

CONSEQUENCE WORKSHEET

Reviewing the negative consequences associated with using pornographic material can help prevent further use. In addition, having reminders of the benefits related to no use improves motivation.

List negative consequences from your pornography use.

Example: When I view pornography I lose self-respect.

1.

2.

3.

4.

5.

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List positive consequences from maintaining self control over pornography.

Example: When I don't view pornography I spend more time with my family.

1.

2.

3.

4.

5.