



CAMPUS
MINISTRY
TODAY

SEX AND LOVE ADDICTION RESOURCES FOR WOMEN

created by
The Freedom Fight

Sex and Love Addiction

Resources for Women

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*Resources most utilized/recommended by staff

Sex Addiction (individual resources)

Sex and the Single Christian Girl (book) - <https://www.amazon.com/Sex-Single-Christian-Girl-Fighting/dp/0764211234>

Authentic Intimacy (blog, podcast, books, studies, etc.) - <https://www.authenticintimacy.com>

No Stones (book) - <https://www.amazon.com/No-Stones-Redeemed-Sexual-Addiction/dp/083083740X>

Sex Addiction (small group material)

**Behind the Mask* (book + leader's guide) - <https://puredesireint.vendecommerce.com/collections/for-teens>

**8 Pillars* (two workbook series) - <https://puredesireint.vendecommerce.com/collections/for-women>

**Sex and the Single Girl* (*Authentic Intimacy*, Bible study) - <https://www.authenticintimacy.com/>

Authentic Intimacy (ministry: blog, podcast, books, studies, etc.) - <https://www.authenticintimacy.com>

No Stones (book) - <https://www.amazon.com/No-Stones-Redeemed-Sexual-Addiction/dp/083083740X>

Love Addiction (individual resources)

Sex and the Single Christian Girl (book) - www.amazon.com

Do You Think I'm Beautiful? (book) - www.amazon.com

Authentic Intimacy (blog, podcast, books, studies, etc.) - <https://www.authenticintimacy.com>

Resources for both sex and/or love addiction

Sex and the Single Christian Girl (book) - <https://www.amazon.com/Sex-Single-Christian-Girl-Fighting/dp/0764211234>

Sexual Sanity for Women (book) - <https://www.amazon.com/Sexual-Sanity-Women-Relational-Brokenness/dp/1938267001>

Resources for emotional health

**Victory Over Darkness* (book) - <https://www.amazon.com/Victory-Over-Darkness-Realizing-Identity/dp/0830725644>

Emotionally Healthy Spirituality (book) - <https://www.amazon.com/Emotionally-Healthy-Spirituality-Unleash-Revolution/dp/0849946425>

Resources for the discipler to help an individual struggling with a sex/love addiction

No Stones (book) - <https://www.amazon.com/No-Stones-Redeemed-Sexual-Addiction/dp/083083740X>

Screening tests/evaluations:

Love addiction: <https://www.puredesire.org/images/resources/love-addiction-evaluation.pdf>

Sex addiction: <https://www.puredesire.org/images/resources/sast-test.pdf>

The Freedom Fight
thefreedomfight.org

Description of Resources

Behind the Mask

Approximately one semester (13 weeks); “provides practical steps and strategies that can help young women move into sexual health ... biblical principles, clinical tools, brain discoveries.” Helps identify how a girl’s past affects her present behaviors, how she deals with her sexual struggles, why she wears “masks,” how to live out her Christian beliefs when sexual temptation is strong, how to set boundaries for dating, and how to prepare for a strong, healthy marriage.

8 Pillars

Eight-eleven months, two workbook series; “designed to help bring healing to women who have experienced love/sexual addiction and whose behaviors have led to destructive lifestyles. Each pillar will bring biblical truth and life competencies that will give women the opportunity to rebuild their lives in a way that brings healing, freedom and glory to God.”

Sex and the Single Girl

Six weeks; helps girls find “perspective and truth about sexuality and examine what God’s word says about sex for single women and how to honor Him in a society where anything goes.”

Victory Over Darkness

“Outlining practical and productive paths to Christian growth based on Christ’s promise: ‘You will know the truth, and the truth will set you free’ emphasizes the importance of believing and internalizing cardinal truths of Scripture as a base from which to renew the mind and fend off Satan’s relentless attempt to convince us that we are less than Christ empowers us to be.”

Emotionally Healthy Spirituality

How to process emotions (anger, sadness, fear) in a healthy way; how to have healthy boundaries and conflict resolution; “biblical integration of emotional health.”

Sex and the Single Christian Girl

The author “hopes to spare you from the heartache of sexual sin and instead point you toward God’s best”; “practical advice backed by biblical truth to equip you with the tools to overcome past mistakes and future temptations.”

Authentic Intimacy

To help women “understand and love their sexual identity in Christ”; “disciple women by helping them understand and apply God’s truth to all questions, pain, and joys of sexuality.”

Sexual Sanity for Women

“Real hope for the woman who has experienced relational pain and sexual brokenness”; gets to the root to help girls “understand destructive patterns and how the gospel brings change and a new way of living.”

Do You Think I’m Beautiful?

“Understanding beauty and acceptance in the context of God’s unconditional love.”

No Stones

Written by a counselor who has battled trauma and sexual addiction; helps “identify roots of

sexual addiction”; “distills clinical expertise on female sexual addiction” along with her own personal story of dealing with a sexual addiction.

The Freedom Fight

Online porn/sex addiction recovery program to go through individually or in a small group. It is tailored for college-aged men, but the principles apply to women with a porn or sex addiction. thefreedomfight.org

Review of Resources

- Most utilized/recommended by staff:

Behind the Mask

Helps girls identify the root of sexually unhealthy behavior; God’s Word + clinical processing techniques; positive reception by students.

8 Pillars

Intensive; for girls with advanced stages of sexual addiction who are willing to devote more time/effort; more like counseling, but not a substitute. It is recommended that the group leader has previously gone through the material.

Sex and the Single Girl (Authentic Intimacy)

Recommended as a general resource to help girls gain a godly perspective of sex.

Victory Over Darkness

Sex and/or love addiction resource; focuses on identity and self-worth.

- Other Resources Utilized by Staff

Emotionally Healthy Spirituality

Sex and/or love addiction resource; focuses on emotional health.

Sex and the Single Christian Girl

Sex and/or love addiction resource; recommended for women struggling with issues of chastity or self-worth.

Authentic Intimacy

“Sexual discipleship”

Sexual Sanity for Women

Sex addiction resource; healing from sexual sin and brokenness.

Do You Think I'm Beautiful?

Love addiction resource; focuses on self-worth and value.

No Stones

Sex addiction resource; clinical and biblical approach to recovery.