

Thirty Days to Hope & Freedom From Sexual Addiction

Day 5

My Commitment

By _____, I make a commitment to end all affairs and other destructive relationships today. I will communicate this to my affair partners by _____. To help ensure that I do not get drawn back into those relationships, I will contact _____ before and after every contact with these persons.

I further commit to changing my cell phone number, my e-mail address, and to close social networking accounts, in order to help ensure the relationship(s) comes to a permanent end.

Signed _____