

Porn Trap DVD Questions

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Episode One: The Porn Trap

Segment 1: Kickoff/Game Plan

Warm-up Questions

1. What particular point(s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply to your own life?

Workout Questions

3. Aside from the home computer, what are some ways that porn enters our homes?
4. What are some of the signs of pornography addiction?

Segment 2: Red Zone

Warm-up Questions

1. What particular point(s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply to your own life?

Workout Questions

3. How has pornography affected your life?
4. What are some common triggers that might lead you to use pornography?
5. How does pornography affect the way you view women?
6. What are some effective strategies for avoiding pornography?
7. In what ways has God helped you avoid pornography?

Segment 3: Personal Fitness Action Plan—2 minute drill

Write out action plan—I commit to becoming spiritually fit by...

Episode Two: The Road Back

Segment 1: Kickoff/Game Plan

Warm-up Questions

1. What particular point(s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply to your own life?

Workout Questions

3. What are some ways to protect your family from pornography?
4. Name and discuss the seven points of recovery

Segment 2: Red Zone

Warm-up Questions

1. What particular point(s) caught your attention the most in this segment?
2. What is something useful that you learned from viewing this segment that you can apply to your own life?

Workout Questions

3. How have you protected your family from pornography?
4. What strategies have you taken to avoid pornography?
5. What support and accountability do you have to help you avoid pornography?
6. How have you talked to your kids/teens about pornography?
7. In what ways are you working to grow in virtue?

Segment 3: Personal Fitness Action Plan—2 minute drill

Write out action plan—I commit to becoming spiritually fit by...