# When Specialist Assessment May Help - Review journal

Review an attempt at when specialist assessment may help and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah reports repeated unsuccessful attempts to change a pattern affecting work.

Use an ordinary or fictional example, with a clinician when appropriate. Persistent impaired control or significant functional effects deserve individualized assessment.

## Practice task

Prepare a concise account of concern, duration, effects, attempts to change, mental health context, and questions for a sexuality-informed clinician; do not self-diagnose.

### 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 would you want a clinician to understand before offering an explanation? 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-A18-5