

**Dear Sisters,**

**Over the past 3 years I have collected things that have helped me in my journey. They are listed below with connected hyperlinks. My hope is that you will find the same peace and recovery for you and your loved one and that these tools will assist you in that.**

**I also do a weekly email for Spouse and Family Support. If you are interested, please shoot me an email with “subscribe” in the subject line. No pressure to stay on the list. If you ever do not want to receive the emails just send “unsubscribe” back to me and I’ll take you off. I try to make this easy. ;)**

**There are a lot of questions that are hard to ask. So at the end of this list is a way that you can anonymously ask me anything. Jeff is also willing to answer any questions that men have.**

**May the Lord bless you!**

**Sincerely,**

**Susan Jackson**

### **LDS Church Produced Resources**

- [A Parent’s Guide](#)
- [LDS Addiction Recovery](#) (for the addict)
- [Let Virtue Garnish Thy Thoughts](#)
- [Spouse and Family Support Guide](#)
- [True to the Faith](#)

### **Websites for Support**

Addict, Spouse and Family

- [“12 Steps – The Road to Recovery”](#) KSL Series
- [A R Support](#) (to get a sponsor)
- [By the Light of Grace](#) (Women with addiction)
- [Donald Hilton Jr. The Effects of Pornography](#)
- [Fight the New Drug](#) Non denominational program
- [Fortify Program](#) (Youth Program)
- <http://www.mormonchannel.org/addiction-recovery-program>
- [LDS Hope and Recovery](#)
- [LDSAR](#) Blog and support
- [Margie’s Messages](#)
- [Overcoming Pornography](#) LDS website
- [Rowboat and Marbles](#) Website by an Addict in Recovery
- [SALifeline](#) Many helpful resources for all
- [Strengthen the Family](#)

- [Suncrest Counseling](#)
- [The Arbor – Pittsburgh Stake](#)

#### Spouse and Family

- [Healing Through Christ](#)
- [S Anon](#) (Family Members of Addicts)

#### For Children

- [“10 Ways to Immunize Kids Against Pornography”](#) Deseret News, Oct. 31, 2014
- [“Problem with Pornography is Epidemic”](#) Deseret News, February 3, 2001
- [New FHE Lessons](#) lds.org
- [Our Bodies Are From God](#) lds.org
- [The Spirit can help me choose good media](#) lds.org
- [What should I do if I see pornography?](#) lds.org
- [The Savior desires to forgive and heal the wounds of pornography](#) lds.org

#### Articles

- ["A Conversation on Things of the Spirit, Pornography, and Certain Kinds of Movies, Books, and Magazines."](#) New Era, May 1971
- ["Being Clean Again,"](#) Ensign, September 1996
- ["Breaking the Chains of Pornography,"](#) Ensign, February 2001
- ["Danger Ahead! Avoiding Pornography's Trap,"](#) New Era, October 2002
- ["Tangled in the Web,"](#) Ensign, August 2001
- "The Silent Sin: Enslavement of Pornography” Deseret News November 29, 2003
- [“Can Pornography Use Become An Actual Bran Addiction?”](#) salifeline.org
- [“What Every Bishop Should Know about Men with Pornography Addictions/Pornography Abuse Problems”](#) Springs of Water 1998
- [Pornography Statistics](#) Family Safe Media
- [Pornography Statistics](#) Stop Porn Culture
- James E. Faust, ["The Enemy Within,"](#) New Era, March 2003
- Boyd K. Packer , [The Edge of Light](#) BYU Magazine, March 1991

#### Deseret News 2007 Series

- [“In your family? Undetected pornography invades homes, ruins lives.”](#) March 3, 2007
- [“Protecting Homes From Pornography”](#) March 10, 2007
- “Young and Trapped” March 17, 2007
- [“Dual Relationship with Family, Fantasy”](#) March 24, 2007
- [“Finding Recovery from Porn Addiction”](#) March 31, 2007
- [“Fight to Stop Porn”](#) April 14, 2007

- [“Defending the Home Against Pornography”](#) April 21, 2007
- Jim Harper’s, [“Secret Shame: Isolation from Self”](#) *BYU CyberSecrets Conference* in 2003

### Ensign Talks

- Boyd K. Packer, [“The Brilliant Morning of Forgiveness”](#) November 1995
- D. Todd Christofferson [“Reflections on a Consecrated Life”](#) Nov. 2010
- Dallin H. Oaks, [“Pornography,”](#) May 2005
- David A. Bednar, [Watching With All Perseverance](#) May 2010
- David E. Sorensen, [“You Can’t Pet a Rattlesnake,”](#) May 2001
- Gordon B. Hinckley [“And Peter Went Out and Wept Bitterly”](#) May 1979
- Gordon B. Hinckley, [“A Tragic Evil Among Us,”](#) November 2004
- Gordon B. Hinckley, [“Living Worthy of the Girl You Will Someday Marry,”](#) May 1998
- Gordon B. Hinckley, [“Overpowering the Goliaths in Our Lives,”](#) Jan. 2002
- H. Burke Peterson, [“Touch Not the Evil Gift, nor the Unclean Thing,”](#) Nov. 1993
- H. Theodore Burton [“The Need for Love”](#) May 1979
- James E. Faust, [“The Power of Self-Mastery,”](#) May 2000
- James J. Hamula, [“Winning the War Against Evil”](#) November 2008
- Jeffrey R. Holland [“No More Place for the Enemy of My Soul”](#) May 2010
- Jeffrey R. Holland [“Safety For the Soul”](#) November 2009
- Joe J. Christensen, [“Rearing Children in a Polluted Environment,”](#) Nov. 1993
- Joseph B. Wirthlin [“One Step after Another”](#) November 2001
- L. Whitney Clayton, [“Blessed Are All the Pure in Heart”](#) November 2007
- M. Russell Ballard [“Answers to Life’s Questions”](#) May 1995
- M. Russell Ballard, [“Fathers and Sons: A Remarkable Relationship”](#) Nov. 2009
- M. Russell Ballard, [“Mothers and Daughters”](#) May 2010
- M. Russell Ballard, [“The Greatest Generation of Missionaries,”](#) November 2002
- M. Russell Ballard, [“When Shall These Things Be?”](#) December 1996
- Mary Ellen Smoot, [“Steadfast and Immovable”](#) November 2001
- Richard G. Scott, [“To Acquire Spiritual Guidance”](#) November 2009
- Richard G. Scott, [“The Sanctity of Womanhood,”](#) May 2000
- Robert C. Oaks, [“Who’s on the Lord’s Side? Who?”](#) May 2005
- Robert L. Simpson, [“Pollution of the Mind,”](#) Ensign, January 1973
- Rory C. Reid [“The Road Back – Abandoning Pornography”](#) February 2005
- Spencer W. Kimball [“President Kimball Speaks Out on Morality”](#) November 1980
- Thomas S. Monson, [“Peace, Be Still,”](#) November 2002
- Thomas S. Monson, [“Pornography, the Deadly Carrier,”](#) July 2001
- Vaughn J. Featherstone [“A Self Inflicted Purging”](#) May 1975

**BYU Speeches (<http://speeches.byu.edu>):**

- Boyd K. Packer – [“Truths Most Worth Knowing”](#) November 2011
- Brad Wilcox – [“His Grace is Sufficient”](#) July 2011
- Dale G. Renlund – [“Constructing Spiritual Stability”](#) September 2014
- Jonathan Sandberg – ["Healing = Courage + Action + Grace](#) January 2014
- Kristin Matthews – [“The Worth of Souls is Great”](#) August 2013
- Neal A. Maxwell – [“But for a Small Moment”](#) September 1974
- Richard Miller – [“Repentance and Forgiveness in Marriage”](#) January 2010
- Sheri L. Dew – ["You Were Born to Lead, You Were Born for Glory"](#) Dec. 2003

**Books (purchased from Deseret Book, Amazon and [www.salifeline.org](http://www.salifeline.org))**

- But If Not Vol. 3 - *Joyce and Dennis Ashton*
- Conquering Our Own Goliaths - *Steven Crammer*
- He Restoreth My Soul - *Donald L. Hilton*
- Heal My Broken Heart - *Davidson/Davies*
- Lord I Believe, Help Thou Mine Unbelief - *Rod Jeppsen (I call this my recovery Bible)*
- Love You, Hate the Porn - *Chamberlain/Steurer (Read as a couple)*
- The Peacegiver - *James L. Ferrell*
- Understanding Pornography (*free at [www.salifeline.org](http://www.salifeline.org)*)

**CD Series**

- Strengthening Recovery through Strengthening Marriage – Skinner/Steurer  
(cheapest place to purchase this is on [www.salifeline.org](http://www.salifeline.org) )

***There are many questions surrounding this topic. Most of which may be uncomfortable to ask. With this understanding, we are providing a safe and COMPLETELY ANONYMOUS way for which to ask anything regarding this issue or the Addiction Recovery Program groups.***

***Below are the steps of how to use this:***

Go to [www.gmail.com](http://www.gmail.com)

Enter username: [armsofhislove@gmail.com](mailto:armsofhislove@gmail.com)

Password: lds women (of course this is for men too)

From here you can send an email to [sjackson2835@gmail.com](mailto:sjackson2835@gmail.com) and Jeff or I will address your question. If we do not have the answer, we'll do our best to find it. The email reply will go back to [armsofhislove@gmail.com](mailto:armsofhislove@gmail.com) so in order to retrieve your answer you will need

**to re-visit the Gmail site. If you would like to email us your questions or concerns directly you are welcome to do that as well.**

**Your “sent” message will be visible on the site. However, it will still be completely anonymous. If you do not wish it to be seen, you can delete your message from the “sent” folder. Any messages left on the site can be a great blessing to others who are facing affections of addiction.**

**All direct emails and other communications will be kept confidential.**