



SESSION 1. Stop the Pull of Porn

Session Summary:

- Notice the voice in your head telling you to watch porn.
- Pick a name for your addict voice.
- You don't have to listen to the addict voice telling you to watch porn.
- You can dialog or talk back and forth with the addict voice.
- Talking back to your addict is a way for you to take back control of your life.
- Imagine yourself in your own private amphitheater.
- Talk back to the voices in the dark in your amphitheater.
- Turn on the lights in your amphitheater.
- Do a daily dialogue with your addict voice and write it down.

NOTE: If you practice this, it will work. It takes discipline. These words are not magic. You need to do the work.

HOMEWORK: Get the book *The Power of Now* by Eckhart Tolle.

HOMEWORK: Download and listen to the visualization recording at least twice during the following week.