

Worksheet 1: Are you ready?

Take some time to *privately* contemplate these questions:

- How much have you struggled with porn, really? How many years? How often? What types?
 - Are you really ready to try to stop? Most people are “ambivalent” with conflicting motives. It’s important to acknowledge mixed motives, so you’re honest with yourself. Otherwise you may only try half-heartedly.
 - What makes you want to stop?
 - What makes you want to continue to use internet porn?
 - Can you tolerate the smoking cessation metaphor? You don’t have to like it that much, and maybe you’ve never been a cigarette smoker. But, can you appreciate that quitting cigarettes is incredibly hard for most people, so they have a lot better chance of success when they complete a bona-fide smoking cessation treatment?
 - Are you willing to learn about the spiritual aspects of sexuality and pornography? Do you think God will help you quit porn?
 - Can you suffer? What do you think will be the worst part of trying to stop porn?
 - Who will work with you? Who can you trust? Who will read this book and talk with you as you do the work of quitting? You can’t do this alone.
 - Are you willing to spend a little money? You might want some of the books in **Appendix A**. You might need to install some software that costs money.
-