

Finding Traction (2nd Edition)

*Moving away from Porn
(toward the life you desire)*

Quarter One	Quarter Two	Quarter Three	Quarter Four
Awareness	Awareness	Awareness	Awareness
1. Houston we have a Problem	14. External Triggers	27. 6 Pathways of Addiction	40. Recovery Timeline
2. Doing What I Don't Want to Do	15. Internal Triggers	28. Addiction Cycle Retakes	41. Accelerators/Roadblocks
3. Here we go again!	16. Boundaries	29. Matrix of Restoration	42. Recovery Momentum
4. Getting Started	17. False Beliefs	30. Arousal Template	43. Long Term Challenges
5. Edging is not your Friend	18. The Power of Habits	31. Fantasy	44. Dealing with Relapses
6. Technology Traps	Connection	Connection	45. the F.A.S.T.E.R. Scale
Connection	19. Daily Activities	32. Your Spouse and You	Connection
7. Hide and Seek	20. Accountability	33. Rebuilding Trust	46. Self Care Part 1
8. Safe People/Safe Groups	21. Way of Escape	34. Relating to Women	47. Self Care Part 2
Healing	22. Putting it all Together	35. The Power of Gratitude	48. A Strong Marriage
9. Your Story	Healing	Healing	49. Building Intimacy
10. Rock Bottom and Repentance	23. Family of Origin	36. Dealing with Pain	Healing
11. Gains and Losses	24. Dealing with Anger	37. Spiritual Roots	50. Meeting Your real needs
12. Your Big Why	25. Shame	38. The Spiritual Path	51. The Redemptive Life
13. Is there Hope For Me?	26. Parental Wounds	39. Your Identity	52. Your Recovery Library