



# Lies Addicts Tell Themselves

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**Instructions:** Have You Ever Caught Yourself Thinking This? Circle every phrase you have said to yourself as you explain your addiction internally. Then, star the top 5 that are your “go to” justifications. What are your inner lies?

## What Do You Tell Yourself?

1. It's only porn.
2. It's not hurting anyone.
3. What she doesn't know won't hurt her.
4. It's better if she doesn't know.
5. I will never get out of this cycle.
6. I can keep this a secret.
7. It's not that big a deal.
8. Everybody's doing it.
9. I deserve this little pleasure.
10. My addiction defines me – I'm a failure.
11. God doesn't answer my prayer for freedom.
12. I'm just more sexual than some men.
13. I'm the only one this messed up.
14. Since I've blown it, I might as well keep going.
15. It's not bothering me – I'm used to it.
16. I won't tell everything I don't want to hurt her.
17. She's blowing this out of proportion.
18. This isn't that bad.
19. I can never be forgiven for this.
20. I'll stop after this last time.
21. Our sex life is rather boring.
22. I'm too ashamed to get help.
23. If I admit it – it will blow up our marriage.
24. It's just entertainment.
25. This takes pressure off my wife.
26. It's my business what I do when I'm alone.
27. All guys struggle with this.
28. It's better than cheating on my wife.
29. It helps me relax at the end of a hard day.
30. I'm not as bad as some guys.
31. I can handle it. I can control it.
32. Nobody will find out.
33. It's really harmless.
34. How else am I to meet these needs?
35. I can stop whenever I want to.
36. I won't get caught.
37. You should see what other guys have done.
38. It's better if no one knows.
39. I'm beyond being helped.
40. I have a right to this little pleasure.
41. No one will find out.
42. I can control it.
43. I just can't admit this to anyone.
44. I've tried everything to stop.
45. It's helping my sex life.
46. It's her fault for not meeting my needs.
47. I'll stop after... (some life event).
48. As I weigh it out, I'm not that bad a guy.
49. All guys deal with it. I'm not alone.
50. She can't handle the truth.
51. The pleasure outweighs the pain and shame.
52. It's better that she doesn't know.
53. I'm a good guy overall.
54. I'm Too ashamed to get help.
55. I'll grow out of this.
56. Nobody's going to know.
57. I deserve this.
58. -
59. -
60. -

## What other lies have you told yourself to justify your addiction?

## EXPOSING THE DARKNESS WITHIN

- The most sinister of all lies are those we tell ourselves.
- Facing our inner lies is the only hope of coming clean.
- Self-deception is one of the hardest lies to detect.
- Declare the ways you've convinced yourself that "you're all good".
- Full disclosure is the best way to begin the turnaround.
- Speak out the lies in your head. The enemy wants you to stay in the prison of your mind.
- Break the silence to find freedom!

### KEY SCRIPTURE TO EMBRACE

**Ephesians 5:8-13** – *For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.*

**Key Thought:**

**Proverbs 28:13** – *Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.*

**Key Thought:**

**Psalm 5:5,6** – *He hates all who do wrong; He destroys those who tell lies.*

**Key Thought:**

**Psalm 34:13** – *Keep our tongue from evil and our lips from telling lies.*

**Key Thought:**

**Luke 12:2,3** – *There is nothing concealed that will not be disclosed, or hidden that will not be made known. What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.*

**Key Thought:**

**James 5:16** – *Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

**Key Thought:**

1. What did God speak to you today about?
2. What changes do you need to make?

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**When you lie to yourself – you of all men are most deceived!**