Worksheet 4: The Burning

Use on: Day 7, the Closing **Time:** 25 min **Mechanic:** burn **You'll need:** 5–7 strips of paper, a pen, scissors, a lighter or matches, a metal bowl, sink or fireplace (or a spot outdoors), and water nearby. *Can't use fire? Tear each strip into small pieces instead and throw them out with the trash.*

Why this exists: What kept you on the line was never the porn itself. It was a handful of lies about it. Tonight you write them down, read them out loud and watch them turn to ash. A decision your hands made is much harder to unmake.

Part 1: Before you cut the line

Rate how true each sentence *feels* tonight, not how true it sounds, from 1 to 10. If any score is under 8, reread that day before you go on.

Sentence	1–10	If under 8, reread
Porn has given me nothing I still have.		Day 2
What it seemed to fix, it had caused.		Day 3
It's a worn path, not my character. I can step off it.		Day 5
There's no safe "only sometimes." It's all the same line.		Day 6
I'm not broken. I bit something built to be bitten.		Day 1

When I picture never going back, I feel: □ relief □ calm □ dread

Dread means one of those sentences isn't true for you yet. Don't burn through dread. Find which one it is first.

Part 2: Write the lies

On each strip, write one lie porn has told you, in the words it used. One lie per strip.

Examples: "I help you unwind." "You've earned me." "You won't sleep without me." "Once won't matter." "This is just who you are."

Part 3: Burn them

One strip at a time:

1. Read it out loud.
2. Say: **"That's a lie."**

3. Burn it, and watch until it's ash.

When the last one is gone, read your declaration out loud (Part 4).

Part 4: The card you keep

Write your declaration in your own words. Keep it short and in the present tense, without "try" or "will."

Example: "The line is cut. There was nothing on it. I'm free."

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Signed _____ **Date** _____

Cut it out and put it in your wallet. You don't need to read it. It's enough to know it's there.

The Line I'm Keeping

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