

Walking Free Men's Recovery (WFR)

Newcomer's Packet

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WFR Newcomer Packet

WELCOME TO OUR FELLOWSHIP!

If you are reading this letter, then you are probably new to WF Men's Recovery (further known as WFR) and this Christ-centered 12-step recovery program. We congratulate you on your courage and taking this first step on beginning your journey of recovery. We were all brought into recovery by various events in our lives: intense marital strain, troubled relationships, despair, etc... Some of us believed we did not belong in recovery; that is until we began to listen to others share their stories and their struggles. Then it became evident that we were in the right place. We were able to honestly admit that we needed help, thus we began our recovery process.

Typically, "As many meetings as possible" is recommended for those entering a program of recovery. This may seem excessive, but in order to become "sober," extended meeting attendance and participation is imperative! We understand, however, that time is of value, and you may not be able to attend this quantity of meetings; do not be discouraged. We encourage you to attend as many meetings as possible during the initial stages of your recovery. You will need the support of those who have been where you have been and can help you through this difficult time. They may even help you step out of your own denial of the problem. Links to Zoom Meetings are sent via GroupMe before every meeting. Each meeting and program has its own dynamics and we encourage everyone to experiment with various meeting formats that can help in their recovery program. Feel free to ask other WFR members for information.

It is not necessary to admit that you are a sex addict or have a problem with sexual purity until you are ready. Be honest and gentle with yourself, listen to others sharing, and speak up when you feel motivated to do so. Once Again, we commend your courage, as it is not easy to share with others your inner-most feelings or past sexual activities.

We are here to help you in your journey of recovery. If you have questions or would like to further discuss WFR, please feel free to contact Donniehuslage@yahoo.com

Progress, not perfection!

I recommend that you PRINT OUT/SAVE **THE SERINITY PRAYER, THE PROBLEM, HOW IT WORKS**, and **THE PROMISE** To be ready for your next meeting.

Castimonia is a sister/mother recovery group that meets more times per week. If you need a meeting on nights other than one, we offer feel free to attend their meetings.

Donnie Huslage
WF Director

Sex Addiction Best Practices

Here are some things that we have found that work.

IMMEDIATELY:

*Recommended activities to begin your journey of recovery. **

- **See a Therapist:** Set up an appointment with a Christian Certified Sex Addiction Therapist (CSAT) or equivalent. A psychiatrist may be in order as many Sex Addicts suffer from ADHD, depression, or other disorders that can inhibit recovery if not treated.
- **Recovery Books Reading:** Read recovery books by Patrick Carnes, Out of the Shadows, Don't Call it Love, etc... See our suggested recovery books list on our website **WWW.WFRECOVERY.ORG**.
- **Attend Recovery Meetings:** Attend as many sexual recovery meetings as possible. Contact us for a list or be on the lookout on our GroupMe.
- **Eliminate Pornography:** Eliminate any and all pornography! This includes any movies or magazines that display any nudity or sexual actions/innuendos.
- **Social Media:** social media can be triggering, and often leads to failure. It is recommended that for the first 90 days of recovery you eliminate social media, and evaluate if you can resume after.
- **Phone Number:** You may need to change your phone number if the number has been used in acting out with another.
- **Internet Filtering Software:** Download internet and computer filtering software for BOTH Phone and computer.
- **E-mail Address:** Change e-mail address. The only exception is if the e-mail had never been used in acting out. Also, eliminate any extra e-mail addresses, especially those used in acting out.
- **Financial Accounts:** Close any secret bank and credit card accounts.
- **Sponsor:** Find a Sponsor! You will find one at one of your sexual recovery meetings.
- **Accountability:** Find an accountability partner (not your wife) to help you, ask you questions, and challenge you to remain sexually pure.
- **Triggers:** Begin to identify your sexual triggers. Discuss them with your therapist, sponsor, and accountability partner(s).

DAILY:

Recommended activities to begin your journey of recovery.

- **Devotions:** Read them daily, I.e., Letting God, Jesus Calling, or other Devotions.
- **Affirmations:** Read a new affirmation out loud, each day, multiple times a day. Some recommended Affirmation Apps: ThinkUP, Shine, & Mantra.
- **Prayers of Gratitude:** Morning & evening prayers for sobriety and recovery.
- **Steps:** Do any "step work." Even a little will help!
- **Literature:** Read recovery materials, The Bible, SA book, sex addiction books, 12-step books, etc....
- **Computer Use:** Limit computer use. Only use computers with filtering & accountability software installed.
- **Multimedia:** Allow only music and movies that support your recovery.
- **Television:** Limit or eliminate watching of television. Today's television programs can be filled with sex and violence.
- **Caffeine:** Reduce intake of Caffeine. Alcohol: NO alcohol.
- **Journal:** Daily recovery related entries in a journal.

- **Drugs:** No illegal drugs. Prescription drugs only as directed.
- **Sleep:** Get regular sleep (7 – 8 hours a night). Very important for your recovery.

Twelve Steps and Their Biblical Origins

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." (Romans 7:18)

2. We came to believe that a power greater than ourselves could restore us to sanity.

"For it is God who works in you to will and to act according to his good purpose." (Philippians 2:13)

3. We made a decision to turn our lives and our will over to the care of God, as we understood God.

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on Him because He cares for you." (1 Peter 5:6-7)

4. We made a searching and fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the LORD." (Lamentations 3:40)

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

"Therefore confess your sins to each other and pray for each other so that you may be healed." (James 5:16)

6. We were entirely ready to have God remove all these defects of character.

"Humble yourselves before the Lord, and he will lift you up." (James 4:10)

7. We humbly ask Him to remove all our shortcomings.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9)

8. We made a list of all persons we had harmed and became willing to make amends to them all.

"Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you." (Ephesians 4:32)

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

“Be devoted to one another in brotherly love. Honor one another above yourselves. If it is possible, as far as it depends on you, live at peace with everyone.” (Romans 12:10, 18)

- 10. We continued to take personal inventory and when we were wrong, promptly admitted it.**

“So, if you think you are standing firm, be careful that you don’t fall!” (1 Corinthians 10:12)

- 11. We sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of His will for us and the power to carry that out.**

“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, pleasing, and perfect will.” (Romans 12:2)

- 12. Having had a spiritual awakening as the result of these steps, we try to carry this message to others and to practice these principles in our lives.**

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.” (2 Corinthians 1:3-4)

What to Expect at an WFR Meeting

Many of you might not have attended a 12-step meeting dealing with Sexual Purity issues. At WFR, we are open and honest about our struggles with sexual purity.

You are not expected to openly admit you have a problem with sexual purity or sex addiction.

You are not expected to share your experience if you feel you are not ready.

You are not expected to be perfect.

However,

When you attend a meeting, expect to meet men who are open about their struggles, who discuss in a frank and Christ-centered way about what they have experienced. The words masturbation, pornography, prostitution, and sex carry no shame when spoken.

When you attend a meeting, expect to hear the term “sex addict” or “sexual addiction” as many of the men who have attended WFR have determined for themselves that they have gone past the point of sexual purity, and it has become an addiction for them. Addiction refers to being Vulnerable.

When you attend a meeting, expect to begin your journey towards healing from sexual impurity!

All we ask is that you come with an open mind and open heart towards what God can do in your life.

12-Step Meetings, Prayers, & Slogans

In attending a 12-Step meeting, such as WFR, you will hear different ideas, prayers, and slogans. To familiarize new members with a few of these items, we have written the most common ones below.

Serenity Prayer: God, Grant me the Serenity, to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.

“One day at a time”

To look at recovery and life in only one day increments; allowing us to focus only on today, not the future, and not the past. (Matthew 6:34)

“Let go and Let God”

Means to let go of our everyday circumstances and let God take care of them.

“Higher Power”

General term used for a “power greater than ourselves.” In WFR, we openly acknowledge Jesus Christ as our “Highest Power.”

“Working the Steps” or “Work the Program”

To work the 12 steps (or portions of them) on a daily basis.

“Progress not Perfection”

Acknowledgement that we are not perfect at recovery, but are always striving for progress, even small amounts.

“True Rock Bottom”

The lowest point of our addiction that led us into recovery.

“Take what you like and leave the rest”

To take only the portions of the meeting you like and that benefit you and not any portions you do not find helpful.

“Slip”” Relapse”

A slip is a single foray back into our old activities differentiated from a relapse which is a season in our old activities.

“3-Day Intensives/ Full Disclosure”

A therapist-led 3-day intensive couples counseling session that includes a full disclosure of sexual activities to spouse with follow-up polygraph.

The Lord's Prayer:

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come, Thy will be done, on Earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those that trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the Kingdom, the Power, and the Glory, forever and ever. Amen.

"Keep coming back: It works if you work it, because you're worth it!"

Serenity Prayer

*God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.*

Our Problem*

Many of us found that we were powerless and unable to control our behaviors. Our sexual activities had taken over as the dominant part of our lives. These compulsive activities were damaging our business, family, and all we could feel were shame, despondency, anger, rage, and the exhilarating high that engulfed us as we engaged in our sexual activities. For many reasons, we had reached a point of no return in our lives. We experienced obsession, which is mental preoccupation with sexual behavior or fantasies. We experienced compulsion, which is an urge that is stronger than our will to resist. Both were destructive, because they led us to addictive sexual behavior. We refer to these behaviors as acting out.

As children, many of us had learned to withdraw from the chaos and craziness around us, to trust no one but ourselves and to play great games of fantasy wherein we felt loved, needed, and important. As we became older, these innocent fantasies of childhood turned into compulsive sexual activities and we found we were powerless to stop our insane behaviors. Our partners, whether known or anonymous, became objects. The only difference among us was the scope of our acting-out and how fast it progressed.

No matter how sincerely we desired to stop our preoccupation with sex and our destructive sexual behavior, we found that we were powerless to change. Others may have engaged in the same behaviors without ill effect, but we could not. Our will power repeatedly failed. We could not stop acting out sexually, even when we faced negative or disastrous consequences. We came to realize that we were powerless to change on our own.

Thus, many of us became sex addicts. We were unable to live in reality. We could not engage in healthy intimate relationships. Our time was occupied with the worship of our pursuits. We were spiritually dead. Many of us were in danger of losing our jobs, our families, our freedoms, or even our lives. Through the often-painful intervention of God, we have been brought to this point of our journey. We now know that we do have serious problems. We are proving our courage just by being in this meeting. We are determined to do anything it takes to recover from our problem.

For some of us, we believed we had not reached the point of addiction and only struggled with “minor” lustful thoughts and actions. We felt that we could control this lust and it would not become an addiction. However, from the experience of those before us, this is how the addiction began, and those that were able to confront this problem early on spared themselves the pain and suffering brought about by the addiction. Remember, the Enemy will lie to us, telling us we won’t become addicted! However, there is help for all of us in this spiritual program of recovery.

From those who have gone before us, we have learned what has to be done to overcome our illness. We must attend and support recovery meetings, share with and listen to others, continue to work the 12 Steps, gratefully serve the fellowship, and reach out to others who still

struggle. Then, each of us will know freedom and we will find ourselves truly alive in the serenity and joy of a spiritual recovery in Jesus Christ.

*Adapted from Sex Addicts Anonymous

How It Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program. They cannot develop a manner of living which demands rigorous honesty. There are those, too, who suffer from serious emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided, you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with sexual impurity – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find God now!

Half measures availed us nothing. We stood at a turning point. We asked God's protection and care with complete abandon. Here are the steps we took, which are suggested as a program of recovery:

- 1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.**

“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)

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*“Let us examine our ways and test them, and let us return to the LORD.”
(Lamentations 3:40)*

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***“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, pleasing, and perfect will.”
(Romans 12:2)***

12. Having had a spiritual awakening as the result of these Steps, we try to carry this message to others and to practice these principles in our lives.

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.” (2 Corinthians 1:3-4)

Many of us exclaimed, “What an order! I can’t go through with it!” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not perfect, as Christ. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our personal adventures before and after make clear three pertinent ideas:

1. That we violated the sexual boundaries laid out in scripture by God for every man and could not manage that part our lives.
2. That no human power could change us and restore us to sexual purity.
3. That God could and would if God were sought.

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THE PROMISES*

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us -- sometimes quickly, sometimes slowly. They will always materialize if we work for them.

*Adapted from Alcoholics Anonymous