

ACCESS



Philosophy,
Introduction and Levels
1-6

Pornography is an issue which has pandemic repercussions to those who view and participate. This affects personally and relationally and is devouring our world. I propose a new strategy (ACCESS) one that exists to engage students in useful information, teaches a social justice element and has a therapeutic approach.

James Simpson. (Counseling Director.
Rock Solid Refuge).

ACCESS

ACCESS is born out of discussions, studying, course work, questioning, searching and finding answers through social awareness. Many resources have been used such as books, articles, movies, documentaries, attending conferences and speaking with individuals while listening to former students. My personal experience also plays a part in this perspective of what addiction has/continues to do in individuals' lives on a daily basis.

ACCESS did not happen overnight as it has been 3 years in the making and it has some basis in the finding of answers to the students' questions about pornography.

Philosophy of ACCESS

- 1) Engages the students in the issue of Pornography by providing information through avenues such as, the Bible, learning, social media and various resources that assist students in their struggle on a daily basis. It is singular with a focused theme which gives clarity.
- 2) Incorporated into ACCESS is a Social Justice element that teaches the students about the world they live in and how to engage in their local communities. This generates options as opposed to the feelings of being alone, self-centredness and isolation as addiction slowly takes control over their lives.
- 3) There is an underlying element of a therapeutic nature in the approach. This resource contributes to the meaning for each level. There is a reason to be involved, and there becomes a measure to gauge the outcome for each step in the program. There is more opportunity for growth in the students as they wrestle with themselves, relationships and their world.
- 4) There are issues that ACCESS will bring to the fore which can open discussions with the counsellor such as intimacy, inadequacy, remorse, shame and self-loathing that are better discussed in lengthy opportunities with a one-on-one situation.

The philosophy that ACCESS provides can be incorporated into the lives of the students on a daily basis, therefore, can be utilized throughout the present level work spectrum.

INTRODUCTION

Welcome to ACCESS (*Attitude, Control, Commitment, Experience, Speak and Set Goals*). This is a program which specifically targets the issues lying within Pornography. The program has three primary concepts which are:

- 1) Reveal** – Provide information about Pornography and what is at stake for you. There will be an honest open look at yourself. This will provide a reality check of what pornography really is.
- 2) Restart** – Simply, to provide hope. You do have a future and there is an amazing life waiting for you, if you are willing to journey with us. We understand, that for you this will not be easy, but this road you are on will be worth the travelling, and you are not alone.
- 3) Restore** – We all have made choices that have harmed ourselves and others. We will help you to mend the brokenness in you, your relationships, the community you live and also with your Creator.

This interaction is accomplished through Articles, Artwork, Movies, You-tube Videos, Songs, Books, Questions and Journaling. We do not have all the answers but together we can help you progress each day.

ACCESS

In *Trafficked: The Diary of a Sex Slave* the reader is introduced to Elena who was a fictional character based on numerous trafficked victims. She writes in her diary about her experiences. One such experience:

“I used to be a human being, but now I am a sex slave. I will never be clean again. No matter how many times I scrub and scrub, trying to claw off my skin. I will always have their dirt everywhere. On my skin, under my nails. Inside me, and etched into my soul. Last night the girls with dead eyes waited for men in the lounge. When men came, they chose which slave they wanted, and the girls led them to their rooms in silence”.
(Hodge, 2011. p. 21).

Perhaps in our lives we may echo what has been just spoken. We may feel that there is no hope, no way out, however; in order to be free there will need to be a road map that will help in the process of overcoming our addiction. Welcome to ACCESS. (*Attitude, Control, Commitment, Experience, Speak and Set Goals*). You will not be alone in your journey, we will listen, provide support, and encourage as you move forward to overcome that which has held you and continues to hold you.

As You progress through Levels 1-6 you are asked to participate in what is called “Level Work” and this will help you as you break free from the hold that Pornography has on you. This is where you will learn ACCESS through (*Study, Learn, Read, Write, Engage, Meet and Journal*).

STUDY

You will be asked to study a passage of scripture, or an article and answer questions. These will help you interact with material which should stimulate questions within yourself, and hopefully provide answers which you might have. “Why am I here?” or “Where am I going?” and “Who am I?” are questions we all have and will need to wrestle.

LEARN

There will be words which will be useful for you to commit to memory and will provide wisdom in the program and when you graduate. These will serve as guidance and provide strength each day. *“Tell me and I forget. Teach me and I remember. Involve me and I learn”* **Benjamin Franklin.**

READ

There will be books, articles and chapters you will be introduced to. They are meant to help you engage, provide information, and considerations as you learn about yourself while you are here. Each level will have different resources for you to engage and ponder.

WRITE

Some levels will require you to interact with material that you have been given. Also, there are assignments for you to work on in the form of questions which will help you understand the process of healing inside, your family and relationships in general. There are also assignments to help you process what you have discovered, these will encourage you to think deeper on the issues surrounding Pornography.

ENGAGE

In this area you may be asked to watch or listen material that will give you help you consider with the issues that you are facing. You might be asked to give a talk, interact with a staff member, or even attend a youth conference. We are asking that you engage your program in various opportunities which will be provided.

MEET

There are six levels 1-6. Each level has a designated time frame and you are asked to complete the level work on time. To help you progress through the levels it is wise to meet with people to discuss “How you are doing?” and “what you can improve upon?”. Each level has requirements which you will need to meet before advancing. Some meetings will be in place for you to ask any questions which you might have.

JOURNAL

As you progress through the program there will be moments where you will have questions, come to realizations, and have thought's and feelings at Rock Solid. A journal will be provided for you to record some of the above. This is not as assignment, it is not something you are made to do, this will help you in the program and after you graduate. We ask that you put pen to paper so that you remember your journey.

ART

You will notice artwork as you progress through the levels, this is for you to become engaged with what you are reading, watching and experiencing. These will help you focus on the realities of Pornography. These are originally created and are specific to what you will be learning. These are meant to help with your thinking process, the relationships that you have, and the world you live in.



Level 1

ACCESS



ATTITUDE
ROCK SOLID REFUGE

Level 1 – Attitude

(Two Weeks)

“A feeling or opinion about something or someone, or a way of behaving that is caused by this”.

(Cambridge English Dictionary)

Welcome to Level One of ACCESS. As you approach the beginning of the journey, your attitude will dictate how well you will do. If your attitude is one of *“I do not care or I’m going to fail”* then these ideas will keep you from moving forward in life. However; if you rise up and engage for one more day or one more moment then you will realize that there is hope and freedom will come. Your attitude will need to change.

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good and perfect will”. **Romans 12:2 (NIV).**

“If you don’t like something, change it. If you can’t change it, change your attitude”.

(Maya Angelo)

A transformation process will be required, the journey to healing will begin at the most difficult path – the start. An individual’s self worth is tantamount to who they are. In The book *Bought and Sold* the author Meghan writes, “If you had any self-esteem, you wouldn’t let anyone do that to you. But I already felt like a piece of crap, so it was almost as though I thought being degraded and humiliated was all I deserved”. (Stephens, 2015. p. 84). You might feel you are worthless, ashamed, humiliated and unworthy but if you realize what God offers to you, He can help change your attitude.

As you progress through Levels 1-6 you are asked to participate in what is called “Level Work” and this will help you as you break free from the hold that Pornography has on you. This is where you will learn ACCESS through *(Study, Learn, Read, Write, Engage, Watch, Meet and Journal)*.

OVERVIEW

Study – Psalm 121 and answer questions.

Learn – John 3:16, Romans 12:2 & Maya Angelo quote.

Read – The book you chose from the list provided.

Write – How you came to RSR – Your journey so far

Engage– Stages of Change (Put on wall) assignment.

Watch – *Untitled, How Porn affects the brain, Paralyzed and Commitment Motivational Video.*
Complete assignments.

Meet– Lead Youth Care Worker.

Journal – Three times a week and Optional

ATTITUDE

STUDY

--Psalm 121:1-8

- 1) Where do you go or who do you turn to for help?
- 2) Where does the writer of this Psalm turn to?
- 3) Do you have anyone to talk to about your life?
- 4) What is your definition of trust?
- 5) What is your definition of freedom?
- 6) What is your purpose in life?

LEARN

--John 3:16, Romans 12:2 and Maya Angelo Quote.

READ

--Choose one of the following.

- a) The Cross and the Switchblade
- b) Drugs, Deals and Delivered
- c) God's Smuggler
- d) Run Baby Run or Untwisted. (This Assignment will carry over to Level 2)

WRITE:

All of us have a story and part of yours is what brought you to RSR. Describe your thoughts, feelings, and actions before you came. Talk about the decisions you made and your family as well. This assignment will help you to understand reasons for you being at RSR.

WATCH

--*It's Not Enough* by Dustin Kensrue & answer questions.

It's Not Enough by Dustin Kensrue <https://www.youtube.com/watch?v=SeRSIQIPkpo>

- a) What is the song about?
- b) Are there any phrases that spoke to you in this song?
- c) Do you think it's possible to be really satisfied? (Explain answer).
- d) How far would you go to be free from something that was holding you back and stealing your whole entire life?

Reflection: *"It's not enough. It's not enough. I could walk the world forever till my shoes were filled with blood, it's not enough. It's not enough. I could right all wrongs, or ravage everything beneath the sun. It's not enough, it's not enough. Though all the world would bow to me, till I could drink my fill of fear and love. It's not enough, it's not enough".* Songwriters Kensrue

Dustin/Eichelberger Brian It's not enough lyrics copyright Dead Bird Theology, WE ARE YOUNGER WE ARE FASTER MUSIC, IT'S ALL ABOUT JESUS MUSIC.

Do you believe that these words are true? (Why or why not?)

What will it take to awake your soul?



"It's Not Enough". Copyright Cara Simpson.

OPTIONAL: Perhaps you may want to journal your thoughts about what you have just seen, learned and what you are feeling.

MEET

--Evaluate how you are doing with the level one expectations. Consider level two's expectations and if you are prepared for the next level. Discuss this with a Lead Youth Care Worker.

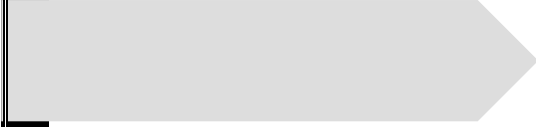
JOURNAL

--Please remember to write in your journal three times a week (Tuesday, Thursday, and Sunday). This will keep track of your experiences in the program. This can include your day, your struggles, your failures, your successes, and the journey that you are on, have been and will be on in the future.

QUOTES

"Life is very interesting. . . in the end, some of your greatest pains, become your greatest strengths." (Soren Kirkegaard)

"You may not be able to control every situation and its outcome, but you can control your attitude and how you deal with it". (Hplyrikz.com)

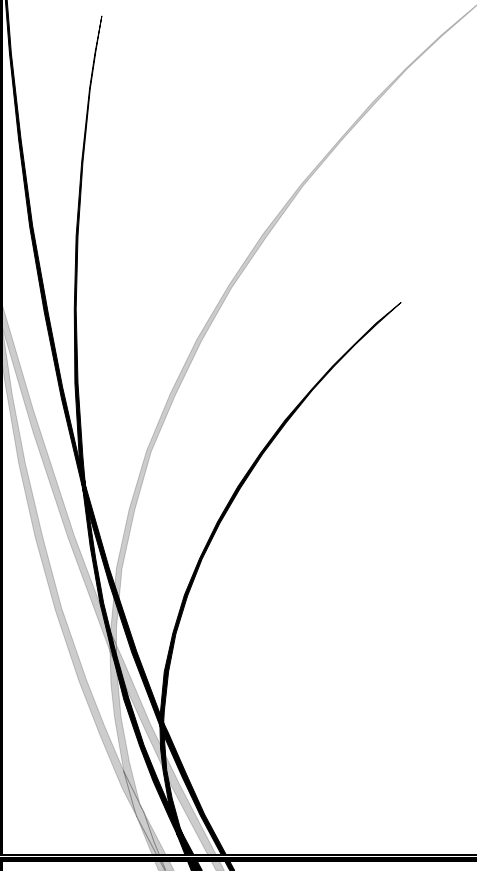


LEVEL 2

ACCESS



CONTROL
ROCK SOLID REFUGE



Level 2 – Control

(Four Weeks)

“To order, limit, or rule something, or someone’s actions or behaviour”

(Cambridge English Dictionary).

In Level 2 you will be introduced to control. Perhaps you feel your life has begun to spiral at the moment, You may feel lost, hurt and even have no idea how things have become so out of control. We are here to help you and those initial feelings will subside as you process what is happening inside.

The idea of control has two issues. The first would be in the ‘taking back’ of what has been stolen (your life). The second is a knowing that you will need help as you come to terms with what pornography has done to you, your relationships and the world that you participate.

“I Love you, O LORD, my strength. The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I will call upon the LORD, who is worthy to be praised, and I am saved from my enemies”. Psalm

18:1-3 **(ESV)**

“I lift my eyes to the hills where does my help come from? My help comes from the LORD, the Maker of heaven and earth”. **Psalm 121:1,2 (NIV).**

“Sometimes the hardest part isn’t letting go but rather learning to start over” **(Nicole Sobbon)**

OVERVIEW

Study – Psalm 23 and answer questions

Learn – Psalm 18:1-3 & Psalm 121:1,2.

Read – The Cross Centered Life (complete study guide). The Book of Jonah

Write – Five Dysfunctional behaviours assignment.

Engage – Read and answer questions from the article “What Secret Sins don’t tell you”.

Watch - “Lost in a Moment” by NF.

Meet – Evaluate how you are doing with the level two expectations. Consider level 3’s expectations and if you are prepared for the next level. Discuss this with a Lead Youth Care Worker.

Journal - You will write three times a week in a journal to keep track of your experiences as you are in the program. This can include your day, your struggles, your failures, and your successes.

CONTROL

STUDY

--Psalm 23 and answer questions

- 1) What are some of the images that are being described in this Psalm?
- 2) Is there a time in your life when you have been totally at peace? (When was that?)
- 3) Do you have any fears? (If so, what are they).
- 4) How would you describe a good life?
- 5) What is it in your life that is controlling you?

LEARN

--Psalm 121:1,2 & Psalm 18:1-3

READ

--The Cross Centered Life and The Book of Jonah and complete assignments.

1) The Cross Centered Life by CJ Mahaney.

Read the book and complete the study guide.

2) The Book of Jonah

After reading the book of Jonah write a one-page single space review of Jonah. Some ideas to add: What did you think of the story? How did Jonah respond to being asked to go to Ninevah? What could Jonah have done differently? Are there any compassionate acts in the story? If you were Jonah what would have you done? Also, would you have shown compassion to the Ninevites and Jonah? (How would you have shown compassion?)

WRITE

--Five Dysfunctional behaviors assignment.

What are five behaviours that you have struggled with? How have they controlled your life, the life of your family and any other relationships that you have? Please be honest as much as you can. If you need help work with someone you trust and speak to the Counsellor.

ENGAGE

--Read and answer questions from the article, *What Secret Sins Don't Tell You*.

WHAT SECRET SINS AND ADDICTIONS DON'T TELL YOU (Adapted)

Your addiction wants you to believe it's your friend, your pal, your best buddy, and the one you can turn to for comfort when you hurt. But that's a lie. Your addiction is your enemy, and it will always, always lie to you. That's what it does. There are several lies that addiction will constantly whisper in your ear.

Lies of Addiction (Pornography)

- 1) *You can stop whenever you want.* If you are addicted, you aren't in control-your addictions are. Your addictions will harm your life, your family, your relationships and your future.
- 2) *This will be your last time (last fling, last website, last text, last picture sent).* That is, until the next addictive urge catches up with you – tomorrow, next week, or next month.
- 3) *Everyone is doing it.* I'm not alone all my friends watch and their friends watch. It's ok to look, besides it is free.
- 4) *It's not hurting anyone.* What I see on the screen is people having pleasure, fun and enjoying what is going on and they like what is happening.
- 5) *Sharing your secret or addiction is too costly.* You may believe that it may ruin your reputation, relationships and how people look at you if you're found out. You may not believe me when I tell you that keeping your addiction secret is far more painful than bringing it out in the open.

There are many people caught in in secret sins who are truly trying to get out. They try to get free by quoting Scripture, reading the Bible, praying and other spiritual disciplines. While all these activities are important, the key to your freedom is this: *coming out of the closet with your secret.*

Secret's don't have to remain that way. You can be free from them. Addictions lose their power when you tell someone. Confession is bringing your deepest sins out of the darkness and into the light and sharing your need to overcome them with someone who can help.

Under the Covers Article entitled "What Secret Sins and Addictions Don't Tell You". Page 49

Questions to Answer:

- 1) What are some your thoughts on the article?
- 2) What lies has Pornography told you? (Please explain)
- 3) What stops you from telling people about issues with Pornography?
- 4) On a scale of 1-5 (1 being the lowest and 5 being the highest) how would you describe your viewing of Pornography?

WATCH

--Lost in a Moment by NF. <https://www.youtube.com/watch?v= NSfk8L1s0c>

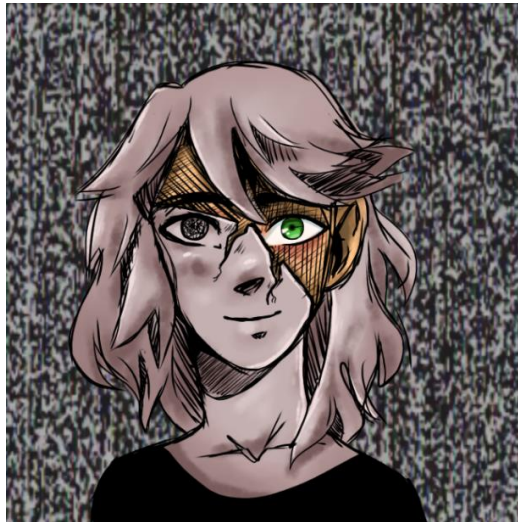
- 1) What is the song about?
- 2) Do you recognize yourself in the song? (What parts?)
- 3) Are there times when you isolate yourself or push people away? (Explain reasoning).
- 4) Are there times when you do not know who you are? (Please explain?)
- 5) What part of the song affected you the most? (Why?)

Reflection: *I heard that pictures don't change just the people inside of 'em do.
Whoever told you that life would be easy. I promise that person was lyin' to you.*

*This may be the last sunset I'll see so I'll take it in, I'll take it in.
This may be the last air that I'll breathe I'll breathe it in, I'll breathe it in.*

Songwriters: Jonathan Thulin / Nate Feuerstein / Tommee Profitt
Lost in the Moment lyrics © Capitol Christian Music Group

1. Have you ever been "Lost in a Moment"? (Please explain).
2. Does it frighten you to be not in control? (Why or why not?)



Copyright Cara Simpson "Lost in a Moment"

MEET

--Evaluate how you are doing with the level two expectations. Consider level 3's expectations and if you are prepared for the next level. Discuss this with a Lead Youth Care Worker.

JOURNAL

--Please remember to write in your journal three times a week (Tuesday, Thursday, and Sunday). This will keep track of your experiences in the program. This can include your day, struggles, failures, successes, and the journey that you are on.

QUOTES

"The only thing you sometimes have control over is perspective.

You don't have control over your situation. But you have a choice about how you view it".

(Chris Pine)

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't".

(Steve Mariboli)



LEVEL 3

ACCESS



COMMITMENT
ROCK SOLID REFUGE

Level 3 Commitment

(Six Weeks)

“A willingness to give your time and energy to something that you believe in, or a promise or firm decision to do something”. **(Cambridge English Dictionary)**

Welcome to Level three, here you will learn about Commitment. As you think about your struggle the task may seem too hard. You have tried and failed, you have fallen too many times and perhaps have lost the will to keep on trying.

All we ask is that you don't give up, that you keep on moving forward. Winston Churchill, the war time British Prime minister speaks these words to us, *“Success is not final, failure is not fatal: It is the courage to continue that counts”*. You have seen what has happened in the past; that is where your choices have led you. Perhaps the road seemed too long and giving in was the only option. Your past does not dictate who you are, the failures of yesterday will help you today and tomorrow. You can start today anew.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up”. **Galatians 6:9 (NIV)**

“Motivation is what gets you started. Commitment is what keeps you going.” **(Jim Rohn)**

OVERVIEW

Study – Psalm 6, and answer questions

Learn – Galatians 6:9 and Jim Rohn quote

Read – *Pornography My Drug of Choice* article and *Stop the Traffik* with assignments

Write – Core struggles with family assignment

Engage – Stages of Change (Put on wall) assignment.

Watch – *Untitled, How Porn affects the brain, Paralyzed* and *Commitment Motivational Video*. Complete assignments.

Meet – Lead Youth Care Worker

Journal – Three times a week and Optional

COMMITMENT

STUDY

--Psalm 6 and answer questions:

- 1) As you read the Psalm is there anything that has affected you?
- 2) Can you relate to the speaker, how and what phrases?
- 3) Has your issue with Pornography caused you to be in deep pain?
- 4) Do you think that your family, friends or others have cried for you?
- 5) Have you cried for yourself like the speaker? (What caused this?)

LEARN

--Galatians 6:9, and Jim Rohn Quote.

READ

--*Pornography: My Drug of Choice & Stop the Traffik*, also finish assignments.

- a) *Pornography: My Drug of Choice* article & answer questions.
- b) *Stop the Traffik* by Cherie Blair and Steve Chalke.

a) *Pornography: My Drug of Choice*

Chapter 1 of *Under the Covers* by J.L Matthews. pg. 7-11, 13.

“My name is Bill Corum, and I am going to share my story of being addicted to pornography and prostitutes in hopes that it will help you. I kept this part of my life buried for over 30 years, for two reasons. First, I was ashamed. Second, I didn’t want to hurt my children.

In January of 2013 I wrote a book called *The Ultimate Pardon*, which revealed secrets I had kept hidden all those years. Since the book was published in August of 2013, I have given an interview for a documentary on pornography and being a sex abuser. I am contributing to this book with the hope that even one person who is addicted as badly as I was might find freedom.

My first exposure to pornography was in the early 1950s, somewhere between the ages of eight and ten. It was a little cartoon booklet. When I flipped the pages, the figures would move. It was like watching a movie, but with cartoon people performing the sex acts. About that same time, I started looking at Playboy (this was early in the magazine’s beginning, and they didn’t show as much as they do now). That was the beginning of an addiction to porn that would last for over 30 years.

Pornography is like so many other addictions—it doesn’t stay where it begins, but continues to drag you father and farther into the darkness of that world.

When I was 13 or 14, I had a neighbor who worked on hot rods all the time. He had the walls and ceilings covered with pictures cut out of all types of magazines. He also had stacks of magazines that hadn't had pictures removed. I spent hours every day in his workshop. I now look back and realize that he enjoyed seeing a young boy look at his collection. He didn't really understand the effect it would have on me, and how many lives I would ruin over the next twenty-some years.

Hooked on Hookers

As I got older, my addiction grew, and I became a sexual deviant.

When I was 14, I had an older friend take me downtown and introduce me to prostitution. The girl standing on the corner of 12th Street and Vine in Kansas City, Missouri, sang out these words, "Five and two, five for the girl, and two for the room." Yep, seven dollars, that's what sex cost me the first time I paid for it. The very next year, 1959, Wilbert Harrison came out with a hit song called "Kansas City" in which he sang about standing on the corner of 12th Street and Vine. I started going to the Folly Burlesque Theatre on 12th and Central and sneaking in to watch the strippers. There were doormen to keep kids out, but I soon found the fire escapes and back doors and frequented them on a regular basis.

After my experience with the prostitutes, I had another addition. There was something that kept drawing me back to paying a prostitute for sex, and that would continue for the next 25 years. It wasn't that I was ugly and couldn't get girls; I actually had them chasing me. There were periods when I had two or three girlfriends at the same time and was having sex with all of them, and I would still pick up hookers.

When I was in prison in the early '60s, pornography was considered contraband. You would go to the "hold" (solitary confinement) if you got caught with it. I had a business of selling pornography and made lots of many. Today, men in prison can actually subscribe to girlie magazines, because some studies have been done that claim pornography is not damaging; yet I know that it is.

After my release from prison, I went into the very first adult bookstore opened in Kansas City. My habit continued to grow, and at times I spent \$100 a day going from one to another, all over town. I knew where every single one in Kansas was located. Some people called them *gumshoes* because when you walked out of those boots, your feet stuck to the floor. If you know what I'm talking about, you've probably been there.

I would go watch an hour or two of dirty movies, then go find a hooker, then head back to the bookstores, and then maybe go on a date with my girlfriend. My addiction to pornography affected my relationship with every female I came in contact with, from the prostitutes to girlfriends, and of course, to my wives. It kept me from having the kind of intimacy with my wives that God intended between a husband and his wife. My mind was so programmed from watching years and years of pornography that by the time I got married, it was impossible to have a normal sex life. I have so many regrets today for those times and wish I could undo them. God has given me a way to make amends with those women, and I do it every time I get the chance. When I have opportunities to speak to female inmates in jails or prisons, I tell them the story of how I used to rob prostitutes and take back my money. I then ask them if they can forgive me for doing that to maybe their mothers, aunts, or just women in general. They always say that they can forgive me. By the time we are through, I am crying and they are crying, and I believe that it is healing for me and for them.

When I was about 30, I had a friend introduce me to a new way of getting my thrill with prostitutes. He taught me how to get my money back. This became my new sport—paying them whatever they asked me and sometimes, a lot more, because they would treat me better, then always—no exceptions—getting my money back. Sometimes it wasn't a pretty sight, but I never failed to get my money.

My years of using pornography led me into the swinging lifestyle, and I saw things happen in that arena you don't ever hear about. Men who think they want to watch their wife or girlfriend with another man, and then end up losing it—breaking her jaw, then beating the other guy half to death. I am certain that people have killed their spouses because of the swinging lifestyle.

I went from soft porn to hard porn in a very short time, progressing to S&M, B&D movies, and every sick thing that a porn producer could think up. When I saw my first S&M or B&D pornography movie, I thought they were perverted and never wanted to see another one. Then I actually started enjoying them and wanted to watch them, then I wanted to participate. I went so far as to watch some actual snuff movies. You have to be in the business a long time to ever see a real snuff film. I believe that if I hadn't gotten set free of pornography, I would have wanted to act out the snuff sex.

The next thing I am going to write about may sound bad, but I have reason to believe that if I had ever started looking at child pornography, I may have become a child molester. I can honestly say, "Thank God, I have never seen any kind of child porn." The reason I say I may have become a child molester is because every other kind of sex act I watched on film or video I acted out. The only exception was the snuff films, and as I have already stated, that is because I was delivered from pornography before that happened.

Maybe you are reading this and thinking you are not as bad as I was, but you have watched some porn and you feel it wouldn't be as bad if your wife watched it with you. Maybe it would spice up your sex life a little bit. You've tried for months or maybe years to get her to watch one with you, and you almost have her convinced it won't hurt, but actually help our relationship. Let me tell you what's going to happen. You may be married to a woman who has never even entertained the idea of cheating on you. She doesn't look at other men and think about sleeping with them. When you watch a porn flick with that kind of woman, for the first time in her life, as she watches the reaction of the girl in the movie, she is going to wonder what it would be like to be with another man. Is that what you want to bring into your marriage? NO! It is not. Marriages have been destroyed by pornography.

Earlier I referred to porn movies as "dirty movies." Did you ever wonder, *Why are they called dirty movies? Why are they called dirty jokes? Who gave them that name?* Usually the guy telling it walks up and asks, "Do you want to hear a dirty joke?" Think about that for a minute—even the guy telling it calls it dirty. Why would we want something dirty to enter our mind?

Maybe you are just starting to look at soft porn, or maybe you are already addicted beyond what you think is a place of no return. Take it from someone who has been as deep into the world of pornography as you can get. I was so deep in the darkness of that world that the only thing I could do to get out was to do a completely radical 180-degree turn. I began my journey of getting out of that world by seeking a relationship with God. There is a saying in the computer world. "Trash in, trash out." A friend of mine told me that if I filled my head full of good things, it would drive the trash out. This may not be what everyone has to do, but it was the only thing I could do. If you are as addicted to porn as I was, it may be the only thing you *can* do. I promise you it will work, if you do it seriously. It is like

anything else: If you only half do it, it only half works. If you go to the gym every day and watch people work out, you are not going to get in shape. The only way it will work is if you work out.”

Questions:

1. Did you find this article helpful? (What was helpful to you?)
2. Have you kept your pornography secret? (How and why?)
3. Do you see any similarities between you and Bill? (Explain)
4. Do you think your issue with Pornography has hurt yourself and others? (Explain)
5. What will happen if you do not deal with this issue of Pornography?
6. How will you move forward after reading this article?

Write answers down in journal so you remember them, you can explain more to a staff member if you desire.

b) Stop the Traffik. There are two elements to this book:

i. Write a two-page (Double Spaced) summary of the book. You can divide the summaries into chapter divisions of the book. Please include reflections on the book such as, how did this affect you? What stories impacted you? Also, what were you feeling and any new information you did not know?

ii. The book speaks about slavery and also human trafficking. Write a one-page single spaced reflection thinking about “How are you going to engage your world?” We are looking for practical ways for you to perhaps help others, create awareness of these issues, also, what steps will you take to do this?

WRITE

--**Core Struggle Letter:** A single spaced two-page paper on your core struggles with your parents and family. Everyone struggles in relationships so you are not alone. Please be real, and think about these issues as these will have to be addressed so you can move forward.

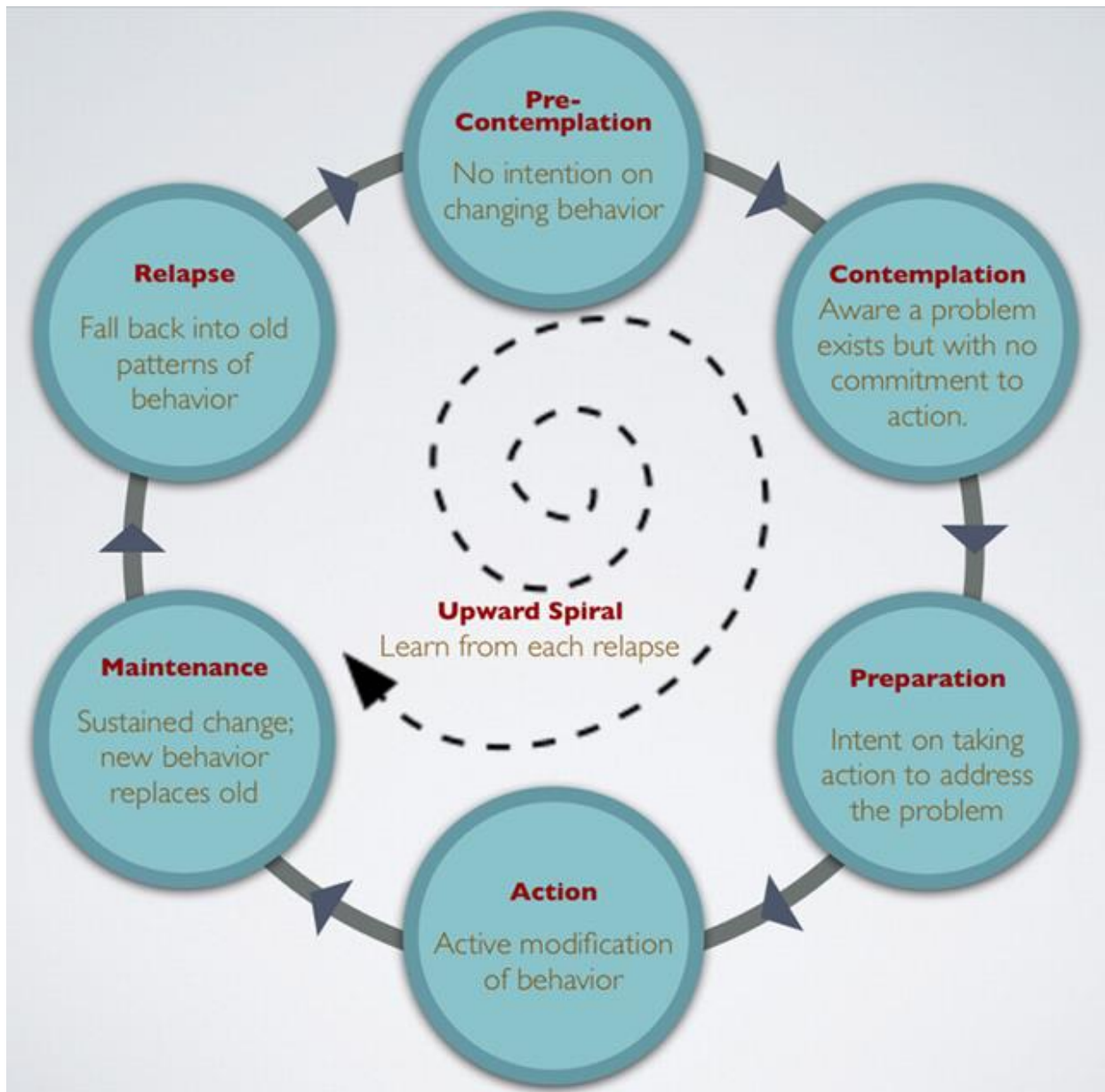
ENGAGE

--**Stages of Change:**

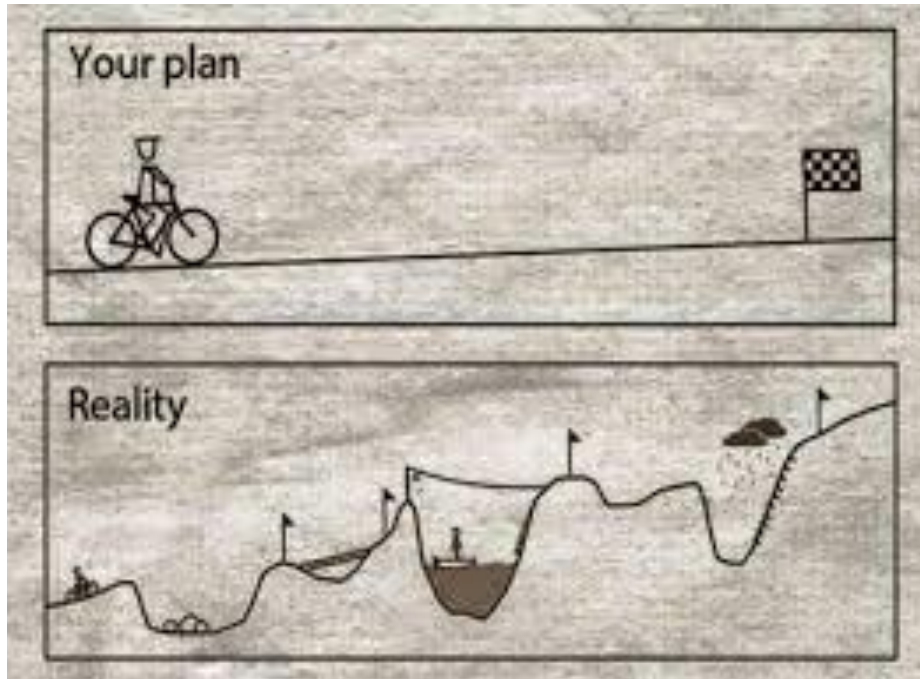
You are introduced to a model of what change looks like in everyday life, it is a guideline to help you gauge where you are in the process of change. We ask that you put this up on your wall to keep you focused on what needs to be kept in mind for the rest of your program. Change is not something that comes easy, in actual fact, change takes a massive amount of work. You can move forward and it might be the hardest thing that you have done to date. You do not have to go this alone, we are here to help, encourage and cheer you on as you progress in your program.

After looking at the model on the next page, answer these questions:

1. Where am I in the stages of change?
2. What's the plan to move forward?
3. What do I do when I get there?



Stages of Change - <http://socialworktech.com/2012/01/09/stages-of-change-prochaska-diclemente/>



<https://evoketherapy.com/family-involvement/blog/lauren-roberts/stages-of-change/>

*“Motivation is what gets you started.
Commitment is what keeps you going.”*

(Jim Rohn)

WATCH

--Untitled video, *How Porn affects the brain, Paralyzed* and *Commitment* motivational video.

You are asked to watch four videos in this level. One is a music video called *Untitled*, the other is *How Porn affects the brain*, the third is called *Paralyzed*. The final video speaks about commitment. It is better if you separate the four videos and have a one-week space between them so you can process what you have seen and heard.

a) Watch with a staff member *How Porn affects the brain?*

<https://www.youtube.com/watch?v=qBtgA0ZLWo0> with a staff member.

Write answers down in journal so you remember them, you can explain more to a staff member if you desire.

1. Was there anything in the video that surprised you?
2. What were the three ways Porn affects the brain?
3. Are there any other ways you think Porn affects the brain? (Explain)

4. What is the largest group of internet porn users on the internet?
5. How many people are viewing Pornography a second? (Did this surprise you? Do you think it is more now or less? Please explain).
6. What was the average age people have been exposed to Porn? (Did you know this?)
7. Did you receive any information that will help you?

b) Watch with a staff member **Untitled** by Simple Plan official video <https://www.youtube.com/watch?v=ZQ7oqmikZDQ> and answer questions. Write them down in your journal so you remember them, you can explain more to a staff member if you desire.

1. How did this video affect you? (Be honest)
2. What was the most difficult part to watch?
3. How did the driver's decisions affect others?
4. How have your decisions affected others? (You don't have to answer immediately, however, answer within a couple of days if you need time to process).

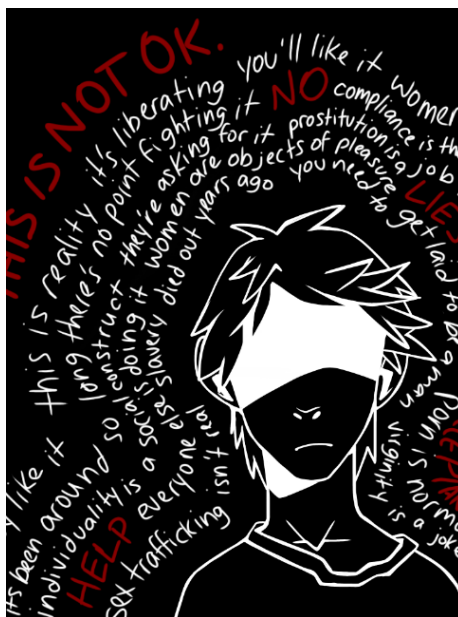
Reflection: *"And I can't stand the pain, and I can't make it go away, no I can't stand the pain. How could this happen to me? I made my mistakes, I've got nowhere to run, the night goes on as I'm fading away. I'm sick of this life I just wanna scream. How could this happen to me?"*

(Songwriters: Greg Giampa/Michael Nehra. Untitled lyrics@Sony/ATV Music Publishing LLC, Universal Music Publishing Group, Warner/Chappell Music, Inc

1. Do these words describe you and pornography? (How, why or not sure? Please explain)
2. Where has your issue with Porn taken you?

c) Watch with a staff member **Paralyzed** by N.F. <https://www.youtube.com/watch?v=ARFFmZiaUPQ>

1. Are any words/phrases you can relate to? (Please explain).
2. What emotions did you have as you listened to the song? (Explain why those specific emotions).
3. What does being paralyzed mean to you?
4. Are there times in your life that you have felt paralyzed? (What helped you move forward?)
5. Has there ever been a moment in your life that it hurt too much? (Consider what you felt inside with what was happening).
6. Is there anything which you can think of that has robbed you of who you are? (What would that or those things be?)



"Paralyzed" Copyright Cara Simpson

d) Watch with a staff member **Commitment Motivational Video** by Your World Within.

<https://www.youtube.com/watch?v=MXghcl8hcWU>

1. What spoke to you in the video?
2. What phrases or words did you identify with most? (Please explain).
3. What is your definition of commitment?
4. If you struggle with commitment what do you think is the issue(s)?

Optional: Perhaps you may want to journal your thoughts about what you have seen in this section, write down what you are feeling, and lessons learned.

MEET

--Evaluate how you are doing with the level three expectations. Consider level 4's expectations and if you are prepared for the next level. Discuss this with a Lead Youth Care Worker.

JOURNAL

--Please remember to write in your journal three times a week (Tuesday, Thursday, and Sunday). This will keep track of your experiences in the program. This can include your day, your struggles, your failures, your successes, and the journey that you are on, have been and will be on in the future.

QUOTES

“Most people fail not because of a lack of desire but because of a lack of commitment.”

(Vince Lombardi)

*“When confronted with a challenge, the committed heart will search for a solution. The undecided heart searches for an escape.” **(Andy Andrews)***



LEVEL 4

ACCESS



EXPERIENCE
ROCK SOLID REFUGE

Level 4 Experience

(Eight Weeks)

“The process of getting knowledge or skill from doing, seeing, or feeling things”. **(Cambridge English Dictionary).**

Welcome to level four of ACCESS. In this level you will be introduced to what is called EXPERIENCE. We all have experiences in life, these can be positive or negative. In your issue with pornography you have travelled a road that has shown you what is on the screen, but it does not show you the aftermath or even teach you the influence that pornography has on your future. In this level you will be introduced to these concepts and hopefully these will help you in your program.

“Blessed are those whose strength is in you who have set their hearts on pilgrimage”.

Psalm 84:5 (NIV).

“The only real mistake is the one from which we learn nothing.”
(Henry Ford)

OVERVIEW

Study – Ecclesiastes 2:1-26 and answer questions

Learn – Psalm 84:5 and Henry Ford Quote

Read – *The Book of Mark, The Porn Myth or How Pornography Harms.* Also, *More or Less.* Complete assignments

Write – Transition home Letter.

Engage – Your Story so far. *To the Boys* assignment

Watch – “MacFarland, or Forever Strong” Movie with assignments. Watch: *I am second Video: Annie Lobbert* and answer questions. Lastly, *More or Less Videos* where designated.

Meet – Lead Youth Care Worker

Journal – Three times a week and Optional

EXPERIENCE

STUDY

--Ecclesiastes 2:1-26 and answer questions

- 1) What did Solomon do to have pleasure? (List them)
- 2) Have you tried to do anything similar to Solomon? (Please explain?)
- 3) What is it you have been chasing after? (It may take you a few moments to think about this)

4) What influence do you think Solomon had on his kingdom with this attitude?

5) What is it you want to leave behind or be remembered for?

LEARN

--Psalm 84:5 and Henry Ford quote.

READ

--*The Book of Mark, The Porn Myth or How Pornography harms. Also, More or Less.*

a) *The Book of Mark*

Read the book of Mark. In each chapter choose three phrases, or stories that affect you or cause you to think. You can write them down in your journal or discuss with a staff member. This is an assignment that is to help you engage in different cultures, people and experiences. A question to keep in mind also in the chapters is "Who is Jesus?" Think about how He handles situations, how does He interact with people and how He engages His world? We are not looking for a summary or a breakdown of the chapter, but a response and engagement to what you are reading.

b) *The Porn Myth* by Matt Fradd **or *How Pornography Harms*** by John Foubert and complete assignments. Although this is an assignment please do not think it as such. These books are meant to help you think and engage in your struggle, this is important for your overall health and moving forward.

Write a two-page summary of the chosen book. Here are some ideas for you to include. Talk about four things that you learned from the book you read. In your reflection did you find any new information that helped you in your struggle. What chapter(s) spoke to you in particular? Did you see any similarities between you and anyone in the book? (What were they?) Could you recommend this book to others, why or why not? Lastly, is this a book that you would keep? (Yes or no, and provide reasons for your answer).

c) *More or Less* by Jeff Shinabarger.

Write a one-page single spaced review on the book. Think about How did this affect you? Did you find anything you did not know? How will you engage your world with the information that you have received? If the book was not helpful explain why you thought this. Was there anything in the book that sparked an idea?

Write a paragraph on the back of the page with this question: I am/was challenged to. . . The book is meant to challenge the reader to 'do something' so how were you challenged?

WRITE

--Transition home letter

Write a two-page, single spaced letter. What does your transition home look like after you are done the program? What are your concerns, fears and what needs to change to make it happen? Do you have a plan? What steps will you need to put in place for the transition to be successful? We are asking for you to be real with this letter and also be fair to yourself and family.

ENGAGE

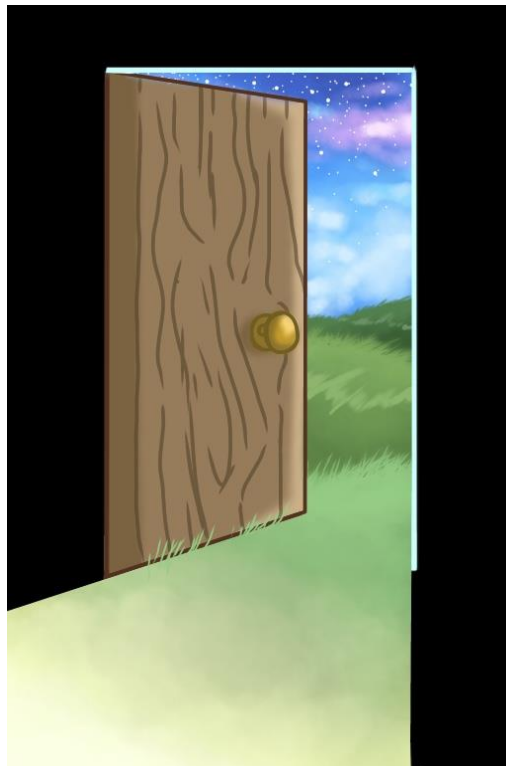
--Your Story so far and *To the Boys* assignment questions.

a) Your Story so far

What has been your journey so far in life? This is something for you to share with others in events, gatherings and meetings if you desire. You can write this with your mentor or Counsellor. This will also help you understand the journey from where you have been to where you desire to go.

b) To the Boys

In this assignment we ask reflective questions to help you see things from the other side. Sometimes when we are so consumed by an obsession that we cannot begin to imagine life without that obsession. This takes control of us; try as we might we cannot stop on our own, this assignment will help us look at things differently. If you desire to answer your questions orally that you do them with someone you trust on staff.



“Access”

Copyright Cara Simpson.

To the boys,

The first time you see a woman naked will not be like you imagined. There will be no love, no trust, no intimacy. In fact, you won't even be in the same room as her.

You won't get to hold her. You won't get to calm her nerves with nerves of your own. You won't get to kiss her or tell her she's beautiful.


The first time you see a woman naked you will be sitting in front of a computer screen. You will be watching a random stranger pretend at intimacy and perform sex. You will watch this woman, who does not represent real women, transfigure into a fantasy that is pixelated, filtered, and customized. She will come ready-made, like an order at a restaurant.

The man on the screen will be rougher than you. He will teach you how to talk to her. He will teach you what you should demand. He will teach you that your job is to take what is yours.

You must unlearn this. You must unlearn this twisted sense of love. You must unlearn this twisted definition of pleasure and intimacy you are being taught. Kill this false idea of love, this selfish sense of entitlement, this harmful way of consuming another person.

#PornKillsLove



 FIGHT THE NEW DRUG

<https://fightthenewdrug.org/media/to-the-boys-you-must-learn-this/>

Questions

- 1) What emotions did you experience as you read the article?
- 2) What words or phrases spoke to you? (Please explain why?)
- 3) Did you see yourself in the article and if you did what were those similarities?
- 4) Does reading this article help you to see the other side? (If yes explain, if no explain?)
- 5) What has been your perspective on Pornography?

Reflection: *“The first time you see a woman naked will not be like you imagined. There will be no love, no trust, no intimacy. In fact, you won’t even be in the same room as her” (To the boys).*

- a) How do these words affect you?
- b) After reading this article has anything changed in your thought’s? (List them)

Watch: *McFarland or Forever Strong. Also, I AM Second: Annie Lobbert and More or Less Videos.*

- 1) McFarland, or Forever Strong movie and complete assignments.
- 2) I am second Video: Annie Lobbert and answer questions. You can do this by writing or speak with a staff member. <https://www.youtube.com/watch?v=PMyrkXj1kF8>
- 3) More or Less Videos where designated. You can do these by writing or speaking with a staff member. <http://moreorlessbook.com/>

a) McFarland Movie

- 1) What were your thought’s on Jim White? (Coach)
- 2) If you have lived in another country or province what were some of your experiences?
- 3) Jim moves to McFarland and becomes a running coach instead of a football coach, do you think that was hard for him? (Explain)
- 4) What were some of the struggles the team went through?
- 5) Were there any similarities between the team, coach White and you? (Explain them)

b) Forever Strong Movie

- 1) Rick ends up in a youth detention center, how does he handle it?
- 2) Rick at first does not want to join Hyland Rugby, what were his reasons?
- 3) Kurt reaches out to Rick, what does this show Rick?
- 4) What changes take place in Rick as he plays Rugby for Hyland? (Explain)
- 5) How does the relationship between Rick and his dad improve in the movie?
- 6) What role does Marcus play in Rick’s life?

- 7) How does Coach Gelwix help Rick?
- 8) What is the haka and what does it mean?
- 9) Do you see any similarities in your life with any of the characters in the movie? (Explain them)

c) Annie Lobbert – I AM SECOND <https://www.iamsecond.com/seconds/annie-lobbert/>

- 1) What did you think of the video?
- 2) What was Annie's motivation in life?
- 3) Annie sold herself for money, would you do the same? (Explain answer).
- 4) Where did Annie's addiction lead her?
- 5) Where has your struggle/issue with Pornography led you?
- 6) Annie found hope in an unexpected place, where will you find hope? (Explain)

d) More or Less Videos - <http://moreorlessbook.com/>

- a) What video spoke to you the most? (Why?)
- b) If you were to do something similar to the videos that you have seen what would it be?

MEET

--Evaluate how you are doing with the level four expectations. Consider level 5's expectations and if you are prepared for the next level. Discuss this with a Lead Youth Care Worker.

JOURNAL

--Please remember to write in your journal three times a week (Tuesday, Thursday, and Sunday). This will keep track of your experiences in the program. This can include your day, your struggles, your failures, your successes, and the journey that you are on, have been and will be on in the future.

QUOTES

"In order to rise from its own ashes, a Phoenix first must burn." (**Octavia Butler**)

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." (**Mother Teresa**)

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible"
(**Francis of Assisi**)



Level 5

ACCESS



SPEAK
ROCK SOLID REFUGE

Level 5 – Speak

(Twelve Weeks)

“To say words, to use the voice, or have a conversation with someone”.

(Cambridge English Dictionary)

Welcome to level five, you are half way through the program. In this level you will be introduced to “SPEAK”. You will be delving into what pornography has contributed to your life. This will include putting your journey into words, also, taking an in depth look at the issue of pornography and what can you do about it. You will also learn about support systems that will be put in place to help you walk forward in your struggle with pornography. All of us have a story to tell; the sharing of individual stories is a powerful reservoir.

“The stories we have about our lives created through linking certain events together in a particular sequence across a time period, and finding a way of explaining or making sense of them. This meaning forms the plot of the story. We give meanings to our experiences constantly as we live our lives. A narrative is like a thread that weaves the events together, forming a story”. (Morgan, 2000, p, 5).

A new story, a new thread that will weave through to the future – in essence the hope. Sharing the pain of ourselves with others provides comfort, it provides encouragement and will lead others to share their stories in a safe place.

“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have”. I Peter 3:15 (NIV).

“The world suffers a lot. Not because of the violence of good people, but because of the silence of good people”. (Unknown)

OVERVIEW

Study - Psalm 51 and answer questions

Learn – I Peter 3:15 & Unknown Quote

Read – Sex isn’t the problem Lust is – Complete Study guide. Fortify – (Complete book). Trafficked: A diary of a Sex Slave (Conditional). Under the Overpass. (Complete assignment).

Write – Family Letter and Influences Letter.

Engage – 7 Tips For Supporting a Friend Who’s Struggling with Porn. 5 Ways Porn Can Harm Your Brain and 3 Ways You Can Help Your Porn Obsessed Brain Recover. (Complete Assignments).

Watch - Matt’s story (FTND)

Meet - With Lead Youth Care Worker

Journal – Three times a week and Optional

SPEAK

STUDY

--Psalm 51:1-19 and Answer Questions.

- 1) What is mercy?
- 2) What do you think it means to be clean?
- 3) Do you think humanity is good or evil? (Explain answer)
- 4) Can you think of anyone you have hurt? If you have hurt anyone, what steps would you do to make it right with them?
- 5) Is there anything in your life that you have done that you feel is weighing you down? (If there is something do you think you could talk to someone about it, also, who would that be?)
- 6) What does this phrase mean “Create a pure heart in me?”
- 7) How would you teach others about the struggles that you have had? What would you say to someone who had similar issues like you?
- 8) What does it mean to be broken? (Explain answer)
- 9) What is it you truly want out of life?

LEARN

--I Peter 3:15 and Unknown Quote

READ

--*Sex isn't the problem Lust is* (Complete Study guide). *Fortify* – (Complete book). *Trafficked: A diary of a Sex Slave* (Conditional). *Under the Overpass* (Complete assignment).

a) *Sex Isn't the Problem Lust is* - Joshua Harris.

Read the book and complete the study guide

b) *Fortify: The Fighter's Guide to Overcoming Pornography Addiction* - Fight the New Drug.

Read and complete the book. In this book there are sections for you to write, answer questions and put your thoughts down. This book belongs to you and you can take it home with you when you have finished the program. This will take you three months to complete.

c) *Under the Overpass* by Michael Yankoski

Write a one paged single space review of one of the cities that Mike and Sam visited. Include the challenges they both faced, the people that they met and also the decisions that they made. (Did you agree with their decisions? What would you have done instead? Did any decisions that they made spoke to you?)

You can also write if the book affected you in anyway, and also why did it affect you?

d) *Trafficked: The Diary of a Sex Slave* by Sibel Hodge

This book is optional and will only be given to a student with approval of the Counsellor and Student Life Director.

Write a one-page review on the book. Include :

- 1) Your initial thought's on the book.
- 2) What made you angry in the book?
- 3) What quotes, or experience in the book spoke to you?
- 4) How would you help Elena?
- 5) How does reading this book help you in your pornography struggle?

WRITE

--Family letter and Influences letter.

a) Family Letter – Be willing to confess and apologize, and let your family know how you have changed. List ways these issues can be resolved as you prepare to go home. (Must be completed within the first month of level four, must be typed, proof read and approved).

The primary purpose of this letter is the building of relationship with your family. This is not about who is right or who is wrong. It is you acknowledging and taking responsibility for your part. Also, write about the changes you have made and are in the process of making.

b) Influences Letter - Identifying positive and negative influences and how they affected your behaviour – List 3-5 friends who have had a negative influence on you, and 3-5 friends/people who have had a positive influence on you. For both groups answer, what role did they play in your behaviour? What drew you to them? How did they influence you? In what ways were you affected positively/negatively? Also, do you think they should be part of your future?

ENGAGE

--7 Tips for Supporting a Friend Who's Struggling with Porn. 5 Ways Porn Can Harm Your Brain, and 3 Ways You Can Help Your Porn Obsessed Brain Recover. (Complete Assignment).

<https://fightthenewdrug.org/found-out-friend-has-a-porn-problem-now-what/>

<https://fightthenewdrug.org/5-ways-porn-changes-your-brain-and-body-for-the-worse/>

<https://fightthenewdrug.org/3-ways-to-start-healing-your-porn-sick-brain/>

You can print these off, just ask a staff member to help you

Read all the articles. Choose the one which resonated with you the most and write/talk (keep in mind the talking part must be with a staff member) about the following:

- 1) What quote in the article affected you the most and why?
- 2) Why this specific article and not any of the others? (Explain answer)
- 3) Did you see anything of yourself in the article? (List them)
- 4) Did you find information you could use? (Explain, what information)
- 5) Can you think of any friends/relatives who could benefit from this article?

WATCH

--*Matt's Story. I Quit Watching Porn and I've Never Been Happier.* (Fight The New Drug).

<https://www.youtube.com/watch?v=yIJhaQC0jko>

You can either write or speak with a staff member about the following

- 1) What age was Matt when he was first introduced into Pornography?
- 2) How did Pornography affect Matt?
- 3) How did pornography affect his relationship with his wife?
- 4) How long did Matt struggle with Pornography?
- 5) What did Matt's wife say to him that helped him?
- 6) Do you see any similarities between you and Matt? (What are they?)

Optional: Perhaps you may want to journal your thoughts about what you have just seen, learned and what you are feeling.

MEET

--Evaluate how you are doing with the level five expectations. Consider level 6's expectations and if you are prepared for the next level. Discuss this with a Lead Youth Care Worker.

JOURNAL

--Please remember to write in your journal three times a week (Tuesday, Thursday, and Sunday). This will keep track of your experiences in the program. This can include your day, your struggles, your failures, your successes, and the journey that you are on, have been and will be on in the future.

QUOTES

"The ultimate measure of a man is not where he stands in the moments of comfort and convenience, but where he stands at of challenge and controversy". **Martin Luther King Junior**

"Throughout history, it has been the inaction of those who could have acted; the indifference of those who should have known better; the silence of the voice of justice when it mattered most; that has made it possible for evil to triumph." — **Haile Selassie**

"Life is a journey, not a destination" – **Ralph Waldo Emerson**



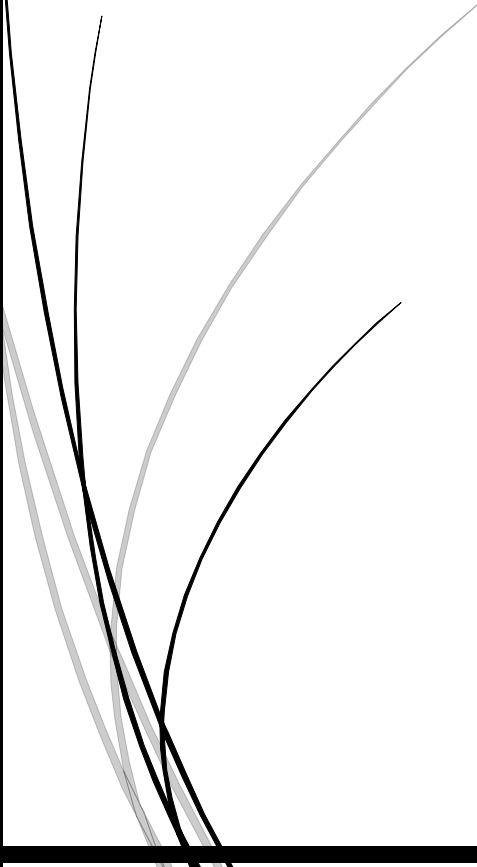
Copyright Cara Simpson

"My Fault"



Level 6

ACCESS



SET GOALS
ROCK SOLID REFUGE

Level Six Set Goals

(Twelve Weeks)

“A purpose, or something you want to achieve”.

Cambridge English Dictionary

This is your last level! We are so excited to see how far you have come. In this level in ACCESS you will be focusing on “SET GOALS”. We will be helping you get ready for going home, setting goals that are achievable, an action plan and helping you see other opportunities that will come your way. There will also be meetings with your parents/guardians to help you transition home.

“Setting goals is the first step in turning the invisible into the visible.” (Tony Robbins). One of RSR goals is to help you and your family to be in relationship as much as possible and we will help you accomplish the first steps.

“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead”. **Philippians 3:13 (NIV).**

“What you get by achieving your goals is not as important as what you become by achieving your goals.” (Henry David Thoreau)

OVERVIEW

Study - John 8:1-11 and answer questions.

Learn – Philippians 3:13 & Henry David Thoreau

Read – *Masculine Mandate* by Richard Phillips and *Zealous Love* by Mike Yankoski. Complete assignments.

Write – ACCESS plan.

Engage – *Stages of Change* and answer questions. Also, *40 Developmental Assets* (answer questions). Identify assets you have and identify those which need to be worked on.

Watch - “Can You Hold Me?” by NF & Brit Nicole, “The Dropbox” Movie and “The Wisdom of a Third Grade Dropout”. Also, complete assignments.

Meet - With Lead Youth Care Worker, Student Life Director and Counsellor.

Journal – Three times a week and Optional.

SET GOALS

STUDY

--John 8:1-11 & answer questions

- 1) Have you ever been caught doing something that you know you shouldn't have?
- 2) What was the crowd's response regarding the woman?
- 3) What did the Pharisees want from Jesus?
- 4) What does Jesus do twice in the story?
- 5) What question does Jesus ask the woman?
- 6) What do you think of Jesus' response?
- 7) Is there anything from the story that spoke to you?
- 8) What does Jesus tell the woman?

LEARN

-Philippians 3:13 and Henry David Thoreau quote

READ

--*Masculine Mandate* and *Zealous Love* and complete assignments.

a) ***Masculine Mandate*** by Richard Philipps.

Write a one page summary of the lessons that you learned in the book. Include what you thought was good to learn, anything you didn't know, how does what you have read affect relationships and how will this help you understand the role of what a man is to be like?

This book will help you understand you, your role in relationships and the impact you can have in the world.

b) ***Zealous Love*** by Mike Yankoski.

Write a one page summary of the book. Such as, what was in the book? What affected you most? What lessons that you learned? What information you did not know?

Choose one of the eight social justice issues (Human Trafficking, Unclean water, Refugees, Hunger, Education, The Environment, HIV/Aids and Economic Inequality) that spoke to you the most and do a one page write up of what you think should be done about this issue? How did this issue affect you? How should it affect the world? What should we do to raise awareness of the issue?

This assignment is to help you realize that there are issues in this world that do need to be addressed and you have a part to play in the world that you live.

WRITE

--Action Plan (ACCESS)

You will write an Action Plan. This will include what steps you are going to take once you leave Rock Solid with pornography. Write about how you are going to ACCESS your everyday life. What accountability plan will be in place? Who/what are your support network? What app's are you going to install on your devices to help you stay clean? How is your life going to be different? This will need to be done six weeks into level six so these can be discussed.

ENGAGE

--Stages of Change and 40 Developmental Assets.

The next two engagement pieces will help you gauge where you are and what direction you will need to be prepared.

1) Stages of Change.

Where are you on the "Stages of Change?" Is there a stage where you should be? How can we help you be where you should be? Please be honest with how far you have come and where you need to be before transitioning home.

2) 40 Developmental Assets.

Go through the Assets and identify what is your strongest and weakest. How will these affect you in your transitioning to be home or place of home? Also, as you identify both sets what is the plan to move forward with the weakest elements? Are there any assets that you did not understand? How can your strongest assets shape you as a person?

Please engage this assignment and be open about your strengths and weaknesses. You should communicate with a staff member who you trust to help you.

WATCH

--*Can You Hold Me?* by NF & Britt Nicole, *The Dropbox* movie and *The Wisdom From a Third Grade Dropout*.

1) *Can You Hold Me?* by N.F. <https://www.youtube.com/watch?v=wTJxz0C12HU>

- a) Did anything in the lyrics of the song affect you? (If they did what were they?)
- b) When you think of yourself is there anything that is holding you back from moving forward in your life? (What is it & write them down in your journal).
- c) Do you have anyone who can hold you accountable in your struggle when you go home? (List those people in your journal).
- d) What if anything has torn your heart?
- e) What are you most afraid of in life?



"Can you Hold Me?" Copyright Cara Simpson

2) *The Dropbox Movie*

- a) What are your thoughts on the movie?
- b) What did you think of the "Dropbox" concept?
- c) What part of the movie impacted you the most?
- d) What do you think of Pastor Lee?
- e) What will you choose to do to impact your world?

3) *The Wisdom of a Third Grade Dropout* https://www.youtube.com/watch?v=Bg_Q7KYWG1g

- a) What Wisdom did the third grade dropout give his son?
- b) What words/phrases impacted you the most?
- c) Did you find the wisdom applicable to you?
- d) What is wisdom to you?
- e) Do you think the advice in this video is worth giving to others? (Please explain).

Optional: Perhaps you may want to journal your thoughts about the books, or songs, or movie you have watched in this level.

MEET

--Lead Youth Care Worker, Student Life Director, and Counsellor

Lead Youth Care Worker: Evaluate how you are doing with the level six expectations. Is there anything more you need to do before you graduate.

Student Life Director: Discuss your exit plan, your expectations that both you and your parents/guardian(s) have. This would need to be written on paper in the first month of level 6. What is home going to look like and your plan for success? Are you ready to graduate?

Counselling Director: Engage with your emotions the fears, hopes and dreams of transitioning to a new reality. What could help you succeed and what hindrances you might face?

JOURNAL

Please remember to write in your journal three times a week (Tuesday, Thursday, and Sunday). This will keep track of your experiences in the program. This can include your day, your struggles, your failures, your successes, and the journey that you are on, have been and will be on in the future.

QUOTES

“The greater danger for most of us isn’t that our aim is too high and miss it, but that it is too low and we reach it.” (Michelangelo)

“Setting goals is the first step in turning the invisible into the visible.” (Tony Robbins)

“If a goal is worth having, it’s worth blocking out the time in your day-to-day life necessary to achieve it.” (Jill Koenig)

“The people who are crazy enough to think they can change the world are the ones who do.” (Steve Jobs)



“Access”

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