Support without Policing - Concept brief

Understand the idea behind support without policing and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants encouragement but not password demands or repeated interrogation.

The idea

Support works best with clear permission and limits.

An ordinary example

Noah wants encouragement but not password demands or repeated interrogation.

What this can look like

Design an optional support agreement that specifies wanted check-ins, privacy, and the right to renegotiate.

Check the fit

What distinguishes support from control in this arrangement? 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 distinguishes support from control in this arrangement?

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-A16-1