Defining My Concern in My Words - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A concern about pornography use can be explored without assuming a diagnosis.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A01-2