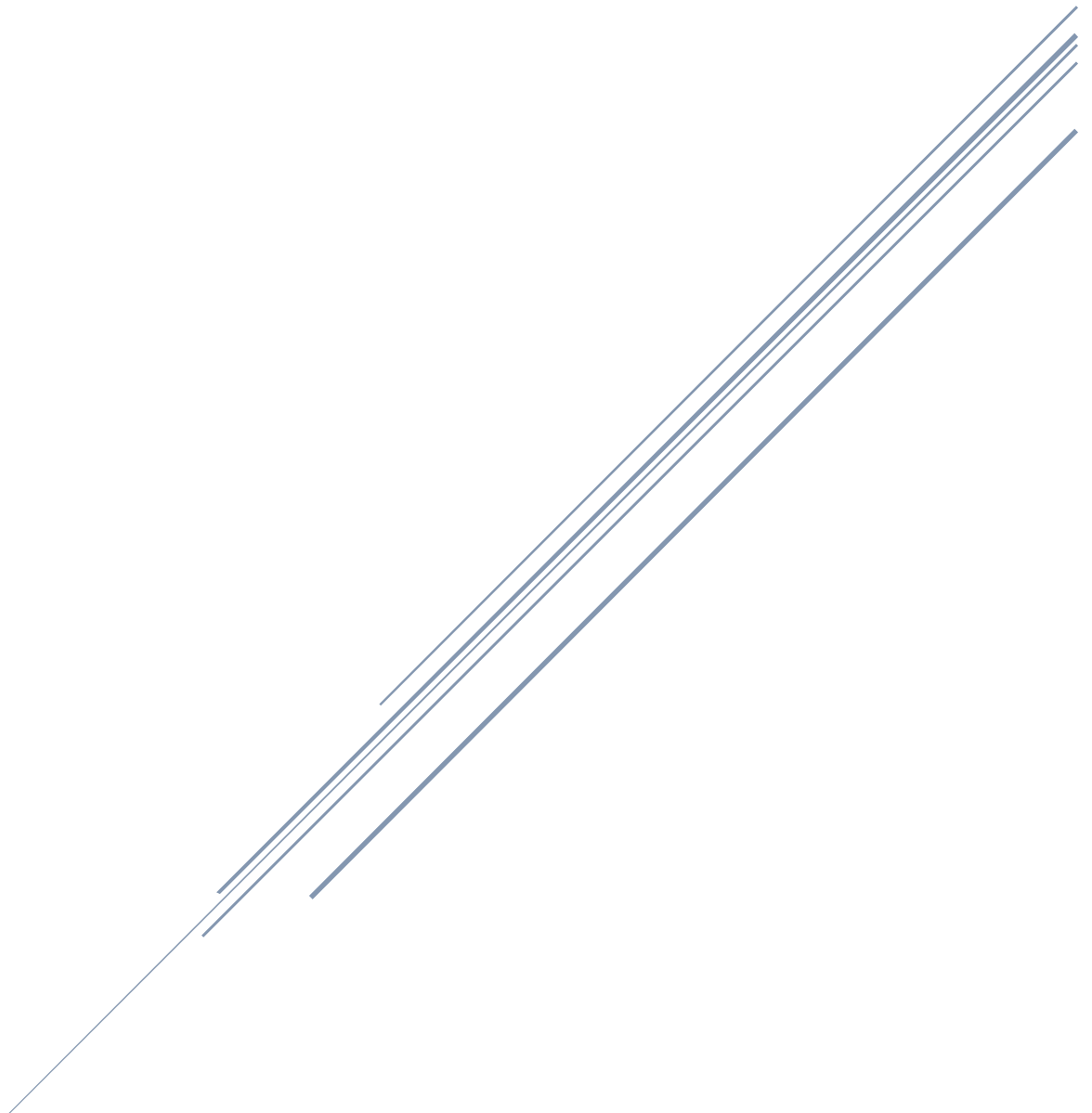


PORNOGRAPHY

Create in Me a Clean Heart



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RESOURCE LIST
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FAITH-BASED RESOURCES:

- Feree, M. (2002). *No Stones: Women Redeemed From Sexual Addiction*. Downers Grove, IL : InterVarsity Press..
- Laaser, M. R. (1992). *Healing the Wounds of Sexual Addiction*. Grand Rapids, MI: Zondervan.
- May, G. G. (1988). *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. New York, NY: HarperCollins Publishers.
- Smedes, L. B. (1993). *Shame and Grace: Healing the Shame We Don't Deserve*. New York, NY: HarperCollins Publishers.
- Struthers, W. M. (2009). *Wired for Intimacy: How pornography hijacks the male brain*. Downers Grove, IL: InterVarsity Press.

OTHER RESOURCES FOR ADDICTS AND FAMILIES:

- Beattie, M. (1986). *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*. Center City, MN: Hazelden.
- Beattie, M. (1990). *The Language of Letting Go: Daily Meditations for Codependents*. Center City, MN: Hazelden.
- Black, C. (2009). *Deceived: Facing Sexual Betrayal, Lies and Secrets*. Center City, MN: Hazelden.
- Black, C. and Tripodi, C. (2012). *Intimate Treason: Healing the Trauma for Partners Confronting Sex Addiction*. Las Vegas, NV: Central Recovery Press.
- Brown, B. (2010). *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. Center City, MN: Hazelden.
- Flanagan, K. M. (2017). *Lovable: Embracing What is Truest About You, So You Can Truly Embrace Your Life*. Grand Rapids, MI: Zondervan.
- Maltz, W. and Maltz, L. (2008). *The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography*. New York, NY: HarperCollins Publishers.
- McDaniel, K. (2012). *Ready to Heal: Breaking Free of Addictive Relationships, 3rd Edition*. Carefree, AZ: Gentle Path Press.
- Mellody, P. (2003). *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*. New York, NY: HarperOne.
- Mellody, P., Miller, A. M. & Miller, J. K. (1989). *Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives*. New York, NY: HarperCollins Publishers.
- Steffens, B. and Means, M. (2009). *Your Sexually Addicted Spouse: How Partners Can Cope and Heal*. Far Hills, NJ: New Horizon Press.

(Various resources are offered above for consideration and are not indicated as a fit for all. Please review the items with a therapist or professional for further assistance.)

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WEB RESOURCES FOR PORNOGRAPHY ADDICTION CARE (CATHOLIC):

Catholic *Create in me* resources:

www.usccb.org/issues-and-action/human-life-and-dignity/pornography/index.cfm

Other resources: books, groups etc. (*from For Your Marriage*):

www.foryourmarriage.org/help-for-men-and-women-struggling-with-pornography-use-or-addiction/

Women as partners (various books, groups etc):

www.newlifepartners.org/recreading.html - spouse

OTHER WEB RESOURCES FOR SEX ADDICTION CARE AND TREATMENT:

Sexhelp.com: <https://www.sexhelp.com/am-i-a-sex-addict/>

(screening tests, information and resources for addicts and those effected by addiction, CSAT referral information)

Fortify (mobile device program for maturing teens and adults) <https://fortifyprogram.org/>

WEB RESOURCES FOR SUBSTANCE ADDICTION, MENTAL HEALTH AND FAITH COMMUNITIES:

SAMHSA (Substance Abuse Mental Health Services Administration -

<https://www.samhsa.gov/> (substance abuse)

SAMHSA National Helpline 1-800-662-HELP\

NAMI - www.nami.org

Training on basic mental health care for your faith community:

www.Mentalhealthfirstaid.org

Various Faith based mental health resource guides: www.Mentalhealthminisries.net

“Mental Health: A Guide for Faith Leaders”, Quick Reference on Mental Health for Faith Leaders (available at www.psychiatry.org/faith)

12 step group links: sobernation.com/list-of-12-step-programs/

WORKSHOPS AND TREATMENT CENTERS:

Bethesda Workshops

<http://www.bethesdaworkshops.org>

Also see <https://www.iitap.com/resources/>

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GROUPS:

- Sexual Compulsives Anonymous (SCA) www.sca-recovery.org
- Sex Addicts Anonymous (SAA) <http://saa-recovery.org>
- Sexaholics Anonymous (SA) www.sa.org
- Sex and Love Addicts Anonymous (SLAA) www.slaafws.org
- Co-Dependents Anonymous (CODA) www.codependents.org
- Co-Dependents of Sex Addicts www.cosa-recovery.org/index.html
- S-Anon/S-Ateen International Family Groups www.sanon.org

FILTERS:

Check current reviews for filters. Consider filters for all technology. Those listed below are examples:

- Covenant Eyes
<http://www.covenanteyes.com/>
- K9 Web Protection from BlueCoat
www.k9webprotection.com
- Net Nanny
<https://www.netnanny.com/>
- NetAngel
<https://www.netangel.com/>
- FamilyShield from Open DNS
<https://signup.opendns.com/familyshield/>
- Norton Online Family from Norton
<https://family.norton.com/web/>
- Church of Latter Day Saints (many resources) – LDS Tech
<http://tech.lds.org/>

12 step and other APPS:

- rTribe/ “Quit Porn/Drug/Food Addiction”
- Big Book
- 12 Steps Companion
- 12 Step Speakers
- My Daily Journal
- Meeting Guide
- Twenty-four hours a day
- PTSD Coach
- CBT-I Coach
- Breath2Relax

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