

Self-Help Worksheet: Understanding and Managing Porn Addiction

This worksheet is designed to help you explore your relationship with pornography, identify triggers, and develop healthier coping strategies. It's private, non-judgmental, and meant to support your journey toward greater control and self-awareness.

1. Reflection: Understanding Your Behavior

When do you usually feel the urge to view porn?

What emotions do you experience before, during, and after?

How does it affect your daily life — relationships, work, motivation?

What have you tried in the past to stop or reduce use? What worked or didn't?

2. Replacement Plan: What Can You Do Instead?

List 5 activities you can do when you feel the urge to view porn:

- 1.
- 2.
- 3.
- 4.
- 5.

3. Progress Check-In & Self-Compassion

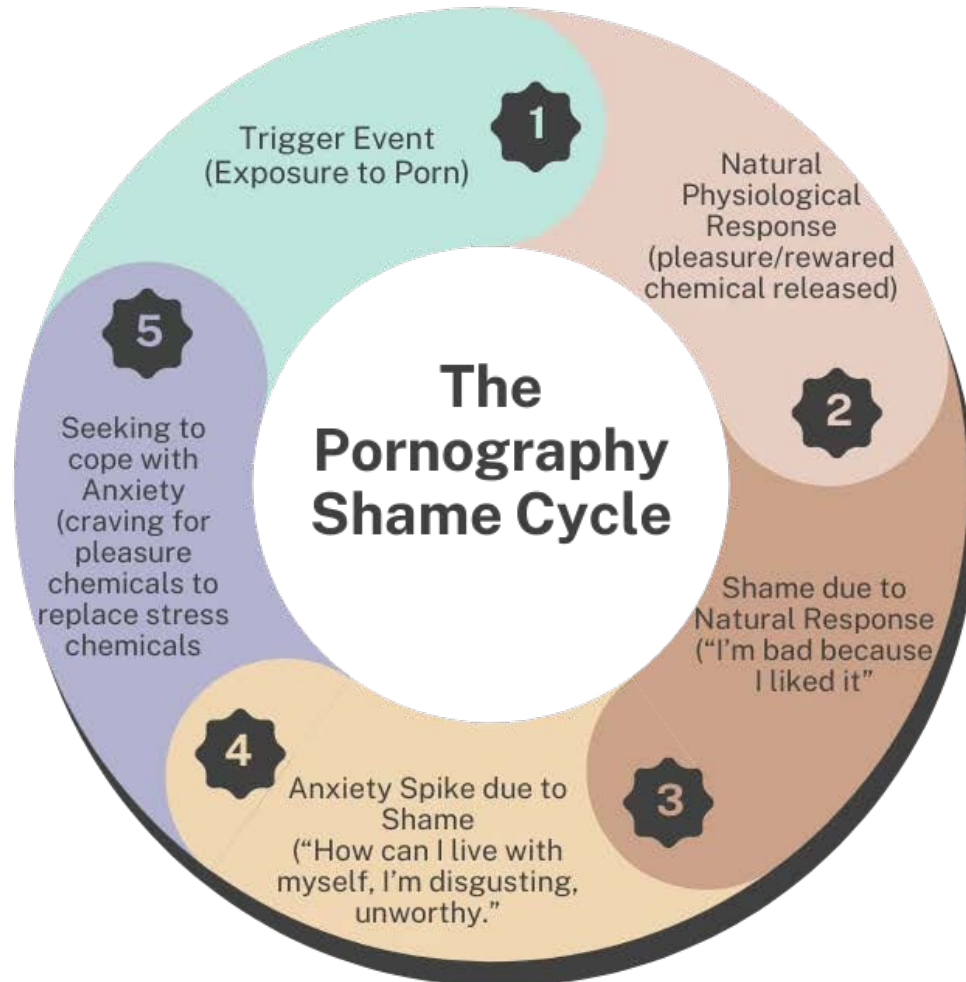
- What small win can you celebrate this week?

- How would you speak to a friend going through this? Speak to yourself the same way.

- What support (people, tools, environment) would help you stay on track?

4. Understanding the Shame Cycle

Here's a simplified visual to help you understand the cycle of urge and behavior:



5. Trigger Awareness Tracker

Try filling this out over a few days to spot patterns.

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