A Setback without a Shame Spiral - Review journal

Review an attempt at a setback without a shame spiral and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah misses a self-chosen limit and wants to avoid abandoning the entire plan.

Use an ordinary or fictional example, with a clinician when appropriate. A missed goal can inform revision without becoming proof of a damaged identity.

Practice task

Review what happened, contextual pressures, actual consequences, and one support or adjustment.

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 can the plan learn from this event? 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-A15-5