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WELCOME TO SONS OF ULYSSES

An eight-week online program for overcoming pornography addiction

To register and be accepted into the **Sons Of Ulysses** program you must first commit to certain conditions of the program.

Sons Of Ulysses is a **program**, not a class. The difference is that this program requires a commitment of your time and participation, a commitment to yourself and to the other men with whom you will be working. They will be counting on you, and you on them, to hold each other to your word, to “**tie you to the mast.**” The “magic” of the program is the bond you will form with the crew of men who join you on this adventure.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

– Margaret Mead



The name, **Sons Of Ulysses**, was inspired by a YouTube video about self-control by Dan Ariely. This talk highlights the need for replacing your cravings with positive rewards and creating support from outside your addictive system. These two concepts are at the core of the program.

[Click Here to Watch Video](#)

Program Basics

Here are the program details and what you will be committing to. It is vital that you understand your commitment is not about being perfect but about showing up and doing your best to follow through to the end.

Register

There are only six spaces available in each Sons Of Ulysses crew.

Each crew will fill up on a first-come, first-served basis. When a crew reaches six members, it is full.

Small Groups: This is an extremely important step. One of the commitments you make when you sign up is to be at every small group session. *If you know you can't attend each of the six small-group crew sessions for your crew, you should not sign up at this time.*

[Click Here for Start Dates and Group Times of Upcoming Sons Crews](#)

When you submit your application to the program, you must indicate which Crew Group time you will be available for. If more than one group time will work for you, indicate which ones.



Important Note: All live online group sessions will be conducted via gotomeeting. In order to participate in the live online group sessions, you must have:

- A computer or mobile device
- Strong High-speed internet access
- A quiet location where you will not be disturbed
- A webcam
- A headset or earbuds

Program Resource Page

After you register for **Sons of Ulysses**, a link will be placed on your account page on **drglover.com** to a program resource page. This page will contain all instructions, materials, and links for the program.

One-to-One Orientation Session

After you have registered and been confirmed as a crewmember you will schedule an orientation one-on-one coaching session. You will reserve your orientation coaching session from an online calendar from which you will select times for coaching sessions. You will need to complete the orientation session before the initial small-group meeting.



Other Details

- Lessons will be posted on the program resource page every Monday.
- Some lessons will have assignments to complete prior to your weekly small group.
- You will select a time and schedule your orientation interview to be completed before the first small group session.
- First small groups will begin during week two.

Crew Formation and Commitments

The **Crew** is a vital to the program. At your first small-group crew session you will get to meet the members of your Crew. You will have each other's back on a daily basis if needed. Your commitment to your Crew and to yourself is part of creating a supporting and accountable chain of strength that can "tie you to the mast" when the Siren's call to porn strikes.

Each Crew will:

- Connect via WhatsApp, email, or phone calls.
- Make daily check-ins beginning in week two for support and sobriety accountability.
- Provide a panic button – people to reach out to any time night or day. You'll first look to your crew and then your coach.



Exit Coaching Session

During week 7 of the program there will be a one-on-one coaching session to assist you in designing your aftercare program, or as we call it your “program after the program.”

You will set up this appointment by selecting an available time slot from the online calendar. Times will be scheduled on a first come, first serve basis.

After-Care

Another distinction of the Sons program is after-care. **Sons Of Ulysses** will continue to offer support to allow new behaviors to strengthen into integrated habits.

At the end of the program there will be a wrap up and an opportunity to create an on-going support group that will continue to meet on a weekly basis. You will also be encouraged to stay connected to your Crew.

Ongoing connection to what you started in the program supports your ability to make long-term changes.

Registration Fee

The registration fee for the eight-week Sons of Ulysses program is \$499.00.

This fee includes:

- All live group sessions.
- All program materials.
- All personal coaching sessions.



After the second week of the program, this registration fee is non-refundable, but can be applied to a future Sons program.

[Click Here for Start Dates and Group Times of Upcoming Sons Crews](#)

Register Now

If you are ready to break free from compulsive/destructive use of pornography – forever – **Sons Of Ulysses** will help you do that. If you can commit to every requirement detailed above, and are committed to get sober from porn, submit your registration now.

[**Click Here To Submit Your Application for Sons of Ulysses**](#)

