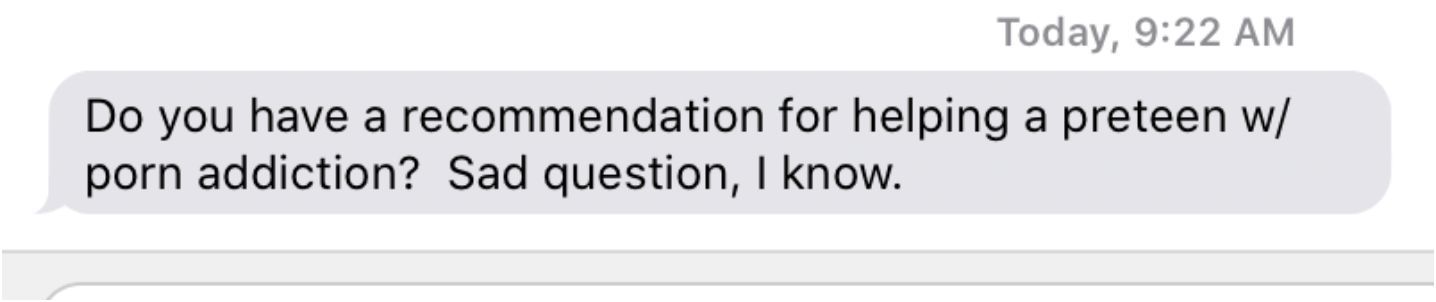
Twitter Thread by Michael Foster

Michael Foster
@thisisfoster

I got the following text this morning. Here was my reply:

1. Tell them that you love them, aren't ashamed of them, and that this is something that you have had to overcome. Tell them they can do the same.



2. Tell them that porn is bad for them spiritually, physically, and relationally. And then explain how.

3. Tell them that you are going to set up "speed bumps" to help them when they're tempt but it comes down to their desire to live with integrity. Those speed bumps are:

a. Filters (on devices & IP)
b. Screens only in shared spaces
c. Weekly check ups: Have you looked at porn of any form this week?

4. Ask them to identify the a) the times that are most tempted and b) the things that seem to trigger the desire to look at porn.

5. Show them ways to deal with stress that are productive: bible reading, prayer, running, pushups, developing a skill, etc.

6. Remind them again that you love them, that porn makes you weak, & living a lie is hell. Let them know that you won't look down on them if they stumble & they need to let you know so you can conquer it together: "You can overcome this. You can have a good conscience. Fight!"