Urge Pause without Suppression - Review journal

Review an attempt at urge pause without suppression and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah practices delaying a routine phone check before applying the idea to a personal goal.

Use an ordinary or fictional example, with a clinician when appropriate. A pause can create room for choice without treating sexual thoughts as dangerous.

Practice task

Practice noticing an ordinary urge, allowing it to be present, and choosing a next action aligned with the current goal.

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. What helps create choice without fighting every thought? 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-A06-5