

The Real Men Connect Sustained Victory Checklist

- Have quiet time with God** – same place, same time, and journal at least four times a week. Go to <http://www.RealMenConnect.com/real-men-resources> on how to have a Quiet Time.
- Get in **face-to-face community** (a recovery group – like Celebrate Recovery or SAA) with men who can relate to my struggle. And meet with them consistently (weekly).
- Get a **professional licensed Christian counselor** who will help me deal with and identify the root cause(s) of my fears, doubts, insecurities, anger, shame, and past hurts.
- Have at least two **go-to guys in case of an emergency** who won't judge me, and is not afraid to speak **HARD** truth to me (in love).
- Keep NO secrets** from anyone, especially my wife. I don't care how small it is.
- Identify and confess ALL my sexual, emotional, and lustful triggers**, and put them in writing, and share them with my wife, so she can help me protect myself in the areas I'm most vulnerable.
- Don't just try to avoid bad behavior (*watching porn, masturbation, sleeping around, etc.*), but rather **avoid the behaviors that lead to the bad behaviors** (*i.e., watching R-rated movies, social media, or risqué YouTube videos, triggers, etc.*).
- Mentor or sponsor another guy** who is struggling with pornography/sexual purity.
- Join a small Christian men's group** (*non-recovery group*) that will support me, teach me, equip me, and hold me accountable to becoming the kind of man, husband, and father God has called me to be, not just to keep me from watching porn.
- Invest in a good computer and cell phone filter** software program that not only blocks where I can go, but reports where I've been on the internet to my wife and trusted go-to guy.
- Even if I fall, **extend myself the same grace and mercy** that God gives me or at least I would give to another man in the same situation.

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