Defining My Concern in My Words - Concept brief

Understand the idea behind defining my concern in my words and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants to understand late-night viewing and its effect on sleep.

The idea

A concern about pornography use can be explored without assuming a diagnosis.

An ordinary example

Noah wants to understand late-night viewing and its effect on sleep.

What this can look like

Describe the change you want, actual consequences, concerns about control, and personal values as distinct questions.

Check the fit

What problem are you asking for help with, in your own terms? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A chosen change goal and a clinical diagnosis are different questions. Address functioning, control, consent, values, and distress without assuming that sexual expression itself is pathological.

Reflection

What problem are you asking for help with, in your own terms?

Scope and adaptation

Adult-only, non-explicit educational resources. The searchable phrase pornography addiction is not used here as an established diagnosis. Frequency, high desire, or moral distress alone does not establish a disorder; assess impaired control, functioning, distress, consent, and context with a qualified clinician. Respect consensual sexuality and chosen goals; no explicit media, aversion exercises, forced disclosure, or coercive monitoring.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: AASECT Position on Sex Addiction. Full source links and scope: library.morethantherapy.org/recovery/resources/PPU-A01-1