

17

Porn Addiction Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Are You Addicted?

2 · Identify Triggers

3 · Behavioral Tracking

4 · Understanding Consequences

5 · Finding Motivation

6 · Boundary Setting

7 · Circle Plan

8 · Routine Building

9 · Coping Strategies and Alternatives

10 · Social Support

11 · Emergency Plan

12 · Challenging Negative Beliefs

13 · Exploring Values

14 · Emotion Regulation Training

15 · Self-Forgiveness

16 · List of Coping Skills

17 · Support Groups

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.
- Assess current safety, suicidal and homicidal thoughts, self-harm, intoxication or withdrawal, violence, exploitation, psychosis, mania, medical instability, and ability to meet basic needs when relevant. Use local emergency or crisis procedures for imminent risk.
- Activities involving exposure, trauma detail, urges, means, disclosure, or relationship repair require appropriate competence, informed consent, pacing, and safety planning; a worksheet is not a substitute for these safeguards.

Contents

Are You Addicted?	4
Identify Triggers	6
Behavioral Tracking	9
Understanding Consequences.....	10
Finding Motivation	12
Boundary Setting	15
Circle Plan	18
Routine Building.....	20
Coping Strategies and Alternatives	22
Social Support.....	24
Emergency Plan.....	25
Challenging Negative Beliefs	26
Exploring Values	29
Emotion Regulation Training	33
Self-Forgiveness	39
List of Coping Skills	43
Support Groups	46

Are You Addicted?

The following are common signs you might be struggling with porn addiction. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I often find myself unable to stop watching or seeking out pornography, even when I want to cut back or stop altogether.”	1-2-3-4-5
2. “I feel a sense of shame, guilt, or secrecy surrounding my pornography consumption, and I go to great lengths to hide or conceal the extent of my behavior.”	1-2-3-4-5
3. “I experience distress or mood changes when I am unable to access pornography, and it has become a significant coping mechanism for stress or emotional discomfort.”	1-2-3-4-5
4. “I find myself spending an excessive amount of time consuming pornography, to the point where it detracts from other activities or hobbies that I used to enjoy.”	1-2-3-4-5
5. “I have experienced negative effects on my mental health, such as increased anxiety, depression, or low self-esteem, as a result of my pornography consumption.”	1-2-3-4-5
6. “I have tried to quit or reduce my pornography consumption multiple times without long-term success.”	1-2-3-4-5
7. “My pornography use has started to interfere with my daily responsibilities, such as work, school, or relationships.”	1-2-3-4-5
8. “I have noticed a decline in my sexual satisfaction or interest in real-life sexual experiences due to the impact of pornography on my arousal patterns.”	1-2-3-4-5

9. "Even when I recognize the negative consequences of my pornography use, I continue to engage in it despite wanting to stop."	1-2-3-4-5
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Score: ____/45

The score reflects the severity and impact of porn addiction.

1. Was there anything about your score that surprised you? If yes, what specifically?

2. Did any of the statements resonate with you more than others?

Identify Triggers

The following is a list of common pornography triggers. Check off the ones you relate to or add more to the list:

1. Emotional Triggers:

- ☐ Stress
- ☐ Anxiety
- ☐ Loneliness
- ☐ Boredom
- ☐ Low self-esteem
- ☐ Shame
- ☐ Guilt
- ☐ Depression
- ☐ Frustration
- ☐ Anger
- ☐ Intense arousal states
- ☐ Dissociation or emotional numbing
- ☐ _____
- ☐ _____

2. Environmental Triggers:

- ☐ Being alone at home
- ☐ Late-night internet use
- ☐ Specific locations associated with past porn use
- ☐ Access to privacy and internet-connected devices
- ☐ Exposure to sexualized content in the environment
- ☐ Being in a hotel room or private space during travel
- ☐ Certain times of day, such as after work or late at night

- ☐ Use of internet-connected devices in bed
- ☐ _____
- ☐ _____

3. Social Triggers:

- ☐ Feeling disconnected from friends or family
- ☐ Exposure to sexualized content in social media or social circles
- ☐ Negative social interactions or conflicts
- ☐ Comparing oneself to others' sexual experiences
- ☐ Relationship stress or dissatisfaction
- ☐ Influence of friends who engage in porn use
- ☐ Social events where sexual content is present
- ☐ Adverse experiences in social settings leading to the urge to escape through porn use
- ☐ _____
- ☐ _____

4. Cognitive Triggers:

- ☐ Curiosity about sexual content
- ☐ Fantasizing about specific sexual scenarios
- ☐ Intrusive thoughts related to pornography
- ☐ Rationalizations and justifications for engaging in porn use
- ☐ Cognitive distortions about one's sexuality or sexual desires
- ☐ Mental rehearsal of past pornographic experiences
- ☐ Embracing the belief that porn is a coping mechanism for emotional distress
- ☐ Associating porn consumption with reward or pleasure
- ☐ _____
- ☐ _____

5. Sensory Triggers:

- ☐ Visual cues such as suggestive imagery or videos
- ☐ Auditory cues related to sexual content
- ☐ Smells associated with past porn use environments
- ☐ Physical sensations linked to arousal or sexual desire
- ☐ _____
- ☐ _____

6. Behavioral Triggers:

- ☐ Excessive time spent online
- ☐ Specific rituals before consuming porn
- ☐ Prioritizing porn use over other activities
- ☐ Frequent checking or browsing of pornographic websites
- ☐ Frequent engagement with online sexual content
- ☐ Compulsive clicking on suggestive content
- ☐ _____
- ☐ _____

Behavioral Tracking

Use the following chart to gain a better understanding of your patterns of pornography consumption and associated triggers.

Date/Duration	Triggers/Cues	Consequences	Reflection
<i>e.g. Tuesday/20 min</i>	<i>Using internet late at night</i>	<i>Intense feelings of guilt and shame and decreased productivity</i>	<i>Realized that late-night internet use increases likelihood of porn consumption.</i>

Understanding Consequences

1. Identifying Immediate Consequences

- Describe the specific behavior you want to change (e.g., viewing pornography, etc.).

- How do you feel immediately after engaging in this behavior?

- Do you experience any negative physical reactions or sensations?

- What thoughts go through your mind before, during, and after the behavior?

- How does this behavior affect your relationships with others?

- Has this behavior impacted your work or studies?

2. Examining Long-Term Consequences

- List some of the major goals you have for your life (e.g., having a fulfilling relationship, achieving success in a career).

- For each goal listed, describe how your current behavior might impact your ability to achieve these goals in the long term.

Finding Motivation

1. Reflecting on Your Why

- List personal reasons that are motivating you to quit your porn addiction. Consider how your life could improve and what you stand to gain.

- Visualize where you would like to be in one year, five years, or ten years. How does quitting porn fit into this vision?

2. Understanding Ambivalence

- Are there any parts of you that resist the idea of quitting? Write down any conflicting feelings or thoughts and explore them.

- Draw a two-column table and list the pros of continuing to engage with porn in one column and the cons in the other. Do the same for quitting porn. Compare which list aligns more with your long-term goals and values.

Engaging in porn

Pros	Cons

Quitting Porn

Pros	Cons

3. Commitment to Change

- Craft a statement that represents your commitment to quitting porn.
Include what you are committing to and why it matters to you.

- Identify people, groups, or resources that can support you in your
commitment. Consider how they can help you stay motivated.

Boundary Setting

1. Setting Tech Boundaries:

- Establish rules for technology use that can help prevent access to pornography. The following are some common examples. Check off the ones you want to try or add more to the list:

- ☐ Install content filtering software on all devices to block access to adult websites.
- ☐ Use accountability software that reports online activity to a trusted friend or sponsor.
- ☐ Remove any bookmarks, history, or saved links that could lead to pornographic content.
- ☐ Commit not to use incognito or private browsing modes to circumvent filters or hide history.
- ☐ Limit screen time, avoiding use during vulnerable periods (e.g., late at night).
- ☐ Use devices in shared spaces within the home, such as the living room.
- ☐ Activate parental controls and disable adult content on streaming services, social media, and other platforms.
- ☐ Unsubscribe from triggering YouTube channels, or social media accounts.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Emotional Boundaries:

- Define personal limits around what feelings or emotional states might make you vulnerable to relapse, and decide how you can protect these boundaries.

Examples:

- **Loneliness:** Counteract this by seeking out social connections, friendships, and support groups.
- **Stress:** Develop stress-relief techniques like exercise, or deep breathing.
- **Boredom:** Create a list of engaging activities to fill idle time and prevent mindless surfing.
- **Fatigue:** Prioritize sleep and rest, as tiredness can weaken resolve and decision-making.
- **Need for Escape:** Instead of turning to porn, find healthy escapes like reading, movies, or outdoor activities.

3. Social Interactions:

- Determine which social interactions or relationships are supportive of your recovery, and which are not. Decide what boundaries need to be put in place regarding toxic or unhelpful relationships.

4. Commitment to Boundaries

- Craft a statement that affirms your commitment to respecting these boundaries to aid in your recovery.

Circle Plan

The Circle Plan involves three circles: the Inner Circle (unwanted behaviors), the Middle Circle (slippery behaviors), and the Outer Circle (healthy behaviors).

Inner Circle - Unwanted Behaviors

- List all the behaviors that you consider to be part of your addiction and that you want to abstain from. (e.g., viewing pornography, sexting, etc.)

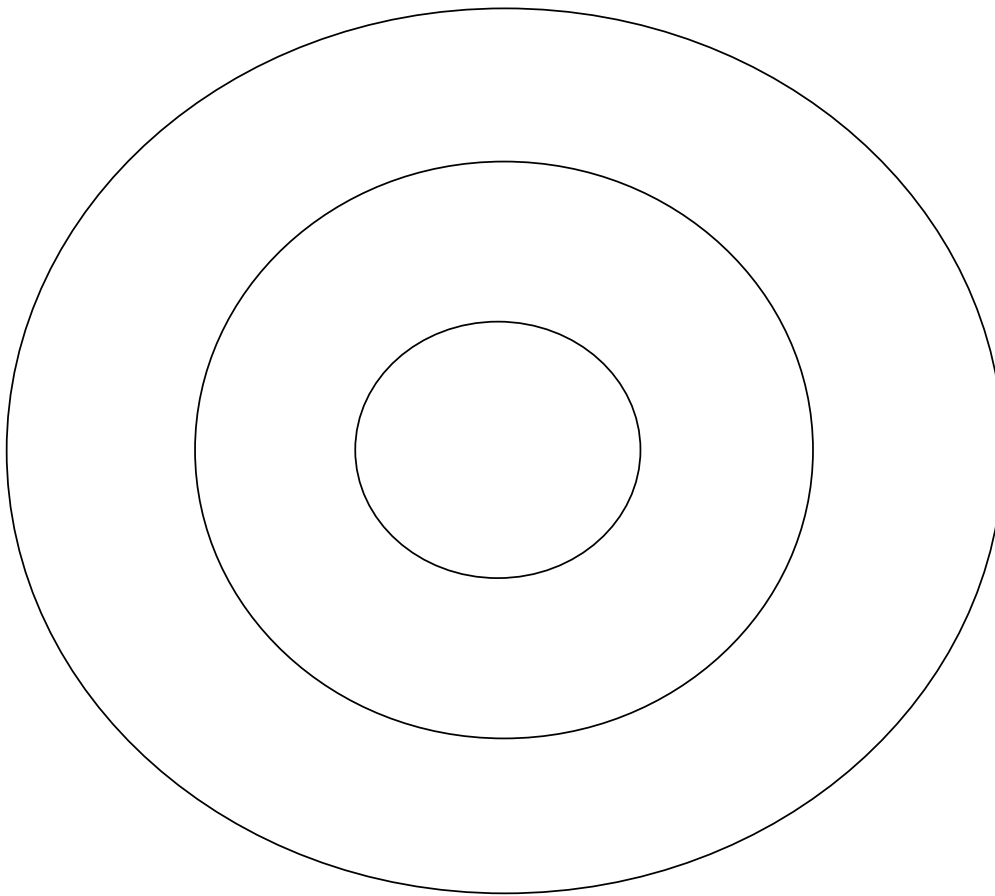
Middle Circle - Slippery Behaviors

- These behaviors are not the addiction itself but can lead to the Inner Circle behaviors if not monitored. They might seem harmless but can trigger a relapse. (e.g., staying up late on the internet, browsing social media profiles, watching movies with explicit content, etc.)

Outer Circle - Healthy Behaviors

- These are behaviors that promote a healthy lifestyle, help you cope with stress, and support your recovery. Include activities that bring joy, fulfillment, and a sense of well-being. (e.g., exercising, spending time with friends and family, engaging in hobbies, meditating, pursuing personal goals, volunteering, etc.)

Use the activities you identified to fill out your Circle Plan:



Routine Building

Creating a routine reduces idle time and temptation.

1. Morning Routine

Wake Up Time	
Morning Hygiene (shower, brush teeth, etc.)	
Healthy Breakfast	
Exercise/Meditation Time	
Key Tasks for the Day	

2. Work/Study Routine

Start Time	
Short Breaks (e.g., every hour, for 5-10 mins)	
Lunch Break (include social interaction if possible)	
Review of Daily Achievements	

3. Afternoon/Evening Routine

Relaxation/Break Time	
Evening Activities (hobbies, classes, gym, etc.)	
Social/Family Time	
Wind-Down Activities (reading, meditation, music, etc.)	

4. Nighttime Routine

Preparing for Tomorrow (outfit, to-do list, etc.)	
Digital Curfew (time to turn off electronic devices)	
Relaxation Techniques (if needed, to prevent urges)	
Bedtime	

Coping Strategies and Alternatives

1. For each identified trigger you identified earlier, create a list of healthy coping strategies to help you deal with the urge when it arises.

Note: Use the list of coping skills at the end of these worksheets.

Examples:

Trigger	Coping Strategies
<i>Using digital devices</i>	<i>Restrict the use of digital devices to public areas of the home</i>

2. Brainstorm a list of positive and fulfilling activities to engage in instead of viewing pornography.

- ☐ Physical exercise such as jogging or swimming
- ☐ Learning a new hobby or skill, such as painting, playing a musical instrument, or gardening
- ☐ Volunteering in the community
- ☐ Joining a sports team or fitness group
- ☐ Reading a book or listening to an audiobook
- ☐ Taking a nature walk or hike
- ☐ Writing in a journal
- ☐ Cooking or baking a new recipe
- ☐ Engaging in DIY projects or crafts
- ☐ Spending quality time with friends and family
- ☐ Attending a support group or therapy session
- ☐ Engaging in a creative activity, such as drawing or photography
- ☐ Listening to music or creating a personalized playlist
- ☐ Setting and working towards personal goals
- ☐ Practicing relaxation techniques such as deep breathing
- ☐ Attending a workshop or seminar on a topic of interest
- ☐ Playing a board game or solving puzzles
- ☐ Watching motivational or educational videos
- ☐ Organizing and decluttering living spaces
- ☐ Starting a fitness challenge or training for a specific fitness goal
- ☐ Engaging in creative writing or storytelling
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Social Support

Identify individuals and/or groups that can provide support when facing urges or difficult moments.

Note: Use the list of resources at the end of these worksheets

- Therapists or counselors:

- Support groups (online or in-person)

- Trusted friends or family members

- Accountability partners

- Others

Emergency Plan

- Reflect on previous attempts to quit, if any. What challenges did you face? What led to relapse?

- For each challenge listed above, think of one or more solutions or strategies to overcome it. These may include:

- ☐ Contacting a support person
- ☐ Leaving the environment where the urge was triggered
- ☐ Engaging in a pre-determined alternative activity
- ☐ Avoiding Digital Temptation
- ☐ Reciting affirmations or reasons for wanting to overcome addiction

Challenging Negative Beliefs

1. Identify the Negative Belief

The following is a list of common negative beliefs related to porn addiction. Check off the ones you relate to or add more to the list:

- ☐ "I'm unable to control my urges."
- ☐ "Watching porn is the only way I can feel good."
- ☐ "My needs can't be met in real relationships."
- ☐ "I need porn to cope with stress."
- ☐ "There's something inherently wrong with me."
- ☐ "Change is impossible; I've tried and failed too many times."
- ☐ "Nobody would love me if they really knew me."
- ☐ "If I stop watching porn, I'll lose part of my identity."
- ☐ "Relapsing means I haven't made any progress."
- ☐ "No one else struggles like I do; I'm alone in this."
- ☐ "It's too late for me to change."
- ☐ "My porn use doesn't affect anyone else."
- ☐ _____
- ☐ _____

2. Impact of Believing the Negative Thought

- Describe how believing this negative belief affects your feelings and behaviors.

3. Evidence For/Against the Belief

- List any evidence that supports or contradicts this negative belief.

Example: Belief: "I'm unable to control my urges."

Evidence for	Evidence against
<i>Past failed attempts to control the urges.</i>	<i>Situations where you have successfully controlled other urges or impulses.</i>

Belief: _____

Evidence for	Evidence against

4. Alternative Thoughts

- Write down balanced, more rational thoughts that counteract the negative belief.

Example: "While I've struggled in the past, I can learn strategies to better manage my urges."

5. Impact of Believing the Alternative Thought

- Reflect on how accepting the alternative, more balanced thought might change your feelings and behaviors.

- *Example: Reduced shame, increased motivation to engage in recovery.*

6. Action Plan

- Develop an action plan to reinforce the alternative thought and weaken the hold of the negative belief.

- *Example: Attend support group meetings, practice self-compassion exercises, engage in fulfilling hobbies.*

Exploring Values

1. Identify Core Values

- The following are some common values. Check off the ones that are most important to you or add more to the list:

- ☐ **Achievement:** Accomplishing significant tasks and reaching milestones.
- ☐ **Adventure:** Embracing new experiences and exploring the unknown.
- ☐ **Authenticity:** Being true to yourself and your values.
- ☐ **Balance:** Striving for a healthy equilibrium in work, play, and rest.
- ☐ **Community:** Contributing to and valuing the society in which you live.
- ☐ **Compassion:** Showing empathy and kindness to others.
- ☐ **Courage:** Facing challenges and fears with bravery.
- ☐ **Creativity:** Valuing original expression and innovative ideas.
- ☐ **Discipline:** Exercising self-control and restraint to achieve long-term goals.
- ☐ **Empowerment:** Supporting others to realize their abilities and potential.
- ☐ **Environmentalism:** Valuing and working to protect the natural world.
- ☐ **Family:** Prioritizing family relationships and the home environment.
- ☐ **Friendship:** Cultivating strong, supportive connections with others.
- ☐ **Generosity:** Being willing to give your time, energy, and resources to others.

- ☐ **Growth:** Seeking personal or professional development and self-improvement.
- ☐ **Health:** Prioritizing physical, mental, and emotional wellness.
- ☐ **Honor:** Upholding moral and ethical codes, and acting nobly.
- ☐ **Humility:** Maintaining a modest view of one's importance.
- ☐ **Independence:** Having the strength and confidence to care for oneself.
- ☐ **Knowledge:** Valuing the pursuit of understanding and learning.
- ☐ **Love:** Caring deeply for others and forming meaningful relationships.
- ☐ **Loyalty:** Staying committed to people and causes you believe in.
- ☐ **Mindfulness:** Being aware of and present in the current moment.
- ☐ **Peace:** Seeking harmony in personal, interpersonal, and global contexts.
- ☐ **Perseverance:** Persisting in the face of obstacles and setbacks.
- ☐ **Playfulness:** Embracing fun and light-heartedness in everyday activities.
- ☐ **Reliability:** Being dependable and consistent in words and actions.
- ☐ **Simplicity:** Finding beauty and satisfaction in minimalism and avoiding excess.
- ☐ **Spirituality:** Valuing a connection with something greater than oneself.
- ☐ **Wisdom:** Applying knowledge, experience, and insight to life situations.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Evaluate Current Alignment

- For each value checked off or listed, rate how well your current behavior aligns with these values on a scale from 1 (not at all) to 10 (completely).

Value: _____

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

Value: _____

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

Value: _____

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

- Write specific examples of how your behavior with regard to porn addiction does not align with each value.

- *Example for Family: Porn addiction may cause feelings of shame, leading to withdrawal from family relationships.*

3. Define Value-Driven Goals

- Based on each value, write down what actions or goals would reflect living in accordance with that value.

Example for Health: Setting a goal to exercise regularly and eat well to improve overall physical fitness and mental health.

Value: _____

Actions/Goals:

Value: _____

Actions/Goals:

Value: _____

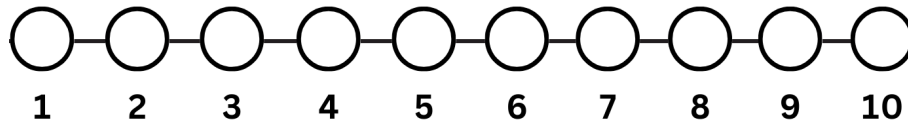
Actions/Goals:

Emotion Regulation Training

1. Identify the Emotion

- Name the emotion you are feeling when you have the urge to view porn (e.g., loneliness, stress, boredom, anxiety).

- Rate the intensity of the emotion on a scale from 1 (low intensity) to 10 (high intensity).



2. Physical Sensations

- Note any physical sensations in your body associated with the emotion (e.g., tightness in chest, restlessness, increased heart rate).

3. Triggering Event

- Describe the event or situation that preceded the emotion and urge to use porn.

4. Function of the Behavior

- Identify the function or purpose that viewing porn serves for you in response to the emotion (e.g., escape, relief, pleasure).

5. Nonjudgmental Observation

- Practice observing the emotion without judgment. Acknowledge that the emotion is present but does not define you or necessitate a particular behavior.

Here's a step-by-step guide you can follow:

Notice the Urge: Recognize when an urge to watch porn arises. Simply note its presence without engaging or trying to push it away. You could mentally say to yourself, "There's the urge."

Observe Without Judgment: Pay attention to the urge with curiosity instead of judgment. What does it feel like? Where do you feel it in your body? Is it a tightness, a restlessness, a warmth, or perhaps a tingle? Describe it as if you were a scientist making an objective observation.

Stay Present: Keep your attention focused on the here and now. Don't get caught up in thoughts about past experiences with porn or future scenarios. Just observe what you're feeling at this moment.

Breathe Mindfully: Take deep, slow breaths. Focus on the sensation of air entering and leaving your body. This helps to ground you and offers a calming effect on the body and mind.

Detach From the Urge: Visualize the urge as a wave in the ocean. You are watching it rise, peak, and eventually fall. You are not the wave; you are the observer on the shore. The urge will pass without you needing to act on it.

Acknowledge Thoughts Without Engaging: When thoughts come up (e.g., rationalizations or justifications for watching porn), acknowledge them, label them as just thoughts, and let them drift by like leaves floating down a river.

Reflect on Values: Remind yourself why you are choosing not to engage with the urge. What values are important to you that are inconsistent with watching porn? How does not acting on the urge align with those values?

6. Engage in a Distracting or Fulfilling Activity:

Redirect your focus to an activity that is consistent with your values or that you find fulfilling. This could be going for a walk, reading a book, calling a friend, or engaging in a hobby.

7. Reflect on Outcomes

- After implementing your coping skills, reflect on the outcome. Was the strategy effective? How did you feel before and after?

H.A.L.T

The acronym HALT stands for Hungry, Angry, Lonely, and Tired - four states that can make individuals more susceptible to engaging in addictive behaviors.

Hungry:

- How does hunger affect your mood and decisions? List examples of times when hunger led to poor decision-making regarding porn use.

- What are some healthy snacks or meals you can prepare ahead of time?

Angry:

- What tends to make you angry or frustrated? Note specific events or thoughts that provoke anger.

- How can you express your anger in healthy ways? List coping strategies like deep breathing, physical exercise, or talking to a friend.

Lonely:

- When do you feel the most lonely? Write down times, situations, and emotional states associated with feelings of loneliness.

- What social connections can you strengthen or establish? Suggest social activities, support groups, or connecting with loved ones.

Tired:

- How does fatigue influence my self-control? Reflect on occasions when being tired led to seeking out porn.

- What changes can you make to improve your sleep hygiene or recharge throughout the day?

Reflection:

- At the end of each week, take time to reflect on your progress. What worked well? What could be improved?

Self-Forgiveness

1. Acknowledgment

- Write down the behavior you are struggling to forgive yourself for.

- Reflect on how this behavior has affected you and others.

2. Responsibility

- Accept responsibility for your actions without making excuses.

Acknowledge that while you have made mistakes, this does not define your entire character.

3. Compassion and Empathy

- Write a compassionate letter to yourself as if you were talking to a close friend who had the same issue. Think about what understanding and kindness you would offer them and apply it to yourself.

4. Lessons Learned

- Reflect on what you have learned from dealing with porn addiction. What insights have you gained? How can you grow from this experience?

5. Commit to Change:

- Outline the steps you will take to avoid engaging in the same behavior in the future. Be specific about what strategies you will use to cope with urges and triggers.

6. Making Amends

- Consider if there are ways to make amends for any harm caused by your addiction. This could involve direct actions towards yourself, others or personal commitments to doing good in your community.

7. Letting Go

- Make a conscious decision to let go of the guilt and shame tied to your past actions. Engage in a symbolic act of letting go, such as writing down negative feelings on a piece of paper and safely burning it.

8. Affirmation

- Write affirmations that reinforce your commitment to change and self-forgiveness.

Examples: "I forgive myself for my past mistakes and choose to learn from them," "I am more than my addiction," or "I am worthy of a healthy life."

List of Coping Skills

1. Deep Breathing:

Deep breathing can help reduce stress and anxiety and promote relaxation.

- Find a quiet place to sit or lie down comfortably.
- Inhale deeply through your nose, counting to four.
- Hold your breath for a count of four.
- Exhale slowly through your mouth, counting to four.
- Repeat this process several times, focusing on the sensation of your breath.

2. Progressive Muscle Relaxation:

This technique can relieve muscle tension, decrease physical symptoms of stress, and promote overall calmness.

- Find a quiet and comfortable space.
- Begin by tensing the muscles in one part of your body, such as your fists or shoulders, for a few seconds.
- Release the tension and focus on the feeling of relaxation spreading through that area.
- Move systematically through different muscle groups, tensing and relaxing each one.

3. Mindfulness Meditation:

Mindfulness meditation fosters present-moment awareness, reduces rumination, and cultivates a sense of inner peace.

- Find a quiet and comfortable space to sit.
- Focus your attention on your breath, observing each inhale and exhale without judgment.
- If your mind wanders, gently bring your focus back to the breath.
- Notice any physical sensations, thoughts, or emotions that arise and let them pass without dwelling on them.

4. 5-4-3-2-1 Technique:

This technique engages your senses to bring your attention to the present moment.

- Name five things you can see around you.
- Name four things you can touch or feel.
- Name three things you can hear.
- Name two things you can smell.
- Name one thing you can taste.

5. Grounding with Objects:

Focusing on a physical object can redirect your thoughts and bring you back to the present moment.

- Select an object nearby, such as a pen or a paperweight.

- Examine the object closely, noticing its color, texture, shape, and weight.

- Engage your senses by touching, smelling, or even tasting the object if appropriate.

6. Counting:

Counting can divert your attention away from distressing thoughts and ground you in the task at hand.

- Choose a category, such as types of animals or colors, and start counting aloud or silently.

- For example, count all the different types of animals you can think of or name all the colors you can remember.

- If you lose track, simply start over or switch to a different category.

Support Groups

Online Communities

Reboot Nation: www.rebootnation.org

Daily Strength: www.dailystrength.org

NoFap: www.nofap.com

Sex and Love Addicts Anonymous (SLAA)

- www.slaafws.org
- 210-828-7900

Sex Addicts Anonymous (SAA)

- www.sexaa.org
- P.O. Box 70949
- Houston, TX 77270
- (713) 869-4902 or (800) 477-8191

Sexaholics Anonymous (SA)

- www.sa.org
- P.O. Box 3565
- Brentwood, TN 37024
- (615) 370-6062 or (866) 424-8777

Sexual Compulsives Anonymous (SCA)

- www.sca-recovery.org
- Old Chelsea Station, PO Box 1585
- New York, NY 10011
- (212) 439-1123 or (800) 977-HEAL

Recovering Couples Anonymous (RCA)

- www.recovering-couples.org
- P.O. Box 11029
- Oakland CA 94611
- (510) 663-2312

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · No DSM-5-TR ·porn addiction· diagnosis.
- ICD-11 CDDR: 6C72 Compulsive sexual behaviour disorder · Formal impulse-control diagnosis; not synonymous with pornography use or addiction.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 15, 16, 20, 23, 25, 28, 31, 32, 33, 37, 38, 43, 46. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess persistent failed control, duration, impairment, behavior despite consequences, and exclusion of moral disapproval alone, normative variation, mania, substances/medications, coercive/illegal behavior, and paraphilic disorders.

Document-specific corrections

- Pages [2, 4, 43] · Frame ·Porn Addiction· using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 4, 5, 15, 31, 33] · Treat the Porn Addiction ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [1, 2, 3, 6, 25, 31] · Do not rely on urge logs alone when there is imminent danger, illegal conduct, severe financial loss, withdrawal/overdose risk, coercive sexual behavior, procedure-related medical risk, or danger to others; require condition-specific risk management, level-of-care assessment, and qualified treatment. Apply this specifically to the workbook's Are You Addicted?, Identify Triggers, Behavioral Tracking, Understanding Consequences sections.
- Pages [1, 2, 16, 20, 23, 28, 32, 37, 38] · Review all medical assertions in Porn Addiction with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.
- Pages [46] · Live-check every phone number and URL in Porn Addiction, state its country/jurisdiction and purpose, add a last-verified date, and avoid implying that a directory or peer resource provides emergency response.

Measures, scoring, and permissions

- Treat the Porn Addiction ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Do not rely on urge logs alone when there is imminent danger, illegal conduct, severe financial loss, withdrawal/overdose risk, coercive sexual behavior, procedure-related medical risk, or danger to others; require condition-specific risk management, level-of-care assessment, and qualified treatment.
- Assess intoxication, withdrawal, overdose, medical instability, co-occurring disorders, suicidality, and access to means or high-risk opportunities. Some withdrawal states require medically supervised care.
- Behavioral tracking does not by itself establish an addictive disorder; confirm diagnostic boundaries and functional impairment.

Crisis and current resources

- U.S.: call or text 988; chat at <https://988lifeline.org/>. Immediate danger: local emergency services. International resources must be separately verified for the intended country and dated.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.samhsa.gov/find-help/locators>
- <https://988lifeline.org/>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.healthquality.va.gov/guidelines/MH/sud/>