

# RECLAIM<sup>+</sup>

GOD'S PLAN FOR Sexual Health

*Brain Science  
of Behavior*



*In the Light  
of Faith*

**Testimonials:** You are not alone! Every day, RECLAIM Online Recovery Program Students from all over the world break free from addictions to pornography, masturbation, and other unhealthy sexual behaviors. Here are some of the testimonials sent in by students in various stages of overcoming and healing from their unhealthy sexual behaviors. For extended versions of their stories and more testimonials, see: [www.reclaimsexualhealth.com](http://www.reclaimsexualhealth.com)

## Porn Free for 4 Months - First Time Since I Was 10 or 11



"I have now been porn-free for four months! This is probably the longest I have been away from porn in my entire life, ever since I stumbled upon it when I was ten or eleven years old. If any of you have been praying for me, I owe you some of the credit. Thank you. I also thank God for this success. I also thank all of the Saints that I asked to pray for me during this struggle."

## One Single Woman's Struggle With Masturbation



"Starting RECLAIM was initially my way of figuring out what was going on with the masturbation habit I had developed. I learned how I had developed the habit, why it was difficult to stop, and then learned through re-training my brain, that I could stop and regain control and manage my stress in ways that worked better for me. But what I didn't expect, was that I also learned why I wasn't having fulfilling relationships. Then I gained tools to first work on my own self-image and then I learned how to have meaningful, connected relationships."

## I Am a Priest Who Has Struggled for a Long Time



"In the past month since I have been using this program, I have found that just the talking alone on the site and being able to hear someone else put into words what I have been feeling has helped me tremendously! Just putting labels on things, such as my Responder, Director, the funnel experience, etc. has given me a power I didn't have before. I've had not even a near slip-up for a month, and before this I would have had many by now. I plan to continue with Reclaim, and I only wish I'd found it sooner!"



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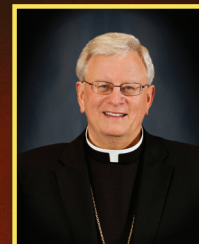
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## Testimonials, continued

RECLAIM carries an Imprimatur & Nihil Obstat for our Online Recovery Program!

"RECLAIM addresses one of the most serious attacks being waged on the family today! I have personally asked Elizabeth Ministry to take on this challenge and ask you to do whatever you can to support this vitally important ministry of hope."

Bishop David L. Ricken - Diocese of Green Bay, WI  
Chairman – USSCB Committee on Evangelization and Education



### Healthy Outlets Module Gave Me My Greatest Success Yet!



"Thank you for your bravery in sharing your story. Reclaim is a great place to start fresh - no matter how many times you have fallen in the past. I definitely echo the other's advice, and welcome you to our community. Have you reached the Healthy Outlets module yet? That one allowed me to experience my greatest success to date. As you move through the program, please keep in mind that improvement is more important than perfection. We are all here to encourage and support one another. I'm excited to read more of your posts, and will keep you in my prayers."

### My SA 12 - Step Program Works Nicely with RECLAIM



"I would like to say that this program is working. I've tried everything on the book --for years and years. I do participate in SA 12 steps and the steps weave in nicely with RECLAIM. I go to SA for the connection primarily, been going 4 years or so, with ups and downs in sobriety. Since starting RECLAIM something has changed and I do not feel that I am white knuckling. RECLAIM is a very effective tool for me so far. I always thought there was something in the brain that had to be addressed, straight on, with specific exercises, to undo the addictive thinking. FRC is a great tool! "

### Hi Coach\* - You Were the First Person I Ever Shared This With



"Hi Coach, Just wanted to let you know that I am doing very well. I have had no setbacks to date and I have been extremely thankful to God for the power to which Reclaim as provided me against my addiction. I find I am using the tools provided to me here in all aspects of my life, not just with regard to overcoming sexual addiction, but at work, with my family and in every aspect of my life. . . Reclaim has giving me the ability to get myself out of the quicksand and onto firm ground and I am astonished that my life is completely turned around in such a short time . . ."

See more RECLAIM testimonials at [www.reclaimsexualhealth.com/testimonials](http://www.reclaimsexualhealth.com/testimonials)

**\*RECLAIM Coaches:** Each Reclaim Student is assigned a personal coach who can answer questions, provide accountability and offer support. Coaches are not trained for, nor do they provide, professional counseling or therapy.

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