

My Plan for Changing Porn Use

Choose one situation involving your porn use that you want to handle differently. A useful first plan names what you want, an action within your control, and what you will notice afterward.

Start with the impact that matters to you: time, sleep, responsibilities, relationships or a sense of choice. You do not need to apply a label to yourself. You also do not need to set the same goal as someone else.

Original worked example: make the plan specific

Part of the plan	Fictional example
Situation	I stay on my phone later than I intended and miss the bedtime I chose.
What I want	Make a deliberate choice about my evening and leave time for sleep.
One action to try	At the bedtime reminder I set, put the phone on a charging shelf and decide what I want to do next.
Support I might ask for	Ask a counselor to help me understand why the plan feels difficult.
What I will notice	Whether I followed the action I chose, what got in the way, and how the next morning went.

The example is not a treatment recommendation or a promise that a phone rule will solve the concern. Choose an action that fits your actual situation. A blocker, app or accountability arrangement is optional; this worksheet does not ask another person to monitor you.

Keep notes private. Write or type short notes. Use another copy if you need more room. Save and reopen the PDF to check your answers.

Build my own plan

The situation and what I want to change

When/where it happens; what is going on; the effect that matters to me.

One action I choose and an alternative

Something I can do myself. If it is not workable, what smaller step or question could I try?

Support and review

Who I might ask; the specific help I want; when I will look at what happened.

At the review

Ask: What did I learn? Was the action realistic? What concern still needs a conversation?

Adjusting the plan is an available next step; this sheet does not score you or decide whether you need treatment.

Keep ownership of your notes

Keep completed notes private and share only what you choose. These are original reflection and conversation prompts, not a diagnostic test, a validated clinical tool or a treatment program.

Explore support and resources

[Porn-use support resources](https://www.addictionhelp.com/porn/resources/)

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