



HEARTPOWER

Break Unwanted Sexual Habits Through HeartPower, Not Willpower:

9 Invitations to Help You Change Your Thoughts, Feelings, and Behaviors

Break Unwanted Sexual Habits Through Heart Power, Not Willpower

Be kind to yourself as you explore these nine invitations to grow out of lustful or problematic sexual thoughts or behaviors.

Take your time. Pace yourself. Move forward one step at a time. Ask for help. Get back up when you fall.

Don't feel obliged to accept all of these invitations. Just accept most or at least some. Any growth is still growth.

And watch the desires of your heart begin to change.

Be kind
to yourself.

Break Unwanted Sexual Habits Through Heart Power, Not Willpower

Overview:

9 Invitations to Help You Change Your Thoughts, Feelings, and Behaviors

- 1: **Learn** about the HeartPower principle and pray the **HeartPower prayer**
- 2: **Write** your own HeartPower **motivation statement**
- 3: **Enlist** personal **support partners** and start **checking in** with them regularly
4. **Create barriers** to access
- 5: **Plan** your **replacement behaviors**
- 6: **Develop** proactive, daily **sobriety practices**
- 7: **Explore** underlying **causes** or issues
- 8: **Create healing experiences** and relationships
- 9: **Continue surrendering** to God and asking him to change the **desires** of your heart.

Invitation One:

**Learn About the HeartPower Principle
and Pray the HeartPower Prayer**

Read (or reread)
the Brothers Road
HeartPower
(sexual integrity) page at
www.brothersroad.org/sexual-integrity



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When Sexual Behaviors Are Out of Control

But probably more than half of the men who come through our Journey into Manhood program do struggle (or have struggled) with out-of-control sexual behaviors — a fact that typically causes them and their loved ones significant distress.

And no matter how much growth and progress you make in other areas, it is almost impossible to feel at peace if you continue to “act out” sexually.

So we learn to **surrender same-sex lust**. Doing so requires courageous accountability and vulnerable transparency, support from others, and humble surrender to God.

HEARTPOWER

Break Unwanted Sexual Habits Through Heart Power, Not Willpower

Willpower can be invaluable in an emergency, to get us to call for help and get past an immediate temptation. But it's not enough to just *not* “act out.” **What we really want is to no longer want to “act out.”** We want to be *free* of the temptation or struggle because we so strongly want something better, instead.

We call this approach “heart power”:



HeartPower Coaching Group

Living lust-free by applying “HeartPower” principles

[JOIN TODAY](#)

Desire sobriety more

- We shift our focus from trying to increase our *ability* to *resist* temptation to instead **increasing our *desire* to live lust-free**. We have to *want* sobriety *more than we want lust* — because ultimately,

Connect deeply

- We find or create supportive **communities** of trusted brothers and invite compassionate, courageous connection, **accountability** and encouragement. *We can't do this alone!*

Journal or share
with someone
your thoughts
and feelings
about these six
HeartPower
principles

(www.brothersroad.org/sexual-integrity).

Desire sobriety more

Connect deeply

Redirect & replace

Discover the why

Heal the wounds,
Meet the real needs

Surrender the rest

“We must work to rehabilitate the **desires of our hearts** rather than just repressing or trying to rid ourselves of them.”



— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

“We all have numerous desires in our life. The key is not so much to squelch the bad ones as to **nourish the good.**”



— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

First, reread “Desire Sobriety More”
at <https://brothersroad.org/sexual-integrity/>

Desire sobriety more

- We shift our focus from trying to increase our *ability* to *resist* temptation to instead **increasing our *desire* to live lust-free**. *We have to want sobriety more than we want lust* — because ultimately, whatever we want most will win!
- We carefully consider our authentic, **core values** and find increased motivation to live our everyday lives in **alignment** with those values (rather than simply trying to *control* our behaviors).
- We become willing to **yield our hearts** to God’s will. We become willing to want what God wants, to do whatever it takes, and to align our will with his. Until we are genuinely ready to do that, we pray to *become willing to become willing* to turn our desires over to God.
- We set our sights on a **higher life purpose** or life mission. *We have to be motivated by something even greater than our own egos or even our peace of mind.*

Pray the HeartPower Prayer

Or a version of it in your own words

*“God, **please make me willing** to give away my unhealthy desire for _____.*

*“I want to be willing, but honestly, I just don’t want it enough yet. My mind does, but my heart doesn’t—and I know I can’t depend on willpower alone! So I’m going to step back and ask you to please make me **willing to become willing**. Or even willing to become willing to become willing!*

“Please meet me where I am right now, in my state of mere sort-of willingness, and take me closer to where you want me to be.

*“Lord, please give me a true desire to be free from _____. **Help me to want it more than anything else—and to want what YOU want.** Increase in me my desire for freedom!*

“Father, you have given me everything I have. The only thing I can possibly give you in return is my own free will.

“Please make me sincerely want to do your will more than anything else.”



Or Pray a Surrender Prayer

Or a version of it in your own words

“God, if left to my own devices, I’m going to act out right now. I can’t seem to stop. I don’t even want to stop.

“So I’m giving it up to you. I am turning this temptation over to you. Please lift it off me. Do with it whatever you will. Make it yours, not mine.

“If I fight it, I’ll lose. So I surrender instead. It is yours.”



Journal or share with someone close to you your thoughts and feelings about the HeartPower Prayer and Surrender Prayer.



Invitation Two:

Write Your Own HeartPower Motivation Statement



“We lack self-control because our hearts and minds can’t agree on what we’re trying to do.

“One way to bring them to agreement is to **find another, higher motivation**, something that will

engage your heart so thoroughly, it will supersede the bad habit you’re trying to control.”

— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

Invitation Three:

Write Your HeartPower Motivation Statement

“I’m quitting _____ (name the specific distressing habits that you are working to quit) **because what I want more is _____.”**

Make sure your statement:

- Is real.
- Is sincere.
- Is specific.
- Can really motivate you to want to change

Examples of HeartPower Motivation Statements

“I’m quitting porn and erotic web chat because what I want more is to get my thought life and free time back instead of my every free thought turning to sexual images or scheming when I can act out next.”

Examples of HeartPower Motivation Statements

“I’m quitting masturbation and same-sex sexual fantasies because what I want more is to feel and know that I am masculine enough within myself without having to get an ‘infusion’ of masculinity from images of someone else.”

Examples of HeartPower Motivation Statements

“I’m quitting porn and masturbation because what I want more is to a man of integrity in my relationship with my (future) wife, my friends, and with God instead of always fearing getting caught or thinking ‘if they really knew, they would reject me.’”

Invitation Three:

**Enlist Personal Support Partners
and Start Checking In With Them Regularly**

Enlist Personal Support Partners

1) Identify and enlist a trusted friend (or better yet, several friends) to walk with you and encourage you on this challenging journey.

These should be men with whom you can safely be 100% honest and transparent.

These might be:

- brothers in the Brothers Road community,
- members of your Journey Together or HeartPower group,
- men from another online support group,
- men from your Twelve Step group,
- friends from church or elsewhere
- anyone else you trust and who shares your values



Enlist Personal Support Partners

2) Discuss expectations and boundaries of this supportive relationship, such as:

- What you both want out of the relationship
- Expectations, boundaries, limitations, confidentiality
- How often you'll talk
- Planned daily (or regular) check-ins vs. "emergency calls"
- What questions he will ask you
- Your commitment to being completely transparent and honest (otherwise, don't bother!)
- Set a time in a few days or weeks to you'll reevaluate what's working, what's not, whether and how to continue, and what (if anything) needs to change about the support relationship.



Enlist Personal Support Partners

- 3) Ask him (them) to read the Brothers Road HeartPower (sexual integrity) page, then discuss it with you.
- 4) Pray the HeartPower prayer together (in your own words)
- 5) Share your HeartPower motivation statement and discuss it.
- 6) Share this slide presentation and discuss it.
- 7) Plan for “emergency” or intervention calls” (versus regular check-ins) when you are at higher risk

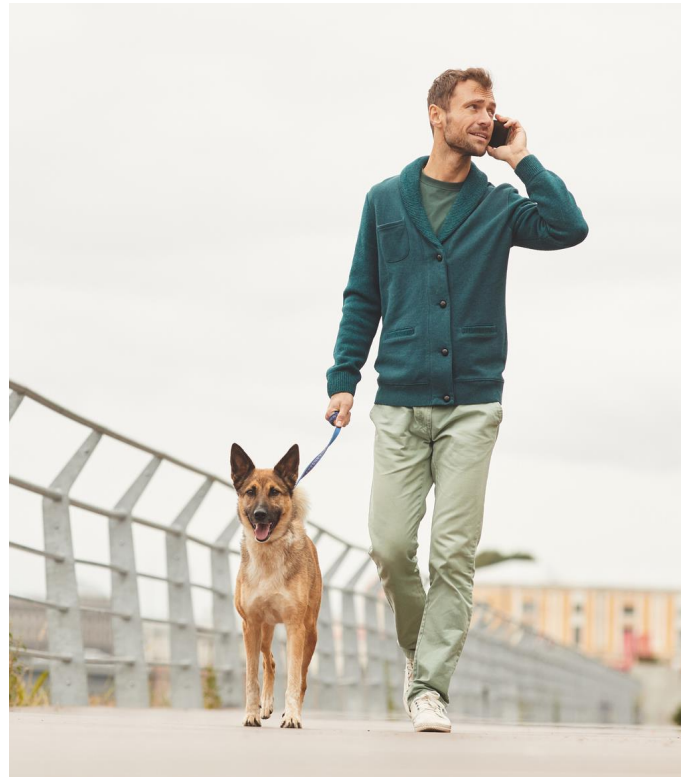


Make Regular Calls to Your Support Partners

Check in daily, if possible
(or at least three times a week)

Check in with multiple support
partners through the week.

(Don't over-rely on just one.)





Sample Check-In Call

(Or create your own that works better for you)

Your support partner asks you:



1) How sober (versus lustful) are you right now (or since we last talked)?

2) How strong is your desire to live lust-free today?

3) What are your risks to sobriety today?

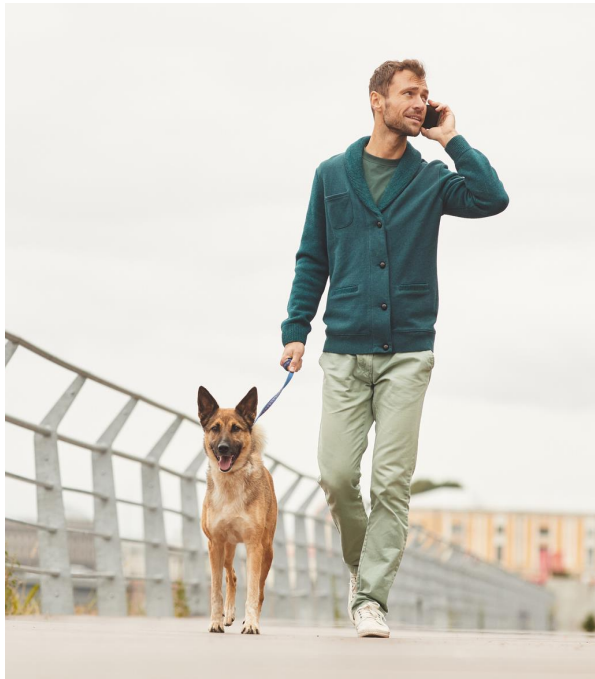
4) What are your plans for staying sober today? Such as:

- Make healthy connections.
- Act on your replacement behaviors (invitation x)
- Meet your underlying authentic needs
- Surrender to God (see invitation x)

5) What do you want MORE THAN ANYTHING ELSE today?

6) And consider praying together (the HeartPower Prayer or Surrender Prayer but in your own words)

“Emergency” or Intervention Calls



**Know why you're calling.
Ask for what you need**

1. Motivation? Encouragement?
2. Accountability?
3. Help calming down, regulating your emotions, someone to be with you through this?
4. Connection? To be seen, know you're not alone?
5. Affirmation, brotherly love?



And consider praying together the HeartPower Prayer or Surrender Prayer (in your own words)

“Emergency” or Intervention Calls



Arrange to follow up later,
for accountability,
after the temptation has passed.



Invitation Four:

Create Barriers to Access

Reread “Redirect & Replace”

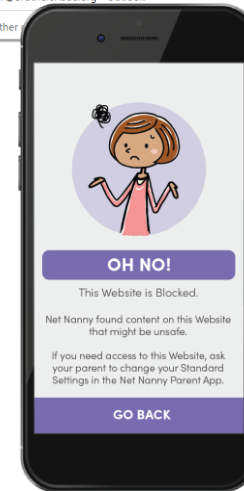
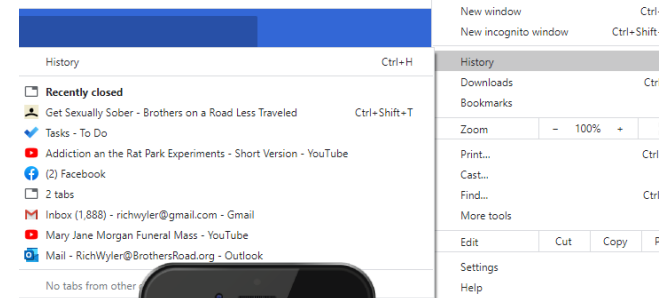
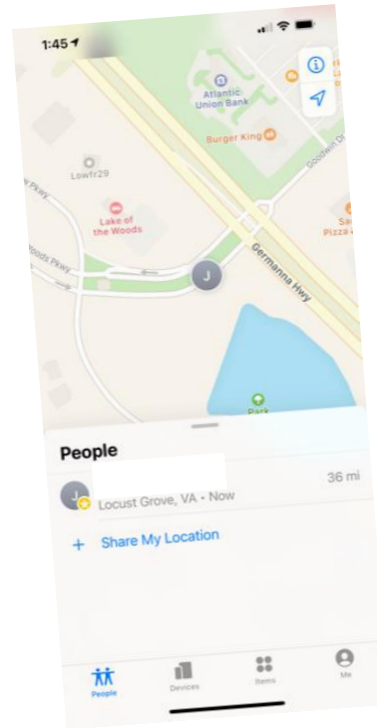
at <https://brothersroad.org/sexual-integrity/>

Redirect & replace

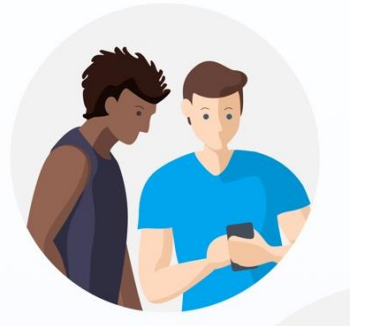
- Rather than wait to be tempted and then respond reactively, we *expect* and *plan* to be tempted and **proactively plan** positive, affirming interventions.
- We proactively practice healthy **sobriety habits** daily (*sobriety reading, check-in calls, prayer and meditation, for example*).
- We establish external **barriers** (*online filters, geographic tracking apps, for instance*) and **rewards** (*celebrate small successes!*).
- We accept that it's impossible to just *stop* a behavior without **replacing it** with something else. *Something better!* So we **replace** old habits with healthier, rewarding, new ones. *We discover healthy ways to self-nurture.*

Create Barriers to Access

- Internet filters?
- Covenant Eyes?
- Shared passwords?
- Sharing browsing history?
- GPS tracking?
- Locking up devices at night or leaving them at work
- Other ideas?



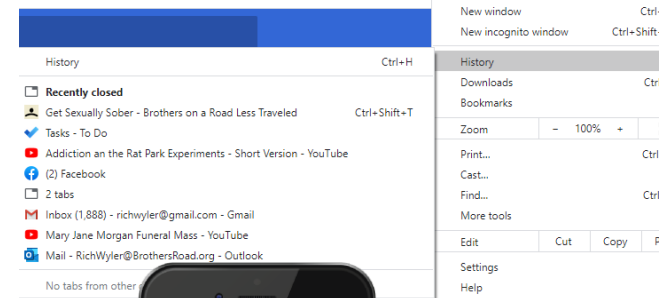
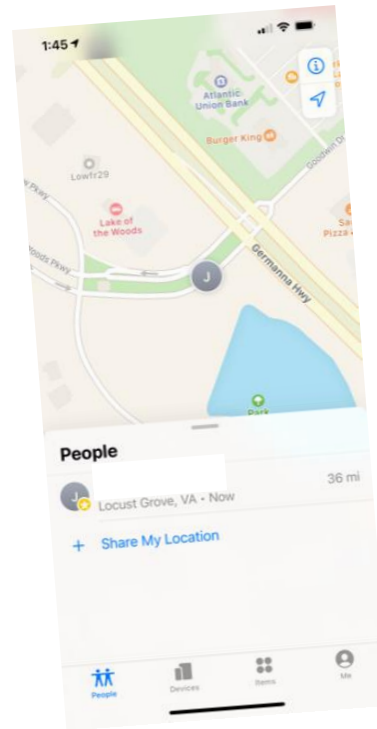
Invite a
trusted friend to be
your ally



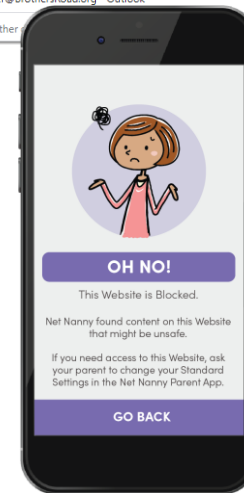
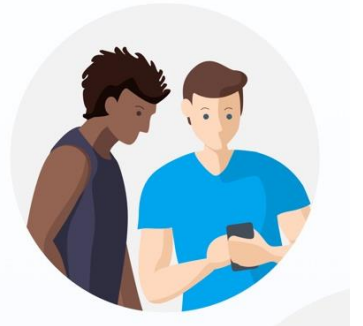
Create Barriers to Access

Consult with your support partners

Work with them on accountability



Invite a trusted friend to be your ally



Invitation Five:

Plan Your Replacement Behaviors

“One of the best methods to remove something from our lives is to **displace it with something else.**”



— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

Next time you're triggered,
what will you do instead?



As you consider this question, read:

... the “**Connect Deeply**”
and “**Redirect & Replace**”
sections of the
HeartPower webpage at
[brothersroad.org/sexual-
integrity/](https://brothersroad.org/sexual-integrity/)

Connect deeply

- We find or create supportive **communities** of trusted brothers and invite compassionate, courageous connection, **accountability** and encouragement. *We can't do this alone!*
- For those of us who are married, we find it's essential to **re-connect more deeply and authentically with our wives**. *Anything we do to direct our sexual energy outside our marriage is only likely to worsen our lust while hurting her, our marriage and ourselves.*
- We **connect with God as never before**, in whatever ways work best for us. *We invite him into every step of this work.*
- We **connect with our own bodies** in non-lustful ways. *We find healthy ways to self-nurture, release tension and respond to stress.*

Redirect & replace

- Rather than wait to be tempted and then respond reactively, we *expect* and *plan* to be tempted and **proactively plan** positive, affirming interventions.
- We proactively practice healthy **sobriety habits** daily (*sobriety reading, check-in calls, prayer and meditation, for example*).
- We establish external **barriers** (*online filters, geographic tracking apps, for instance*) and **rewards** (*celebrate small successes!*).
- We accept that it's impossible to just *stop* a behavior without **replacing it** with something else. *Something better!* So we **replace** old habits with healthier, rewarding, new ones. *We discover healthy ways to self-nurture.*

As you consider this question, watch:

Watch the Ted Talk, [“Everything You Think You Know About Addiction Is Wrong,”](#) and/or [“What Causes Addiction?”](#)



Is there anything about the “Rat Park” experiment that relates to how you use lust or distressing sexual behaviors?

As you consider this question,
learn:

... about every man's authentic needs at

brothersroad.org/needs-fulfillment/



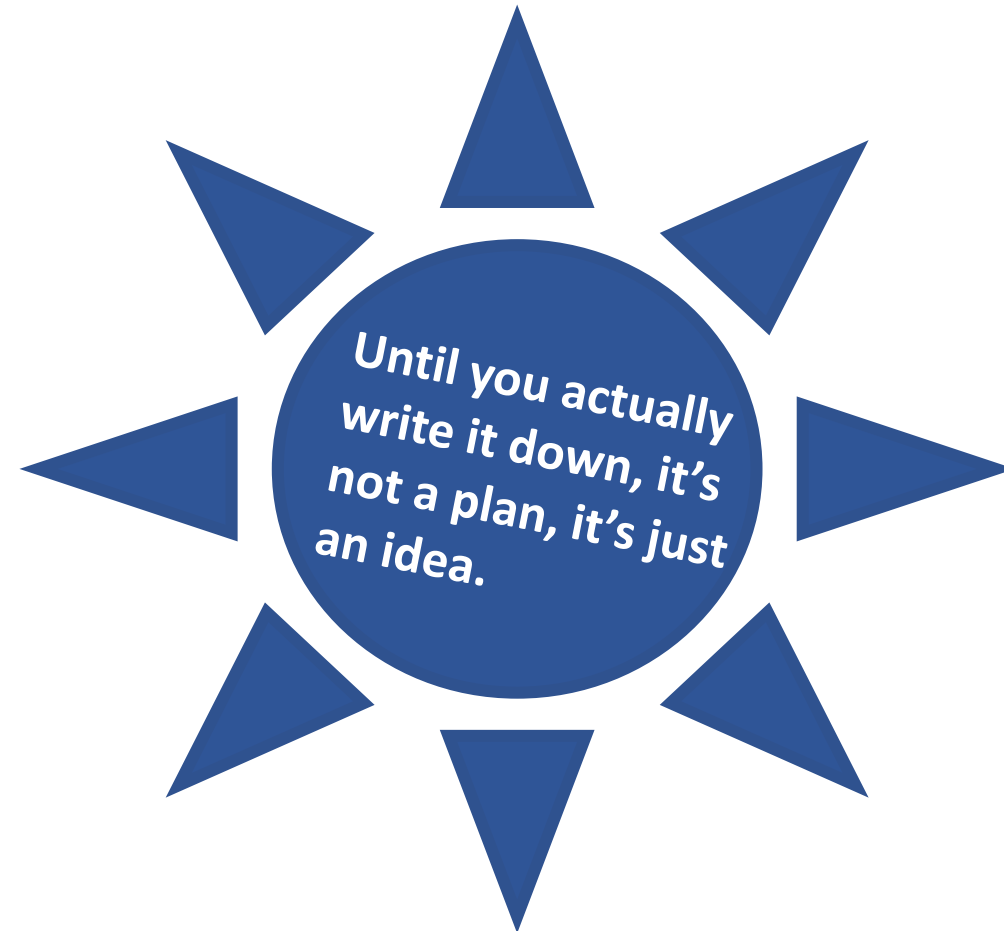
Next time you're triggered, what will you do instead?

Think of anything and everything you enjoy doing—and *would* do if you could.



Write Out Your Planned Replacement Behaviors

- **Physical** replacements (hiking, biking, even punching a pillow to release pent-up energy)
- **Spiritual** replacements (prayer, meditation, scripture reading)
- **Mental** replacements (give your mind something else to do: Read, listen to a podcast, talk with a friend, journal)
- **Social** replacements (call a friend, ask for support, ask for affirmation, plan an activity)
- Any **engaging** activity that moves you in a healthier direction



Share Your Plans With Your Support Partners

- **Physical** replacements (hiking, biking, even punching a pillow to release pent-up energy)
- **Spiritual** replacements (prayer, meditation, scripture reading)
- **Mental** replacements (give your mind something else to do: Read, listen to a podcast, talk with a friend, journal)
- **Social** replacements (call a friend, ask for support, ask for affirmation, plan an activity)
- Any **engaging** activity that moves you in a healthier direction



Invitation Six:

Develop Proactive, Daily Sobriety Practices

Develop Proactive, Daily Sobriety Practices*

Such as:



First thing every morning, ask yourself,
**“Am I absolutely committed to staying
sexually ‘sober’ today—all day?”**

“And if so, what’s my plan?”

**Or create others that work better for you.*

Pray the HeartPower Prayer

Or pray a prayer of your own

*“God, **please make me willing** to give away my unhealthy desire for _____.*

*“I want to be willing, but honestly, I just don’t want it enough yet. My mind does, but my heart doesn’t—and I know I can’t depend on willpower alone! So I’m going to step back and ask you to please make me **willing to become willing**. Or even willing to become willing to become willing!*

“Please meet me where I am right now, in my state of mere sort-of willingness, and take me closer to where you want me to be.

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“Father, you have given me everything I have. The only thing I can possibly give you in return is my own free will.

“Please make me sincerely want to do your will more than anything else.”

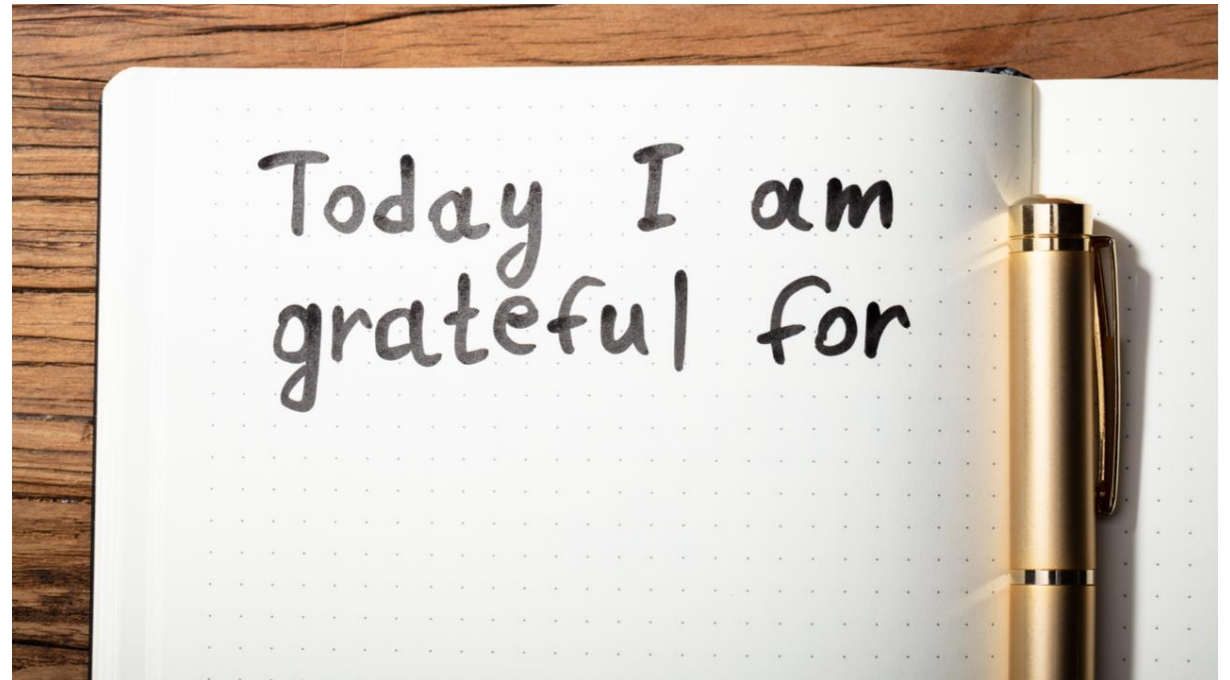


Express Heartfelt Gratitude

Discover the power of heartfelt gratitude in shifting your focus from what you lack to what you already have.

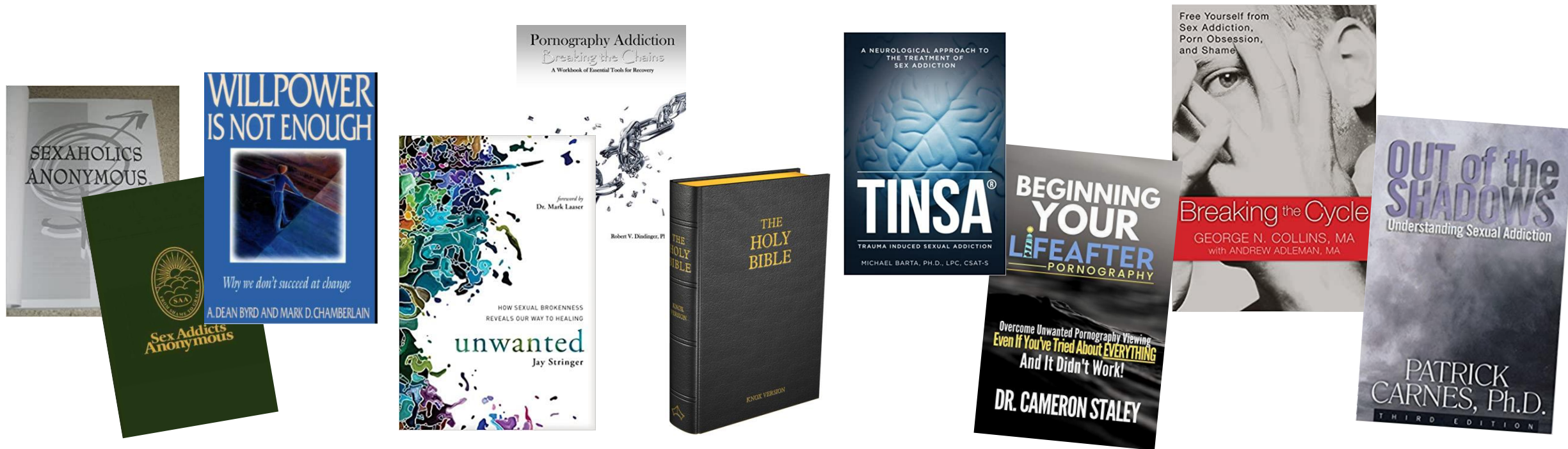
Focus especially on gratitude for

- the healthy relationships that you do have or have had (past and current),
- your physical body,
- your gifts and strengths,
- and the life experiences that have made all the good in you.



Get Reinforced by Others' Wisdom

Spend at least 10 minutes reading, listening to recordings, or watching videos supportive of your recovery.



Make Your Daily Check-In Calls



Create Your Own Daily Sobriety Rituals

Make sure they are:

- Simple
- Doable
- Helpful



Invitation Seven:

Explore Underlying Causes or Issues

Track Your Sexual Triggers for 10 Days

Use the Brothers Road [worksheet](#) (Word doc):



HEARTPOWER

Break Unwanted Sexual Habits Through Heart Power, Not Will Power

Daily Inventory of Sexual Triggers and Temptations

Let Your Sexual Triggers and Temptations Be Your Teachers

Today's date: _____

- Were you triggered or tempted to lust or “act out” today?
 - If yes, fill out this page. If no, CONGRATULATIONS! THAT’S AWESOME! Go to page 3
- What were the circumstances? What led up to your lust or acting out today?
- When? What time(s) of day was it? (Does that tell you anything?)
- What was your mood or **emotional state**?
 - Examples: angry, irritated, sad, depressed, lonely, bored, resentful, jealous, envious, ashamed

The worksheet will help you answer questions like:

1. What were the **circumstances**?
2. What **day** of the week or **time** of day? (Does that tell you anything?)
3. What was your mood or **emotional state**? (ex: angry, resentful, jealous, shame)
4. What was going on with your **thoughts**? (ex: self-ridicule, over-thinking, overwhelmed, “shoulds”)
5. What do you think **brought it on**?

Share Your Completed Worksheet

Share your completed [worksheets](#) with your support partners.

Discuss your discoveries.



HEARTPOWER

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Daily Inventory of Sexual Triggers and Temptations

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 - Examples: angry, irritated, sad, depressed, lonely, bored, resentful, jealous, envious, ashamed

Your sexual triggers, temptations and even your fantasies have a LOT to teach you about YOU..

and any unhealed wounds, unmet needs, uncomfortable emotions, or other unfinished “work.”

Let them be your teacher, not your enemy!

Reread “Discover the Why” and “Meet the Real Needs”

at <https://brothersroad.org/sexual-integrity/>

Discover the why

- We search inside ourselves and dig into our pasts to uncover some of the original **sources of our triggers** that may drive our temptations.
- We may **uncover harmful thoughts, beliefs, and feelings** (*fear, shame, etc.*) and **memories** that have been keeping us stuck.
- We discover that **we didn't fall into sexual traps because we are weak or immoral or defective**. *Rather, we fell into (or were introduced to) lustful habits as a way of coping with pain and legitimate but unmet needs.*

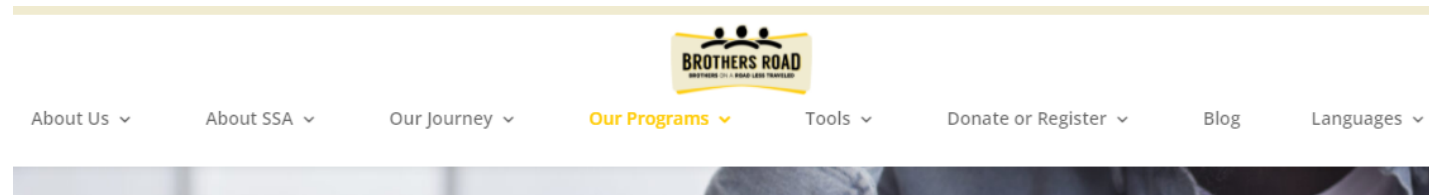
Heal the wounds, **Meet** the real needs

- First, we learn to **love, accept and value ourselves** right where we are today.
- We **challenge harmful thoughts and beliefs** that have kept us stuck.
- We **process and release painful emotions** *rather than use lust to avoid and numb them.*
- And we learn to **meet our real needs** in healthy ways *instead of using sexual habits as a crutch to suppress them.*

Watch the Webinar, “Hack Your Sexual Fantasies”

at <https://brothersroad.org/webinar/>

Discuss your
discoveries with your
support partners



Hack Your Sexual Fantasies: How to Strip Porn of its Seductive Power

May 19, 2021 | Guest speaker: Drew Boa

On this webinar discussion, we'll talked to [Husband Material](#) founder [Drew Boa](#) on the secrets of “hacking” your sexual fantasies — stripping them of their seductive power by discovering their underlying good intentions and even “holy longings.”

He walked us through a process of:

- Facing your fantasies
- Tracing your triggers
- Discovering your true desires

Go back and review your sexual triggers worksheet and look for possible underlying factors, such as:

- Unhealed **wounds** or pain, from the past. (Father wound? Mother wound? Feeling weak or a victim?)
- Uncomfortable or **painful emotions** you are trying to avoid
- Or the opposite: **Trying to feel something**, anything, when all you otherwise feel is numb.
- An unexpected **visual trigger**, whether in person or in a picture. (But be honest: Was it *really* unexpected or were you subtly looking for it?)
- Sometimes it's just a **habit**. Maybe there is no significant emotional trigger. It's just how you've trained your body to respond in situations like this. (Memories, patterns, associations, places, time of day can trigger a habitual response.)
- Your body's natural **cycle** (physiology) or a dream.

Also use the “Examining Triggers” Worksheet

Work through it with
your support partners

HEARTPOWER

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.

Taking all this information together,
what might this tell you
about the work you need to do
on the **underlying issues**?

Write your “major underlying issues” statement (**Part 1**):

I think one of the biggest **underlying issues** that causes me to want to “act out” is

Write your “major underlying issues” statement (**Parts 2 & 3**):

What I really **want, underneath** the lust, is _____
_____.

My **biggest resistance** to meeting these authentic, underlying needs in healthier ways is _____
_____.

Invitation Eight:

Create Healing Experiences and Relationships

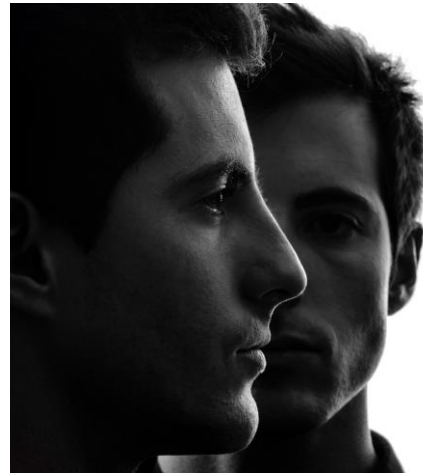
Create Healing Experiences and Relationships

... where you can
heal underlying
wounds and meet
unmet core needs,



Create Healing Experiences and Relationships

... where you can address
problematic character traits,
thought patterns, or habits at
the root of your lust,



Create Healing Experiences and Relationships

...where you can connect deeply with other men and experience a sense of true belonging and community,



Create Healing Experiences and Relationships

... where you can feel
included and wanted,
...and be transparent
and authentic,



Create Healing Experiences and Relationships

... where you can experience
self-compassion and
freedom from shame,

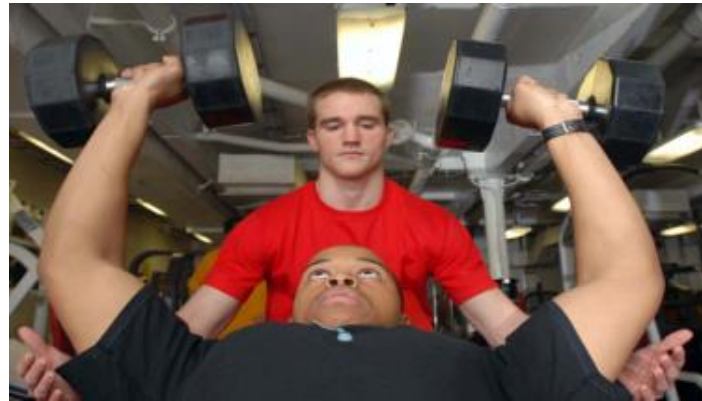


Click to hear an amazing song about God's constant, unchangeable love for you.



Create Healing Experiences and Relationships

...where you can
connect with your own
body in healthy, non-
sexual ways,



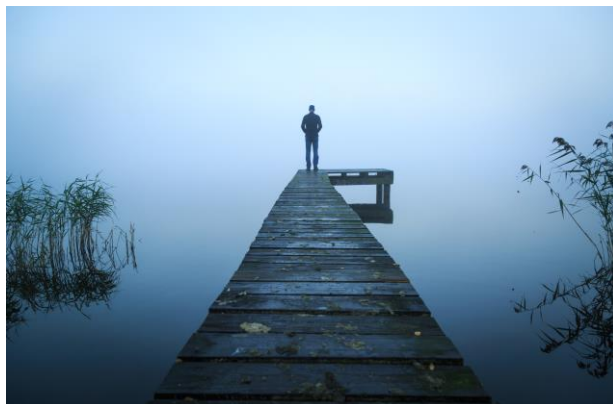
Create Healing Experiences and Relationships

... and if you're married,
connect deeply with
your wife,



Create Healing Experiences and Relationships

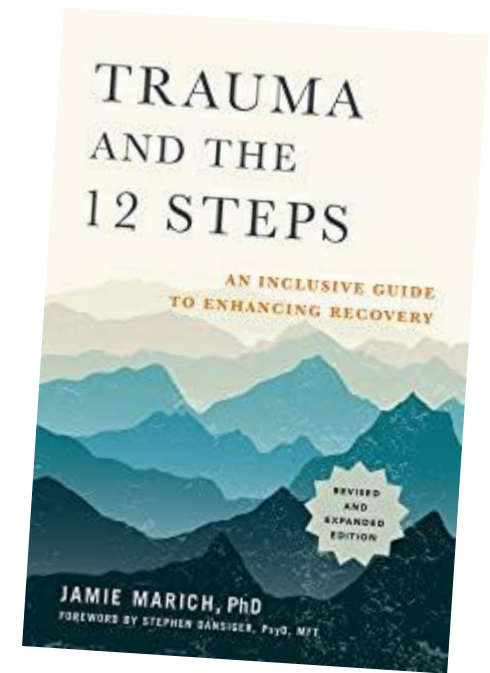
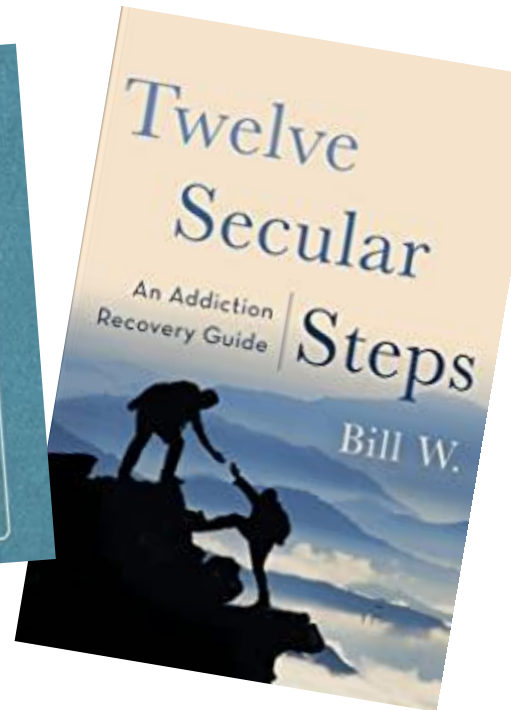
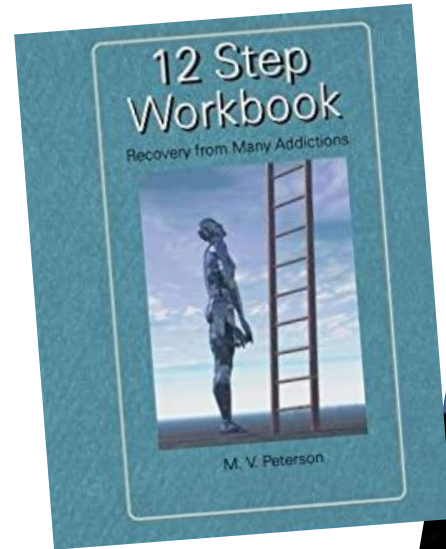
... and where you can
connect deeply
with God.



Invitation Nine:

**Continue Surrendering to God and Asking Him
to Change the Desires of Your Heart**

Explore what it means to you to **surrender** to God's will
or to **yield** your heart to God



Find at least one thing to **surrender** to God every day

Such as:

- Resentment (or refusal to forgive)
- Entitlement (or justification)
- Fantasy (or specific fantasies)
- Willfulness or pride
- Lack of faith
- and much, much more.

Your mentors and friends can help offer suggestions



Pray a Surrender Prayer

Or a version of it in your own words

“God, if left to my own devices, I’m going to act out right now. I can’t seem to stop. I don’t even want to stop.

“So I’m giving it up to you. I am turning this temptation over to you. Please lift it off me. Do with it whatever you will. Make it yours, not mine.

“If I fight it, I’ll lose. So I surrender instead. It is yours.”



A Final Thought

A Final Thought: Whatever You Want Most, Wins

Whatever you really want more than anything else is ultimately what you are going to do.

Whatever you want most deeply, most passionately, most consistently and most persistently will ultimately win the battle between willpower (what your mind says is right to do) and “heart power” (what your heart *really* wants to do).

Willpower can be great for the occasional emergency intervention (“*Stop! Don’t do it! You’ll regret it later!*”). But as a long-term strategy, willpower inevitably fails. The heart inevitably gets its way.

In the battle between willpower and heart power, the key is *not* to increase your ability to resist temptation but to **increase your desire for something better**. To reach for something higher. To become someone greater.

