Values and Moral Distress - Concept brief

Understand the idea behind values and moral distress and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah feels guilt and is unsure whether it reflects personal values or feared judgment.

The idea

Values conflict and impaired control can overlap but are not the same concern.

An ordinary example

Noah feels guilt and is unsure whether it reflects personal values or feared judgment.

What this can look like

Separate chosen beliefs, messages from others, distress about values, and difficulties controlling behavior; discuss the distinctions with a qualified clinician.

Check the fit

Which part of the distress needs a values conversation, and which needs behavioral assessment? 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

Which part of the distress needs a values conversation, and which needs behavioral assessment?

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-A03-1