Reclaiming Time for Chosen Activities - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Behavior change can include building a life with more wanted experiences.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A19-2