My Chosen Change Goal - Concept brief

Understand the idea behind my chosen change goal and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants to stop viewing during work hours and review the goal later.

The idea

A goal may involve reducing use, changing context, or abstaining if freely chosen.

An ordinary example

Noah wants to stop viewing during work hours and review the goal later.

What this can look like

Define a specific voluntary goal, why it matters, and how to evaluate fit without moral scoring.

Check the fit

What would make this goal yours rather than imposed? 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

What would make this goal yours rather than imposed?

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-A05-1