Reviewing Sexual Wellbeing Goals - Concept brief

Understand the idea behind reviewing sexual wellbeing goals and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah notices improved sleep but ongoing guilt and wants help understanding both.

The idea

Review can consider agency, functioning, relationships, and values without a universal frequency target.

An ordinary example

Noah notices improved sleep but ongoing guilt and wants help understanding both.

What this can look like

Compare a chosen goal with actual experiences and decide what to retain, revise, or discuss with a qualified clinician.

Check the fit

Which part of the goal or support plan needs revision? 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

Which part of the goal or support plan needs revision?

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-A20-1