

GET HELP

women
hope. healing. recovery.

INTRO

We at X3 are here for you wherever you are at. We acknowledge and understand that many women struggle with pornography.

There are thousands of other women who have been through what you have and there are thousands who are dealing with it right now.

We know we do not have all the answers but we hope that you can find community and some starting points for help and healing on this site.

YOU MUST KNOW

You are not alone and there are other women who feel and have felt the same way you do right now.

Most of all know there are others who have found hope and recovery living lives away from porn and sexual addiction.

Change today because the life that God's wants for you is one of freedom. There is hope and you can heal.

INSIDE OF ME

God will bring you hope, healing and recovery. We are not experts but we do know that the road will be rough at times. God will never leave your side.

Recovery and healing will take some work, time and sacrifice. You may feel guilty and unworthy. God wants to get you through those feelings and into a new day.

STATS

Breakdown of male/female visitors to pornography sites: 72% male & 28% female.

70% of women keep their cyber activities secret.

17% of all women struggle with pornography addiction.

Women favor chat rooms 2X more than men.

1 of 3 visitors to all adult web sites are women.

9.4 million women access adult web sites each month.

Women admitting to accessing pornography at work: 13%

Women, far more than men, are likely to act out their behaviors in real life, such as having multiple partners, casual sex, or affairs.

In a survey conducted by Today's Christian Woman's online newsletter, many women admitted to intentionally accessing Internet porn. While some women wrote in to explain they'd accessed these sites to better understand what was luring their husbands.

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NEXT STEPS

1. Confess

Go before God with everything. Confess your struggles through prayer. He already knows it all anyway, right? You have to put all your junk out on the table and acknowledge that you can't handle it anymore and that you need God. You cannot handle it on your own.

2. Get accountable

Find someone in your life that you trust and let him or her in on your struggles. Such as a close friend, pastor or family member. You are not alone. You are not supposed to deal and carry this on your own. God has placed people around you that will walk with you as you move toward freedom.

As women we naturally feel an inclination to want to keep it all to ourselves because of the lie that few women deal with these issues. It is time to go to those closest to you for help.

Download XXXchurch's free accountability software X3watch. It's simple and completely free. This software monitors what is accessed online and sends a report of any questionable websites to your accountability partners email addresses. Download it at www.x3watch.com

3. Clean it up

Throw away the porn stash or erotic novels. Delete it all. Literally get rid of the things that are tripping you up. It is time to break that pattern of the things that make you stumble, the things you go right back to.

You may need to cancel your cable or internet altogether, move the computer out of the basement to the kitchen or get a filter on your computer.

Take solid action steps toward moving away from your places of struggle.

The process of cleaning it up is continuous and will not happen overnight.

Define the specific situations you struggle and take tangible steps to eliminate those places from your life.

GROUPS

Looking for a support/recovery group in your area?

Celebrate Recovery
+ LIFE Ministries Women

Want to start your own group?

Check out the XXXCHURCH and LIFE Ministries Workbook as a guide:
+ Women's Workbook

for more info

Please visit xxxchurch.com/gethelp/women

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