



How Porn Is a Problem for Me

Set aside an hour when you won't be distracted by anything else to answer the following questions:

1. What problems has porn caused me in the past?
2. What problems am I experiencing today because of my porn use?
3. How has porn changed me in ways I don't like?
4. How does my porn use hurt my intimate partner and others?
5. What problems could occur in the future if I continue to use porn?

We recommend writing down your answers on a piece of paper. Keep the answers nearby, perhaps in your wallet, on your desk, in a nightstand, or next to your computer so you can access them easily. Reread your answers frequently, especially during times you feel the urge to use porn and could easily forget your commitment to quit. Add to and elaborate on your answers as you become more aware of the negative consequences of porn in your life. You can also discuss your responses with a counselor or a trusted friend.