Values and Moral Distress - Review journal

Review an attempt at values and moral distress and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Values conflict and impaired control can overlap but are not the same concern.

Practice task

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

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 part of the distress needs a values conversation, and which needs behavioral assessment? 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-A03-5