

The Pillars of Recovery

- 1. Admission:** I Admit that I have made myself a slave to pornography or other sexual sin.
"I do not do what I want, but rather what I do not want to do."
 - My own actions have created a situation where my will is weakened, and I've lost some of the true freedom granted to me by God.
 - This in no way diminishes my culpability for my sins, and I continue to be completely responsible for my failings.
 - I've brought myself to a condition of spiritual disease, and now will require the help of God and others to help me overcome this illness.
 - Accepting the help of God and others is a choice, and I am the only one who can make that choice.
- 2. Faith:** I Believe that only God can help me turn my life around.
 - God has revealed His will to me through scripture and the Church. It is in ignoring this that I have created a problem.
 - The only way to solve the problem, is to fully accept the Church's teachings on sexuality.
 - In order to regain my spiritual strength, it might be necessary to follow the directions of another, and to freely give my obedience to a mentor, counselor, accountability partner, psychologist, or another trustworthy person.
- 3. Hope:** I believe that God deeply desires to help me, and that His love is the key to my recovery.
"There is more rejoicing in heaven over one lost sheep, than over ninety sheep who have no need of repentance."
 - God's love for me is as a perfect father: personal, unremitting, and never-ending.
 - God desires to give me the grace necessary to live in His will, but it is my rejection of His will that keeps me from obtaining that grace.
 - God intends and has a better life in store for me.
- 4. Confession:** I obtain forgiveness here on earth and strengthen myself through the use of frequent confession.
"Does no one remain to accuse you? Neither do I accuse you. Go and sin no more."
 - I must be honest in my assessment of all my actions, and promptly admit my wrongdoings.
 - By frequently examining my conscience, I can identify the actions that often lead to sin, and develop a plan to change my habits.
 - By finding a personal confessor and being obedient to him, I can see my own part in my sins more clearly.
- 5. Hard Work:** I replace destructive behavior with positive actions and hard work.
"That is why I tell you that some demons can only be driven out through fasting."
 - I will develop ways to avoid as many occasions of sin as possible, even when it makes life difficult.
 - I will focus on getting through each day, each moment, making better choices in all my actions and inactions.
 - I will create structure and order to keep myself from falling back into bad habits.

6. **Charity:** I admit to my wrongdoings, and work to repair the relationships I have damaged.
"I tell that if you even look at a woman lustfully, you have committed adultery wither in your heart."
 - I will make a list of people I have hurt, and when possible, make reparations.
 - I will continue to pray for anyone I am unable to make amends with.
7. **Prayer and Fasting:** I develop a life of intense prayer, and fast at least once a week.
"Jesus withdrew to a quiet place and prayed to his Heavenly Father."
 - I will deepen my relationship with God by praying to Him daily.
 - I will strengthen my resolve and tame my passions by fasting often.
 - It is by denying my body what it desires that I will gain the strength and grace necessary to overcome my habits.
8. **Evangelization:** I will listen to God's call to help others who are struggling with similar issues.
"Christ sent out the 72 Disciples and gave them authority to speak in His name."
 - When I achieve a measure of stability, I must reach out to others.
 - My own healing advances, when I help others.
 - It is by helping others that I will save myself from relapse, and avoid making myself a slave again.