

## **New: Ascend 90-Day Sexual Integrity Training Starting Soon**

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High Noon staff have been busy upgrading our 90-Day Porn Recovery Program on an improved platform. We've named it Ascend, so you can rise above porn.

We'll be opening the course for enrollment again on April 1st. This is not an April Fool's joke -- it's an opportunity to challenge yourself to end porn in your life.

### **Planning for Success**

If you were going to run a race you would do some training first. Part of your preparation would be to understand your strengths and weaknesses, the environment and conditions you would be running in, and to set up a support system for the entire course. That's very similar to the process we have you go through in the beginning of the 90-day program.

### **New Tools You Can Use**

In our new ASCEND program we've included helpful tools for dealing with triggers and temptations, and more resources.

We'll also help you think of new ways to focus your mental and physical energy. We want you to develop healthy habits and a rewarding lifestyle.

### **Check-ins and tracking your success**

One of the biggest improvements we've made to Ascend is creating your support team. Instead of asking you to find your own accountability partner we've created a simple texting system with volunteer AP's.

90 days can seem like a long time, so we've designed the program with weekly reflections and group check-ins, so you can track your success. You'll also have a group facilitator, and an accountability buddy in your group.

This is not an all or nothing challenge. It's is an opportunity to train yourself and to learn. Maybe an unexpected event triggers a relapse. We'll help you learn from temptation and mistakes, so you can overcome them the next time.

### **GET BACK IN THE GAME AND NEVER GIVE UP**

Whatever happens, don't call it quits. Get up and try again like when you were first learning to ride a bike. When your 90 days are up, we want you to feel empowered about your porn-free future.

[ENROLL TODAY!](#)

