



## NATHAN'S STORY: OVERCOMING PORNOGRAPHY & ISOLATION

In this episode, Nathan shares his story of how he overcame his addiction to pornography, isolation, and negative self-talk. Nathan struggled with a deep-rooted bitterness toward his dad, an inability to share his feelings, and a 20-year addiction to pornography.

### INTRODUCTION (00:18)

Nathan's addiction to pornography started when he was eight years old. It was fed by negative feelings and devaluing his identity along with other stresses in his life.

1. *What circumstances or people often cause you stress or make you feel insecure or out of control?*
2. *How are these circumstances or people similar or dissimilar to the stresses in your childhood years?*

### NATHAN'S ISSUES (04:10)

In addition to Nathan's health issues, there were several other circumstances that impacted Nathan's perspective of God and relationships — primarily his dad's abuse and his parent's divorce.

3. *How would you describe your parent's relationship in your growing up years?*
4. *What is your current relationship like with your parents?*

### NATHAN FORGIVES HIS DAD (05:07)

For Nathan to begin dealing with his issues with pornography and isolation, he needed to forgive his dad.

5. *Who do you believe had the greatest negative impact on your life in your growing up years?*
6. *How have you pursued forgiving this person?*

### NATHAN DEALS WITH HIS IDENTITY (06:33)

Accepting the word Nathan received from the Holy Spirit and speaking it out over himself every day continues to help him quiet the lies he believed about himself.

7. *What specific word has God spoken to you to encourage you?*  
*NOTE: If you don't feel like you have a specific word from the Holy Spirit, we recommend you watching our coaching video, "What Does God Think About You" and praying the prayer at the end of the video.*

### NATHAN DEALS WITH THE HABIT (06:55)

Nathan had to choose to do actively develop different behaviors when he felt stressed or out of control. These behaviors included releasing control of the things that caused stress (i.e., the disease, etc.) and beginning a habit of changing his circumstances (i.e., making a sandwich, taking a walk, etc.).

8. *What is a negative or unhealthy behavior with which you struggle?*
9. *What practical steps can you take in beginning to develop positive or healthy behaviors?*