

## **Worksheet 2: Porn and Spirituality**

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Take an hour to privately contemplate or discuss these questions:

- Have you ever considered that sexuality is spiritual and not just physical?
  - Are you trying to find “total fulfillment” in sexuality, including pornography?
  - Are you married or single?
    - If you are married, is porn just “extra” or a substitute for your real relationship?  
Why?
    - If you are single, how is your porn use a way to avoid or substitute for a close personal relationship with God? Are you willing to switch directions on this and try to improve your relationship with God?
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