

'Porn Pastor' Urges Celebs, Politicians to Stay Accountable

One does not have to look further than the most recent celebrity meltdown, sports star bout with substance abuse or political scandal to see the need for accountability. And while many argue that with the advent of social media, our lives are too open, Craig Gross, author of *Open*, releasing July 30 by Thomas Nelson, shares that living free of secrets will lead to a richer, more fulfilled, satisfied life.

"Accountability isn't about embracing 'Big Brother,'" Gross says. "It's about seeking a holistic life, removing the boundaries of compartmentalization, and engaging every part of your lifestyle with every available part of the world around you. I'm talking about building a deep relationship—a support system—with few people who can help you when you are drowning."

While Gross' background is working to help those affected by the porn industry as founder of , *Open* addresses a variety of areas in which being honest is important, including health and fitness, addiction, substance abuse, gambling, organization, time management and marriage.

Consider these issues where accountability is key:

- The word *Facebook* is now cited in 1 out of 3 divorces. Secret relationships online have destroyed marriages.
- Anthony Wiener admits he continues to send inappropriate pictures to women via the Internet. His sex addiction led to a complete dismantling of a seemingly bright political career. Something that could have been prevented with accountability. (You can read Gross' opinion [here](#).)

- Fitness and a healthy lifestyle are almost impossible without help. Programs such as Jenny Craig, CrossFit and Weight Watchers are successful because of accountability and openness.
- Child celebrities like Amanda Bynes and Lindsay Lohan have quickly fallen from grace because of the lack of company that kept them accountable. Selena Gomez recently cited that having people around you that you trust and that tell you no is what keeps her on track.

Gross says accountability gives us a platform not just to prevent behavior or deal with the impulses for that behavior but also to examine why we feel the way we do.

Accountability can be a proactive means of living out in the open instead of living a reactive life of secrets and hiding.

In *Open*, Gross shows how rules and safeguards, like the X3watch software, which monitors a person's Internet history and flags sites that look suspicious, are helpful, but knowing something wrong doesn't always prevent individuals from doing it. This is why accountability is so important.

"When you make yourself accountable to one or two or four people, forging a deep, ongoing relationship with them, you begin to alter your internal compass and provide yourself with deeper reasons for living the grand life you want to live instead of mediocre life that seems inevitable," Gross says. "When temptation inevitably comes, you can withstand it more gracefully, knowing that your accountability partners will be asking you about it."