

# Jordan Institute of Religion

## *Overcoming Pornography*

Summer Semester | June 05, 2024

**Class Meeting Times:** 6-7 pm | Wednesdays | [ZOOM](#) | Anonymous (please use black screen to protect anonymity)

**Readings:** LDS Edition of the Standard Works, [www.churchofjesuschrist.org](http://www.churchofjesuschrist.org),  
<https://ysagather.org/Jordan/overcoming-pornography/>

**Recommended Texts:** *The Happiness Trap*, by Russ Harris | *Soundtracks*, by John Acuff.

**Instructor:** Ben Hemming, [hemmingbm@churchofjesuschrist.org](mailto:hemmingbm@churchofjesuschrist.org), 801-857-8033 [cell]

**Office Hours:** by appointment only

### CLASS SCHEDULE

Date	Discussion Topic
June 05	With the Savior YOU Can Overcome This! – <i>Christ over Willpower</i>
June 12	Power of Divine Identity – <i>Your Identity can Change Your Behavior</i>
June 19	Understanding Escape Behaviors and Buffers - <i>Why do We do Them?</i>
June 26	<b>NO CLASS</b>
July 03	The Raincoat of Dopamine – <i>How to Manage B.L.A.S.T.</i>
July 10	How Jesus Overcame Temptation – <i>Processing and Overcoming Urges</i>
July 17	Understanding Your Fundamental Needs – <i>Getting to the Root Issues</i>
July 24	<b>NO CLASS</b>
July 31	Overcoming Shame – <i>Be Curious Without Condemning</i>
August 07	Stress Management – <i>Perspective Skills for Handling Stress</i>
August 14	Inward, Outward, and Upward – <i>Connecting with God, Self, and Others</i>
August 21	The Power of Being Present – <i>Mastering the Skill of Mindfulness</i>