

1. Describe the difference between real and false intimacy? (p. 120)

2. What real intimacy need have you been using masturbation to cover? (p 121-123)
(filling your belly with dirt)

3. Since we all live east of Eden, in what ways did your family life set you up to search for false sources of intimacy? What wounds have you been trying to heal or hide by using the false intimacy of sexual sin?

4. Other than making a strong decision to stop, what else does Fred say is necessary to break the power of masturbation? (p. 124)

5. What are the key elements of a real accountability group? (p. 125)

6. Who needs to be in the center of your life equation? (p. 127)

7. What is the key means of keeping God at the center? (p. 127)

8. How does sexually stimulating material effect your God-given sex drive? (p. 129)

9. Do you really require masturbation because of the sex drive God has given you or because you've built that drive into an even bigger almost uncontrollable drive? (p. 128)

10. How can masturbation, even just the temptation to masturbate, be used like a low oil light in a car? (p. 129)

11. What's Fred mean by "starve the sumo"? (p. 133-135)

12. How have you been feeding Mr. Sex Drive and what do you need to change so that Mr. Sex Drive gets back to the level God intended?