





ReSOULutions

Seeking True Connection: Resolving Love & Sex Addiction Resource List

Phone Apps:

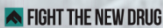
 **R-tribe**—stay connected to friends, track recovery and find freedom

 **Brain Buddy**-- designed to help you rewire your brain from the effects of porn

Websites: *Resources for men, women, parents, spouses, blogs, articles, etc*



XXX Church (recovery from porn and sex addiction)—xxxchurch.com



Fight the New Drug (recovery from porn and sex addiction)—fightthenewdrug.org

Relativity at Elements (recovery from love & sex addiction)—sexualrecovery.com

Pia Mellody (love addiction resources)—piamellody.com

Restoring the Soul (Michael Cusick)—restoringthesoul.com

On-line Programs: *Supplement your program*



Fortify—52 short videos, strategies and goal setting through Fight the New Drug



X3 Workshops—several video workshops through XXX Church



X3 Small Groups—online groups for men and women through XXX Church

Software Monitoring: *Various packages and services for tech devices*



Net Nanny—netnanny.com



X3 Watch---x3watch.com



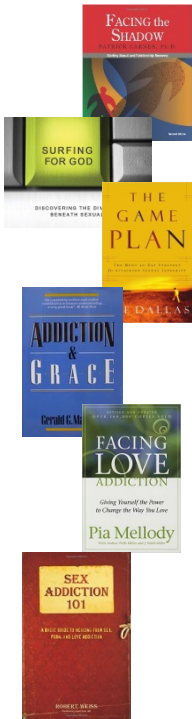
Covenant Eyes—covenanteyes.com



Bark-- https://www.bark.us/landing#how_it_works

Your Family's Watchdog for Internet Safety

Books: Further reading, further healing



Facing the Shadow—Patrick Carnes
In the Shadows of the Net—Patrick Carnes
Sexual Anorexia—Patrick Carnes

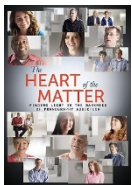
Surfing for God---Michael Cusick

The Game Plan---Joe Dallas
5 Steps to Breaking Free from Porn---Joe Dallas

Addiction and Grace—Gerald May

Facing Love Addiction---Pia Mellody
The Intimacy Factor—Pia Mellody

Always Turned On: Sex Addiction in the Digital Age—Robert Weiss
Cruise Control: Understanding Sex Addiction in Gay Men—Robert Weiss
Sex Addiction 101: Recovery from Sex, Porn and Love Addiction—Robert Weiss



Heart of the Matter DVD Documentary

Spouses:

False Intimacy (Book)—Harry Schaumberg
XXX Church--www.xxxchurch.com/get-help/porn-addiction-help-for-spouses
Relativity @ Elements--www.sexualrecovery.com/for-your-partner/

Parents:

XXX Church--[xxxchurch.com/get-help/porn-addiction-help-for-parents](http://www.xxxchurch.com/get-help/porn-addiction-help-for-parents)
--<http://iparent.tv/>