Frequency and Function Are Different - Practice worksheet

Map when use occurs, what function it serves, and any concrete effects without assigning an addiction score.

Adults; supported use as appropriate | 15 minutes

Fictional example: Noah notices viewing is sometimes recreation and sometimes avoidance of a difficult task.

Use an ordinary or fictional example, with a clinician when appropriate. Frequency alone does not explain impairment, choice, or meaning.

Practice task

Map when use occurs, what function it serves, and any concrete effects without assigning an addiction score.

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

2. My response to the practice task above:

3. Which pattern matters because of its impact rather than a number alone?

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-A02-2