

“For God delivered all to disobedience, that He might have *mercy* on all.”

-ROMANS 11:32

“In the Christian view, chastity signifies spiritual energy; capable of *defending love* from the perils of selfishness and aggressiveness, and able to advance love to its full realization.”

-POPE SAINT JOHN PAUL II,
FAMILIARIS CONSORTIO



Daily Prayer for Chastity

Mary, loving daughter of God the Father, I give my soul to your care. Protect the life of God in my soul. Do not let me lose it by sin. Protect my mind and my will so that all my thoughts and desires will be pleasing to God.

Hail Mary, full of grace; the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

Mary, loving Mother of God the Son, I give my heart to your care. Let me love you with all my heart. Let me always try to love my neighbor. And help me avoid friends who might lead me away from Jesus and into a life of sin.

Hail Mary...

Mary, loving spouse of the Holy Spirit, I give my body to your care. Let me always remember that my body is a home for the Holy Spirit who dwells in me. Let me never sin against Him by any impure actions, alone or with others, against the virtue of purity.

Hail Mary...

Do you know
someone who
struggles
with
Unwanted
Sexual
Behaviors?



Q. Can unhealthy sexual behaviors really become an addiction?

A. Yes. “[S]urveys suggest that approximately 5% of the general population may meet criteria for a compulsive sexual disorder...these rates represent a significant percentage of the general population and would be higher than the rates for schizophrenia, bipolar disorder, and pathological gambling.”¹

Q. What are the signs & symptoms?

A. Unwanted sexual behavioral addiction is likely when there is:

- Increasing frequency, intensity, or variety of the behavior to achieve desired feelings.
- Constant need to engage in it.
- One or more failed efforts to stop, reduce, or control the behavior.
- Neglecting other obligations in order to engage in the behavior.
- Isolating to keep the behavior secret.
- Continuing to engage in the behavior despite negative consequences.²

You May Not Be Alone

One growing epidemic is pornography. Men in the U.S. view pornography at least once per month:

- 18-30-y.o., 79%
- 31-49-y.o., 67%
- 50-68-y.o., 49%

Women in the U.S. view pornography at least once per month:

- 18-30-y.o., 76%
- 31-49-y.o., 16%
- 50-68-y.o., 4%

Q. Is there a way out of sexual addiction?

A. Yes! Through a combination of the following, recovery is possible. Many have succeeded in permanent recovery.

- The healing mercy of God
- Prayer
- Sacraments
- Education
- Deisolation
- Web filtering
- Peer support
- Accountability partners
- Therapy
- Fasting
- Hard work
- ***Never give up!***

There are also resources available for spouses. Contact us for information.

Resources for Recovery

SUPPORT GROUPS

- **Men's Chastity Group**
Every Monday, 7:00-8:30 PM
Mission Valley Area
Support group is open to all men. Contact us to learn how to join.
- **Women's Chastity Group**
1st & 3rd Mondays, 7:00-8:30 PM
Mission Valley Area
Educational group open to all women (18+ y.o.). Contact us to learn how to join.
- **Sex Addicts Anonymous**
<http://sandiegosaa.com/>
<http://sasandiego.org/>
<http://slaasandiego.org/>

ONLINE HELP

- **Chastity.com - Catholic Answers**
<http://chastity.com/>
- **TEDx Talk on Pornography**
<http://tinyurl.com/cg4vho6>
- **Web Filtering & Accountability**
<http://www.covenanteyes.com/>
- **Addiction Recovery Programs**
<http://tinyurl.com/hfk7csw>
<http://reclaimsexualhealth.com/>

CONTACT US

To speak to a support group leader:

- **Text/Call:** 619-507-9294
- **Email:** paul@sdchastity.com
- **Visit:** www.SDChastity.com

1 - Timothy W. Fong, MD, PSYCHIATRY (Edmont) (Nov. 2006), 3(11): 51-58, <http://tinyurl.com/hcbmndy>

2 - See Jennifer P. Schneider, MD, PhD, *Criteria for Sexual Addiction*, JENNIFERSCHNEIDER.COM, (1991), <http://tinyurl.com/77z2twj>

3 - *Pornography Statistics*, COVENANTEYES.COM 8 (2015), <http://tinyurl.com/jce32op>