

# You Can Replace Masturbation With Healthy Outlets

By the RECLAIM Team - #R012



Through repetition over time, the pleasure center of your brain has learned to escape to masturbation as one of its favorite outlets for self-medication.

Through RECLAIM, you will learn how to recognize your "triggers" early—the people, situations, and emotions that drive you to seek escape through masturbation.

You will learn how to choose healthy pleasure outlets and literally "retrain" your brain so that masturbation ceases to be a problem in your life.

Read these testimonials from RECLAIM students who have broken free from this addiction by learning how to replace masturbation with healthy activities and connections:

## I Have Been Struggling

*"I have been struggling with pornography and masturbation for many years. I can't tell you how many times I have brought this issue to confession. The RECLAIM program has given me the deeper insight I needed to help me understand why I have developed this habit, and given me new tools to get me out of these chains. The thing about the Reclaim program is that it blends scientific findings with our faith. By using the Scriptures, RECLAIM shows how Christ has paved the way for us, and that not only is this program compatible with his teachings, but in a certain sense, it is his teachings.*

*The RECLAIM program has strengthened my faith, deepened my knowledge of the Scriptures, and given me tools to leave my darkness behind, and enter into the freedom of Christ."*

## New Ways

*"I had become hooked on masturbation as a way to fall asleep at night. I didn't even know the Church said it was wrong. Why didn't anyone ever tell me. One day I was listening to Catholic radio and the talk show was about sexual sins. I really thought I wasn't sinning. As I listened to the guest talk about all the side effects of habitual masturbation, I recognized that many of my isolating behaviors could have been caused by my masturbation habit.*

*I thought it would be easy to quit, but soon found out it seemed impossible. I was afraid to confess it during the Sacrament of Reconciliation, but when I did the priest gave me a card about RECLAIM Sexual Health. I went home and quickly enrolled in the online program. I was so grateful to be able to use a screen name and remain anonymous. The information in the videos, the support from others in the forum, and the accountability of my coach kept me focused on doing whatever it took to stop. I learned methods of calming myself and with lots of brain exercise practice, I have found freedom! I enjoy life so much more now!"*

**SIGN UP FOR THE RECLAIM SEXUAL HEALTH ONLINE RECOVERY PROGRAM! [www.ReclaimSexualHealth.com](http://www.ReclaimSexualHealth.com)**