

## CONTROLLING TRIGGERS & TEMPTATIONS WORKSHEET

Triggers that may lead to pornography use include: *negative thoughts about self, negative moods, emotionally painful experiences, memories of past inappropriate sexual experiences, visual images, inappropriate conversations, and intrusive sexual thoughts.*

### **Triggers/Temptations**

List your common triggers/temptations for using pornography.

Example: Seeing a sexually graphic TV commercial.

### **Solutions**

List solutions to deal with the trigger /temptation.

Example: Change the channel. Turn off the TV. Say a silent prayer. Focus on positive thoughts.

**1.**

**1.**

**2.**

**2.**

**3.**

**3.**

**4.**

**4.**

**5.**

**5.**