

## Advice from: *The Game Plan*\* and Other Resources

### \*Separate oneself from behaviors or occasions of unchastity:

1. *Daily and PRN*: Prayerfully renounce a sinful behavior, recommit to abstaining from it, and pray for the strength to keep the commitment.
2. Take *immediate* action by doing something (virtually anything) different.
3. Take *preventive* action by removing/minimizing future access (to PPT or Playgrounds/mates/things) and through *accountability* (“fraternal” and/or “paternal”).
4. Meet or resolve the ASPHALTED needs which stimulate some temptations.

### \*Be aware of Historical and Immediate Sources of Temptation:

1. *Physical*: attractive or flirtatious people, provocative media images, suggestive song lyrics or story lines, former partners in unchastity, immodest talk.
2. *Internal*: fantasies, memories, dreams, attractions, “negative” (ASPHALTED) moods, emotional wounds, leftover feelings.
3. *Spiritual*: (self/Satanic/other) accusations, discord, condemnation, deceit, seduction (including unwitting violations of 1<sup>st</sup> & 8<sup>th</sup> Commandments!)

### \*Resist Visual Triggers:

1. Notice *yourself* noticing the trigger.
2. **Shift eyes to any safe (nonarousing) object or person (3 second rule)!**
3. Breathe deeply (relax) and recite a Scripture text or favorite (brief) prayer, e.g.:  
“I have made a covenant with my eyes (Job 31:1).”  
“Lord, I offer you my body (in loving obedience) as a living sacrifice of praise, my spiritual worship (Romans 12: 1).”  
“Lord, You are my strength and my shield!”
4. Resume or begin doing something worthwhile.

### \*Make a Reality Check: First write in one’s journal, and then *Daily and PRN*, say out loud:

1. My name.
2. The names of the people most important to me (including and especially my *Pauls*, *Barnabases*, and *Timothys*).
3. My life responsibilities, vocation(s), ministries, work , at risk of

### Journey the 7 C’s: Forgive and- wisely- Lovingly Confront Mistreatment by Others:

1. I *don’t Cause*, and *can’t Control* or **Cure** another’s misbehavior.
2. I may *not Condone* another’s misbehavior, especially any mistreatment of me.
3. I may wisely **Confront** another’s misbehavior and **show Contrition** for my own, **Communicate** how the other’s (mis-) behavior affects me, and show **Compassion** and **Care** for the other- and myself!- in a **Committed** way.

\* Joe Dallas, *The Game Plan: The Men’s 30-Day Strategy for Attaining Sexual Integrity* (Nashville, TN: Thomas Nelson, 2005). Philip M. Sutton, Ph.D. ([SuttonPhilip@gmail.com](mailto:SuttonPhilip@gmail.com))