

Pornography or other unwanted, problematic sexual behavior is rarely the *first* problem. Very often, it's a **solution**—a false one—to something deeper. Here is our focused question:

Is purposelessness functioning as a THREAT in my life right now—especially in the last 30 days?

What Purposelessness Means

Purposelessness is not laziness or lack of intelligence. It's the lived experience of:

- Not knowing what I'm moving toward
- Feeling stalled, sidelined, or unnecessary
- Losing a sense that my effort matters
- Feeling more alive in fantasy than in real life

Pornography often steps in to provide:

- Stimulation when life feels flat
- Control when life feels stuck
- Relief when progress feels slow or blocked

This is not about your whole life. It's about what's been operating recently.

Self-Assessment: The Last 30 Days

For each statement, checkmark the ones that best describe your **past 30 days**.

In the last 30 days...	None	A Little	A Lot
I've felt stuck or stalled in life			
I've felt bored, restless, or disengaged			
I've avoided thinking about the future			
I've felt disappointed in my work or role			
I've compared myself to other men and felt behind			
Porn use followed feelings of emptiness or futility			

Which one of these has been most true in the last 30 days, not just in your story overall?

If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. – Matthew 5:29-30

The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! – Matthew 6:22-23

A problem with pornography use can be evidence of a lot of things, but until you listen to what it might be telling you, you will spend much of your adult life trying to suppress desire or mindlessly indulge it.

*Hear me clearly: It doesn't need to be like that. There is another approach. It begins with being curious about the ways your use of pornography might be revealing a unique path to personal transformation.
– Jay Stringer*

<u>THREAT</u>	<u>MISTAKEN BELIEFS</u>	<u>WEAK LINKS</u>
<p>Star or circle the one that most often precedes temptation for you.</p> <p><i>Feeling stuck or unmotivated</i></p> <p><i>Boredom/restlessness</i></p> <p><i>Career or role disappointment</i></p> <p><i>Lack of direction or vision</i></p> <p><i>Envy or comparison</i></p> <p><i>Emotional flatness</i></p>	<p>When purposelessness is active, men often believe things like:</p> <p><i>“Nothing I do really matters right now.”</i></p> <p><i>“I’ve missed my chance.”</i></p> <p><i>“This is just how my life is.”</i></p> <p><i>“I should be further along than this.”</i></p> <p><i>“There’s no point trying—porn is easier.”</i></p>	<p>Purposelessness is often reinforced by patterns like:</p> <p><i>Too much unstructured time</i></p> <p><i>Late nights with no plan</i></p> <p><i>Passive screen time (scrolling, YouTube, TV)</i></p> <p><i>Avoidance of meaningful effort</i></p> <p><i>Isolation or disengagement</i></p>
<p>Primary purposelessness-related THREAT I need to name:</p>	<p>Which mistaken belief feels most active lately? (Especially right before or after temptation.)</p>	<p>Which weak link most applies right now?</p>

ACTIVE COMMITMENTS (Keep This Small)

Don’t fix everything. Choose **one or two** commitments that directly *counter purposelessness*. **Possible options (circle or write your own):**

- Complete a **One Page Miracle** worksheet – see [One Page Miracle](#)
- Do the **“25 Things I Want”** exercise – see [25 Things I want from Life.pdf](#)
- Identify one meaningful goal for the next 90 days
- Re-engage a neglected interest or calling
- Schedule a conversation with someone I respect about direction
- Begin a class, training, or skill I’ve been postponing

My 1–2 ACTIVE COMMITMENTS for the next 30 days:

1. _____
2. _____

These will become my ACTIVE COMMITMENTS in my 30-Day Plan—not ideas, but actions I will schedule.

Reality Check

Finish this sentence honestly:

“When I feel purposeless, instead of drifting toward porn, I will _____.”

This is not about willpower. It’s about **redirecting energy toward purpose instead of escape**.