

## CONTROLLING TRIGGERS & TEMPTATIONS WORKSHEET

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

<b>Triggers/Temptations</b> List your common triggers/temptations leading to same gender desires and actions. Example: Seeing a TV show depicting same sex behavior as okay.	<b>Solutions</b> List solutions to deal with the trigger /temptations. 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.