



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 Big Brother	
	Join the Knights of Columbus	
	Join the Holy League in Your Area	
	Join St. Vincent de Paul Society	

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