Loneliness and Connection Needs - Concept brief

Understand the idea behind loneliness and connection needs and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants more ordinary companionship after work.

The idea

A behavior may serve connection or comfort needs that deserve direct attention.

An ordinary example

Noah wants more ordinary companionship after work.

What this can look like

Map times of isolation and brainstorm accessible connection options without making another person responsible for preventing use.

Check the fit

What kind of connection is actually wanted? 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 kind of connection is actually wanted?

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-A08-1