

## Conquer Porn Addiction Steps to Victory Checklist

Doing/Done	Action to Take	Notes
	Complete the Catholics Conquer Porn Addiction	
	Video Course	
	Wake Up With Early Alarm Everyday	
	Fast for Your (Future) Wife	
	Exercise Regularly	
	Quit or Reduce Video Game Playing	
	Quit or Reduce TV Watching	
	Quit or Reduce Video Watching	
	Avoid R-rated Movies	
	Reduce Facebook Usage	
	Start a Weekly Holy Hour	
	Start a Second Weekly Holy Hour	
	Create Prayer/Phrases For When Tempted	
	Read Waldstein's Theology of the Body Translation Man and Woman He Created Them	
	Read Matt Fradd or Christopher West books	
	Buy and Read My Daily Bread by Fr. Paone	
	Read Set Free to Love: Lives Changed By the Theology of the Body by Marcel LeJeune	
	Go to Confession Promptly After Falling to Sin	
	Go to Daily Mass X Times Per Week	
	For single guys: Take a Concrete Step Each Month Toward Your Vocation (Retreat, Mass intention, visit with a family or religious order)	
	Find a Priest Spiritual Director	
	Find a Catholic Husband/Father Mentor	
	Become a <u>Big Brother</u>	
	Join the Knights of Columbus	
	Join the <u>Holy League in Your Area</u>	
	Join St. Vincent de Paul Society	

	Buy the excellent <u>Clean of Heart workbook and</u> <u>meditations</u>	
	Buy The Courage to Be Chaste	
	Pray a 54-day Rosary Novena	
	Pray the Chaplet of Divine Mercy everyday of Lent	
	Read the USCCB's pastoral response on pornography	
	Pray the <u>30-day St. Joseph Novena</u>	
	Buy, Get Blessed, and Wear the Cord of St. Joseph	
	Join the Angelic Warfare Confraternity	
	Do the St. Louis de Montfort Marian Consecration	
	Place Picture of Mary By Your Computer	
	Use Image of Mary as Your Computer and Smart Phone Wallpaper	
	Wear the Brown Scapular or Green Scapular	
	Wear the Miraculous Medal and Pray It	
	Find Friend for Accountability Partner	
	Use Covenant Eyes Filter/Accountability Software	
	Use the Victory App to Track Progress	
	Use OpenDNS Home Internet Security	
	Get Professional Psychological Help https://wellcatholic.com/ https://www.catholictherapists.com/	
	Join Sexaholics Anonymous	
	See a Catholic Marriage Counselor	
	Take the <u>Reclaim Sexual Health Program</u> (online)	
	*** Add Your Own Steps Below ***	
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