Frequency and Function Are Different - Concept brief

Understand the idea behind frequency and function are different and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

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

The idea

Frequency alone does not explain impairment, choice, or meaning.

An ordinary example

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

What this can look like

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

Check the fit

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

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

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-A02-1