A Nonjudgmental Pattern Map - Practice worksheet

Map an ordinary sequence of situation, feeling, urge, action, and consequence using neutral language.

Adults; supported use as appropriate | 15 minutes

Fictional example: Noah notices a repeated pattern after an isolating workday.

Use an ordinary or fictional example, with a clinician when appropriate. Patterns can be explored through context without explicit content details.

Practice task

Map an ordinary sequence of situation, feeling, urge, action, and consequence using neutral language.

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

2. My response to the practice task above:

3. Where might a practical support change the sequence?

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-A04-2