

# MEN'S PORNOGRAPHY RECOVERY GROUP

Looking for a supportive community to help you break free?  
Want to regain control and strengthen your relationships?

This support group is for men struggling with pornography or other processing addictions who want to reduce or end their usage.

## CHOOSE RECOVERY & EMBRACE A BRIGHTER FUTURE

### SAVE YOUR SPOT TODAY!

### JOIN TOGETHER IN RECOVERY

**YOU'RE A GOOD FIT:**

- ✓ Age 18+
- ✓ Struggling with a processing addiction
- ✓ Want to change
- ✓ Commit to attend

**MENTAL  
WHO TALK  
HEALTH**

**385-223-0777 (CALL OR TEXT)**

drchristykane.com 1250 E 200 S Suite 1A, Lehi UT 84043



# ACTION PLAN

# MEN'S PORNOGRAPHY RECOVERY GROUP

1250 E 200 S Suite 1A  
Lehi UT 84043

Kane Counseling Services

385-223-0777

## WEEK 1: ADDICTION RECOVERY INTRO & GROUP RULES

- Define addiction
- Learn about happiness, values, brains, & goal-setting
- Establish boundaries for group interaction

## WEEK 2: UNDERSTANDING EMOTIONS, NEEDS, & CHANGE

- Define emotions & needs
- Understand the change process
- Create a personal list of emotions & needs

## WEEK 3: GRATITUDE, HOPE, & MINDFULNESS

- Understand gratitude, hope, & mindfulness
- Learn implementation
- Create good habits

## WEEK 4: SELF-ESTEEM, SHAME, & SELF-COMPASSION

- Strengths journaling
- Understand self-esteem, shame, guilt, self-compassion and the effects of each.

## WEEK 5: BARRIERS TO CHANGE

- Expand on week 4's topics
- Explore barriers to change
- Strengthen good habits

## WEEK 6: ADDICTIVE THINKING & ROOTS OF ADDICTION

- Understand patterns of thinking and rationalization
- Cognitive challenging

## WEEK 7: RELATIONSHIPS, COMMUNICATION, & INTEGRITY

- Explore connections between relationships, communication, & integrity

## WEEK 8: GROUP FEEDBACK AND TERMINATION

- Discussion of feedback between group members and overall reception
- Mutually agreed termination of the group



**JOIN OUR  
SAFE SPACE**

group is  
facilitated by  
our male  
therapists