Repairing a Broken Agreement - Concept brief

Understand the idea behind repairing a broken agreement and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah did not follow a mutually stated device-use agreement.

The idea

Repair can acknowledge actual impact while avoiding stigmatizing labels.

An ordinary example

Noah did not follow a mutually stated device-use agreement.

What this can look like

Draft an accountable statement, a consent-based next step, and a realistic review plan when an agreed boundary was breached.

Check the fit

What action addresses the breach without demanding immediate trust? 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 action addresses the breach without demanding immediate trust?

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-A14-1