feature that builds on (a) wisdom gained from knowing our triggers and unhealthy patterns and (b) a willingness to ask for help before those triggers become behaviors.

What has accountability for you for this issue looked like in the past?

Do you carry any wounds from accountability or support that was not helpful in the past?

What are your fears when you think about creating a Pre-Accountability relationship?

How would you respond to a request from someone else if the roles were reversed and they asked you to have this kind of position in their life?

Before moving on...

It is very difficult to take on this journey alone. **This course is limited** in the real, personalized help that it can give you. It's up to you to add a healthy relationship in order to fight the individual battles you will face.

Have you taken time to honestly answer all of the questions above?

GET HELP - Part 2

As a recap, you should enter into a **Pre-Accountable relationship** with someone...

- You are in a simple relationship with
- You trust and see yourself being completely honest with
- Who is willing to take on this role in your life during this season.

When asking someone to fill this role in your life...

- Let them know it is part of a bigger plan for freedom and recovery.
- Let them know it is for a defined season.
- Coach them on healthy questions to ask and encouraging ways to respond.

List a few healthy people in your life who can offer you Pre-Accountability?

****If you don't have anyone in your life who could help you with this part of the journey, what's an actionable plan to get connected to some healthy people who can respect this fight?**

Based on your earlier work, what specific trouble areas could you discuss with someone in an effort to grow Pre-Accountability?

How would you coach someone toward healthy questions to ask and encouraging ways to respond?



Finish out these talking points for The Ask below:

- *I'm in a season of making some changes in my life and I realized that I need help staying away from pornography because of the way it _____.*
- *I'm working through an online course, trying to break some unhealthy cycles, identifying some of my unhealthy patterns, and I'm learning that I need healthy people to walk with me to make sure this is a successful attempt to break away.*
- *I need someone to be a Pre-Accountability partner, someone I can talk about when I'm struggling with my struggle, someone to help me out before a temptation becomes a bad behavior.*
- *This means I need someone to ask me about: _____.
(specific triggers, voices, and patterns)*
- *Or listen to me when I'm drawn back toward my struggle.*
- *The most helpful way to respond is _____.*
- *Could you help me as-needed for the next season, until: (timeline).*

Before moving on...

Have you identified at least one person who could help you with this part of your journey? (Note: it should be someone other than a spouse or romantic partner)

Have you decided when you will make that Ask?

GET HELP - Part 3 - Repair and Restore

Just to recap, the first steps of repairing and restoring relationships that have been impacted by this struggle or the emotional patterns that are associated with it are:

- Talk about your plan for freedom
- Listen
- Give permission to revisit
- Receive what they offer you

What relationships have been affected by this struggle and are in need of repair and restoration?

What causes you fear as you seek repair and restoration in these relationships?

Of the steps above, which do you need to spend time thinking through before you begin those discussions?



Here's a template that may help show you where the gaps are before you start talking:

- *I'm in a season of making some changes in my life and I realized that I need help staying away from pornography because of the way it _____.*
- *I'm working through an online course, trying to break some unhealthy cycles, identifying some of my unhealthy patterns, and I'm learning that I need healthy people to walk with me to make sure this is a successful attempt to break away.*
- *[If appropriate] I've asked _____ to be a pre-accountability partner with me for the next season. This is someone I think is trustworthy who can help me fight well as I walk forward.*
- *I realize that my struggle may have impacted you by _____.*
- *Have there been other ways you've seen this struggle impact you are our relationship?*
- *Going forward, you are welcome to ask me about plan and progress.*
- *If we can't work out the issues associated with this problem alone, I am willing to _____. (seek marriage counseling, speak to our pastor or a trusted friend, etc.)*

Before moving on...

Many people will have started this course because they saw pornography begin to impact a certain relationship in their lives (aka, they got busted). Although you may be eager to begin the repair work, it's important to think about how you will enter into this sensitive conversation in a way that's productive, shame-free, and not defensive.

Have you taken the time to honestly and responsibly think through the questions above?

GET HEALTHY

The most important step for long-term change involves **building a healthy lifestyle** around your new freedom.

To recap, **the best ways** to do this involve:

- Incorporating the insights from the self-care worksheet into everyday living.
- Setting goals further out into the future to give you healthy targets to shoot for.
- Giving priority to you mental, emotional, and spiritual health.
- Investing in your core relationships.
- Always having someone in your life who can help you when you need it most.

Revisit your **self-care worksheet** from the Get Smart module. What do you need to implement or add to create a healthy lifestyle?

What **relationship goals** do you have for the next 6 months that have nothing to do with this struggle?

What **work or school goals** do you have for the next 6 month season that have nothing to do with this struggle?

Can you see 5 years into your future? Think through what you would like to see in these specific areas and what you can do now to make sure you arrive at some healthy places down the line.

Before moving on...

This is another very important step. Not only does it need your time and attention, but you also need to be putting the insights you have gained in a place that you can find them in the future.

Did you take enough time to honestly and practically answer the above questions?

Where will you record your answers about goal-setting so you can access them going forward?

The End and The Beginning

Congratulations on making it to the end of the course!

You have done some tremendous work that will most likely shape your future and your relationships from this point forward.

The most important commitment you can make at this point is how you get back on track if you get knocked off.

Finish this statement:

“If I fall back into this struggle - whether it’s one viewing or one season - I will _____.”

Freedom For Course completed on _____.

Before moving on...

One final step: Feedback.

I want this program to be as effective and powerful as possible. Before you go on, please take a minute to leave me some feedback on the course so that others can benefit from it.

<http://FreedomFor.net/Feedback>

Thanks again for using this course to help with this very important issue. My prayer is that your work over the last few weeks has left you feeling hopeful, healed, and confident about the future. If there’s any way I can serve you in the future, please don’t hesitate to contact me.



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