

STOP USING PORNOGRAPHY WORKSHEET

The purpose of this worksheet is to identify activities that contribute to pornography use and activities that will lead away from use. The following are some important changes you may need to make. Begin with those that would assist you most to stop using pornography.

Write how you plan to accomplish the following:

1. Eliminate all forms of pornography from the home, worksite and other places.

2. Eliminate personal access to the computer.

3. Stop masturbation. Stop visits to sexual businesses and any other inappropriate sexual behavior.

4. Practice strict eye control. Never concentrate upon a sexual image.

5. Practice strict thought control. Expel all sexual thoughts and replace them with spiritual thoughts.

6. Focus on positive feelings. Identify and replace negative feelings like depression and anger.

7. Develop relationships with those who lift you up and increase your spirituality. Eliminate any relationship that encourages the use of pornography.

8. Increase positive hobbies and activities. Eliminate any activity that leads to the use of pornography.