

Purity Culture Resources



Let's talk about S...cripture

As Evangelicals, It's so Ingrained In us to believe scripture Is "VERY CLEAR" on matters of the boom boom room. But Is that true? I'll let you be the judge. Happy Spiraling!

- [Goodreads List](#) - Textual Criticism
- [A Year Of Biblical Womanhood](#) - Rachel Held Evans
- [The Year of Living Biblically](#) - AJ Jacobs
- [Zealot](#) - Reza Aslan
- [Anything by Bart Ehrman](#)
- [How The Bible Actually Works](#) - Pete Enns

Okay now we can talk about sex



Soooo now what, MJ?

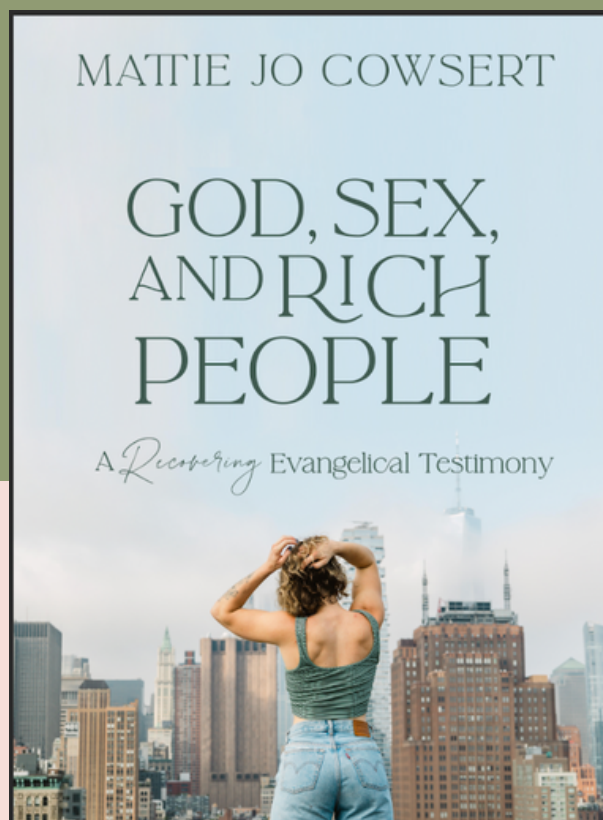
I know I know, it's a lot! And now you know why it's so offensive when people think those who deconstructed just woke up one day and decided they just couldn't morally hack it anymore as a Christian so we let ourselves out. Ugh.

If you want some "civilian expert" dating and sex advice post purity rings in the mecca of single people - New York City -- check out these [blog posts](#).

Also, buy my book ;) Coming July 2024!

Actual Experts

- [Reading List](#)
- [Erica Smith](#) - Erica is a sex educator who works specifically with people from purity culture (since we know basically nothing). She has a purity culture workbook for purchase as well as a cohort
- [Dr. Camden Morgante](#)
- [Linda Kay Klein](#)
- [Brian Recker's podcast, IG, and Cohort](#)
- [Faith and Feminism Podcast](#) (here's my interview, but this is a great pod in general. Peruse!)



A brief note from yours truly

This journey is all about establishing full self integration and autonomy after a lifetime of self-severance and outsourcing your Knowing. So here are a few tips I have for helping you learn to love, trust, and respect yourself.

However much you need to say it to yourself, remember: you are not **bad**. You were not born bad. You do not need saving. You are enough. You are smart and capable. You are so so so good. In the early days of undoing all of this -- in the constant questioning/confusion/chaos -- it can seem like you'll never find yourself. But you will eventually settle into a clear and conscious way of living. I promise. On that note...

Let yourself live in some chaos! It is absolutely part of the process. This is the time of your process I call the Necessary Pendulum. It is necessary to getting to the version of you you're enamored with.

Release the need to have "all the answers" ie "absolute truth." Get comfy with the gray.

Go on dates. Have bad sex. Have good sex.

Date for data. You can't fuck away the shame but you can self-question and answer away the shame.

Repeatedly show up for your best interest.

Name what you want and then pursue it.

Tell yourself you're going to do something and then do it.

In every aspect of your life, ask yourself "How would I treat someone I love and respect?" Then treat yourself that way. **Be selfish. Prioritizing you is not the same as being a heartless bag of dicks who has zero empathy or compassion.**

Set boundaries and adhere to them.

But also let them be fluid when necessary, which is part of life exploration!

Tune in to your body.

Learn to identify what your body is telling you and listen to it, down to hunger cues.

Hear your Intuition and practice listening to her. Don't let your Mother Knowing muscle atrophy ;)

You've got this. You're not a heartless bag of dicks.