

Examining Triggering Moments

Think of a recurring lust trigger. It could be a thought, a memory, an image, a fantasy, an emotion, or a situation—anything that regularly leads to unwanted or unhealthy arousal.

With curiosity, just notice:

1. What **thoughts or ideas** have you eroticized, whether intentionally or not?

- For example, perhaps:
 - I don't belong. I'm not wanted.
 - Masculine men are hypersexual.
 - Sexual arousal makes me powerful.
 - I deserve this.

2. What **images, memories, or fantasies** have you eroticized, whether intentionally or not?

- For example, perhaps:
 - The first porn images you remember seeing.
 - Being wanted by someone, or a sense of belonging
 - Recurring “storylines” in your fantasies.
 - Certain body parts or physical features or “types”

3. What **emotions or desires** have you eroticized?

- For example, perhaps:
 - Yearning for attention and inclusion
 - Yearning to feel accepted and acceptable
 - Feeling powerful, strong
 - Comfort

4. What **situations or behaviors** have you eroticized?

- For example, perhaps:
 - Certain times of day.
 - Down time, opportunities to act out (being alone, unaccounted-for time)
 - Driving through certain parts of town
 - “Gateway” websites
 - Lying in bed for too long
 - Rubbernecking at the beach or elsewhere



HOW did you eroticize them? What happened? (Especially earlier in life?)

1. Thoughts or ideas?

- Potential example:
 - Maybe when you first looked at porn you thought of yourself as masculine, accepted, and wanted.
 - Maybe you thought, “I deserve this.”
 - Maybe you thought, “This is just what men do.”

2. Images, memories, or fantasies?

- Potential examples:
 - Maybe you keep returning to the same lustful images (or variations of them) in your mind.
 - Maybe you create new ones, eroticizing experiences or people you didn’t previously find that sexually interesting.

3. Emotions or desires ?

- Potential examples:
 - Maybe you felt empowered or comforted
 - Maybe you felt rebellious
 - Maybe you eroticized humiliation or dominance

4. Situations or behaviors?

- Potential examples:
 - Maybe you have ritualized past experiences that have become the “accelerant” to ramp up excitement
 - Maybe you made a sexual fantasy out of a once-innocent behavior to make it more exciting.



What unhealed wounds or unmet needs might these things reveal?

1. Thoughts or ideas?

2. Images, memories, or fantasies?

3. Emotions or desires?

4. Situations, places, behaviors?

Is it possible that any of these remaining problem areas are NOT primarily about unhealed wounds, unmet needs, past traumas or early triggers? (At least not anymore.)

Is it possible that, after all the healing work and personal-growth work you've already done, what may be left now are in fact just engrained habits, thought patterns, mindsets, and established rituals? Is it possible that, at this point, there is nothing meaningful to be gained through further inner exploration?

Perhaps your primary work now is to ask God to increase your desire and willingness to turn these remaining problem areas over to Him — in a proactive, deliberate act of faith, acceptance of his incomprehensible love, and submission to his divine will?

Consider whether any of this may be true as it relates to any problematic...

1. Thoughts or ideas

2. Images, memories, or fantasies

3. Emotions or desires



4. Situations, places, behaviors

