

# Pure Desire Group Leader Training

## A Self-paced, Self-led, Step-by-step Guide Preparing You to Lead Your First Pure Desire Group!

We know that leading a Pure Desire group for the first time can be an intimidating process. This area of sexual brokenness and recovery can seem messy and complex! But what we have found over more than two decades of running groups is this truth: **You can do this.** The best groups are those led by humble men and women who come before God saying, “Use me.” You don’t have to be an expert or have all the answers. Your role is to lead people through a process and simply allow God to do his good work in each person’s life!

In each step, you will have a podcast (or two) to check out, a resource to review (often a blog), and additional ideas if you have more time and interest.



The PD Podcast  
[puredesire.org/podcasts](https://puredesire.org/podcasts)



The PD Blog  
[puredesire.org/blog](https://puredesire.org/blog)



## Step One

# Introducing Pure Desire

Having a basic understanding of Pure Desire and our approach will help to give you confidence as you lead! These are a few “distinctives” that make Pure Desire groups unique:

### A Culture of Grace

Underneath our behaviors, we are all battling a voice of shame. A PD group is a place where we emphasize the God-given value of each of us.

### The Neurochemistry of Addiction

Our battle with sexual brokenness is more than a moral issue; it is a brain problem as well! Understanding the brain issues we face takes our healing to a deeper level.

### The Impact of Wounds and Trauma

Past hurts and family of origin issues drive addictive behavior. We are not looking to blame our problems on anyone else, but understanding the impact of wounds and trauma will open new doors of healing.

### A Biblical and Clinical Approach

You will see the eternal truth of God’s Word all through the material. You will also see the best of research and clinical psychology used practically to understand our behavior in a fallen world.

In all of this, we also want you to know that you are not alone! We are here to help all along the way. We have a network of experienced leaders known as **Regional Group Advisors** who have walked this path before and can offer advice along the way. Reach out to them soon if you haven’t already.



### Podcast

[Episode 001: Introducing Pure Desire](#)

[Episode 006: Is It Really an Addiction?](#)



### Resources

[Porn on the Brain \(Blog Post\)](#)

[Regional Group Advisor Contact List](#)



### Optional

[Episode 007: A History of Pure Desire](#)



### Book

[SAFE: Creating a Culture of Grace in a Climate of Shame](#)

## Step Two

# How to Set Up a Group

In this step, we want to give you both some big-picture direction on how to set up the group in a way that it can thrive long-term and also some nitty-gritty details on logistics. This includes pointers on how to announce and promote the group, logistics of when and where to meet, how to protect group member's confidentiality and some thoughts about how to get other leaders or church staff on board.



### Podcast

[Episode 003: How to Start Pure Desire at Your Church](#)

[Episode 014: Growing a Healthy Group Ministry](#)



### Resources

[10 Common Mistakes When Starting a Purity Ministry \(Blog Post\)](#)

[Developing a PD Ministry \(Tool\)](#)



### Optional

[Leaders' Guides](#)

[Episode 019: Starting Women's Groups](#)

[Episode 095: Unraveled: Managing Love, Sex and Relationships](#)

[Episode 079: Leading Betrayal & Beyond](#)

[Episode 088: Leading Seven Pillars](#)

## Step Three

# Best Practices for Healthy Groups

Pure Desire exists to come alongside the local churches and empower them to run recovery groups for themselves. We have seen that churches and groups follow our suggested model to varying degrees. Almost without exception, the groups that closely follow the PD model of group structure and guidelines have healthy, thriving groups. Those that augment the model and create their own structures tend to struggle and flounder more. Our recommendation is that you learn the suggested model well, try it out and see how it goes. As you become more experienced, if you see ways to tailor the model, you can make that decision later from a place of wisdom and experience. For now, we want to help you implement a tried and true approach that will give you the greatest probability for success!



### Podcast

[Episode 004: Effective Group Dynamics](#)

[Episode 043: Group Guidelines](#)



### Resources

[3 Dynamics to Healthy Groups \(Blog Post\)](#)

[7 Mistakes When Leading Groups \(Blog Post\)](#)

[Group Guidelines and Best Practices \(Tool\)](#)



### Optional

[Phone Calls in a Messaging World \(Blog Post\)](#)

## Step Four

# The Introduction Meeting —How to Launch Well

The way you start your group will go a long way toward the future health of your group. If you start with low expectations and allow group members to drift along, you will have a very challenging group! Instead, if you start with high expectations that have been clearly defined, you will call people to a standard that creates an awesome group. The best time to define these expectations is right up front! Follow these tools to launch your group well.

### Podcast



[Episode 002: The FASTER Scale](#)

[Episode 005: Double Bind & Commitment to Change](#)

[Episode 146: Groups Launch Night](#)



### Resources

[New Group Orientation \(Tool\)](#)



### Optional

[Episode 052: 8 Tips for Launching Groups](#)

[Episode 012: Weekly Phone Calls](#)

## Step Five

# Handling Problem People and Challenging Situations

Let's face it: people are people. And even at our best, we all have struggles, problems, and issues. When we join a Pure Desire group, we most often are NOT at our best. We are battling something in our life that needs to change, usually an unhealthy behavior or painful circumstances. During these seasons of life, people can be a real challenge to deal with in groups. But rest assured: we have dealt with all of this before. In this step, you will get practical insight on how to deal with difficult group members, when to refer someone to professional counseling, and even what to do if a group member needs to be dismissed.



### Podcast

[Episode 036: Difficult Group Members](#)

[Episode 076: Dismissing Group Members](#)



### Resources

[5 Things That Should Never Happen in Group \(Blog Post\)](#)

[Group Referral Criteria \(Tool\)](#)



### Optional

[Episode 135: Infamous Group Members: The Over-Talker](#)

[Episode 136: Infamous Group Members: The Later-Comer](#)

[Episode 137: Infamous Group Members: The Advice-Giver](#)

[Episode 138: Infamous Group Members: The Slacker](#)

## Step Six

# Getting Honest and the Disclosure Process

Honestly speaking, the most challenging part of the recovery process for anyone is learning to be completely truthful with their spouse or family. A person's sexual brokenness has kept them trapped in a pattern of lies and denial for so long that learning to be totally forthright and truthful can be a difficult process. For a spouse, learning the full reality of what has been happening in the marriage and with their partner can be devastating. How can we do this well? Fortunately, navigating someone's disclosure is NOT your role as a group leader. But, you do have an important role to play in helping and supporting someone through this process. Also, we as group leaders need to understand the difference between disclosure (a full and complete sexual history) and honesty (getting real about current struggles). These tools can help you along the way.



### Podcast

[Episode 111: Group Leaders and Disclosure](#)  
[Episode 017: Recovery Action Plan](#)



### Resources

[Honestly Speaking \(Blog Post\)](#)  
[Recovery Action Plan for the Addict \(Tool\)](#)  
[Recovery Action Plan for the Spouse \(Tool\)](#)



### Optional

[Episode 106: Full Disclosure](#)  
[Episode 021: Disclosing to Your Kids](#)



### Book

[Peace Beyond the Tears \(for wives going through a husband's disclosure\)](#)

## Step Seven

# Navigating Legal Issues

The reality of sexual brokenness is that sooner or later it can lead people into difficult legal issues. Divorce, child custody issues, and criminal sexual activity can all come up in group situations. While this area can be a bit scary, it is NOT something that we need to run from. Pure Desire has a long history of helping people face these issues, and we can guide you through the muck. This step will help you understand reporting guidelines for group members, what to do in situations of divorce, and how to work with someone who may be on probation or parole.



### Podcast

[Episode 069: Legal Issues in Group](#)

[Episode 117: Separation and Divorce](#)



### Resources

[Legal Issues in Group \(Blog Post\)](#)

[Group Guidelines & Best Practices — Threats of Harm to Self section \(Tool\)](#)



### Optional

[Episode 055: Stories of Healing: Paul Zunker](#)

## Step Eight

# Frequently Asked Questions

In this arena of life, it seems like there is no end to the questions and unique situations that come up! At Pure Desire, we seek to do as much as we can to help you and your group navigate through the complexity and messiness of human sexuality and relationships. Some of the most common questions we get have been covered in our “Frequently Asked Questions” document, linked below. Also, we have done several podcast episodes on the questions we hear most often: what is appropriate between a married couple in recovery? What should I do if I’m ready to heal but my spouse is not? What do I do if I’ve been caught red-handed in my struggle? All this and more is covered in these resources. If a question comes up that you’ve never encountered, reach out to your Regional Group Advisor! We are here to help.

## Need More Direction?

**We’re here for you!** Contact us at [info@puredesire.org](mailto:info@puredesire.org) or by calling (503) 489-0230.



### Podcast

[Episode 057: Sex During Recovery](#)  
[Episode 018: One-Sided Healing \(Betrayed Spouse\)](#)  
[Episode 091: I Got Caught, Now What?](#)



### Resources

[Frequently Asked Questions \(Tool\)](#)  
[Regional Group Advisor Contact List](#)



### Optional

[Episode 020: FAQ #1](#)  
[Episode 028: FAQ #2](#)  
[Episode 037: FAQ #3](#)  
[Episode 050: FAQ #4](#)  
[Episode 061: FAQ #5](#)  
[Episode 072: FAQ #6](#)  
[Episode 082: FAQ #7](#)  
[Episode 094: FAQ #8](#)  
[Episode 118: FAQ #9](#)