Frequency and Function Are Different - Review journal

Review an attempt at frequency and function are different and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah notices viewing is sometimes recreation and sometimes avoidance of a difficult task.

Use an ordinary or fictional example, with a clinician when appropriate. Frequency alone does not explain impairment, choice, or meaning.

Practice task

Map when use occurs, what function it serves, and any concrete effects without assigning an addiction score.

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. Which pattern matters because of its impact rather than a number alone? 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-A02-5