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 1st & 8th 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.