

# Listen To Your Lust

*An exercise developed by therapist, minister, and author Jay Stringer\**

This exercise approaches sexual brokenness by inviting those we serve to listen to their lust. By doing so, the hope is that their behaviors and fantasies would reveal the unaddressed and unresolved stories of their lives. As they listen to their stories and connect them to their responses, they can begin to understand themselves and change unwanted behaviors.

## 1. Current Unwanted Sexual Behavior

Unwanted sexual behavior (USB) could be the use of pornography, an extra-marital affair, a recurring sexual fantasy, hook-ups, or buying sex. Have your clients list any dimension of their sexual life, that at the end of the day, they wish they could be free from.

- 1.
- 2.
- 3.

## 2. Core Sexual Fantasies

Romans 12:2 instructs us not to be conformed to the ways of the world, but to be transformed by the renewing of our minds. Invite your client to see that renewing their sexual mind is not about turning off their mind. It is about inviting the kindness of God into the dimensions of their sexual life where they harbor shame. When they do, they will find that sexual fantasies have so much to teach them, if they are willing to listen.

Ask your client to write the top 3 fantasies that consistently arouse them. This could include a specific pornography search or theme they pursue, a recurring sexual fantasy, a particular sexual scenario, etc. Have them write out this narrative in detail, including how the fantasy unfolds, how it progresses, times of day, any specific settings or circumstances (e.g. business travel), and conclude by noting an estimated age when this fantasy was established.

- 1.
- 2.
- 3.

## 3. Childhood Pain

Have your client list 3 of their worst moments from the ages of 5-15. Have them include one with each parent, if possible.

- 1.
- 2.
- 3.

#### 4. Childhood Longings

Have your client list 3 of their deepest longings of their childhood (e.g., to be loved by a particular parent, an ardent wish for their body, a romantic interest, etc.).

- 1.
- 2.
- 3.

#### 5. Tell Their Story

Have your client pick one of the worst moments they listed above and write a short story of six hundred to one thousand words. This could be about a day that significantly changed their family, a story of trauma, abuse, or humiliation, or a classic scene at their childhood dinner table that highlights a dysfunctional family dynamic. The point is to incarnate themselves back into the story and tell an honest story that honors both the anger and grief within it.

#### 6. Reflect

1. **Core Fantasies:** Ask your client what initial observations they had about their unwanted sexual fantasies? Did they see any patterns across them? Do these patterns reveal any “clues” into their sexual brokenness?
2. **Childhood Pain & Longings:** Invite your client to see if there are any connections between their childhood pain and childhood longings. If so, what are they?
3. **USB & Childhood Pain:** Invite your client to read their childhood story side by side with their descriptions of their core sexual fantasies. What connections, if any, do you or your client see? How might their USB be an attempt to reverse or repeat childhood trauma they endured? What meaning do they see now that they didn’t see before?

\*This tool is based on Jay Stringer’s book *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*, and the online course *Journey into the Heart of Man*. For a complete unwanted sexual behavior self-assessment go to [jay-stringer.com/usb](http://jay-stringer.com/usb)