Loneliness and Connection Needs - Review journal

Review an attempt at loneliness and connection needs and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah wants more ordinary companionship after work.

Use an ordinary or fictional example, with a clinician when appropriate. A behavior may serve connection or comfort needs that deserve direct attention.

Practice task

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

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 kind of connection is actually wanted? 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-A08-5