My Chosen Change Goal - Review journal

Review an attempt at my chosen change goal and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Noah wants to stop viewing during work hours and review the goal later.

Use an ordinary or fictional example, with a clinician when appropriate. A goal may involve reducing use, changing context, or abstaining if freely chosen.

Practice task

Define a specific voluntary goal, why it matters, and how to evaluate fit without moral scoring.

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. What would make this goal yours rather than imposed? 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-A05-5