

**change your
narrative**

**SOMETIMES I STRUGGLE
WITH ADDICTION,
WHAT DO I DO?**

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www.ChangeYourNarrative.org

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PRESS

SHIFTING INCOMPLETE STORIES
OF ADDICTION TOWARDS

TRUTH

How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

I Am Glad You Are Here...

It takes courage to begin a journey to seek wholeness. Though many of us will face individual struggles in our own life—there are some struggle which feel as if they have the power to take the pen and write our future.

But you are the author—not any pain, brokenness, or hurt of your past and present.

The goal of this book is to create an environment of support along with hosting resources and tools which guide you towards wholeness.

One question constantly pushes me towards the future.

I would ask you the same question:

WHAT IF YOU ONLY KNEW
the first half of your story?

As you go through the next few pages, know I believe in your future and hope you find all of the tools you need to help you take action and fight back against addiction calling the shots in your life.

Because your story—is far from over.

Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take action. Then, once you do find a path, it is difficult to walk it through to wholeness. Healing is not a one-time event. It is a process. Throughout that process, there will be numerous obstacles. This side of the journey must be acknowledged. Yet, even with the challenge, I believe you have what it takes to make it through.

We are rooting for you, not only once you complete your journey, but every step through it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book.

For Immediate Help:

Covenant House- 1800-999-9999

National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>

SHIFTING THE NARRATIVE
of lost hope

What Is Addiction?

When we say the word “addiction” it can mean many things to different people. On one side, we may make a passing comment about being a coffee addict. Yet, for others—the word “addiction” could bring up life-altering impact for either themselves or someone they care for.

While the brain’s dopamine reward cycle is in effect no matter the substance or behavior—certain addictions have various degrees of consequences to the user or their loved ones, based off of what type it is.

I welcome you to view this 2 minute animation which describes the dopamine reward cycle of the brain which leads to addiction. [The Science Of Addiction](#) By “Life Noggin”

Or, for a more scholarly approach, visit Harvard Health’s article on [“How Addiction Hijacks The Brain.”](#)

It is important for us to recognize the root meaning of the word “addiction” is to mean “enslaved to.” No matter the substance or behavior—addiction removes power from an individual and shifts it towards that substance or behavior. In essence, someone loses not only a sense of their own control—but also their own identity.

But I dare to believe that our identity is more than any addiction or behavior. As we seek to make the shift away from the incomplete story of addiction and into truth—we have an ability to reclaim our narrative.

The Camino Recovery center¹ names the top 10 addictions of modern society as:

- Coffee
- Tobacco & Nicotine
- Alcohol
- Sex Addiction
- Illegal Or Prescription Drugs
- Gambling
- The Internet & Modern Technology
- Video Games
- Food
- Work¹

Since it is an extensive list, for the purposes of our materials, our team will focus on two areas of addiction:

- Substance use
- Pornography or sex addiction

This does not mean other forms of addiction are not important; only we have chosen to focus on these areas first and hope to build more content in the future.

If you, or someone you care for, are fighting to change your narrative away from addiction and into wholeness—we welcome you to journey with us.

What Is Addiction? - Video Discussion



https://youtu.be/A_drKQMD9gM

How Many Individuals Struggle?

Substance Abuse

- According to the National Survey on Drug Use and Health (NSDUH), 19.7 million American adults (aged 12 and older) battled a substance use disorder in 2017.¹
- In 2017, 8.5 million American adults suffered from both a mental health disorder and a substance use disorder, or co-occurring disorders.¹
- In 2017, approximately 4% of the American adolescent population age 12 to 17 suffered from a substance use disorder; this equals 992,000 teens or 1 in 25 people in this age group.¹
- About 5.1 million young adults age 18 to 25 battled a substance use disorder in 2017, which equates to 14.8% of this population and about 1 in 7 people.²

Pornography Addiction

- 40 million Americans are regular visitors to porn sites.³
- 1 in 3 porn viewers are women.³
- 25% of all search engine requests are pornographic.³
- The average age of first exposure to Internet porn is 11.⁴

A Word About Changing The Narrative Of Addiction

Before we dive deep into the concept of shifting a story affected by addiction, I want to recognize the fact addiction is a deeply embedded habit and the process of recovery is rarely quick.

In matters related to addiction, the neural make up of a brain has been changed by repeated behaviors or substances. This takes time to modify. Often, recovery has greatest success when paired with professional care. Sharing all of this, however, does not mean there is not hope. I simply want to set healthy expectations in the beginning. With that, I want to share one more thing.

Just because the process may be long, does not mean you are not succeeding. Though we say, “change your narrative” the truth is, it is worth celebrating every moment of changing. This may mean thousands of micro-wins throughout the journey. And my team and I celebrate you in each and every one of those moments. Remember, your identity is not your addiction. Your value is not tied to action. You are worth so much more.

A Word About Addiction - Video Discussion



<https://youtu.be/avfo0miGvrk>

Guilt Versus Shame

I want to take a moment to share something personal. I believe that both guilt and shame can be triggers for negative head space and dark thoughts. Because of this, it is important for me to share how I see guilt and shame, and how we can work through them.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

PLACE YOUR
HAND OVER
YOUR HEART,
CAN YOU FEEL
IT? THAT IS CALLED
PURPOSE. YOU'RE
ALIVE FOR A
REASON SO DON'T
EVER GIVE UP.
-UNKNOWN AUTHOR

Is It Okay To Talk About Addiction?

The fact you are asking, is a positive thing. The short answer, is “Yes.” And with that, I would also add it is important to find the right place to talk about it. This is not a matter of shame or an indication that your story is not worth listening to. Instead, what I want for you is for you to have every possible option of being heard as you share such an important part of your thoughts and feelings.

Because of this, I want to take the next few pages and talk about how to share, who to share with, and small steps you can take as you work towards discussing the matter with someone who can help you take healthy, positive action.

As always, however, if you are in danger or harm, be sure to consult with a professional immediately; or call 911.

Ways to reach out:

SAMHSA’s National Helpline 1-800-662-HELP

DrugHelpline.org 1-844-289-0879

Addiction Center (855) 907-0761

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

How To Talk About Addiction

It can be scary to think about opening up and explaining about actions or behaviors. But, your story is worth sharing. Since the conversation is important, there are a few things you can do which will help it to be heard.

Prepare

If you have the ability to, jot down a few bullet points—things you are thinking and feeling. It is okay to have those with you when you share. It can help you keep going and know what to say next.

Give Them A Heads Up

You do not have to immediately come out with your most vulnerable thoughts and feelings first. In important conversations it can be helpful to frame what you want to share by saying things like, “I need to talk about something important, that might be difficult for me to say.” or “I want to share something but I am afraid you won’t understand—would you be willing to listen?”

Be Clear

It is vital for you to be extremely clear on the extent of your thoughts and feelings.

Take A Healthy Action Step

Opening up about what you are thinking and feeling is the first step. If someone responds positively to you, ask them if you can take an action step together. This might mean talking to a loved one, finding professional guidance, calling a hotline together, or a range of other ways to seek wholeness.

The goal is to leave a conversation with a clear understanding of what you are going through, what your thoughts and feelings are and have been, and what healthy, next steps can be taken.

How To Talk About It - Video Discussion



<https://youtu.be/8yYr55aO0Lg>

What To Share About Addiction

Just like the question, “When is it good to share?” you might wonder exactly *what* to share. When there is a lot going on inside of the head and heart, it can feel overwhelming to decide what to talk about.

Just as in the “When To Share” video, I have a full conversation which discusses “What to share?” below.

But for starters, let’s consider a few key points.

It is good to share:

- What you think and feel right now.
- What you have thought and felt recently.
- What actions and behaviors you are engaged in.
- What the source might be.
- What you would like to do next.

What To Share? - Video Discussion



<https://youtu.be/H3Hrz6oZu-c>

NOBODY TRIPS

over mountains.

IT IS THE SMALL

PEBBLE THAT

CAUSES YOU

TO STUMBLE.

Pass all the

PEBBLES IN

YOUR PATH AND

YOU WILL FIND YOU

HAVE CROSSED

THE MOUNTAIN.

AUTHOR UNKNOWN

4 Ways To Talk About Addiction

If you are not in immediate danger or harm, and it is safe to take it a bit slower before opening up, consider these steps to begin walking towards reaching out to a loved one or professional support individual:

4 ways to practice taking about addiction:

- Practice telling yourself the story.
- Practice telling an anonymous advocate.
- Practice telling someone who cares about you.
- Practice telling someone who can be with you when you consult a professional.

Each step comes with opportunities for courage.

And yes, each step could face obstacles. So, let's explore those in more detail next.

4 Ways To Practice Sharing- Video Discussion



<https://youtu.be/23ju0VXirqk>

Practice Telling Yourself The Story

Why this is good:

You are 100% in control of telling yourself the story, giving it room to surface however you want, with whatever words you want. No one's reactions are part of your story coming to the surface.

Why this might be hard:

- You may not know where to start.
- You might feel lonely afterwards.

For a more in-depth discussion about these points, check out the video below.

Practice Telling Yourself The Story - Video Discussion



<https://youtu.be/TbqAFnPpk6E>

Practice Telling An Anonymous Advocate

Why this is good:

You are building your courage to let your story be heard by someone else. This can give you confidence to know your story is not invalidated. Through this experience, you are learning how to share your story.

Why this might be hard:

- You wish the connection could last.
- You wish they had given you more.
- Someone may not have been “in the game.”

For a more in-depth discussion about these points, check out the video below.

Practice Telling An Advocate - Video Discussion



<https://youtu.be/cciiuRCg2RI>

Practice Telling Someone Who Cares About You

Why this is good:

Sharing your story with someone who knows you and cares about you allows you to have a conversation with someone who understands your history. This can help you feel the most amount of support and validation.

Why this might be hard:

Sometimes, those who care about us listen and hear us—while they are thinking about how it impacts them. The combination of their own thoughts and feelings might mean they do not react well, even though sharing with them is important.

For more, check out the video below.

Practice Telling Someone Who Cares - Video Discussion



<https://youtu.be/t6mVirQhbh0>

Practice Telling Someone Who Helps You Take Action

Why this is good:

You might know it is time to take a healthy action step and get a professional involved. This might mean a doctor, therapist, coach, pastor, or another trained, skilled individual. But, you may not want to do that alone. Involving someone who can be with you might help you to be able to move forward.

Why this might be hard:

At times, it might feel as if they are pushing you past your comfort zone. Feel free to have a conversation with them letting them know how you feel.

For more, check out the video below.

Practice Telling Someone & Take Action - Discussion



<https://youtu.be/shUSo1U1A2c>

CREATE A

TRAINING PLACE

AND STRATEGY SPACE

What Kind Of Help Exists?

Due to the intensive nature of addiction and the fact it speaks to deep internal struggles, finding help for addiction usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

Anything action or behaviors you are concerned about deserves a place to be processed in a safe environment which can give you actionable guidance and tools.

Additionally, there are a host of tools which can help you find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



Apps Which Offer Support

Pear reSET offers a 12-week program schedule complete with weekly check-ins and guided lessons.

Sober Grid offers user engagement with a recovery community, daily tasks to engage the mind, a way to track triggers and an online journal

Nomo – Sobriety Clocks tracks personal victories of sobriety and allows you to share that moment of victory with an accountability partner or group, thus creating a sense of community.

SoberTool offers daily inspirational messages and reminders. Key component includes guided questions if the user marks feeling a relapse coming on.



WEconnect offers sobriety and recovery reminders such as calling a sponsor, attending a group meeting, or self care. Allows both recovering addicts and sponsors to interact via reminders to reach out to each other.

rTribe – Quit Porn/Drug/Food Addiction allows to you track the times of day when behaviors or substances are most appealing. Targets a plan around these triggers.

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

Self-Help For Anxiety Management (SAM) offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.



Communities Which Offer Support

Addiction Center Support Groups

<https://www.addictioncenter.com/treatment/support-groups/>

Provides 24/7 access to support via hotline and pop-up chat options, which were present at the time of this writing. A library of resources available on their support page.

Smart Recovery

<https://www.smartrecovery.org/community/>

Offers a vast community of forum support.

Substance Abuse And Mental Health Services Administration

<https://www.samhsa.gov/find-help/national-helpline>

Website states they offer “free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

The Tribe Wellness Community

<https://support.therapytribe.com/addiction-support-group/>

A subscription-based service of peer-to-peer support for individuals and their families.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

Lifeline Crisis Chat -

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

What Is Sex Addiction & What Recovery Options Are Available?

<https://www.smartrecoverytest.org/local/>

Provides an honest discussion about driving factors of addiction and what help is available, including online support groups.

Sex Addiction Treatment

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The American Addiction Centers offers a data heavy article on addiction facts—including what addiction is and isn't. As of this printing, website also offered a chat feature pop up that reached out for those seeking support.

American Addiction Centers

<https://americanaddictioncenters.org/sex-addiction>

Provides educational insight and treatment options.

The Recovery Village

<https://www.therecoveryvillage.com/process-addiction/porn-addiction/treatment/#gref>

Offers therapy options for individuals and their loved ones.

Project Know

<https://www.projectknow.com/support-groups/>

Offers insight into a 12-step process. A pop-up box offering chat guidance was available at the time of this writing.

A thousand disappointments
IN THE PAST CANNOT

equal the power of

ONE POSITIVE

action right

NOW. GO AHEAD

& go for it.

UNKNOWN AUTHOR

Who Would Want To Help Me?

Why someone would want to help an individual struggling with addiction? I believe it comes down to the fact we see something you can't—your future, your pathway, and your value.

Your Future

We have an intrinsic belief that as you walk a path of wholeness and healing—you have a future.

Your Pathway

Trained advocates have studied to figure out what a pathway to wholeness and healing looked like. They want to offer tangible guidance.

Your Value

We have a foundational belief—that you have value. When we speak with you—it is directly tied into a reason why we believe you matter, have importance, and that the outcome of your life is important to us.

Who Would Want To Help Me? - Video Discussion



<https://youtu.be/xZNbZzgLyk>

The Obstacles In Seeking Help

It is fair to talk about the obstacles along the path, so we are not surprised by them. If you have faced one or all of the following—know that I hear you and I see you. I acknowledge the fact these moments can create tremendous setback or make it difficult to want to continue to fight for your wholeness. I can only hope you know you are not alone in that battle—and it is worth it to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.

The Obstacles In Seeking Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>



Building A Safety Plan

If you are taking a stand against addiction, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway to fight back helps you continue to seek wholeness.

Please note: Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back against addiction are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is [Recovery.org](https://www.recovery.org). You can check out their advice here: <https://www.recovery.org/pro/articles/developing-your-personal-recovery-plan-template-included/>

The Recovery Village also offers a sample plan that anyone can use to help learn how to build a plan: <https://www.therecoveryvillage.com/treatment-program/aftercare/related/relapse-prevention-plan/#gref>

Building A Safety Plan - Video Discussion



<https://youtu.be/yjjhSv6yoj8>

The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can make it.

I welcome you to find it.

The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

Your Identity Goes Beyond The Struggle

In the core of who I am—I am convinced we are not defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you have faced a deep struggle or have been treated in ways you did not deserve, I believe this does not have to be the key identifier of what makes you—you.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define your life. I believe you still have life in front of you and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

Your Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>

Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhcCY&t=6s>

Please Note:

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

If you are in immediate harm or danger call 911.

Additional Resources:

24/7/365 Crisis Call Center Hotline:
1 (1800) 273-8255

National Suicide Prevention Lifeline
1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:
<http://remedylive.com/soulmedics/>



Resource Guide:

Apps Which Offer Support
Communities Which Offer Support

Resources For:

Parents
Families
Ministry Leaders
Teachers
Men
Teenagers Who Struggle
Teenagers Whose Friends Struggle



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Resources for Parents

Navigating Porn Addiction – A Guide For Parents

<https://static1.squarespace.com/static/5146816de4b04055d30999b8/t/569a9724d8af100e85072fb2/1452971860313/Navigating+Pornography+Addiction-A+Guide+for+Parents.pdf>

Teenagers And Pornography Addiction: A Silent Epidemic

<https://www.counseling.org/docs/default-source/vistas/teenagers-and-pornography-addiction-treating-the-silent-epidemic.pdf?sfvrsn=8>

The American Counseling Association provides research from a clinical background.

Parents Of Teens Help Guide

<https://helpyourteennow.com/pornography-addiction-resources/>

A Plan For Discussing How To Avoid Porn

<https://pcsearle.com/how-does-a-sex-addiction-expert-teach-his-kids-to-avoid-porn/>

One parent and therapists plan of action for discussing important topics.

Good Pictures Bad Pictures

<https://www.protectyoungminds.org/books/>

Age appropriate children's books which teach pre-pubescent children (versions available for children 3-7 years old and 7-11 years old) how to safeguard themselves from pornographic images.

How To Recognize A Substance Abuse Disorder

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-you-have-problem-drugs-adults/how-to-recognize-substance-use-disorder>

Insight into recognizing where you, or someone you care for, may be at and how to find treatment options.

Substance Abuse Guide For Teenagers

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-teen-or-young-adult-has-problem-drugs>

Offers a wealth of age appropriate knowledge and links for family members.

Substance Abuse Support For Families

How To Recognize A Substance Abuse Disorder

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-you-have-problem-drugs-adults/how-to-recognize-substance-use-disorder>

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Substance Abuse Guide For Teenagers

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-teen-or-young-adult-has-problem-drugs>

Substance Abuse Guide For Your Adult Loved One

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-your-adult-friend-or-loved-one-has-problem-drugs>

Both Guides offers a wealth of age appropriate knowledge and links for family members.

Substance Abuse Treatment Booklet For Families

<https://store.samhsa.gov/product/What-Is-Substance-Abuse-Treatment-A-Booklet-for-Families/SMA14-4126>

Provides a detailed, educational guide for families.

Designing A Treatment Plan – What Does It Look Like?

<https://www.centeronaddiction.org/treatment/designing-addiction-treatment-plan>

Guide To Finding Quality Substance Abuse Treatment

<https://www.centeronaddiction.org/sites/default/files/Guide-to-finding-quality-addiction-treatment-2018.pdf>

Is Addiction A Brain Disease?

<https://www.health.harvard.edu/blog/is-addiction-a-brain-disease-201603119260>

A medical discussion on the ways a brain is affected by addiction—along with insight to reduce shame associated with it.

Resources For Families Facing Alcohol And Other Drug Addiction

<https://www.hazeldenbettyford.org/addiction/help-for-families/family-toolkit>

Discusses how addiction is a family disease—and what to do inside of the roles individuals take when addiction hits home.



Additional Drug & Substance Abuse Resources

How To Recognize A Substance Abuse Disorder

<https://www.drugabuse.gov/publications/step-by-step-guides-to-finding-treatment-drug-use-disorders/if-you-have-problem-drugs-adults/how-to-recognize-substance-use-disorder>

Insight into recognizing where you, or someone you care for, may be at and how to find treatment options.

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A medical discussion on the ways a brain is affected by addiction—along with insight to reduce shame associated with it.

Vaping: Why Its Addictive & Resources To Quit

<https://www.health.harvard.edu/blog/vaping-its-hard-to-quit-but-help-is-available-2019110118248>

Provides education on the addictive qualities of vaping—along with resources to quit.

Quit Vaping

<https://teen.smokefree.gov/quit-vaping>

Numerous articles on how to quit vaping, along with insight into the process, including understanding withdrawal, cravings, and triggers.

Puffing Away Sadness

<https://www.health.harvard.edu/blog/puffing-away-sadness-2020022418913>

Offers insight into the combination of smoking as a tool to reduce negative emotions.

What Is Addiction? Understanding Drug Abuse And Addiction

<https://americanaddictioncenters.org/rehab-guide/is-drug-addiction-a-disease>

Gives educational insight into the factors behind drug abuse and addiction. At the time of this printing, a chat box for immediate help was offered on the site.

Resources For Families Facing Alcohol And Other Drug Addiction

<https://www.hazeldenbettyford.org/addiction/help-for-families/family-toolkit>

Discusses how addiction is a family disease—and what to do inside of the roles individuals take when addiction hits home.

Addiction Treatment Resources For College Students

<https://www.staging.addictioncenter.com/college/treatment/>

A collaborative listing of a wide range resources options for students who face addiction.



Additional Resources For Sexual Addiction

What Is Sex Addiction & What Recovery Options Are Available?

<https://www.smartrecoverytest.org/local/>

Provides an honest discussion about driving factors of addiction and what help is available, including online support groups.

Sex Addiction Treatment

<https://americanaddictioncenters.org/sex-addiction>

The American Addiction Centers offers a data heavy article on addiction facts—including what addiction is and isn't. As of this printing, website also offered a chat feature pop up that reached out for those seeking support.

The Mindful Habit

<https://www.themindfulhabit.com>

Site offers a Free, 1-hour masterclass training on “4 Transformational Shifts” to end addiction. Site also offers resources for wives whose spouses are addicted.

I Feel Human Again

<https://www.youtube.com/watch?v=4ZtcbYGUwf8>

One young man’s story of addiction and recovery.

Brain Heart World

<https://brainheartworld.org>

A 3-part documentary on the impact of pornography, including scientific research and stories from individuals whose relationships have been affected. Free to watch for individual viewers. Screening licenses available for organizations.

Escaping Porn Addiction TED Talk

<https://www.youtube.com/watch?v=dbYWKVAeu6Y>

One man’s journey to recovery from sex addiction.

4 Ways Teen Girls Reject Porn

<https://www.protectyoungminds.org/2017/07/06/4-ways-to-help-girls-reject-porn/>

What It's Like To Be A Girl Addicted To Porn

<https://fightthenewdrug.org/to-be-a-girl-addicted-to-porn/>

Teenagers And Pornography Addiction: A Silent Epidemic

<https://www.counseling.org/docs/default-source/vistas/teenagers-and-pornography-addiction-treating-the-silent-epidemic.pdf?sfvrsn=8>

The American Counseling Association provides research on the topic from a clinical background.

Safeguarding Children From Pornographic Images

<https://www.focusonthefamily.ca/content/equipping-your-child-to-resist-pornography-2a622c0b-119e-4159-b181-c553fc2039d4>

Insight on how to equip pre-pubescent children to safeguard themselves from pornography.

Students – How To Tell Your Parents About Your Struggle

<http://www.transformed4more.com/girls-ministry/tell-parents-struggle-porn/>

Youth Worker Resources To Help Students Battle Porn

<https://www.youthworker.com/articles/the-new-norm-ideas-for-helping-your-students-battle-porn/>

Ministry-Based Pornography Support Group Network

<https://harvestusa.org/get-help-for-yourself/>

Youth Ministry Families Pornography Resources

<https://youthministry.com/youth-ministry-families-and-internet-pornography/>

Battling Pornography Resources For Pastors

<https://www.preachitteachit.org/articles/detail/20-ministry-resources-to-help-pastors-fight-pornography/>

One Wife's Story Of Her Own Addiction

<https://harvestusa.org/welcoming-unexpected-pain-sexual-strugglers-in-your-life/#.XlaX1i3MzL8>

Teacher Strategies For Home And Classroom

<https://www.mercatornet.com/mobile/view/battling-pornography-strategies-for-home-and-the-classroom>

Media Smarts – Resources For Teachers

<https://mediasmarts.ca/pornography/resources-teachers-pornography>

Offers a collections of resources for teachers.

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The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



ImChangingIt.com



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