



Coaching Tool:

Why I Chose The Adult Industry

You are intrinsically priceless because you are designed by God, chosen by God, and loved by God.	Vs.	You must earn your value by satisfying the expectations of others – especially men.
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Examples Of What The Enemy Wants You To Think:

- Men desire with their eyes, so I need to get validation through my appearance.
- If you've got it, flaunt it.
- You'll never get married if you don't show off your assets.
- Being desirable give you power over men.
- Your beauty is your only value, so if you're not beautiful, you have nothing.
- Do whatever it takes to look pretty and get men's attention.
- There is no way to get a man without being sexual.

God's Truth Says:

1. You are chosen

- a. "Even before He created the world, God loved us and **chose us** to be holy and flawless in His sight." - Ephesians 1:4 (NLT)
- b. Even before you lifted a finger, God chose you to be His beloved child. He didn't chose you based on looks, fashion, or how fit you are.
- c. You have never been a mistake.
- d. You have never been an afterthought. God has always been very intentional about making you, YOU!

2. You are loved

- a. "Even before He created the world, God **loved us** and chose us to be holy and flawless in His sight." - Ephesians 1:4 (NLT)
- b. God doesn't reject you based on how many times you've rejected Him or chased after men.
- c. No matter what you've done, or what's been done to you, God is still standing with His arms wide open patiently waiting for you to run into His arms.



3. You are seen

- a. “Even before He created the world, God loved us and chose us to be holy and flawless **in His sight.**” - Ephesians 1:4 (NLT)
- b. God does not judge you based on your outward appearance; He sees who you really ARE on the inside—your being.
- c. “For man looks at the outward appearance but the Lord looks at the heart.” – 1 Samuel 16:7
- d. God takes an active interest in even the most minute details of your life. He sees your efforts and walks with you through all your pain and triumphs.

Listen To This Song:
True Beauty by Mandisa

Questions To Help You Process This Concept:

1. Have you ever felt like your value was in your appearance? How did you learn that?

2. When you dress to go out, are you looking at yourself through the eyes of objectification? Are you seeing just your body parts?



3. If you've been measuring your worth based on your appearance, how much value do you think you have? Are you truly happy with your appearance?

4. Have you ever seen yourself through the eyes of someone who truly loves you for who you are? Do they see you are more beautiful than you see yourself?

5. Have you asked God to help you see the ways He values you? Your beautiful spirit, character, and heart.

Exercise:

1. Make a list of things you believe about your appearance. What you like and what you don't like.
2. Now cross out each trait you wrote. The good and the bad.
3. On the back of that paper, write down every character trait, talent, and success you've had.
4. If you can't think of any/many, ask a few people who are safe and loving. Write down what they tell you.
5. Thank God for each inner beauty characteristic you have. Ask Him to keep showing you more "inner beauty" characteristics so you can see yourself through His eyes.