Reviewing Sexual Wellbeing Goals - Review journal

Review an attempt at reviewing sexual wellbeing goals and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Review can consider agency, functioning, relationships, and values without a universal frequency target.

Practice task

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

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. Which part of the goal or support plan needs revision? 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-A20-5