

## Porn Free Check List

**Going Porn Free in 2015** audio available at <http://pornfreeradio.com/30>

### READ FIRST

Before you begin, you must be aware of one important thing. There is a part of YOU that doesn't want to give up porn. This rebellious side of you wants to avoid responsibility and anything that feels like rules.

Theodore Bryant, MSW-- calls this side of us "Hyde" from the story of *Dr. Jekyll and Mr. Hyde*.<sup>1</sup> You'll want to think of the part of you that wants to be porn free as Dr. Jekyll, and the part of you that fights your attempts at being porn free as Mr. Hyde.

Bryant writes, "Do not, however, think of your Hyde side as an enemy. Think, instead, of Hyde as the part of you that is creative, fun-loving, and pleasure-seeking; the child side of yourself. You do not want to do battle with Hyde, but you want to recruit Hyde as a partner who supports your self-discipline efforts."

So as complete your Monthly Worksheet make sure your plan engages the fun loving and creative side. Craft your rewards and guarantees with some playfulness and fun in mind. Don't make it all sticks and no carrots.

Now we operate best when we let the adult-side of us call the shots. So we need to remind ourselves why we are doing this. Each month you will identify why being porn free is important to you. These reasons need to drive your decision-making. I recommend keeping a copy of your worksheet and calendar by your bed so you can keep them top of mind.

When I was first getting started my favorite quote was "Anything worth doing is worth doing badly," by G.K. Chesterton. So commit to the process-- not trying to be perfect. If you rock this plan for at least of month you will learn a lot and will see improvement.

You can do this and it's totally worth it! If you get stuck or have a question, send me an email at the address below.

### OKAY TIME TO TAKE THE BAND-AID OFF!

- Listen to complete audio of Going Porn Free in 2015
- Complete your Monthly Worksheet

Then attack these ASAP:

- Delete your stash
- Un-subscribe from porn sites, and delete bookmarks
- Install a web filter like [Covenant Eyes](#), especially on your phone/tablets
- Create content locks for MA programming on cable, Kindle Fire, iOS devices, etc. (have a friend or your spouse set the password)

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<sup>1</sup> Bryant, Theodore. *Self-discipline in 10 Days: How to Go from Thinking to Doing*. Seattle, WA: HUB Pub., 2004. Print.

## Monthly Worksheet

I, \_\_\_\_\_ commit to be porn free for the month of \_\_\_\_\_, starting on \_\_\_\_/\_\_\_\_/\_\_\_\_.

Being porn free is important to me because,

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- 
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I am aware of these blocks (triggers, feelings, self limiting belief, weak links)

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If I am porn free for this month, I will celebrate by

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If I have a reset during this month my consequence will be

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I will share this plan with \_\_\_\_\_

I will guarantee that I am porn free this month by,

- *Keeping a morning routine*
- *Charting my victory/ no victory day with triggers*
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**MONTH**

V= VICTORY NV= NO VICTORY AM= MORNING ROUTINE  
(FOR NV DAYS CAPTURE TRIGGER, FEELINGS)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday