

JANUARY

Theme: New Perspectives – Rewriting the Stories We Tell Ourselves

The new year often brings pressure to "start fresh" or "be different this time." But real change doesn't come from willpower or resolutions. It comes from examining the narratives we've internalized about ourselves, our worth, and our struggles. January is about questioning the stories that have kept you stuck: "I'm broken," "I'll never change," "This is just who I am."

Recovery begins when we're willing to look at our patterns through a new lens, one informed by compassion and truth. This month, we challenge the shame-based narratives and explore what becomes possible when we see ourselves and our struggles differently.

Core Focus: Cognitive reframing, shame reduction, identity beyond behavior, neuroplasticity

Action Steps:

- **Sign Up for X3pure: Rewired** – This 12-lesson video workshop helps you understand the true nature of sexual struggles, reducing shame while increasing insight into what's really driving the behavior.
 - **Download the Live Free Community App** – Connect with an online support community where you can access teaching, workshops, and real connection with others who understand the journey.
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FEBRUARY

Theme: Love and Connection – What We're Really Searching For

Sexual behavior is often less about sex and more about unmet relational and emotional needs. February isn't just about romantic love. It's about examining the deeper hunger for connection, safety, and being truly known. For many, acting out has been a way to cope with loneliness, disconnection, or the fear of rejection.

This month, we explore what healthy attachment looks like, how early relational wounds shape our current patterns, and what it means to build genuine intimacy, both with others and with ourselves. Real recovery doesn't just address the behavior; it addresses the relational voids that the behavior was trying to fill.

Core Focus: Attachment theory, relational needs, intimacy vs. isolation, emotional connection

Action Steps:

- **Join Small Groups Online** – Weekly structured groups provide a consistent space to practice vulnerability, build trust, and experience the kind of safe connection that makes healing possible.
 - **Sign Up for X3pure: Rewired** – Learn how your nervous system and attachment history influence your sexual behavior patterns and discover pathways to healthier connection.
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MARCH

Theme: Safety Means... Defining What Your Nervous System Actually Needs

We hear a lot about "feeling safe" in recovery, but what does that actually mean? For someone whose nervous system has been shaped by trauma, neglect, or chronic stress, safety isn't just a feeling, it's a physiological state that needs to be cultivated intentionally.

March is about understanding how your body responds to threat (real or perceived), why certain environments or relationships trigger you, and what it takes to create genuine safety, not just behavioral control. This includes recognizing what safe people, safe spaces, and safe practices look like in your specific recovery journey.

Core Focus: Polyvagal theory, nervous system regulation, trauma-informed recovery, creating safe environments

Action Steps:

- **Download the Live Free Community App** – Find the safety you need to being your recovery journey.
 - **Join Small Groups Online** – Experience what it's like to be in a space where you can share honestly without judgment, a critical component of nervous system safety.
 - **Sign Up for X3pure: Rewired** - Learn how safety lies behind the need to act out.
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APRIL

Theme: Pay the Tax – The Hidden Costs of Avoiding the Work

Every choice comes with a cost. You can pay the "tax" of doing hard recovery work now (e.g., facing shame, building new neural pathways, having difficult conversations) or you can pay the

tax of staying stuck: broken relationships, continued secrecy, chronic shame, and diminished quality of life.

April is about getting honest about what avoidance is actually costing you. Not to increase shame, but to increase clarity. When you understand the real price of not changing, it becomes easier to invest in the tools, relationships, and practices that support long-term freedom.

Core Focus: Cost-benefit analysis in recovery, delayed gratification, investment in healing, motivation beyond crisis

Action Steps:

- **Subscribe to X3watch** – Accountability software bundled with workshops and resources. Multiple tools, one subscription, reduced costs. Stop relying on willpower alone and invest in structure that works.
 - **Sign Up for X3pure: Rewired** – Understand the neuroscience behind why change feels hard and what it actually takes to rewire your brain for lasting transformation.
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MAY

Theme: Mother May I – The Ache for Acceptance and What Happens When We Don't Feel Enough

At the core of many compulsive behaviors is a deep, often unconscious question: "Am I enough to be loved?" This need for unconditional acceptance, emotional warmth, and the reassurance that we belong doesn't disappear when we grow up. It just finds new, sometimes destructive, ways to express itself.

May is about examining how our hunger for love and acceptance (such as that from our mothers) shows up in our adult lives. When we didn't receive consistent emotional connection, validation, or the message that we were inherently worthy, we learned to cope. Sometimes that coping looks like performance, perfectionism, or people-pleasing. Other times it looks like acting out sexually, seeking intensity to fill the void where belonging should have been. This month, we explore what happens when we don't feel like we're enough to receive love and how that shapes the choices we make today.

Core Focus: Emotional hunger, worthiness, conditional vs. unconditional love, validation-seeking behaviors

Action Steps:

- **Join Small Groups Online** – Find a space where you can be honest about your struggles and experience acceptance that isn't based on performance or perfection.
 - **Download the Live Free Community App** – Access teaching and community focused on understanding your emotional needs and learning to meet them in healthier ways.
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JUNE

Theme: Father Knows Best – How Dad's Example (Good or Bad) Shaped Who You Became

Our fathers teach us, whether they mean to or not. They model what it means to be a man, how to handle conflict, what emotions are acceptable, how to treat women, and what masculinity looks like. Even fathers who were absent taught us something, usually that we're on our own or that we can't count on men to show up.

June is about taking an honest look at what your father modeled for you and how those lessons (both good and damaging) show up in your relationships, your self-image, and your struggles today. Did he teach you that anger is the only acceptable emotion? That vulnerability is weakness? That your worth is tied to achievement? Or maybe he was distant, passive, or harsh, leaving you without a roadmap for healthy masculinity. This month, we examine how these patterns play out in your life and what it takes to unlearn what doesn't serve you while building something better.

Core Focus: Masculine identity, modeling, father wounds, emotional expression, relational patterns

Action Steps:

- **Subscribe to X3watch** – Create structure and accountability in areas where you may have lacked healthy modeling. Learn what healthy masculinity looks like in practice.
- **Join Small Groups Online** – Connect with other men who are doing the work of examining their father's influence and choosing to build healthier patterns of relating and self-leadership.