

Building An Action Plan: Recovery From Sexual Brokenness

As follow up to "Heartland Care Presents: Sexual Brokenness/Healthy Sexuality" (March 27, 2019), here is a list of the items that Scott and Kenyon Delk felt were pivotal things to 1) discuss together and 2) create agreed-upon action plans around. The Delks have frequently revisited and evaluated as they've pursued healing and journeyed toward recovery from sexual brokenness.

BOUNDARIES:

- Hedges of protection
- Login/password sharing
- Social media - apps with chat/photo
- Lunch/dinner & riding in cars with others
- "Parental" controls and restrictions on devices
- Calendar & location sharing
- Text and phone calls as check-ins
- Screens always visible

ACCOUNTABILITY:

- Software for computers and devices
- Mentors for individuals and couples
- Checkbook visibility
- Email passwords or joint account
- Accountability partner
- Work travel discussion & joint travel when appropriate

COUNSELING/THERAPY:

- Prioritize counseling & therapy
- Therapists for each person/couples
- Sex addiction group therapy
- Intensive specialist therapy/EMDR

SPIRITUAL:

- Daily prayer & scripture
- Regular church attendance
- Small group/Bible study

PHYSICAL:

- Eye control
- Bouncing eyes
- No second glances or gazing
- TV shows and movies - turning head
- Magazines, ads, commercials, newspapers
- Change of viewing habits
- Recognition of triggers that lead toward acting out