Stress and Avoidance Alternatives - Review journal

Review an attempt at stress and avoidance alternatives and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah uses viewing to postpone a stressful email.

Use an ordinary or fictional example, with a clinician when appropriate. Alternative coping should address the actual function and available resources.

Practice task

Identify one stressor, what the current behavior temporarily changes, and two feasible alternatives to try.

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 alternative addresses the underlying task or need? 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-A09-5