

## FEELING STUCK?

Want to ***speed up*** the process of change and growth?

**GET ONE MONTH OF COUNSELING IN ONE DAY!**

**Too good to be true? Read on...**

**SATURDAY MEETING NOW AVAILABLE:**

### New! Men's Saturday Meeting

Do you want to live in freedom every day? It sounds nice. But how do you get there? That is exactly what the upcoming men's meeting is about.

**Here is what those who attended had to say about the Men's Meeting:**

- "I felt very comfortable and relaxed. The atmosphere was non-judgmental and affirming."
- "It's worth it."
- "It's a step in the right direction."
- "This meeting is definitely a tool that helps with the overcoming process."

- **Please rest assured that confidentiality is given highest priority.** Others attending are clients I know and trust and are all highly interested in confidentiality.
- Compulsive sexual behavior is a growing problem in the U.S. and can include a number of problem areas: pornography, affairs, use of prostitutes etc.
- **SIXTY FOUR PERCENT (64%)** of Christian men are affected in some way by the above problem behaviors.

**These things can be overcome!**

- However, stopping takes more than will power alone; if trying harder worked then there wouldn't be a problem! Isolation, loneliness, shame and secrecy are what feed the problem. No one recovers *alone!*
- You must have the necessary tools, resources and the support of others. You must also learn to utilize God's guidance, strength, wisdom and His word to break free from the chains of this 'secret sin.' The only way out is to completely surrender.
- As you begin to experience God heal this unique problem, you will want to celebrate His transforming power.
- I will be sharing from a culmination of 20 years of experience researching and treating pornography addition and sexually compulsive behaviors.

**"We must accept help from others."**

Topics addressed in the meeting will include:

- ❖ Regaining the trust of others

OVER >

- ❖ Relapse Prevention
- ❖ How to Break the Cycle
- ❖ Christ Centered Tools and how to use them
- ❖ Inoculating yourself against a world of sexual immorality
- ❖ Strengthening relationships
- ❖ Dealing with shame, guilt and despair
- ❖ Dealing with the need for approval
- ❖ Self-worth and dealing with loneliness and rejection
- ❖ The Seven Principles of Recovery

The *Saturday Men's Meeting* will give you the information, tools and support you've needed to help you to live in freedom every day. I believe this will give you a huge boost in your progress towards overcoming.

### **Men who recently attended meeting were asked:**

*"What would you like to say to someone who knows they need this group, but is afraid to come?"*

### **Here is what a few of them said:**

- \* "It is comforting to know that others suffer from the same temptations and trials: people who understand are there."
- \* **"Do not be embarrassed. Put pride aside. Recognize and accept the fact that you need help."**
- \* **"You don't have to talk."**
- \* **"The meeting was comfortable and beneficial."**
- \* "Other men have struggled and do not judge you for your struggle."

**WHERE:** The meeting will be held in my office where I normally meet with clients.

**WHEN:** The session is usually held on a Saturday from 9 a.m. until 12 noon; date to be announced.

**→ → WHEN COMPARING THE COST TO RECEIVE INDIVIDUAL OR MARITAL COUNSELING FOR 3 HOURS VERSUS THE BOUNDARIES SESSION YOU SAVE \$211.00!**

- Each meeting provides a safe, confidential place to simply listen and learn, or ask questions and share. Fellowship is equal to freedom from lust!
- The group will be small: probably 3 to 5 men who I know and trust that are struggling with situations much like yours.
- *It is a teaching meeting designed to give clients specific skills and tools to cope with specific issues.*

**TO REGISTER: DON'T WAIT. RESERVE YOUR SEAT EARLY. E-MAIL [martinLPC@bellsouth.net](mailto:martinLPC@bellsouth.net) OR CALL THE OFFICE @ **(318) 222-6800** TO RESERVE A SEAT FOR THE MEN'S SATURDAY MEETING.**

This may be a one time session and there are a limited number of spaces available, so reserve your seat today.

Payments may be made by cash, check or credit card.