



## Workout Tracker

### The Porn Trap

#### Workout Sessions

The Porn Trap

The Road Back From Porn

#### Date Completed

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#### Workout Teammates

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#### Contact Information

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## THE PORN TRAP – *Episode 1: The Porn Trap*



Team Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Game Strategy** – It used to be that men had to sneak into X rated movies or buy girly magazines to view porn, but now pornography is just a click away.

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. Aside from the home computer, what are some ways that pornography enters our homes?
2. What are some of the signs of pornography addiction?
3. How has pornography affected your life?
4. What are some common triggers that might lead you to use pornography?
5. How does pornography affect the way you view women?
6. What are some effective strategies for avoiding pornography?
7. In what ways has God helped you avoid pornography?

## THE PORN TRAP- *Episode 1: The Porn Trap*

**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. Real change IS possible.
2. There is hope if we turn to Jesus.
3. Admit that you have a problem and ask Jesus for help.

Complete your **Personal Action Item**. 

### **Scripture References**

Romans 6:19

Romans 7:19-25

Matthew 5:27-30

Proverbs 13:19

### **Coaching Tips**

This is everyman's problem across the board. It affects all men if only by temptation. How big is it? In the US, porn revenue is 2x NFL revenue. While a huge problem, Jesus Christ is bigger and stronger than all of this, but we need to ask for His help.

Viewing erotic images releases dopamine in the brain. When mixed with testosterone it develops into an addiction. The addiction grows over time like alcohol, drugs, etc. It is unique to men and appeals to all ages. Warning signs are logging on to porn sites a couple of times a week and progressively spending more time on it. Recovery is a challenge as it enslaves men but victory is possible in Jesus!

Pornography changes men's views of women since there are no rejections or, for that matter, conversation. The women are there only for the man's sexual pleasure. This is very different from reality and how you relate to women. It is more of a problem for young men as this is how they see they should relate to women. It teaches young girls they need to be a porn star to attract boys. Wives rightly view it as an extramarital affair; relationships and families crumble and the devil wins. Men are losing their jobs for viewing it at work. Now with access via cell phones, there is a huge problem for young men and it is difficult for parents to manage. There is hope. It takes work like any other addiction. We need to walk with God, to pray to the Lord and to ask Mary to help us. The bottom line is that we need accountability, support and most of all, God.

### **Catechism Connection**

**2396** Among the sins gravely contrary to chastity are masturbation, fornication, pornography, and homosexual practices.

**2354** *Pornography* consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties. It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense. Civil authorities should prevent the production and distribution of pornographic materials.

**2397** The covenant which spouses have freely entered into entails faithful love. It imposes on them the obligation to keep their marriage indissoluble.

### **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...*

## 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?

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

**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...*