Urge Pause without Suppression - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A pause can create room for choice without treating sexual thoughts as dangerous.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What helps create choice without fighting every thought?

4. An optional next step, support, adaptation, or reason to stop:

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-A06-2