

## Discussion Questions # 10

### *Your Cell Phone*

1. Would it surprise you to know the cell phone is one of the most used access points for porn, hook ups and other sexual acting out behaviors? Why? Why not?
2. What part does your cell phone play in your addiction?
3. Why would you continue to carry around your cell phone, 24 hours a day, if it is one of your most triggering devices and then act surprised when you relapse?
4. Tell or read out loud the story of the rich young ruler from Matthew 19:16-26.
5. How does this story relate to you in the use of your cell phone?
6. What excuses do you use trying to justify keeping your cell phone when it may be a huge barrier to your recovery?
7. What other things are you holding on to that may be hindering your recovery, your relationship with God and your family?
8. Do you really want to get well?
9. Where is your phone at this very moment?
10. Are you currently using it to access pornography or apps used for sexual acting out?
11. Are you willing to hand it over to a trusted friend right now and let them see how you have been using your phone?
12. What other devices or access points do you use to access these same things?
13. Explain how your cell phone will either become an instrument that thwarts your recovery or one that helps build it.
14. What do you do when you are triggered?
15. Do you reach out to others and share you are struggling?
16. What keeps you from asking for help when you're in the midst of the battle?
17. Do you really want to get well?
18. What filters and blocking programs do you have on your phone, such as \*Covenant Eyes, that will help keep you from accessing porn and other sexually explicit sites?

\*Covenant Eyes is our recommended software for blocking and filtering on all Internet capable devices including cell phones. Go to [coveyes.com/pornless](http://coveyes.com/pornless) for a 30-day free trial and to join the [we fight porn family](#) which provides FREE access to many materials to help in the battle against sexual addiction.