



Overcome Porn:
The 40 Day Challenge
Journal

About the Author



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Luke was the general editor and primary author of the Covenant Eyes blog for 8 years, and now blogs with his wife Trisha at intoxicatedonlife.com. Luke has a BA in Philosophy and Religious Studies from Bowling Green State University and an MA in Religion from Reformed Theological Seminary.

Before working at Covenant Eyes he spent six years as a campus minister at the University of Toledo. He, Trisha, and their four sons live in Perry, MI.

About this Journal

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Introduction

This journal is meant to serve as a chronicle of your experience of *Porn-Free: The 40 Day Challenge*. The journal is laid out in two sections:

1. Self-Assessment: Each day, gauge how you are doing in your purity goals.
2. Challenge Notes: Each day, write down at least one memorable take-away.

How to fill out the self-assessment:

In the self-assessment section you'll find 5 statements. For each day of the challenge, rate how much each statement describes your experience. As you fill in more dots on each chart, draw a line between them so you can easily see your progress over time.

Keep in mind a few things as you assess yourself. First, honesty is critical. You do yourself no favors by inflating the report of your progress. Be aware of the tendency to want to look better “on paper” than you really are. Embrace ruthless sincerity.

Second, evaluate yourself based on each day. It might be easiest to fill out your assessment in the morning reflecting back on the previous day or to fill out your assessment every night before going to sleep.

Using the journal in your accountability conversations:

- + We recommend you set regular (at least weekly) appointments with an accountability partner. When you meet, bring your journal with you.
- + The self-assessment section will give your partner an at-a-glance view of your journey so far, highlighting specific issues or patterns that need to be discussed.

For the rest of your time with your partner, simply talk about what you are learning during the challenge and what steps you have made based what you've learned.



40 Day Challenge Outline

Below is a timeline to help guide you through the challenge. Feel free to use it as a checklist to keep you on track.

Introduction:

- **Day 1:** Who sees your dirty laundry? (Getting started with accountability)

Run From:

- **Day 2:** Is it even possible to break free from porn? (3 mentalities for freedom)
- **Day 3:** Super-practical steps to quitting porn
- **Day 4:** Finding your triggers
- **Day 5:** Why your resolutions always fail (and how we can succeed)
- **Day 6:** Secrecy is the enemy
- **Day 7:** Radical amputation: what do you need to cut?
- **Day 8:** Blame it on the brain (the neurology of addiction)
- **Day 9:** What the porn-addicted brain looks like
- **Day 10:** The science of craving
- **Day 11:** The day I met a porn star
- **Day 12:** The connections between porn and sex trafficking
- **Day 13:** How to take your thoughts captive

Run To:

- **Day 14:** What's better than porn?
- **Day 15:** Focusing on what we gain
- **Day 16:** Lust or a worship disorder?
- **Day 17:** Six reasons you watch porn (and six reasons not to watch)
- **Day 18:** Pleasure is not the enemy
- **Day 19:** It's not about purity. It's about gratitude.
- **Day 20:** The exciting topic of boredom
- **Day 21:** Love connection (pursuing real intimacy)
- **Day 22:** Don't be a practical atheist
- **Day 23:** Grace doesn't just forgive you. It changes you.
- **Day 24:** Paul's secret to defeating lust
- **Day 25:** Paul's death blow to addiction

Run With:

- **Day 26:** How to join the human race
- **Day 27:** How to find a bad accountability partner
- **Day 28:** Destroy porn by destroying shame
- **Day 29:** How to find a good accountability partner
- **Day 30:** Internet accountability can change your life
- **Day 31:** When porn is on your Internet report
- **Day 32:** The biblical pillars of accountability

- **Day 33:** Five reasons Christian accountability fails
- **Day 34:** The core of real accountability: friendship
- **Day 35:** More than porn: accountability in the grey areas
- **Day 36:** A marriage that (almost) didn't make it
- **Day 37:** Strong ropes and a ten-stringed lyre (going deep with accountability)

Conclusion:

- **Day 38:** How the gospel ties it all together
- **Day 39:** Why I kept going back to porn
- **Day 40:** A plan for long-term success

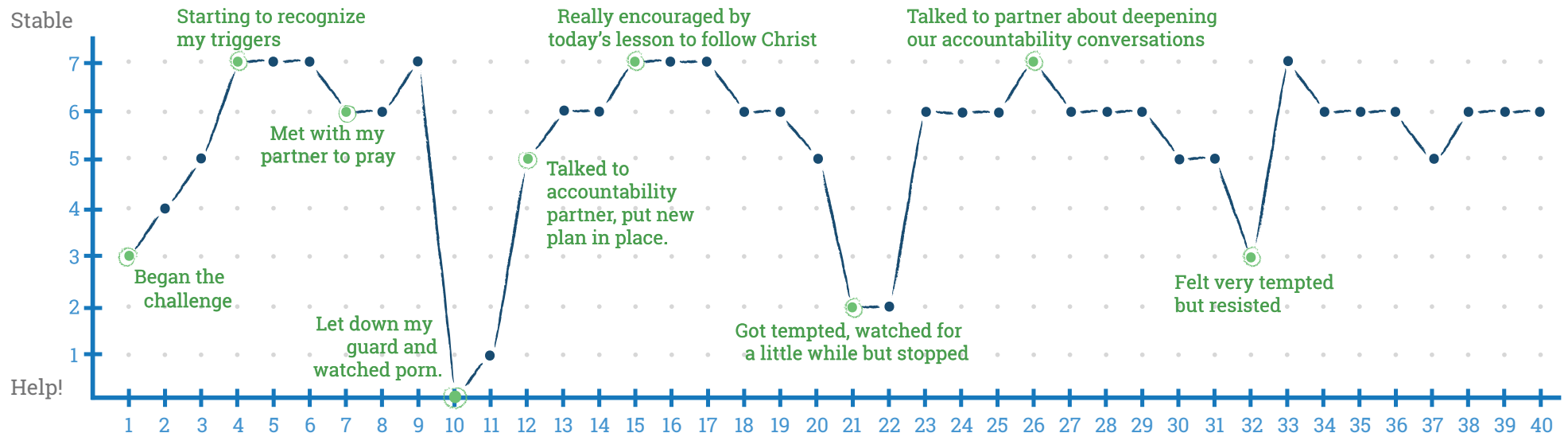
Self-Assessment

For each day of the challenge, rate how much each statement describes your experience. If the statement describes you very well, place a dot at the top of the chart near the word “Stable.” If the statement describes the opposite of how you are doing, place a dot at the bottom near the word “Help!” If you fall somewhere in the middle, place a dot where it feels appropriate.

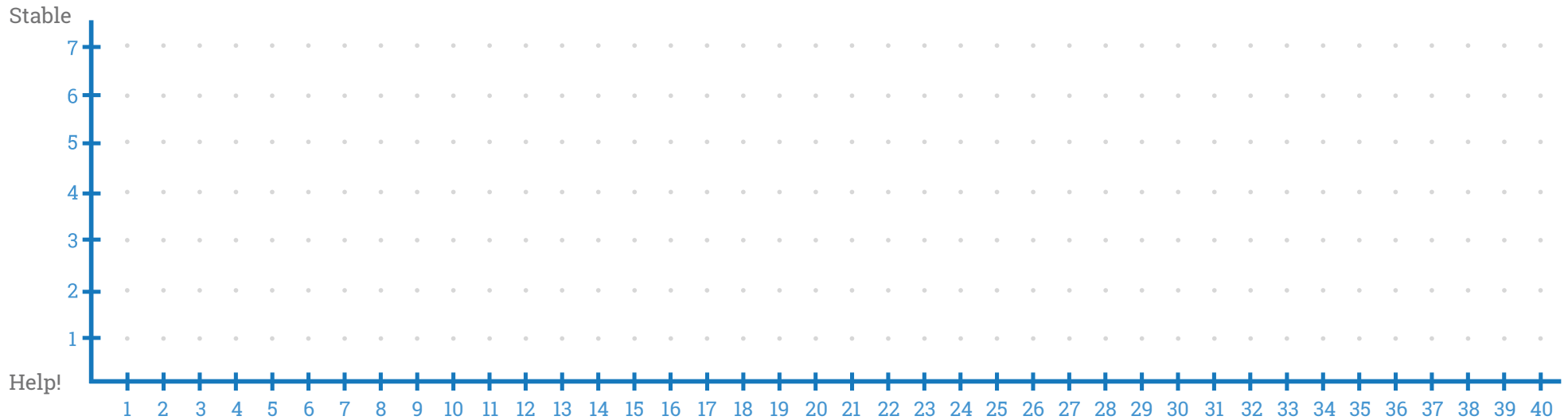
As you fill in more dots on each chart, draw a line between them so you can easily see your progress over time.

Below is an example of what a filled out chart could look like.

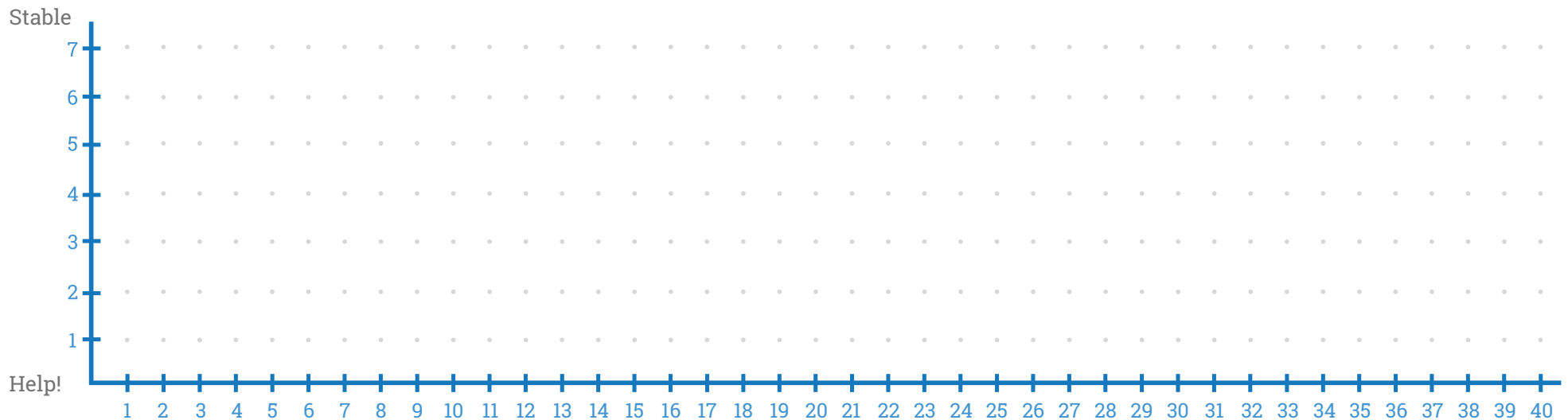
Sample) I have avoided looking at pornography and sexually provocative images, stories, and conversations (on and offline) that I knew would be seductive or titillating.



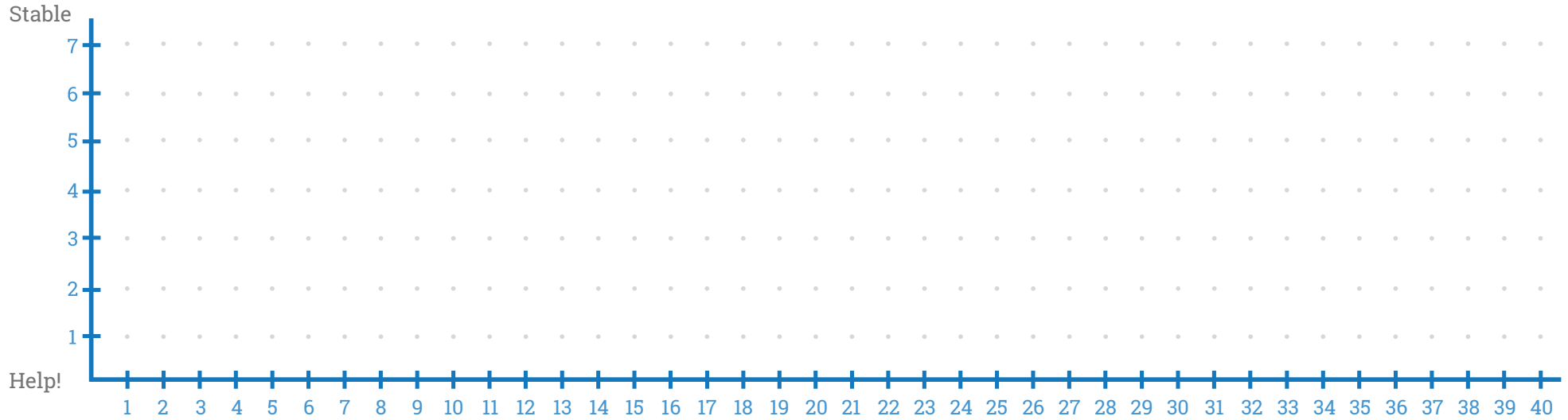
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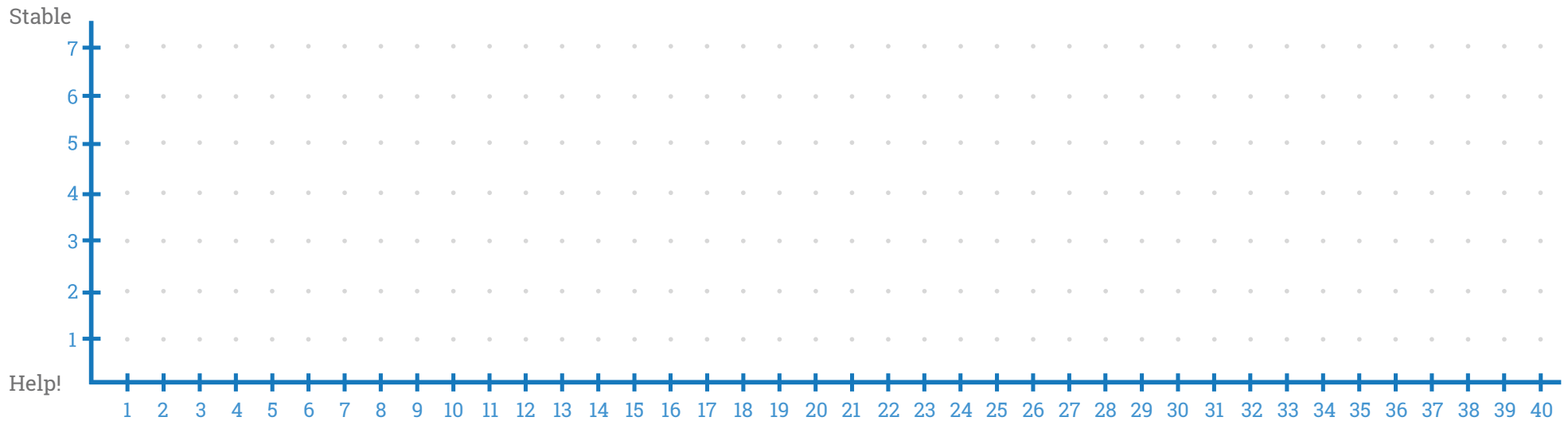
2) I have kept my eyes from lustful glances and kept my thoughts from sexual thoughts about about others (other than my spouse, if married).



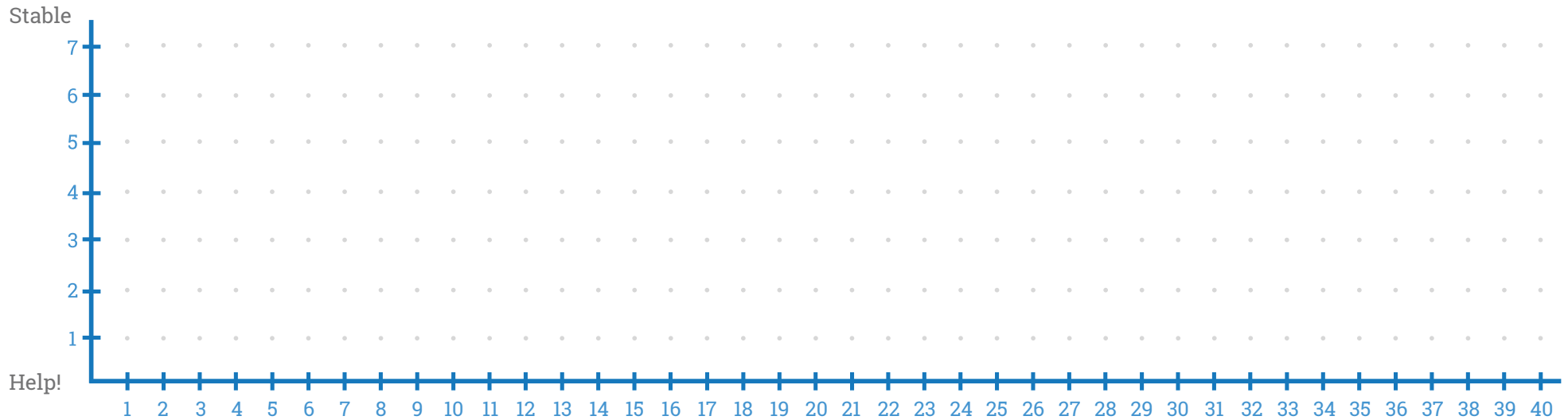
3) I have actively avoided known triggers that often lead to watching pornography, and I have dealt well with triggers as they have arisen.



4) I am enjoying time with God through prayer and the Bible.



5) I am focusing on what Christ has done for me and His great promises, and this is giving me joy in both good times and bad, in times of obedience and failure.



Write down at least one memorable take-away for each lesson.

Day 1

Day 2

Write down at least one memorable take-away for each lesson.

Day 7

Day 8

Write down at least one memorable take-away for each lesson.

Day 17

Day 18

Write down at least one memorable take-away for each lesson.

Day 19

Day 20

Write down at least one memorable take-away for each lesson.

Day 25

Day 26

Write down at least one memorable take-away for each lesson.

Day 27

Day 28

Write down at least one memorable take-away for each lesson.

Day 29

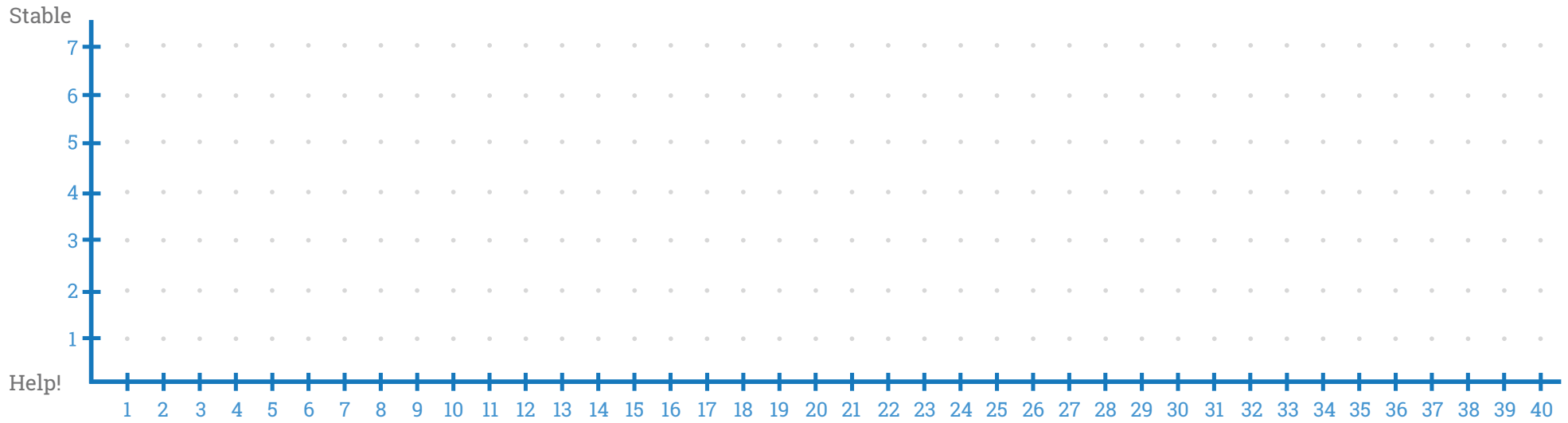
Day 30

Write down at least one memorable take-away for each lesson.

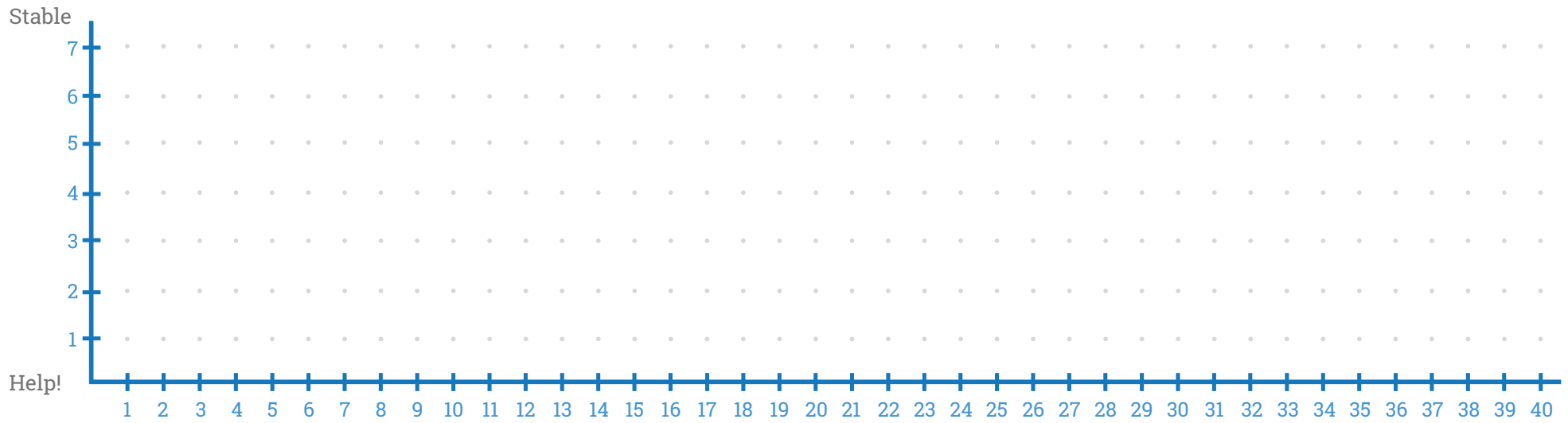
Day 33

Day 34

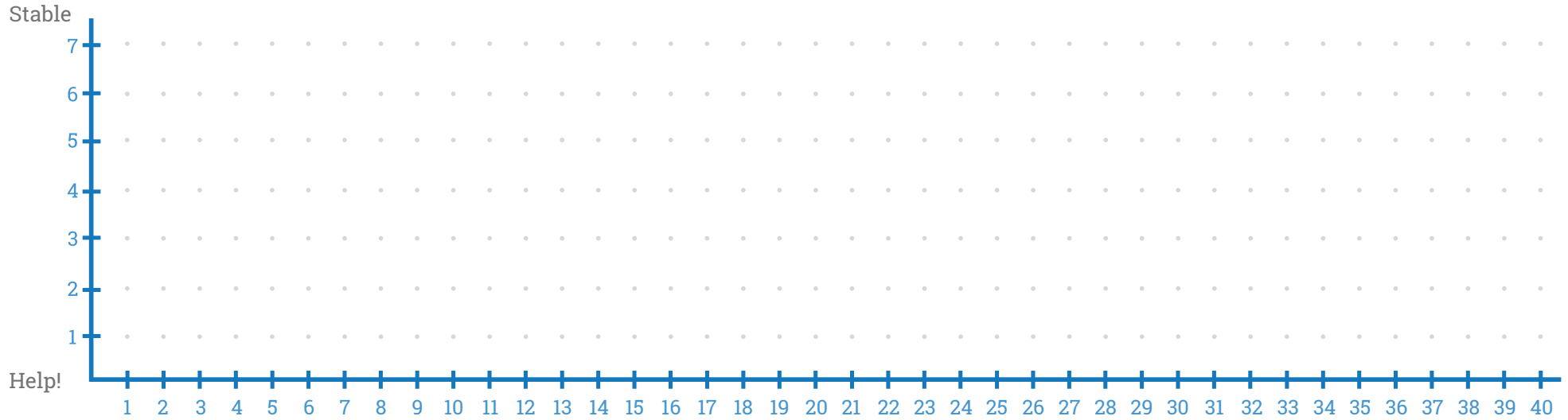
6) I have not spent time with a man or woman in a way that could be viewed as compromising to my purity (or my faithfulness to my spouse).



7) I am enjoying prayer, and I am praying for others and myself with consistency.



8) I have spent time reading or hearing God's words in the Bible, and as a result of that time, I have determined to better trust and obey God in specific ways.



9) I am focusing on the gospel in a way that gives me great joy that overcomes life's disappointments.

