

Attack Log When?	Where?	What?		How?	Why?		Why do I need Dave's help?	Did I call?
Day/Time (Control 2)	Where was I?	What was I doing?	What happened to trigger me?	What do I need to do to short circuit the trigger	How did I react, good or bad?	Why was I triggered?		
Mon, Mar 20, 2006 @ 7:11 PM	Panera Bread	Date with S	Saw a couple of attractive girls.	In retrospect, I should have quieted my spirit and earnestly ask the Lord, in faith, to guard my heart, to deliver me, to free me to be holy and to be present with my wife. Perhaps even a moment alone, (a restroom run or getting a water or coffee).	Tried to avoid a second look, but did look twice. And in retrospect did not call on the Lord. Did not fantasize, but did notice beauty, and that did "medicate" my pain for a moment. I did observe this and did choose to enter the talk, and the pain.	Panera = let down time, also hard talks with S, and memory of several girls I've fantasized about in past (no longer there). And the conversation had painful points, especially talking about B going with WOW and talking through S's feelings about WOW.	Remind me who my source is and the insanity of lust.	No, I'm not bearing on this, not following a fantasy - but am I self managing?
Tue, Mar 21, 2006 @ 4:30 AM	In bed not sleeping	Struggling with emotion of another couple leaving LVC to go to WOW, of my lack of trust with R, of my personal sin. I heard one woman in recovery gets "annoyed" at my teaching. Is that because I've been preaching brokenness and repentance, or because she discerns sin in my life? Justly it could be the later. Struggling. Failures. Lack of effective growth in church. Home. Life.	My feelings of being conflicted over Ross, I have a tough decision, plus I need to make sure I forgive. My feelings of failure and inadequacy which puts in place a subtle hopelessness. My longing that S would believe in my calling is never far beneath the surface - but I must put that in God's hands.	Get up and call out to God.	I began a fantasy about a woman I knew in Seminary, but before it went far, I realized I needed to get up. I wrestled for a moment, I'm physically sick and tired. But I got up and now I'm praying, have been, and will continue to bring the temptation and the trigger points to God.	Hopelessness arising from inadequacy, grief, fear of future, and ultimately a lack of faith in God to be my provider and strength.	To pray, to share, to make sure I go to God not sin.	I will call him in the morning. I need to make sure his phone is off in the middle of the night. I don't want to wake him and especially not D. I know the report in is what I need most.
Fri Mar 24, 2006 @ 6:00 PM	Panera Bread	Date with S	Saw a girl I had several times fantasized about who works an Panera Bread	As above on Monday	Did pray.	Past fantasy.		
Sat, Mar 25, 2006 @ 4:00 PM	Church	Greeting visiting Ministry Team	Saw a girl I had several times fantasized about who was on the team.	As above	Did pray, but could feel fantasy drag.	Past fantasy.	Need to share the temptation.	Yes, but didn't have a change until the next morning.