Reclaiming Time for Chosen Activities - Concept brief

Understand the idea behind reclaiming time for chosen activities and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants to make room for a creative project in the evening.

The idea

Behavior change can include building a life with more wanted experiences.

An ordinary example

Noah wants to make room for a creative project in the evening.

What this can look like

Choose a small activity that expresses a valued direction and identify time, access, and support needed.

Check the fit

What are you moving toward, not only away from? 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 are you moving toward, not only away from?

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-A19-1