

Accountability – Battle Buddies

ICS – Integrity Now for Men

Maintaining sexual integrity is a battle. This document will provide guidance as men choose to walk together to challenge the perpetual onslaught of sexual temptation that our culture brings.

Whether you struggle or want to walk with someone who is, please read on.



Battling pornography or unwanted sexual behaviors on your own is a very difficult thing to do. If you want to win the battle, you should find a battle buddy. Look for someone you can trust and ask him to walk with you as you fight for integrity.

Bad things grow in the dark!

- Keeping secrets is dangerous.
- You need to be come clean with someone.
- Confession opens the door to healing and wholeness.

James 5:16

And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, ***confess your sins to one another and pray for one another***, that you may be healed. The prayer of a righteous person has great power as it is working.

Battle Buddies

- Find at least one person to fight with you and for you.
- If you are struggling, find someone who is doing well.
- If you are doing well, please be willing to stand with a man who struggling.
- Someone who is not struggling can partner with another man who is not struggling. Temptation is persistent. Buying insurance is a good idea.
- A man who is struggling should **not** partner with another man who is struggling.

Rules of engagement

- **Be honest** - If you can't be completely honest, don't waste each other's time.
- **Be private** - You must keep information only between the two of you. This is critical. ***Do not share information about your buddy with anyone, not even your wife.***
- **Be Real** - Share your struggles/challenges honestly and openly. Be willing to challenge your partner when:
 1. You sense he is not telling the complete truth
 2. You believe he is not working hard enough
- **Know when to Refer** – You should consider referring your buddy to a pastor or counselor for additional help when:
 1. He brings up issues you are uncomfortable with
 2. He is struggling in ways that go beyond your ability to help
 3. Other brokenness surfaces, i.e. relationship issues, traumas
 4. You sense his behavior is an addiction

Start Fighting

- Share your sexual status from SIS (Available on this site)
- Work through the Conqueror Series Workbook together
- Be accessible to each other by cell phone/text
- If you are struggling, consider adding a second battle buddy.

Accountability Questions

Make your own personal list of questions. Both buddies should answer these questions at least once a week. Here are some sample questions:

1. Have you had any inappropriate sexual thoughts or fantasies?
2. Have you been looking away from sexual stimulants?
3. Have you watched movies with nudity in them?
4. Have you looked at anything on the Internet that is sexual in nature?
5. Did you masturbate while looking at porn or fantasizing about women other than your wife?

If Married

1. Is your private island completely private?
2. Have you been flirtatious with women other than your wife?
3. Have you made your wife feel loved and safe?

Last Question

Have you been completely honest with me?

For concerns or questions, email to integritynowinfo@gmail.com

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