Defining My Concern in My Words - Review journal

Review an attempt at defining my concern in my words and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What problem are you asking for help with, in your own terms? My optional adjustment or support request:

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-A01-5