



## Program for treating Sex addiction

1. **Vulnerability**
  - A) Substance
  - B) Situations – HALTB
  - C) Persons
  - D) Places
2. **Commitment to stop & be away from all sources of unholiness**



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### 3 Exercises

- A) Job 31:1

31 "I have made a covenant with my eyes;  
Why then should I look upon a young woman?"

- Matt 5:27-28  
*Adultery in the Heart*
  - "You have heard that it was said to those of old, 'You shall not commit adultery.' But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.
- A) Books (Every Man's Battle Series)

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### 4-Psychotherapy & medications

- A) To look for the focus of addiction & strengthen the will
- B) Medication for OCD, anxiety / depression and others if needed

### 5-The sub-conscious

- A) neither surgery nor detoxication can clean
- B) Sex addiction is the most serious kind of addiction these days
  1. The most difficult to treat
  2. Destroys marriages & Christian families



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6. **Unction of the sick**
7. **Holy water (liturgy of the water)**



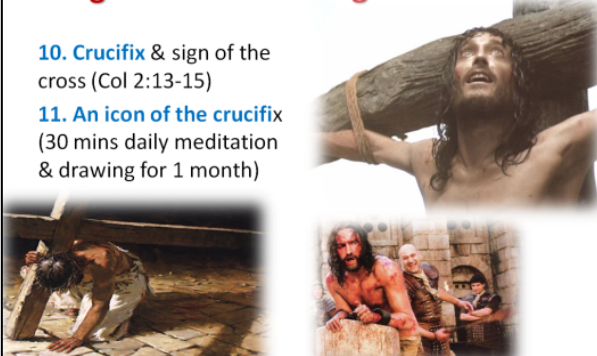
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8. **Life of repentance** with an experienced, loving and assertive father in confession
9. **Communion**  
– the real remedy for unholiness



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10. **Crucifix** & sign of the cross (Col 2:13-15)
11. **An icon of the crucifix** (30 mins daily meditation & drawing for 1 month)



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### 12. Prayers

- A) Special prayer by the priest at the baptistry
- B) Short prayer for renouncing Satan & giving all the authority to our Saviour
- C) The hours (Agbia)
- D) Psalm 50 (10 times a day with metanias)
- E) The Jesus prayer

13. **Fasting** as directed by the father in confession
14. **Bible** reading & Bible study groups (see refs)
15. **Spiritual readings** (see refs)
16. **Daily Quiet & devotional time**, visit to Christian retreat areas & monasteries

## The spiritual Program

Phillipians 4:13 2 cor 10:3-5, ephesians 6: 12-13

17. **Church purity groups**
18. **Church 12 step program**



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### 19. A committed Christian sponsor & spiritual guide

20. In certain cases their might be a need for **admission into a preferably Christian Medical, Psychological & counseling facility** for a period of 6 -12 months as decided by the clinical team

