



Guide to the Pureheart Weekly Checklist

1. Make Copies of This Checklist

In a Pureheart group you'll be filling out one of these Checklists every week. Print out multiple copies so you can have blank Checklists for each week. You have my permission to copy and use this Checklist as needed, except in cases of making financial profit.

Even though it's time-consuming at first, I strongly recommend that everyone who uses the Checklist actually fill out both pages each week for at least 3 months, if not longer. The rote work of circling the numbers and writing in answers helps train you in how to check in specifically each week. In the group, you can save time by having everyone answer the same question before moving on to the next question. That way you don't have, for example, 8 people reading every question on the Checklist.

2. Say Yes to Purity/Sobriety, Spiritual Disciplines, Self-Care, and Career/ Ministry/Dream Goals

These questions should be fairly self-explanatory. Each question relates in some way to Pureheart's core goals of helping each person achieve consistent Purity so they can then focus on healing their wounds and dysfunctions and grow up in Christ (Maturity). You must be pure/sober and growing up spiritually if you truly wish to fulfill your Destiny in Christ.

3. Say No to the Itch, Hunt, Buildup, Relapse, and Lying

To fully understand this section, you'll need to read *Basic Training! Stage 1 - Week 4* "Annihilate Acting-Out, Part One." This chapter is available free for download on the [Books and Resources](#) page of our website. Here's a short explanation.

There are 4 steps to the Acting-Out Cycle, a cycle that is virtually identical for all addictions, although the actual behaviors and results can of course be very different:

Itch: The external/internal triggers that drive your addictive behaviors. You can't get rid of Itches; you can only "scratch" them in healthy ways.

Hunt: Playing with fire, peeking out the door but not going all the way in—these are ritualistic behaviors that seem "small" or unimportant, but are key steps in moving you from Itch into Buildup.

Buildup: This stage is all about getting out of control. You make choices, often ones that involve breaking your positive routine, that get you to the point of no return where you have to have your fix, no matter the cost.

Relapse: This stage is obvious. You get your orgasm, porn, sex, rush, alcohol, drugs, food, etc. And then comes the guilt, shame, fear, self-disgust, and the hiding, the lying, the promises, etc. Then it's back to the Itch, and here we go all over again.

Important: Read the following please!

For **Question #23**—when people answer this erotic material question, they need to be specific about the where and how *without* getting graphic or inadvertently putting ideas in people's heads. In other words, *I looked at porn on the Internet* (not the specific web address or how I got past my filter!).

Question #24 is a catch-all question for any behavior beyond masturbation and looking at erotic material. Texting/sexting sexually, flirting, affairs, prostitutes, phone sex, random hookups, fetishes, cross-dressing, and so on. In short, if you did it, and it wasn't masturbation or erotic material, it goes here. Specific, but not graphic.

Question #26 is for tracking other addictive behaviors. If you have more than one addiction, I recommend you create an extra Checklist, and use the Itch-Relapse questions but adjust them to fit your other addiction(s).

For **Question #29**, Tangible Consequences must be paid/fulfilled within 3 days of relapse or they lose their effectiveness. Double your TC so you make sure it gets completed in timely fashion. See Chapter 6, "Plan for Purity," for details.

PUREHEART WEEKLY CHECKLIST

ID#:

Say "Yes" to Purity, Maturity, & Destiny!

DATE:

Note: All answers should cover the previous week. If you miss a checklist, average out answers since your last checklist.

Purity/Sobriety

1. I kept my purity/sobriety goals (scratched itches, no hunting, no relapse, maintained basics, etc.)

Addict? That's me!! 1 2 3 Some itch/hunt/buildup behavior 4 5 6 Purity? Sobriety? That's my photo in the dictionary!

2. I made my BOB/BOS group, covered the Checklist, and called/texted/visited as needed.

Body of Christ? Who needs it!? 1 2 3 Hit and miss 4 5 6 There for my Bros/Sis!

3. I'm working my Purity Plan. Here are some specific examples how: Revising "No" section, paid TC's, exercise goals, college courses, ministry goals, promotion etc.

Specify here:

Spiritual Disciplines

4. I attended church last week? Yes/No I attended a small group last week? Yes/No

5. Last week I spent daily time in prayer/Bible study and weekly, personal worship time.

Too bored/busy/tired 1 2 3 4 5 6 7 Daily

6. I practiced God's presence, full of His Spirit, heard His voice, delighted in Him.

Lukewarm 1 2 3 Basics 4 5 6 On fire for Jesus!

7. I practiced spiritual disciplines: prayer, fasting, journaling, stillness, service to the needy, etc.

None 1 2 3 Average 4 5 6 WOW!

Self-Care

8. I spent quality/quantity time with my family/friends (active listening, date night, sex w/ spouse, time w/ kids, resolved conflict, fun times, Bible study/prayer, exercised together, meal time, did chores, etc.)

None 1 2 3 Average 4 5 6 WOW!

9. I exercised my temple for over 30 minutes how many days last week?

Couch Potato 0 1 2 3 4 5 6 7 Captain America

10. I kept my routine, slept well, practiced healthy eating, avoided junk food, met weight loss goals, and/or treated my temple right.

Glutton 1 2 3 Some progress 4 5 6 Feeling and looking great!

11. I balanced my checkbook, paid bills, controlled spending, avoided debt, tithed, saved...

Bankrupt 1 2 3 Holding steady 4 5 6 A model of self-control and restraint

Career, Ministry, & Dream Goals

12. I made progress in my job/business or ministry this week: new job, promotion, sales, goals, acquisitions, hiring, new clients, marketing, etc.

Unemployed 1 2 3 It pays the bills 4 5 6 Dream job/business

13. I am giving back what was given to me; using my spiritual gifts and witnessing/mentoring/ministering to others to build God's Kingdom.

Me witness? Lead? 1 2 3 Family only 4 5 6 Weekly, intentional leadership at home, work, church, etc.

14. I made progress toward dream goal(s): education, marriage, career, house, finances, fun, etc.

Big picture? 1 2 3 Some progress 4 5 6 Go big or go home!

For more on *Itch, Hunt, Buildup, & Relapse* see Week 4-5, "Annihilate Your Acting-Out Cycle."

Itch

15. I identified my Itchy triggers as they happened: stress, boredom, horniness, past abuse/trauma, pain, sickness, isolation, passivity, procrastination, depression, anxiety, travel, change of routine, tiredness, anger, etc.

Clueless 1 2 3 Some awareness 4 5 6 Totally self-aware Specify Itches: _____

16. I scratched my Itchy triggers in healthy ways: exercise, devotions, journaling, venting to fam/friends, self-care, etc.

Passive 1 2 3 Some action 4 5 6 Very proactive Specify healthy behaviors: _____

Hunt

17. I hunted for a quick buzz. Lingering looks & fantasies? clicking/searching Internet? TV/movies? social media? flirting/catching eyes/texted/called? old ritual habits/behaviors? obsessive thoughts/behaviors? other?

Hunter 1 2 3 Some 4 5 6 Self-controlled Specify Hunting: _____

18. I craved my drug(s) of choice and had close calls (rank intensity of craving and nearness to relapse)?

Relapse 1 2 3 Some near misses, medium-strength cravings 4 5 6 No cravings/close calls

Buildup

19. I chose to lose control emotionally/physically: loss of sleep/late bedtime, overeating/junk food, stuffing my stress/negative emotions, lack of exercise, lack of venting, no self-care, other?

Out of control 1 2 3 Some 4 5 6 Self-controlled Specify buildup behaviors: _____

20. I chose to lose control spiritually: no or low devos, no church, missed small groups, missed weekly checklists, didn't call/text bros/sisters, no sex w/ spouse, no budget/over-budget, bad boundaries, other?

Out of control 1 2 3 Some 4 5 6 Self-controlled Specify buildup behaviors: _____

21. I chose to lose control addictively: use of unfiltered devices, access to drug of choice, unsafe locations, hunting online/TV/movies/social media, boundaries with people, not planning ahead, other?

Out of control 1 2 3 Some 4 5 6 Self-controlled Specify buildup behaviors: _____

Relapse

22. Last week I masturbated how many times? **0 1 2 3 4 5 6 7 8 9 10** or more times

23. Last week I looked/lingered on erotic material (anything that turns you on) how many times?

0 1 2 3 4 or more times Specify how (access), where, and what type of e.m.: _____

24. Last week I acted out sexually with people and/or objects (besides #8 & #9). Include anything from flirting to affairs to prostitutes. Also include any deviant behaviors. Use code to keep confidentiality.

0 1 2 3 4 or more times Specify who, where, and what type of behaviors: _____

25. Last week I engaged in 2nd looks and fantasized about people other than my spouse

0 1 2 3 4 5 6 7 8 9 10 or more times

26. Last week I engaged in other addictive behaviors (alcohol, drugs, food, spending, etc.).

Describe the behavior and frequency/type of use. _____

Honesty & Tangible Consequences

27. Last week I was tempted to lie to my spouse/boss/counselor/group etc.

Very strong temptation 1 2 3 Thought about it 4 5 6 No temptation whatsoever

28. I was 100% honest in this checklist; no lies, white lies, omissions, minimization, secrets, etc.

Liar, liar, pants on hellfire 1 2 3 Lied & confessed later 4 5 6 Brutal honesty

29. My tangible consequence for this week has been paid/done (double if not done in 3 days). **Yes/No**