

# PURE DESIRE

➤ AUTHENTIC LEADERSHIP

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➤ UNDERSTANDING SEXUAL ADDICTION

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➤ HEALING RELATIONSHIPS

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NEW ORLEANS BAPTIST THEOLOGICAL SEMINARY | OCTOBER 13, 2016

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# ABOUT PURE DESIRE

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## **WANT TO LEARN MORE ABOUT US?**

Countless people are bound, with no visible way out, by the struggle of sexual addiction. God is answering the cry of men and women who have tried unsuccessfully to build a life of sexual purity. At Pure Desire, the aim is to educate and mobilize church leaders to facilitate hope and freedom from sexual addiction, through the development of healing ministries.

If you, or someone you know, is struggling with sexual addiction, we can help. Pure Desire Ministries International provides a task-centered treatment model for singles and married couples, delivered within the framework of sound biblical principles. Let us help you find freedom from shame and isolation. There is hope!

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Learn more at [puredesire.org](http://puredesire.org) by scanning the QR code with your smartphone or like us on Facebook to receive ministry updates.

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# AUTHENTIC LEADERSHIP

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## NICK STUMBO

Nick is the Executive Director of Pure Desire and former Lead Pastor at East Hills Alliance Church. Nick earned a bachelor's degree in pastoral ministry from Crown College and a Master of Divinity from Bethel University. Nick and his wife, Michelle, have helped many men and women in the church find restoration from brokenness. Nick wrote the book, *Setting Us Free*, to help others find help, hope, and healing.

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## 6 ✦ AUTHENTIC LEADERSHIP — NICK STUMBO

*Am I in leadership because I am \_\_\_\_\_  
\_\_\_\_\_ or because I am \_\_\_\_\_?*

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### THREE REALITIES

1 P \_\_\_\_\_ vs. P \_\_\_\_\_

2 S \_\_\_\_\_ vs. S \_\_\_\_\_

3 A \_\_\_\_\_ vs. A \_\_\_\_\_

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### THE BOTTOM LINE

When we are not authentic, it is because of \_\_\_\_\_ and \_\_\_\_\_.

**Fill in the blanks:** the, most, qualified, person, in, the, room, CALLED, Performance, Process, Success, Significance, Appearance, Authenticity, fear, shame

But...the speed of the \_\_\_\_\_ is the speed of the \_\_\_\_\_.

- For better or worse, who we are as leaders will be \_\_\_\_\_ throughout our ministry context.

.....

This is first and foremost a \_\_\_\_\_ issue.

.....

## **CREATING AN AUTHENTIC SPACE**

❶ We must fight continually against \_\_\_\_\_ culture.

❷ We must lead our \_\_\_\_\_ into authenticity.

- A Word on Bad Boards:

❸ We must allow authenticity to \_\_\_\_\_ .

- A Word on Authentic Versus Excellent:

❹ We must passionately pursue \_\_\_\_\_ .

**Leading out of \_\_\_\_\_ is extremely \_\_\_\_\_.**

**Fill in the blanks:** leader, team, reproduced, leadership, celebrity, leaders, make, it, up, front, grace, and, truth, our, calling, liberating



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# UNDERSTANDING SEXUAL ADDICTION

**YOUR BRAIN AND BEHAVIOR**

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## **HEATHER KOLB**

Heather is an Adjunct Professor at Central Oregon Community College, teaching both Criminal Justice and Psychology courses in Redmond and Madras Oregon. She has a Master's degree in Criminal Justice, in Criminal Behavior from Tiffin University and a Bachelor's degree in Psychology from the University of Oregon. Heather is also an editor who has contributed to many Pure Desire publications.

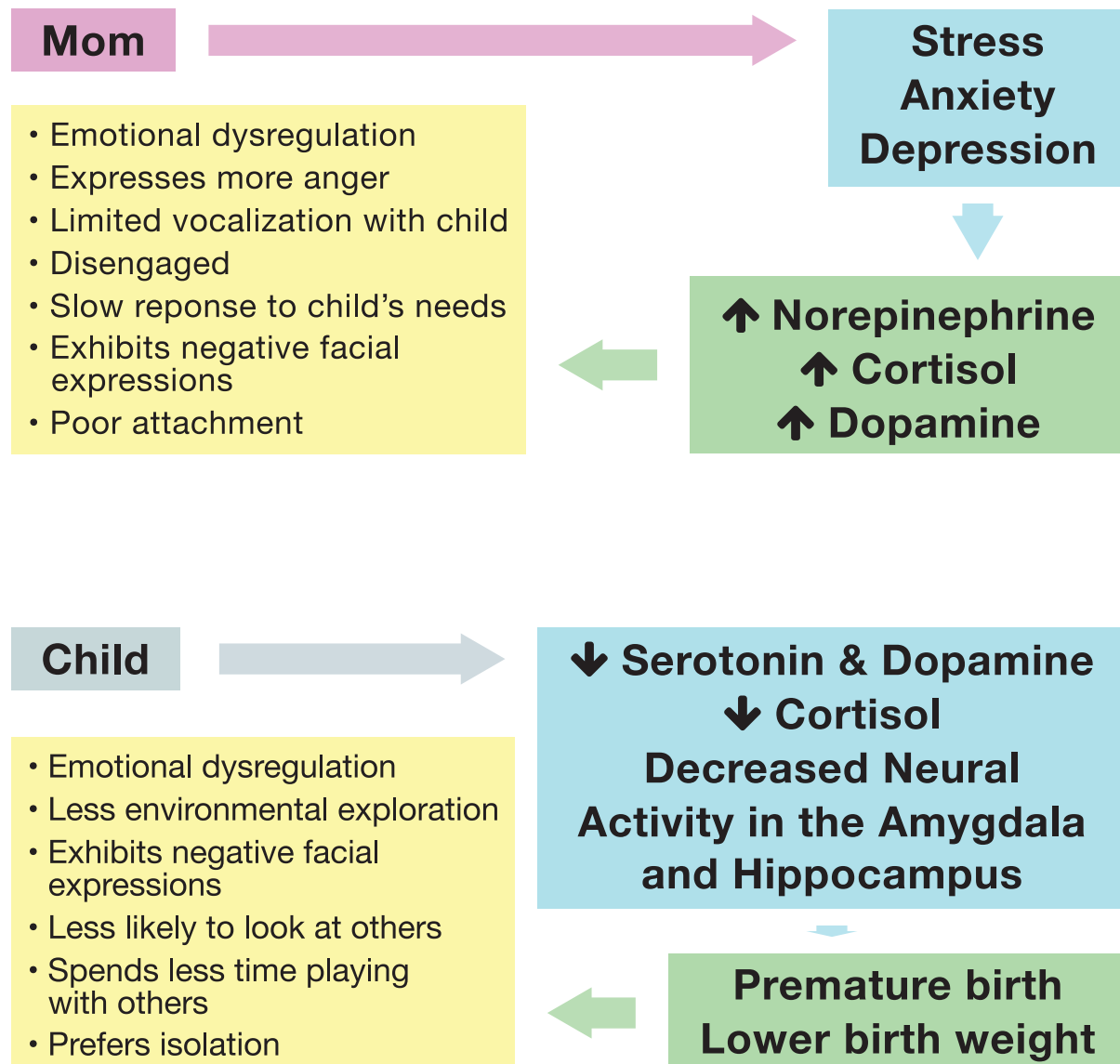
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## WHAT IS SEXUAL ADDICTION?

Sexual addiction is the compulsive behavior of an individual who cannot manage their sexual thoughts and actions, causing severe stress on their family, friends, loved ones and work environment.

Despite repeated attempts to stop the behavior and the potential for negative consequences, the person will continue to obsess over and act upon sexual thoughts and ideas.

## PRENATAL ENVIRONMENTAL FACTORS



## CHILDHOOD DEVELOPMENT

### SECURE CHILD

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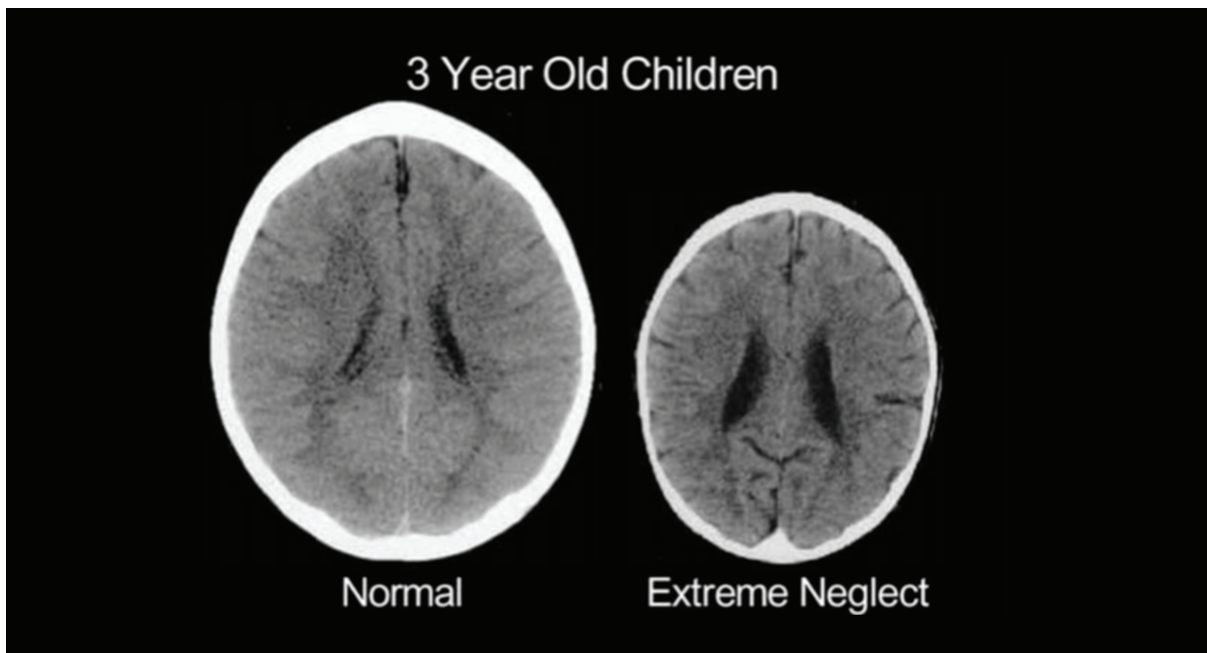
### AVOIDANT CHILD

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### AMBIVALENT CHILD

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### CHAOTIC/DISORGANIZED CHILD



## RECOGNIZING FACIAL EXPRESSIONS

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## IDENTIFYING EMOTIONS

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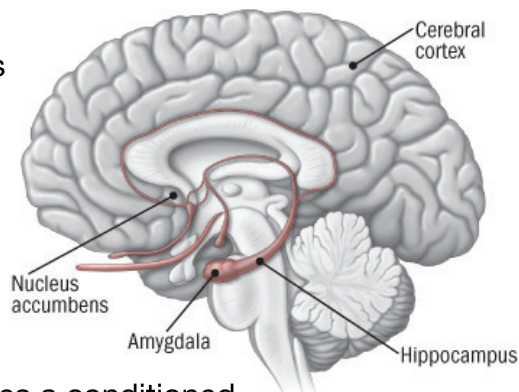
## WE ARE SEXUAL BEINGS

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## THE PHYSIOLOGY OF ADDICTION

### **The brain registers ALL PLEASURE the same way.**

The nucleus accumbens releases dopamine when the brain anticipates or experiences pleasure.



The Hippocampus stores the memory of this experience and the feeling of satisfaction.

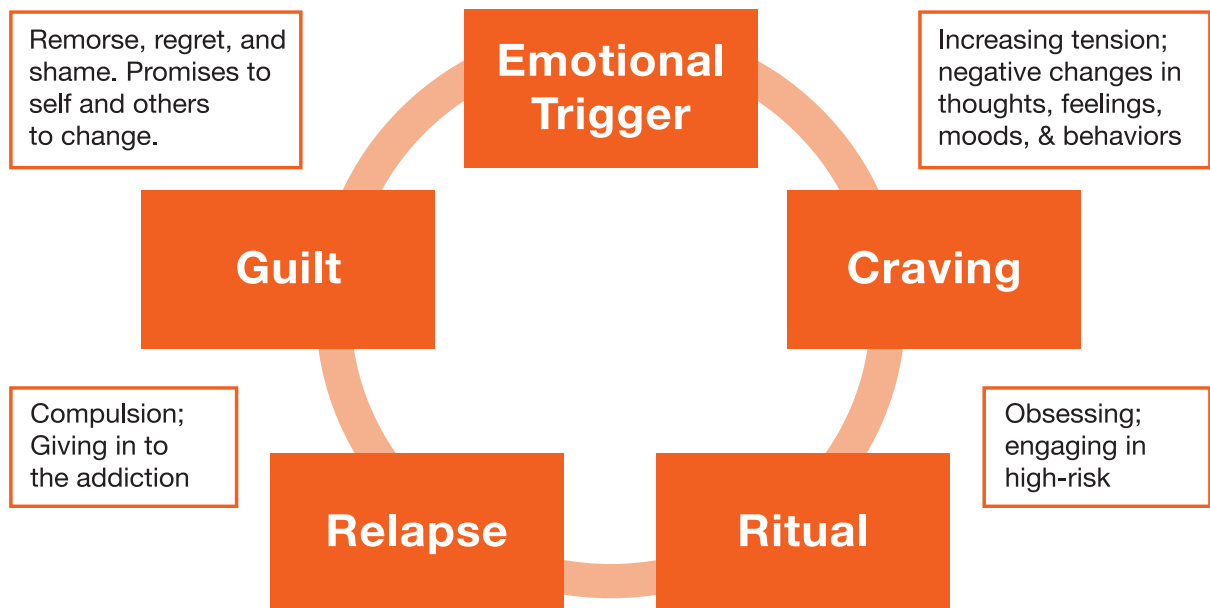
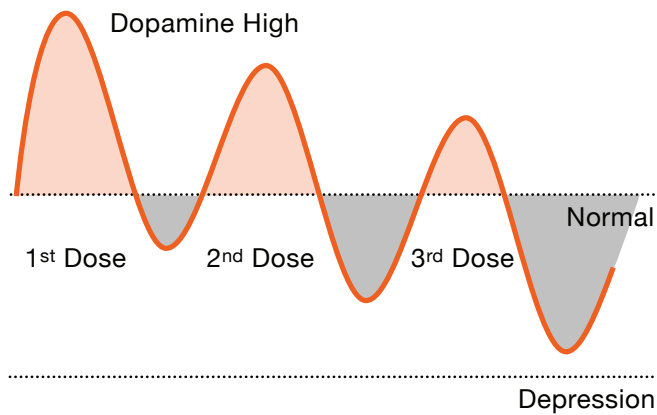
The Amygdala creates a conditioned response to certain types of arousal.

GPL Mount Sinai School of Medicine © 2007



## PROCESS ADDICTIONS

### PROGRESSIVE DRUG TOLERANCE



## Evidence of Neurogenesis: New Labeling Tools

The green structure is a brand new neuron in the hippocampus.

TeachingChangesBrains

A fluorescence micrograph of a hippocampus. The image shows a dense layer of red-stained cells, likely representing the dentate gyrus. A single, prominent green-stained neuron is visible, extending upwards from the red layer. The green neuron has a distinct cell body and several branching processes. The background is black, highlighting the fluorescent structures.



## THE MAKING OF A SEX ADDICT

### SEXUAL BEHAVIOR

- Fantasy 18%
- Voyeurism 18%
- Exhibitionism 15%
- Seductive Role Sex 21%
- Intrusive Sex 18%
- Anonymous Sex 18%
- Trading Sex 12%
- Paying for Sex 15%
- Pain Exchange 16%
- Exploitive Sex 13%

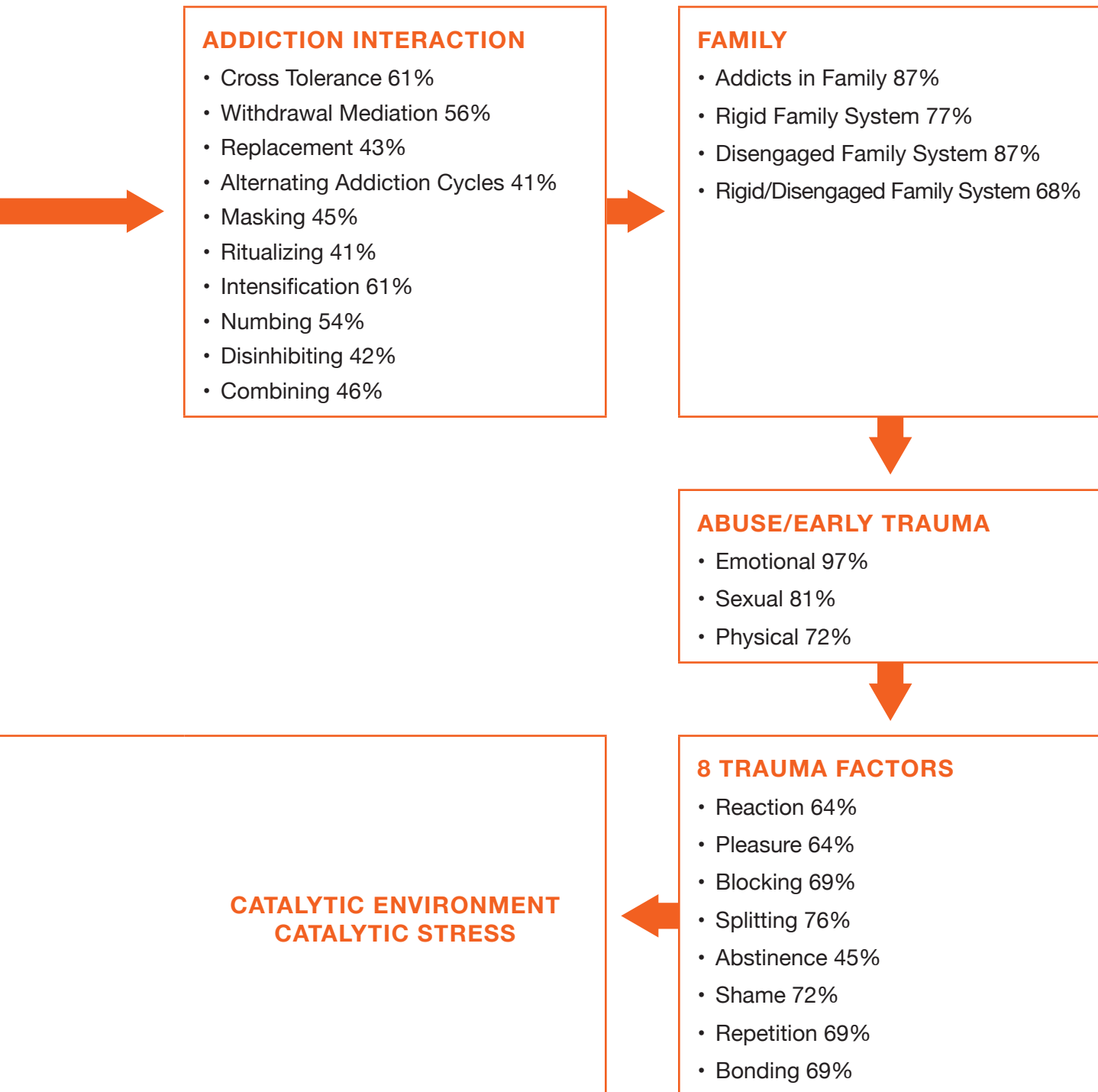
### OTHER ADDICTIONS

- Chemical Dependency 42%
- Eating Disorders 38%
- Compulsive Working 28%
- Compulsive Spending 26%
- Compulsive Gambling 5%

### SEXUAL ADDICTION

- Compulsive Behavior 94%
- Loss of Control 93%
- Efforts to Stop 88%
- Loss of Time 94%
- Preoccupation 77%
- Inability to Fulfill Obligations 87%
- Continuation Despite Consequences 85%
- Escalation 74%
- Social, Occupational, Recreational Losses 87%
- Withdrawal 98%

**CATALYTIC ENVIRONMENT  
CATALYTIC STRESS**





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# HEALING RELATIONSHIPS

**UNDERSTANDING HOW THE PAST PLAYS  
A ROLE IN CURRENT RELATIONSHIPS**

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## **ASHLEY JAMESON**

Ashley shines as a mentor and teacher. Since age 16, Ashley has polished her leadership skills in ministry with people of all ages. Ashley and her husband have experienced, firsthand, the restoration that Pure Desire offers. As a result, Ashley has become passionate in her support of PD. In 2013 Ashley introduced and began facilitating PD groups in her church. In addition, Ashley now trains up new group leaders.

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## OUR FAMILIES SHAPE OUR VIEW OF RELATIONSHIPS

- What kind of family you were raised in effects the filter that you view relationships through.
- Discover what areas you are vulnerable to under- or over-react in, why that is, and how to change them.
- Family of Origin — FACES (see page 26)

## HEALTHY SEXUALITY VS. UNHEALTHY SEXUALITY

### HEALTHY SEXUALITY

Respectful  
Fun & exciting  
Victimless  
Intimate  
Mutuality in needs expressed  
Trust is foundational  
Safe  
Serves to connect emotionally  
Creates warmth & oneness  
Deepens values & beliefs  
Authentic

### UNHEALTHY SEXUALITY

Degrades & shames  
Demanding & obligatory  
Victimizes & exploits  
Lacks emotional attachment  
Needs dominated by one  
Built on dishonesty  
Is unsafe, creating fear  
Serves to medicate pain  
Meets self-focused needs  
Compromises values & beliefs  
Reflects a double life

***Marriage doesn't fix things, it only reveals more of what it finds.***

Rodney Wright



## ADDICT'S REALITY VS. SPOUSE'S REALITY

### THE ADDICT'S REALITY

### THE SPOUSE'S REALITY

I'm becoming a person of integrity.

I've been betrayed.

I've never loved him/her more.

I've never felt less loved, worthy, or respected.

I'm beginning to see how much I value our marriage.

I've never realized until now how little our marriage meant to him/her.

Finally, I'm an honest person.

How could he/she live a lie like this?

I understand the healing process sometimes takes three to five years. I'm sure I can complete this process in a couple of years.

Five years seems like a lifetime to deal with this pain.

## PURE DESIRE GROUP TOOLS

Pure Desire groups offer a culture of grace where you are fully known and accepted.

Group members gain the tools needed to experience deep healing, self-awareness, freedom, and authentic relationships.

### PURE DESIRE WORKBOOKS

Pure Desire workbooks are based on a proven therapy model that uses neuroscience, biblical truth, and a task-centered approach to understand how trauma leads to addiction. They will teach you how to:

- Understand what your coping mechanisms are
- Discover what recovery and relapse look like for you
- Win the battle in your mind
- Untangle unhealthy relationships
- Limit damage, set healthy boundaries, and trust again
- Establish sobriety and maintain a lifestyle of spiritual growth
- Live a life free from shame

### **F.A.S.T.E.R. RELAPSE AWARENESS SCALE (SEE PAGE 29)**

- Relapse is falling back into something that is harmful to you and others that you told yourself you wouldn't do again.
- Before you fall back into relapse, neurochemical, biological, psychological, and social changes take place.
- Chemical changes speed up your body and dull physical and emotional pain.
- You can become addicted to emotions. Anxiety has an effect similar to cocaine and anger has a similar effect to heroine.
- This tool and your group will help you see what your patterns are and how to make changes before you reach relapse.

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### **RECOVERY**

- People in recovery have no current secrets.
- They know what they are struggling with and can tell you their plan to resolve it.
- They aren't focused on their own needs, so they are able to help others.
- People in recovery have worked hard to be healthy and want to quickly resolve problems that rob them of their sense of peace.
- They know that they can't do life alone; they value and practice accountability.

### **FORGETTING PRIORITIES**

- New priorities are exciting. They release chemicals in the limbic system that speed up the body and diminish boredom.
- Procrastination is a major player in Forgetting Priorities.
- If new and exciting things come along, oftentimes our commitments, obligations, and things that are a challenge get put off.

### **ANXIETY**

- The benefit from anxiety is getting energy from emotions.
- Anxiety is very similar neurochemically to an amphetamine, which is addictive.
- Any situation can be used to create anxiety.
- This anxiety is a daily reality.

### **SPEEDING UP**

- Speeding Up helps us avoid feeling depression or fear, which is normally at a subconscious level, by being super busy.
- If your self worth is based on performance, avoiding depression can be a survival behavior.
- Speeding Up is an inability to slow down or relax.

### **TICKED OFF**

- Anger releases painkillers MORE powerful than pure heroine.
- When you are angry, your ability to understand and problem solve is almost nonexistent.
- Anger is an emotional painkiller AND a physical painkiller.

### **EXHAUSTED**

This is the last stage before the body's coping neurochemicals are nearly depleted, making pain, depression, anger, panic, and anxiety unavoidable.

- When you've used up these coping chemicals it takes at least three days to replenish them.
- While your body replenishes these chemicals, everything shuts down so you can manufacture more survival neurochemicals; this is called depression.

### **RELAPSE**

- Everyone's relapse is going to look different.
- As you heal and break free, your relapse will change.
- Evaluate your relapse often.
- The whole relapse process usually begins with a secret.
- To prevent relapse, you must take responsibility and not become isolated.

### DOUBLE BIND

- The Double Bind helps you face your deepest fears.
- It allows you to grow in your internal awareness of what drives you.
- It will help you when you implement the FASTER Scale to your day.

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### COMMITMENT TO CHANGE

- You're either moving toward recovery or falling back towards relapse.
  - It is a week-to-week commitment with group accountability and support.
  - It gives you small victories and a dopamine release.
  - Knowing you have a check-in coming provides internal accountability.
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## LIVING AUTHENTICALLY

- In a Pure Desire group, you will learn to be completely yourself, unashamed and free to be who God made you to be.
- All of the tools needed to accomplish this are thoughtfully laid out in Pure Desire workbooks and journals.
- You will learn to take the confidence in who God made you to be and the relationship skills you developed outside of group and start healing relationships.
- You will be equipped with tools to handle stress and disappointment in a healthy and effective way.
- You will be better prepared for marriage and parenting or learn to help the family you already have.

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## HOW TO GET INVOLVED WITH A GROUP

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## FAMILY OF ORIGIN — FACES II: FAMILY VERSION

David H. Olson, Joyce Portner & Richard Bell

❶ Almost Never   ❷ Once in Awhile   ❸ Sometimes   ❹ Frequently   ❺ Almost Always

### DESCRIBE THE FAMILY IN WHICH YOU GREW UP

- \_\_\_ 1. Family members were supportive of each other during difficult times.
- \_\_\_ 2. In our family, it was easy for everyone to express his/her opinion.
- \_\_\_ 3. It was easier to discuss problems with outside people than with family members.
- \_\_\_ 4. Each family member had input regarding major family decisions.
- \_\_\_ 5. Our family gathered together in one room.
- \_\_\_ 6. Children had a say in their discipline.
- \_\_\_ 7. Our family did things together.
- \_\_\_ 8. Family members discussed problems and felt good about the solutions.
- \_\_\_ 9. In our family, everyone went his/her own way.
- \_\_\_ 10. We shifted household responsibilities from person to person.
- \_\_\_ 11. Family members knew each others' close friends.
- \_\_\_ 12. It was hard to know what the rules were in our family.
- \_\_\_ 13. Family members consulted other family members on personal decisions.
- \_\_\_ 14. Family members said what they wanted.
- \_\_\_ 15. We had difficulty thinking of things to do as a family.
- \_\_\_ 16. In solving problems, the children's suggestions were followed.
- \_\_\_ 17. Family members felt very close to each other.
- \_\_\_ 18. Discipline was fair in our family.
- \_\_\_ 19. Family members felt closer to outside people than to other family members.
- \_\_\_ 20. Our family tried new ways of dealing with problems.
- \_\_\_ 21. Family members went along with what the family decided to do.
- \_\_\_ 22. In our family, everyone shared responsibilities.
- \_\_\_ 23. Family members liked to spend their free time with each other.
- \_\_\_ 24. It was difficult to get a rule changed in our family.
- \_\_\_ 25. Family members avoided each other at home.
- \_\_\_ 26. When problems arose, we compromised.
- \_\_\_ 27. We approved of each other's friends.
- \_\_\_ 28. Family members were afraid to say what was on their minds.
- \_\_\_ 29. Family members paired up rather than do things as a total family.
- \_\_\_ 30. Family members shared interests and hobbies with each other.

**DIRECTIONS FOR OBTAINING CIRCUMPLEX TYPE SCORE**

C.H. Olson, C.S. Russell, & d. H. Sprenkle, *Circumplex model: Systemic Assessment and Treatment of Families*, (The Haworth Press, New York, NY, 1988). Used with permission.

**For Cohesion:**

- ❶ Sum items 3, 9, 15, 19, 25 and 29.
- ❷ Subtract that figure from 36. 36 - \_\_\_\_\_ = \_\_\_\_\_
- ❸ Sum all other odd numbers plus item 30. + \_\_\_\_\_
- ❹ Add the figure from step two and step three to obtain a total cohesion score. \_\_\_\_\_

**For Adaptability:**

- ❶ Sum items 24 & 28.
- ❷ Subtract that figure from 12. 12 - \_\_\_\_\_ = \_\_\_\_\_
- ❸ Sum all other even numbers except item 30. + \_\_\_\_\_
- ❹ Add the figure from step two and step three to obtain a total adaptability score. \_\_\_\_\_

**LINEAR SCORING & INTERPRETATION**

Cohesion	Adaptability	Family Type
8 74-80 Very Connected	8 65-70 Very Flexible	8 Balanced
7 71-73	7 55-64	7
6 65-70 Connected	6 50-54 Flexible	6 Moderately
5 60-64	5 46-49	5 Balanced
4 55-59 Separated	4 43-45 Structured	4 Mid-Range
3 51-54	3 40-42	3
2 35-50 Disengaged	2 30-39 Rigid	2 Extreme
1 15-34	1 15-29	1

_____ +	_____ /2 =	_____
Cohesion	Adaptability	Type

**Find your total Cohesion score and your total Adaptability score in the chart above. Then look at the number (1 through 8) associated with that range. Write that number (1 through 8) in the space provided.**

*Example: If you score a 30 on Adaptability, put a 2 in the blank above Adaptability. If you score a 59 on Cohesion, put a 4 above Cohesion.*

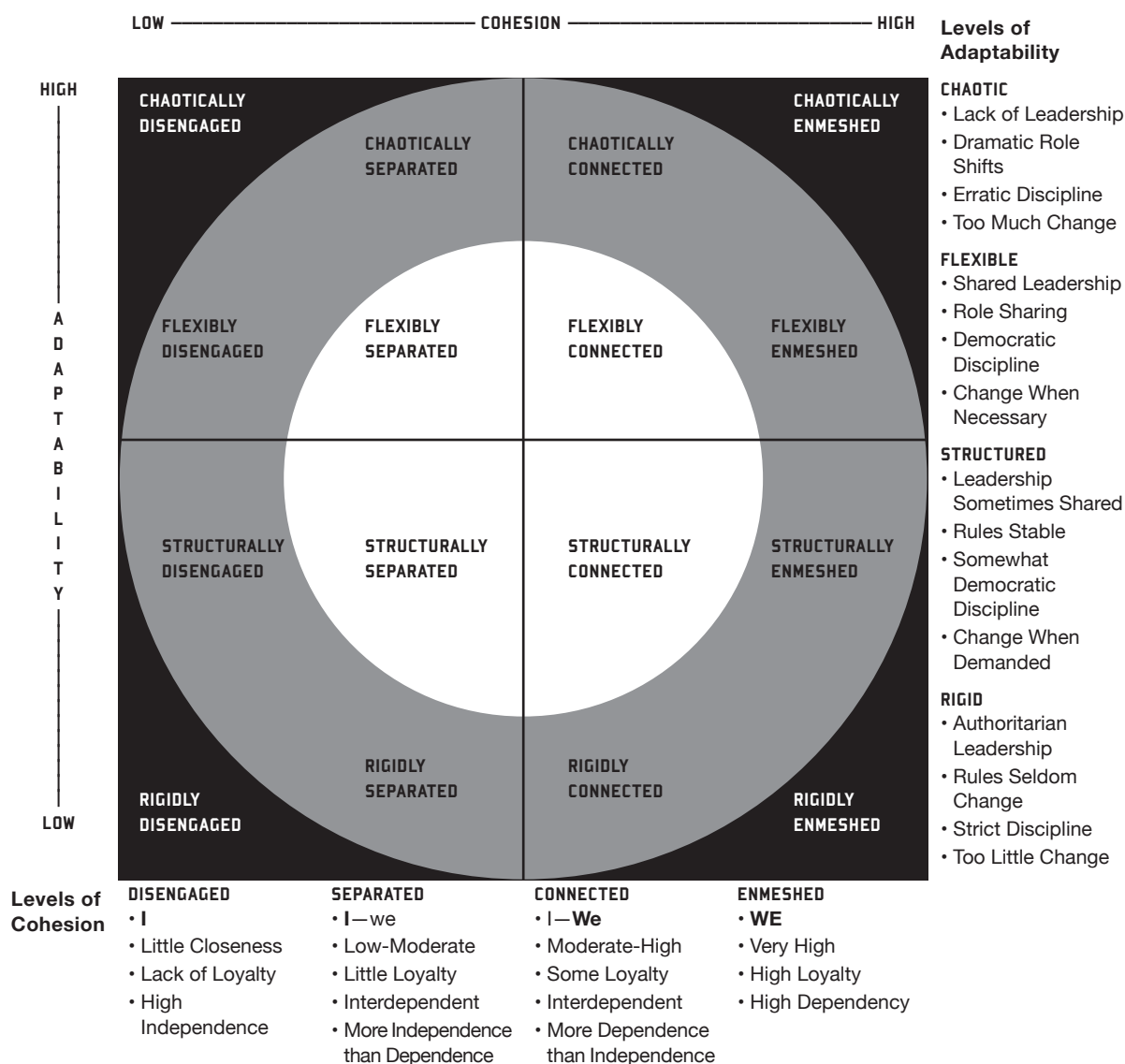
**Then add your Cohesion and Adaptability numbers and divide by 2 to get your Type.**

In our example,  $4 + 2 = 6$ , divided by 2 is 3 (Type) If you scored 3 for “Type” you would be in the midrange.

Next, look at the Linear Scoring and Interpretation diagram pictured here to understand what this Type shows about your family of origin.

### COUPLE & FAMILY MAP

The white area in the middle of this scale correlates to the Balanced Family Types (8-7-6) are reflected. The Mid-Range Family Types (5-4-3) are shaded gray, and the Extreme Family Types (2-1) are shown in the black area.





## F.A.S.T.E.R. RELAPSE AWARENESS SCALE

Adapted with permission from the *Genesis Process* by Michael Dye

### PART ONE

➡ Circle the behaviors on the FASTER Scale that you identify with in each section.

**RESTORATION** – (Accepting life on God’s terms, with trust, grace, mercy, vulnerability and gratitude) No current secrets; working to resolve problems; identifying fears and feelings; keeping commitments to meetings, prayer, family, church, people, goals, and self; being open and honest, making eye contact; increasing in relationships with God and others; true accountability.

**FORGETTING PRIORITIES** – (Start believing the present circumstances and moving away from trusting God. Denial; flight; a change in what’s important; how you spend your time, energy, and thoughts.) Secrets; less time/energy for God, meetings, church; avoiding support and accountability people; superficial conversations; sarcasm; isolating; changes in goals; obsessed with relationships; breaking promises & commitments; neglecting family; preoccupation with material things, TV, computers, entertainment; procrastination; lying; overconfidence; bored; hiding money; image management; seeking to control situations and other people.

*Forgetting priorities will lead to the inclusion of:*

**ANXIETY** – (A growing background noise of undefined fear; getting energy from emotions.) Worry, using profanity, being fearful; being resentful; replaying old, negative thoughts; perfectionism; judging other’s motives; making goals and lists that you can’t complete; mind reading; fantasy, codependent, rescuing; sleep problems, trouble concentrating, seeking/creating drama; gossip; using over-the-counter medication for pain, sleep or weight control; flirting.

*Anxiety then leads to the inclusion of:*

**SPEEDING UP – (Trying to outrun the anxiety which is usually the first sign of depression):** Super busy and always in a hurry (finding good reason to justify the work); workaholic; can't relax; avoiding slowing down; feeling driven; can't turn off thoughts; skipping meals; binge eating (usually at night); overspending; can't identify own feelings/needs; repetitive negative thoughts; irritable; dramatic mood swings; too much caffeine; over exercising; nervousness; difficulty being alone and/or with people; difficulty listening to others; making excuses for having to "do it all."

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*Speeding Up then leads to the inclusion of:*

**TICKED OFF – (Getting adrenaline high on anger and aggression):** Procrastination causing crisis in money, work, and relationships; increased sarcasm; black and white (all or nothing) thinking; feeling alone; nobody understands; overreacting, road rage; constant resentments; pushing others away; increasing isolation; blaming; arguing; irrational thinking; can't take criticism; defensive; people avoiding you; needing to be right; digestive problems; headaches; obsessive (stuck) thoughts; can't forgive; feeling superior; using intimidation.

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*Ticked off then leads to the inclusion of:*

**EXHAUSTED – (Loss of physical and emotional energy; coming off the adrenaline high, and the onset of depression)** Depressed; panicked; confused; hopelessness; sleeping too much or too little; can't cope; overwhelmed; crying for "no reason"; can't think; forgetful; pessimistic; helpless; tired; numb; wanting to run; constant cravings for old coping behaviors; thinking of using sex, drugs, or alcohol; seeking old unhealthy people & places; really isolating; people angry with you; self abuse; suicidal thoughts; spontaneous crying; no goals; survival mode; not returning phone calls; missing work; irritability; no appetite.

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*Exhausted then leads to the inclusion of:*

**RELAPSE – (Returning to the place you swore you would never go again. Coping with life on your terms. You sitting in the driver's seat instead of God.)** Giving up and giving in; out of control; lost in your addiction; lying to yourself and others; feeling you just can't manage without your coping behaviors, at least for now. The result is the reinforcement of shame, guilt and condemnation; and feelings of abandonment and being alone.

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**PART TWO**

➡ Identify the most powerful behavior in each section and write it next to the corresponding heading.

➡ Answer the following three questions:

1. How does it affect me? How do I feel in the moment?
2. How does it affect the important people in my life?
3. Why do I do this? What is the benefit for me?

**Restoration:** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Forgetting Priorities:** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Anxiety:** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Speeding Up:** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ticked Off:** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Exhausted:** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

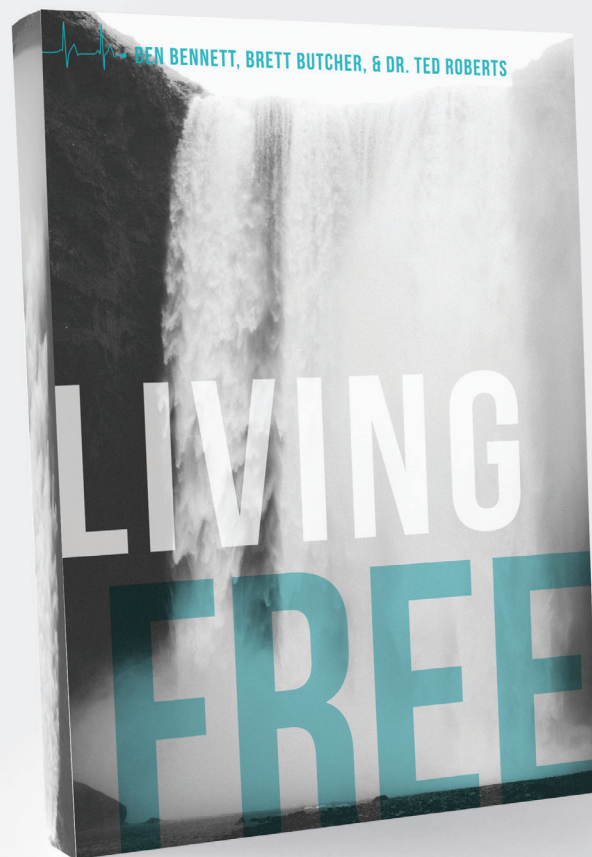
**Relapse:** \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

AVAILABLE IN 2017

# LIVING FREE

A DISCIPLESHIP RESOURCE FOR COLLEGE-AGE MEN



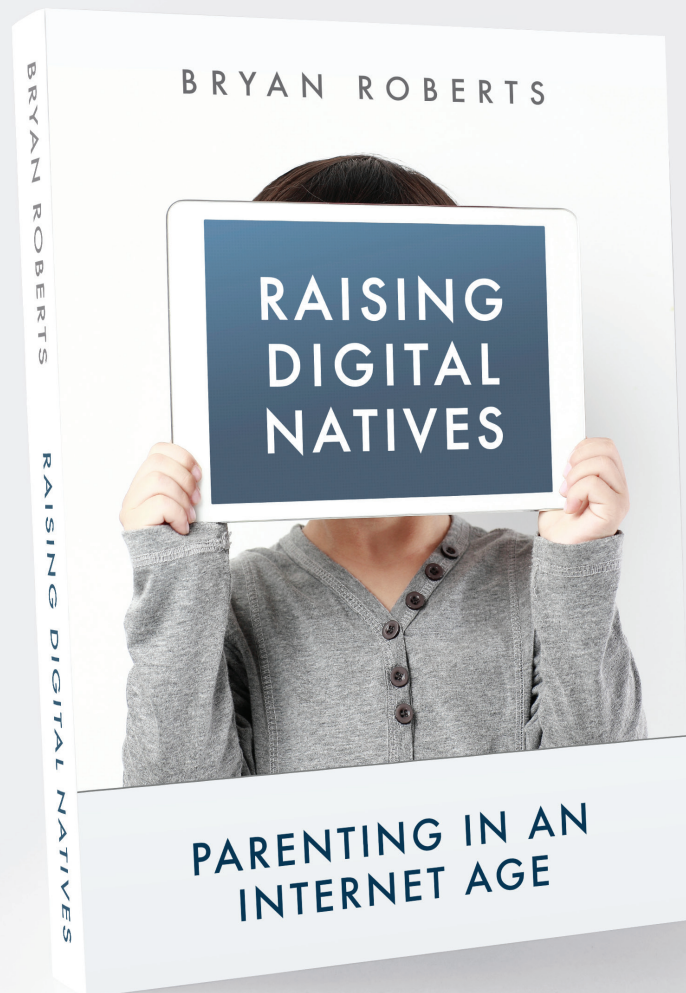
PUREDESIRE.ORG/LIVING-FREE



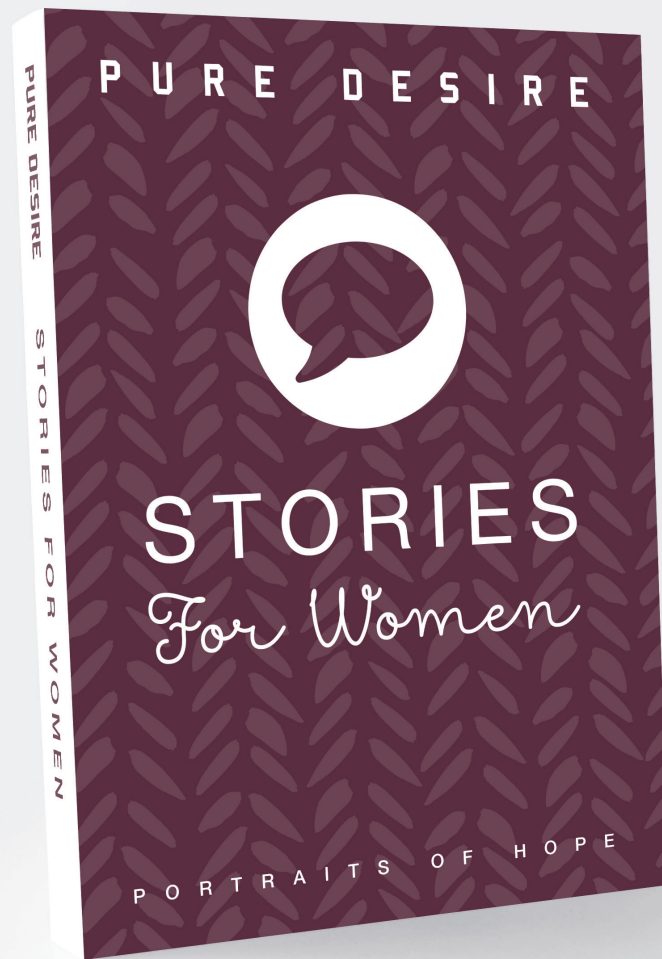
AVAILABLE FALL 2016

# RAISING DIGITAL NATIVES

PARENTING IN AN INTERNET AGE



PREORDER: [PUREDESIRE.ORG/RAISING-DIGITAL-NATIVES](http://PUREDESIRE.ORG/RAISING-DIGITAL-NATIVES)



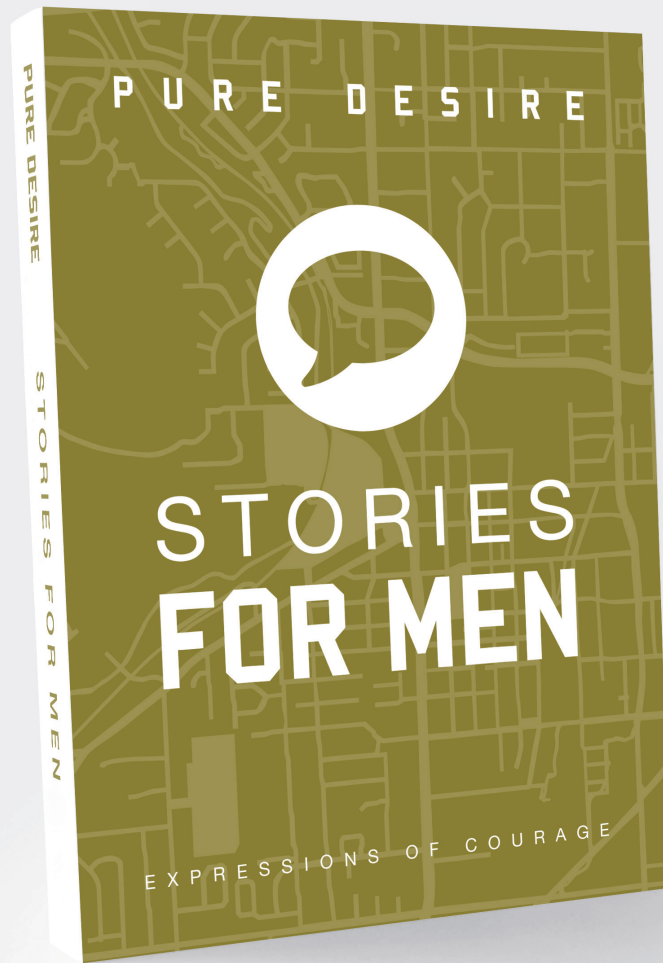
## HOPE FOR THE ADDICTED AND THE BETRAYED

Sexual addiction is devastating no matter how you look at it. It is overwhelming to cope with the grief, shame, and guilt that result from your own addiction. Equally, it is grueling to live with the anger and shame that emerge from the betrayal of your spouse's addiction.

This collection of *Stories for Women* provides a unique approach to understanding the way sexual addiction impacts the individual lives of women. Women from all seasons of life have taken on the challenge of writing their inspirational stories.

*Stories for Women* can be a source of strength and encouragement for women and a source of insight and understanding for men.

[PUREDESIRE.ORG/STORIES-FOR-WOMEN](http://PUREDESIRE.ORG/STORIES-FOR-WOMEN)



## FREEDOM AND HOPE FOR THE ADDICTED

Many men live a secret life of fear and regret, devastated by the effects of their own behavior. They live a life of betrayal. Marriages are destroyed, and families torn apart. Many men are left feeling worthless, unlovable, and alone.

This collection of *Stories for Men* provides insight into the lives of men who have struggled with sexual addiction and an understanding of the way isolation, shame, and loss accompany addictive behavior. Men from all walks of life have fearlessly taken on the challenge of writing their inspirational stories that you may find hope.

At Pure Desire, it is our prayer that you will be encouraged and strengthened by *Stories for Men*.

[PUREDESIRE.ORG/STORIES-FOR-MEN](http://PUREDESIRE.ORG/STORIES-FOR-MEN)

# SCHEDULE

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**8:00 - 8:45      AUTHENTIC LEADERSHIP**

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**8:45 - 8:55      BREAK**

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**8:55 - 9:40      UNDERSTANDING SEXUAL ADDICTION**

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**9:40 - 9:50      BREAK**

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**9:50 - 10:45    HEALING RELATIONSHIPS**

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