



Flint FAQs

Here are some of the frequently asked questions about Flint, if you have a question that isn't answered here, we're more than happy for you to get in touch on email.

IS FLINT FOR YOU?

Do you really need Flint? You might not be sure whether you need help. To help you think through your current behaviour and how it is affecting your life and your relationships we have put together a list of questions to consider. For clarity have a look below at our **Questions to Consider**.

WILL ANY RECORDS BE KEPT ABOUT ME?

Your privacy is important, so we use anonymous pseudonyms on any written information. Brief notes of discussions will be written for continuity but kept secure.

IS WHAT I SAY CONFIDENTIAL?


You can talk to us in full confidence. We will not share anything you say outside Flint without your prior permission. As part of team oversight we may need to discuss cases, but this is done without identifying names or contact details. All mentees and mentors sign a mentoring agreement before any mentoring sessions begin, which covers confidentiality amongst other things. We do however, have a legal duty to report Child Sexual Abuse or Child Sexual Exploitation.

IS FLINT FAITH-BASED?

The Flint programme is built on evidence-based research, while also drawing on relevant Christian teachings. We are able to deliver both secular and faith based mentoring sessions, depending on the mentee's preference.

ARE FLINT MENTORS TRAINED?

Flint mentors are mostly volunteers. They come from a variety of backgrounds and all have some basic training in Solution Focused Practice and Mind Renewal. Our team includes a retired doctor who is now a Christian counsellor, and an accredited Solution Focused Practitioner. All of our mentors are screened and trained by Azalea, and each of them has their own experience of finding a healthy sexuality.





Questions to consider

Have you been struggling with your problem for more than two years?

Do you regularly view pornography more than 10 hours a week?

Have you noticed that you need more risk or extreme experience to achieve the same level of arousal and excitement?

Do you feel like your sexual behaviour is out of your control?

Do you struggle with any other addictions, compulsive behaviour or eating disorders, either now or in the past? e.g., alcohol, gambling, gaming

Has anyone in your family struggled with addiction, compulsive behaviour or eating disorders, now or in the past?

Do you find yourself pre-occupied with either planning for, fantasising about, or recovering from your sexual behaviour?

Does your sexual behaviour have a negative impact on your relationship with your partner, or on your ability to start such a relationship?

Does your sexual behaviour affect your work, studies, finances, health, or relationships with friends or family?

Do you engage in behaviours despite of the risk of physical or emotional harm to yourself or others?

Does your sexual behaviour contradict your personal values, or limit your goals in life?

Do you struggle to concentrate in other areas of your life because of your thoughts and feelings about your sexual behaviour?

Have you tried to limit or stop your sexual behaviour, and been unsuccessful?

'Do you find you engage in unwanted sexual behaviour more often when you are sad, depressed, worried or stressed?

IF YOU HAVE ANSWERED YES TO A NUMBER OF THESE QUESTIONS, GET IN TOUCH WITH FLINT FOR THE HELP YOU DESERVE.

