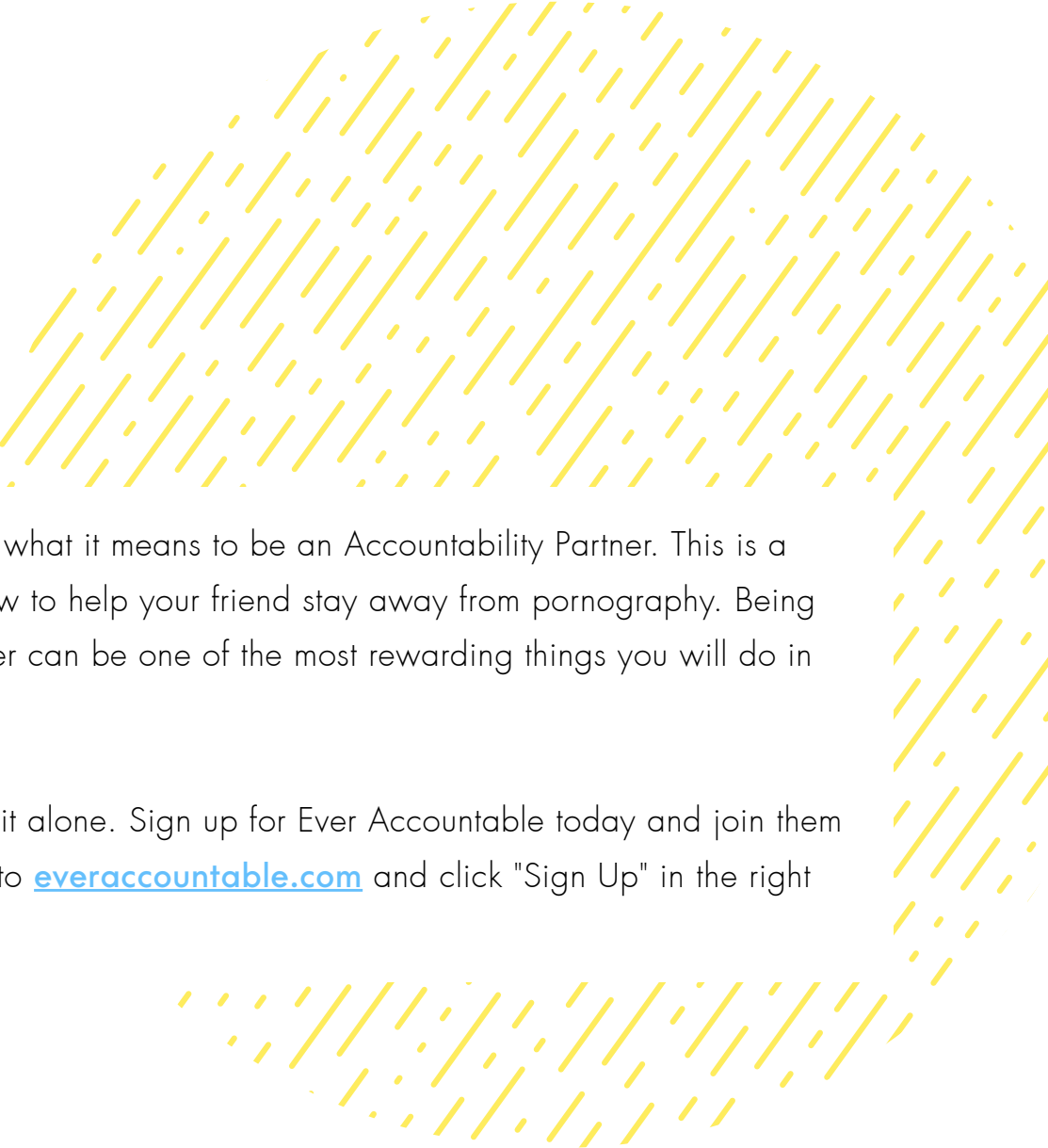




ACCOUNTABILITY PARTNER TRAINING



You may be wondering what it means to be an Accountability Partner. This is a 7-part mini-series on how to help your friend stay away from pornography. Being an accountability partner can be one of the most rewarding things you will do in life.

Don't let your friend do it alone. Sign up for Ever Accountable today and join them in their journey. Just go to everaccountable.com and click "Sign Up" in the right hand corner.

ACCOUNTABILITY PARTNER TRAINING #1:

WHY DO PEOPLE LOOK AT PORNOGRAPHY?

There are many reasons people look at pornography. The crazy thing is that most of the time, it isn't about sex. It isn't about how beautiful, thin or young a spouse or partner is. It's about the escape that he or she finds by going to this fantasy world. If you are the spouse or partner, this is not your fault! You may need healing and support yourself. If you or anyone you know has been hurt by a loved one's pornography use, there is help available, like support groups and specialized therapists. We will talk more about additional help in the last section.

Each time someone looks at pornography, they increasingly need the chemicals it produces in the brain to help them escape life's challenges. This is why someone may start out viewing it occasionally and end up feeling like they can't go on without it.

There are four basic levels of pornography viewing.

Inadvertent exposure. Current research shows that almost everyone will be exposed to pornography by the time they are 8 years old. Although it could be a troubling experience, there is no harm if it is not pursued.

Occasional use. They're intentionally viewing pornography, but not frequently. Intensive use. They're repeatedly viewing, and it's becoming an involuntary habit.

Compulsive use. This is considered an addiction. A person is so dependent on pornography that it takes priority over all else in life.

No matter what level a person is at, pornography thrives in secrecy. Accountability exposes that secrecy.

Your friend's journey to being clean depends on where they're at now and how much they want to change.

Up next: Your Role As Accountability Partner



ACCOUNTABILITY PARTNER TRAINING #2:

YOUR ROLE AS AN ACCOUNTABILITY PARTNER

As pornography thrives in secrecy, removing that secrecy is a powerful tool. Your friend will have extra strength and motivation to avoid pornography knowing that you will see the sites they visit.

This is why you need to read the weekly reports and talk to your friend if you see either obvious pornography or something you're unsure about.

Sit down with your friend and ask them to tell you their story.

Why do they want to stay away from pornography? Then, make an agreement: you will contact them if you see that they looked at pornography--and they will contact you if they get close to looking at it.

It is just as important that you congratulate them on good reports.

Also, talking about the situations in your friend's life that lead them to use pornography will help them recognize and avoid those areas in the future.

Remember that your job is not to be the cop or the enforcer. You're helping them change, not forcing them to change.

Next: We will further discuss what to do when you find out your friend looked at pornography.



ACCOUNTABILITY PARTNER TRAINING #3:

WHAT SHOULD I DO IF I DISCOVER THAT MY FRIEND LOOKED AT PORNOGRAPHY?

You're probably wondering what to do if/when you find out your friend looked at pornography.

When a bad report comes it's simple. Contact your friend and ask, "What happened?"

"ASK QUESTIONS AND OFFER SUPPORT. DO IT WITHOUT ATTACK. BE BOLD, BE GENTLE AND BE HONEST. SEEK TO UNDERSTAND... BE PREPARED TO LISTEN."

— Tess Marshall, psychologist and author.

This step is short on purpose because it is so important. It may be uncomfortable, but this is what your friend needs you for. If you find your friend has looked at pornography, then take a deep breath and contact them now.

Next: what to do when your friend justifies looking at pornography.

ACCOUNTABILITY PARTNER TRAINING #4:

JUSTIFICATION SOUNDS LIKE...

"It won't hurt anybody."

It can make you less satisfied with your partner. Pornography is bad for families, it leads to violence, and the porn industry is involved in terrible abuses.

I deserved it because

You don't deserve the problems that come with it, and neither do your loved ones.

It's someone else's fault.

Okay, but when does it become your responsibility?

It doesn't matter.

Pornography kills relationships. We all need healthy relationships to be successful individuals.

"I accidentally found it."

This is a hard one because it's true that pornographic content sometimes comes up unexpectedly. This should only happen rarely, if ever. If your friend accidentally sees pornography repeatedly, it could be that your friend saw the pornography "accidentally on purpose", meaning they're trying to find pornography without it being their fault. You could ask your friend if it was really totally innocent, or if he/she was actually deep down hoping to catch a glimpse of something pornographic.

When you hear something that sounds like a justification, call it out and ask questions to help your friend spot the lie. If you're worried they might get defensive, you can start by asking their permission with a question such as "I heard you say it was an accident but I'm wondering if I can ask you more about that?" The lie in the justification might not be obvious at first. Here is an example of some questions you could ask to help find it:

- What were your thoughts that lead up to it?
- What would you say to me if I used that justification?
- What effect did it have on you?

Next: How to help your friend recognize and avoid triggers.

ACCOUNTABILITY PARTNER TRAINING #5:

WHAT IS A TRIGGER?

A trigger is anything that starts the mind going down a road that ends in viewing pornography. Your friend could be triggered by a variety of things, like feeling stressed, bored, hungry, angry, lonely or tired.

Other triggers may include driving past an “adult” billboard, seeing someone in exercise clothes, seeing women smoking, going to swimming pools and beaches, etc.

Ask your friend what triggered them. It may require some thought to figure it out. Then, have them acknowledge the trigger through a phone call or text, as removing the secrecy will remove its power. They could say something like, “That commercial triggered me,” “I am stressed and it is triggering me,” or “My thoughts are going places I don’t want to be.”

It’s best if your friend can avoid known triggers altogether. They can drive a different way to work, not watch certain TV shows, not surf the internet alone, or charge their phone in a different room instead of next to their bed.

Create a call for help your friend can send if a trigger’s power is not going away. Examples include texting you a message like “SOS” or “Help.” It is critical that you quickly contact your friend—often just a text or quick phone call is enough— and ask what help they need.

Up next: The Long-Term Change Process.

ACCOUNTABILITY PARTNER TRAINING #6:

THE LONG-TERM CHANGE PROCESS

Overcoming pornography can be a long-term process. Although ups and downs are normal for everyone, you should notice an overall change for the better. When your friend is being truly accountable, you will begin to see real improvement.

Here are a few ways to see if your friend is improving: First of all, are they viewing less pornography? Pay attention to how they interact with you and others. Do they seem open or closed? Are they generally happy or sad? Are they social or isolating themselves? Are they recognizing and admitting mistakes or denying anything is wrong? Are they taking responsibility for their actions or blaming others?

Regularly checking in with you will help your friend over time.

Have your friend regularly tell you how they're doing in three areas: triggers, slips and relapses.

- A **trigger** is not necessarily his or her fault, but it's important that they tell you what triggers them.
- A **slip** is when your friend intentionally views pornography and tells you within 24 hours. Your friend should tell you within a day about any slips.
- A **relapse** is not reporting a slip within 24 hours. Your friend should tell you about any relapses.

If your friend is not progressing, then more involved check-ins might be helpful. Talk to your friend about how they feel in these five areas:

- **Physically**
- **Emotionally**
- **Mentally**
- **Sexually**
- **Relationally**

Agree on the frequency of your checkins. Some check in once a month, some check in once a day. Do what works for you and your friend. Remember, you aren't the cop or enforcer. However, if your friend isn't speaking up, it might be helpful to encourage them.

In our next and last point, we will leave you with some great additional resources.

ACCOUNTABILITY PARTNER TRAINING #7:

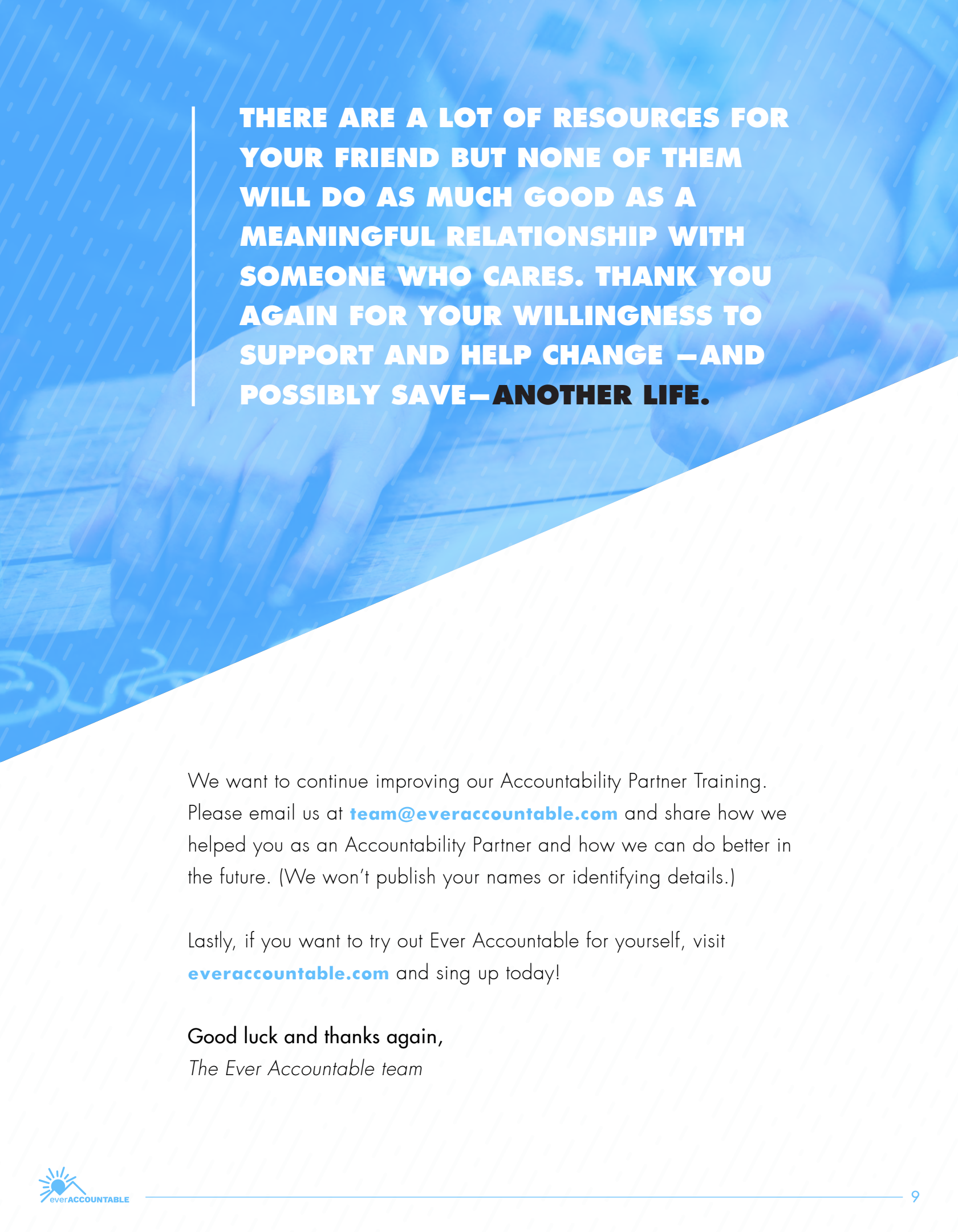
IN CASE YOU NEED MORE HELP

We are coming to a close now and hope we have provided a great foundation for improvement. We are not therapists or psychologists, but we will do all we can to help your friend achieve their goals. If your friend's reports are not improving over the course of a few months, here are some additional options:

Support teams: have your friend create a support team so they are not relying on only one person. Support teams can be small or large. rTribe is a great app that connects people to support groups.

Trained therapists: therapists offer both individual and group sessions that can be very beneficial. Find one who has experience dealing with pornography issues.

12-step programs: programs based on the original Alcoholics Anonymous 12 steps can be very effective in full recovery from addiction. There are both faith-based programs and non-church affiliated groups, including SA, SAA, SCA, SLAA or SRA. You can find out online if there are meetings in your area. Religious leaders: your friend can gain great help by speaking with their pastor, priest or bishop.



**THERE ARE A LOT OF RESOURCES FOR
YOUR FRIEND BUT NONE OF THEM
WILL DO AS MUCH GOOD AS A
MEANINGFUL RELATIONSHIP WITH
SOMEONE WHO CARES. THANK YOU
AGAIN FOR YOUR WILLINGNESS TO
SUPPORT AND HELP CHANGE –AND
POSSIBLY SAVE—**ANOTHER LIFE.****

We want to continue improving our Accountability Partner Training. Please email us at team@everaccountable.com and share how we helped you as an Accountability Partner and how we can do better in the future. (We won't publish your names or identifying details.)

Lastly, if you want to try out Ever Accountable for yourself, visit everaccountable.com and sign up today!

Good luck and thanks again,
The Ever Accountable team