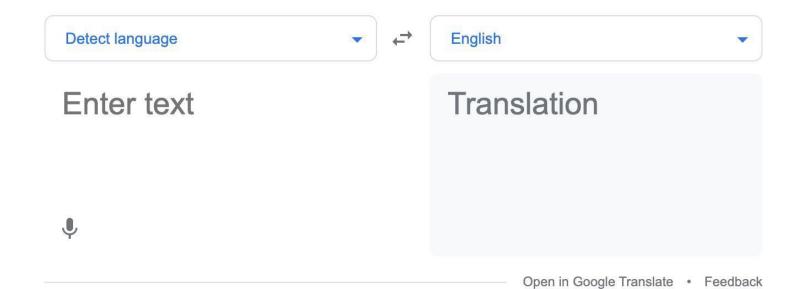
How To "Hack" Any Sexual Fantasy

(And Strip Porn Of Its Seductive Power)











1. <u>FACE</u> YOUR FANTASIES









- Older Man
- Wilderness Trip
- Undressing
 Each Other



"<u>WHAT</u> IS YOUR FANTASY?"

Male / Female / Both

Older / Younger / Same Age

Body Type (Skin, Hair, Features)

Power Over (Domination)

Power Under (Submission)

Location & Time (Day / Night)

Activity (Oral Sex, Anal Sex, etc.)

Role Playing (Teacher, Doctor, Dancer, Secretary, etc.)

Fetishes (Pregnancy, Diapering, Specific Body Parts, etc.)



2. **TRACE**YOUR TRIGGERS



Ask the magic questions:



"<u>WHY</u> DO I HAVE THIS FANTASY?"

- What exactly is most triggering for you?
- Whatever it is...how does it make you feel?
- When have you felt this way before?
- When have you felt the exact opposite?





- Feels Exciting
- Feels Intimate
- Feels Natural





- Bored?
- Isolated?
- Forced?

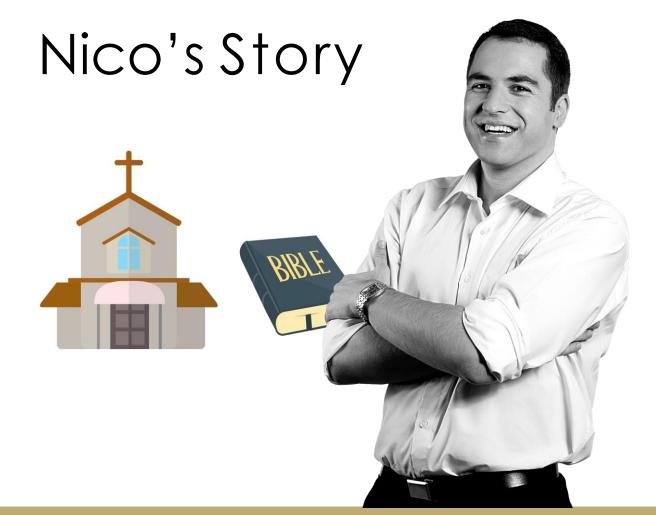




- Bored?
- Isolated?
- Forced?



































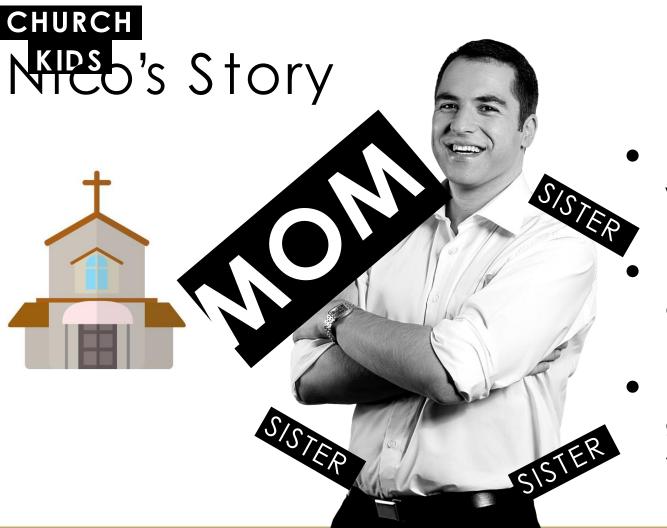


Far away from Dad

Too close to Mom

Bullied by peers







"Men don't want me"

"Women have all the power"

"I have to be good (but not too good)"





















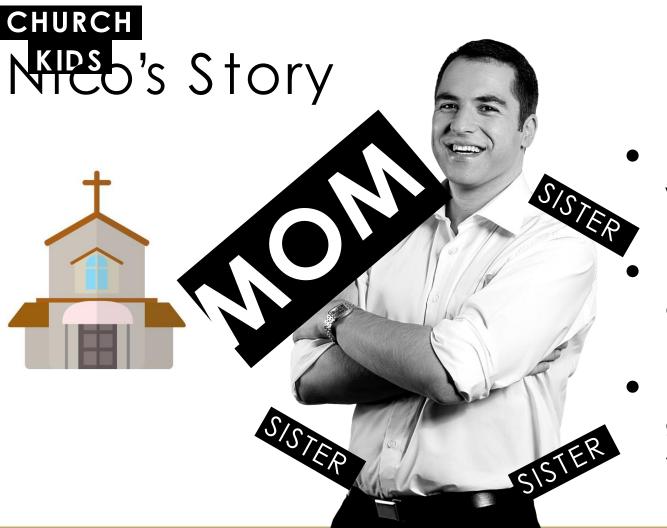




"Men want me"

- "Women have no power"
- "I can be myself"







"Men don't want me"

"Women have all the power"

"I have to be good (but not too good)"



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3. **DISCOVER**YOUR DESIRES







TRIGGER



Bored

Isolated

Forced





Older Man

- Wilderness Trip
- Undressing Each Other

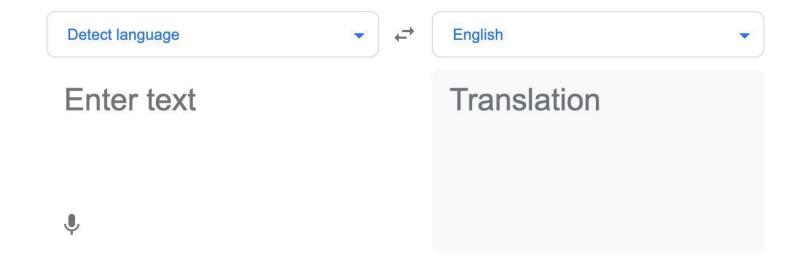




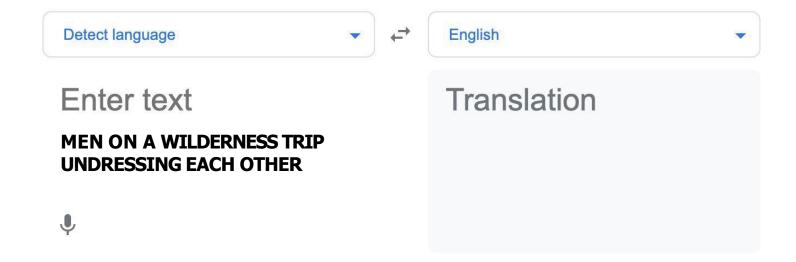
Adventure

- Intimacy
- Authenticity

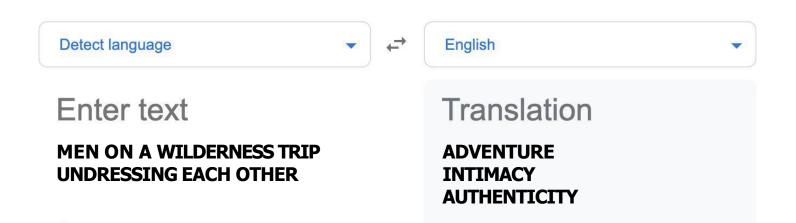














What do you deeply desire?

Acceptance

Adventure

Affirmation

Authenticity

Beauty

Being Desired

Being Known

Being Pursued

Being Seen

Belonging

Certainty

Community

Connection

Control

Delight

Escape

Friendship

Honesty

Honor

Inclusion

Intimacy

Love

Nurture

Peace

Play

Pleasure

Power

Provision

Protection

Purpose

Relief

Rescue

Rest

Safety

Significance

Strength

Tenderness

Thrill

Touch

Worth



How have you suffered?

Rejection Boredom Criticism Inauthenticity Ugliness Being Unwanted Being Unknown Being Abandoned Being Invisible

Not Belonging

Uncertainty Isolation Disconnection No Control Misery Being Stuck Loneliness Dishonesty Shame Exclusion

Distance Indifference No Nurture Chaos No Play Pain No Power No Provision No Protection No Purpose

Heaviness Being Trapped Exhaustion Danger **InsignificanceW** eakness Harshness Nothing No touch No worth



<u>CORRECTIVE</u> Experiences

- Getting healthy desires met by God
- Finding them with other people

(in a communal way, not in a clingy way)

Giving this desire to yourself

Being able to comfort and accept yourself. Relate to your inner child-self.

Overflowing to others

Have a purpose and a redemptive direction





"One of the most painful and vulnerable things I did under your guidance was to face my sexual fantasies—which for me meant going to the darkest levels of my porn viewing."



"I discovered that my holy longing was simply to feel ACCEPTED and **CONNECTED!** I also had a desire to be naked (and found as many opportunities as possible), which turned out to be a holy longing to pull down my façade, my curtains, my layers and layers of constructed coverings, and be HONEST and **VULNERABLE!**



"I have enjoyed six months of sobriety and sanity. I am beginning to experience true sexuality and sensuality. I don't push it; I just allow it to settle upon me as a gift from God. It has been wonderful."



Your Commitment:

I will target one sexual fantasy so I can finally face it, trace it, and discover my desires.





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