

## Freedom Checklist

Here is a checklist to destroy most (and hopefully all) sources of pornography in your life. Some items may not apply. The effectiveness of this checklist depends on your actions.

- Tell someone you intend to destroy all sources to your pornography, and to take serious preventative measures. Ask them to follow-up on your plan (share this plan with them).
- With complete reckless abandon, scour your house and destroy all pornography. This means actual destruction as in destroyed - does not mean give to your buddies or friends or leave it so someone else can find it. Choose a destruction method so the materials can no longer be used for their intended purpose, and cannot be repaired.
- Take your computer and put it in full view in the most occupied place in your home. This addiction thrives in the dark - get your computer out of the shadows!
- Destroy credit cards that facilitate the use of your addiction.
- Destroy personal items that remind you of a life that you wish to leave.
- Destroy video rental cards.
- Destroy Photos that remind you of addictive encounters.
- Destroy business cards that remind you of a past you wish to leave.
- Delete electronic e-mail addresses from your computer or online e-mail to cut off your access to those you've been in unhealthy relationships with.
- Destroy any books that support addictive/sinful behavior of any sort.
- Destroy any magazines.
- Destroy any DVDs or VCR tapes.
- Stop renting the wrong types of movies.
- Destroy any CDs or floppy disks that store pornographic material.
- Destroy any printed images.
- Destroy any posters - shred into pieces.
- Destroy any sex toys.
- Destroy any software that supports your habit in any fashion whatsoever (including archiving software, or scan-inventory software).
- Destroy other items with printed pictures that support addiction.
- Change your computer screen saver to something that promotes purity.
- Change your computer desktop image to something that promotes purity.
- Destroy any calendars that support your habit. Replace with inspirational types.
- Destroy clothes that support or promote the addiction, that have graphic pictures, words, or other features that do not help you.
- Remove and destroy those bumper stickers or license plate frames on your cars that remind you of a lifestyle you wish to leave behind.
- Destroy all the images from your locker at the gym.
- If you have a fireplace, burn it all (use caution), or use a shredder.
- Destroy other items not listed here that supports your addiction.
- Delete any websites that you may have created.

- Destroy any written materials or written records of websites or sources where you have found pornography.
- Go through your computer completely and destroy all images you have saved. Do not back up these files - erase them.
- Go through your "favorites" or "bookmarks" and delete all references that support your addiction.
- Call your phone company and place a block on area code 900 phone calls.
- Cancel subscriptions to all materials that will fuel your addiction. Don't wait for them to expire, cancel them.
- If you get Sports Illustrated, call them and request that you not receive the Swimsuit Edition (they can do this). Their number is 1-800-528-5000.
- Cancel subscriptions (Netflix, Blockbuster, etc.) for movies.
- Cancel subscriptions to e-mails you receive regularly, or irregularly with questionable material.
- Uninstall file sharing software (Limewire, Morpheus, etc.).
- Delete e-mail accounts you used to receive questionable material. You can create a new (and clean) e-mail account with Gmail, Yahoo, and others.
- Cancel your Cable TV subscriptions (you might be able to tell your cable company to remove certain channels).
- Catalogs that are improper for you, including Victoria's Secret.
- Change your routine where you eat meals or "entertainment".
- Change your "entertainment" so you are not exposed to temptation. This can mean different things for different people.
- If your roommate has any of the above and doesn't want to get rid of them - move out.
- If your addiction is one with another person other than your wife or committed partner, restore yourself with your wife or partner and do whatever is necessary to end the wrong relationship. Get guidance from a pastor, priest, counselor or close friend who has a lot of integrity.
- For travelers, tell the front desk to disable the inappropriate cable channels, or ask them to remove the television from the room. Don't rent the bad or questionable movies.
- While traveling, if you go somewhere to use internet service - take a person with integrity with you.
- While traveling, make arrangements with someone at your home (or in one of the support groups listed in the links page) - to call them when you arrive at the hotel - let them know you're not going to go to the wrong places.
- Do not go through this alone.
- Get filtered Internet.
- Make a commitment not to return to your past. Maintain this by finding someone you can trust and be accountable about your plan so you don't go back.
- Be honest.
- Develop a spiritual hunger for God - the closer you draw to God, the less and less you will want pornography.