



SEXUAL INTEGRITY RESOURCES

<https://columbuscatholic.org/sexual-integrity>

MADE FOR PERFECT LOVE

8 TIPS FOR GROWING IN CHASTITY

1. Go to Confession regularly.
2. Pray and fast.
3. Attend counseling or support groups.
4. Figure out your triggers and how to avoid them.
5. Keep busy to avoid temptations.
6. Get an accountability partner.
7. Install software to protect your devices and hold you accountable
8. Address underlying emotions, wounds, and stresses.