A Nonjudgmental Pattern Map - Concept brief

Understand the idea behind a nonjudgmental pattern map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

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

The idea

Patterns can be explored through context without explicit content details.

An ordinary example

Noah notices a repeated pattern after an isolating workday.

What this can look like

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

Check the fit

Where might a practical support change the sequence? 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

Where might a practical support change the sequence?

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-A04-1