

JULY

Theme: *Versus* – Making the Right Choices for Real Freedom

In recovery, we constantly face decisions. Decisions that not only include behavior, but also mindset, support systems, and how we define success. This month, we explore the idea of *versus*—not as a battle, but as a process of choosing between two valid but different paths. Examples include sobriety vs. whole-person wellness, isolation vs. structured community, willpower vs. strategy, etc.

Consequently, the choices we make shape the direction of our recovery. Freedom doesn't just come from stopping a behavior. It comes from intentionally choosing resources, relationships, and frameworks that support long-term change. July is a time to reflect on what you've been choosing and ask: is this actually moving me toward freedom?

Core Focus: Decision-making in recovery, evaluating support options, defining freedom beyond behavior

Action Steps:

- **Join a Small Group Online** – If you're ready for structure, weekly accountability, and real connection, this is a space where change becomes possible.
 - **Find a Counselor Who Specializes in Sexual Addiction or Betrayal Trauma** – Whether you're the one struggling or the one impacted, professional support helps you understand your patterns and build tools for sustainable recovery.
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AUGUST

Theme: When Motivation Fades

The middle of the year can bring burnout, not just in life but in recovery. August is a time to normalize feeling stuck, tired, or even tempted to give up. This month is about staying connected, recalibrating your goals, and remembering that consistency and not perfection moves you forward.

Core Focus: Burnout, consistency, motivation, relapse prevention

Action Steps:

- **Use accountability software like X3watch** – Don't rely on willpower alone. Digital tools provide structure and visibility that help you stay on track, even when the momentum dips.
 - **Join a Small Groups Online support group** – A weekly group gives you space to share honestly, receive support, and stay engaged with others who are showing up, just like you.
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SEPTEMBER

Theme: Helping Parents Talk Honestly About Sex

With the school year starting back up, kids are navigating a world filled with messages about sex, identity, and relationships. Many of these messages are confusing, distorted, or completely disconnected from real conversations at home. For parents in recovery, or those impacted by sexual struggles in their marriage, talking about these topics with your kids can feel intimidating and shameful.

This month, we focus on helping parents move past fear, silence, and shame to create healthy, honest conversations with their children about sexuality, boundaries, and digital safety. These talks don't have to be perfect but they do need to be real.

Core Focus: Breaking cycles of silence, leading with vulnerability, building trust with your kids

Action Steps:

- **Read *When Shame Gets Real*** – If shame or fear has kept you from having these conversations, this book offers powerful insight into why we avoid these topics—and how to move forward with confidence and grace.
 - **Practice open communication with your family** – Be intentional this month about inviting questions, checking in with your kids, and creating an atmosphere where it's safe for them to talk honestly about what they're seeing and hearing.
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OCTOBER

Theme: Stop Hiding – What Honesty Makes Possible

So much of the struggle with porn and sex addiction lives in secrecy. The fear of being found out, the pressure to manage it alone, or the belief that no one would understand

keeps people stuck. But the longer something stays hidden, the more power it gains over your life.

October is about facing what you've avoided, whether it's a conversation, a confession, or a deeper truth about where you really are. This isn't about oversharing or being reckless with vulnerability. It's about choosing honesty in the right spaces so healing can actually begin. When you stop hiding, you create space for growth, connection, and real recovery.

Core Focus: Shame reduction, safe vulnerability, emotional relief through truth-telling

Action Steps:

- **Read *When Shame Gets Real*** – This book helps unpack why shame keeps us silent and what to do with the fear that makes us hide.
 - **Join a Small Groups Online group** – These weekly, structured groups provide a consistent space to share, grow, and be met with grace—not judgment. If you're ready to stop hiding, this is the place to start.
 - **Find an accountability partner** - Accountability and transparency are crucial to one's journey. Tools like X3watch can help make those conversations easier.
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NOVEMBER

Theme: Gratitude & Grace – Learning to Hold Both

November naturally brings up conversations about gratitude. But in recovery, gratitude alone isn't always enough. For many, the holiday season also surfaces pain, relational strain, or regret. That's why this month is about practicing *both* gratitude and grace and being thankful for what's growing while being gentle with what's still healing.

Gratitude keeps us grounded in what's good. Grace reminds us that we're still in process. Together, they help reframe relapse, setbacks, or slow seasons not as failures, but as part of a longer story of healing. If you're in recovery or walking alongside someone who is, this season is an opportunity to notice progress, name what you're thankful for, and release the unrealistic pressure to have it all together.

Core Focus: Emotional resilience, realistic recovery expectations, shifting mindset from shame to growth

Action Steps:

- **Take 10–15 minutes a day to journal** – Write freely about what you're thankful for, where you've struggled, and what you're learning. This kind of reflection helps shift focus from shame to growth.

- **Join a group and/or support community where you can talk about your journey and be met with grace** – Whether it's Small Groups Online, Live Free, or Live Free Wives, showing up and being honest with others builds connection, not condemnation.