Honesty without Forced Disclosure - Concept brief

Understand the idea behind honesty without forced disclosure and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants to discuss a broken agreement without being pressured into exhaustive detail.

The idea

Disclosure decisions should consider safety, relevance, and professional support.

An ordinary example

Noah wants to discuss a broken agreement without being pressured into exhaustive detail.

What this can look like

Sort information needed for an informed relationship decision from explicit detail that may not help; do not require a confession or graphic account.

Check the fit

What information serves informed choice rather than punishment? 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 information serves informed choice rather than punishment?

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-A13-1