Stress and Avoidance Alternatives - Concept brief

Understand the idea behind stress and avoidance alternatives and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah uses viewing to postpone a stressful email.

The idea

Alternative coping should address the actual function and available resources.

An ordinary example

Noah uses viewing to postpone a stressful email.

What this can look like

Identify one stressor, what the current behavior temporarily changes, and two feasible alternatives to try.

Check the fit

What alternative addresses the underlying task or need? 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 alternative addresses the underlying task or need?

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-A09-1