A Nonjudgmental Pattern Map - Review journal

Review an attempt at a nonjudgmental pattern map and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah notices a repeated pattern after an isolating workday.

Use an ordinary or fictional example, with a clinician when appropriate. Patterns can be explored through context without explicit content details.

Practice task

Map an ordinary sequence of situation, feeling, urge, action, and consequence using neutral language.

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. Where might a practical support change the sequence? 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-A04-5