Urge Pause without Suppression - Concept brief

Understand the idea behind urge pause without suppression and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah practices delaying a routine phone check before applying the idea to a personal goal.

The idea

A pause can create room for choice without treating sexual thoughts as dangerous.

An ordinary example

Noah practices delaying a routine phone check before applying the idea to a personal goal.

What this can look like

Practice noticing an ordinary urge, allowing it to be present, and choosing a next action aligned with the current goal.

Check the fit

What helps create choice without fighting every thought? 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

What helps create choice without fighting every thought?

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-A06-1