

Daily Temptation Journal

This journaling guide is designed to help you understand your patterns surrounding sexual temptation/sin. This covers any kind of sexual temptation including thoughts/fantasies. Below are questions to help you go deeper into understanding your temptation/sin cycle*:

1. **Describe your circumstances:** What's happened that day? What was your day like and what pressures were you under? What sexual opportunities were available and beckoning?
2. **Describe your desires:** What were you thinking about? What did you want and believe preceding the fall? How were you feeling in the moment: sad, angry, etc.?
3. **Describe the sin you've given into:** What did you do? Who did it affect beside you, if anyone?
4. **Describe your guilt:** What did you do after giving in? How did you feel? Did you repent or beat yourself up? How does Jesus' death on the cross help you?
5. **If you were able to resist temptation, describe how Jesus helped you in the moment:** How did you seek and find God's help and mercy? Did anything happen that helped you remember God's love and forgiveness? How did you get your bearings? Did you reach out to other people? Do you need to ask anyone for forgiveness?

If you have days where you don't struggle, then you don't have to answer the questions. However, record briefly what happened that day and why you might not have been tempted. Remember that seeing the victory in resisting is very important, so when you are able to resist make sure to record it and thank God for helping you. Make sure to answer the questions every day, otherwise you might not be able to remember how you were feeling when the temptation occurred.

*Questions taken from David Powlison, "Sexual Addiction: Freedom from Compulsive Behavior," New Growth Press, 2010.