

My Plan for Changing Sexual Behavior

Choose a pattern in your own sexual behavior that concerns you and a change you want to explore. Focus on your choices and their effects on daily life or relationships, without assigning yourself a diagnosis.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

Be specific about what you want to understand or handle differently. A concern about time, communication or choices may need a different conversation from a concern about desire or a relationship disagreement. This sheet does not decide whose preferences are correct or establish a clinical condition.

Original worked example: choose an action you control

Part of the plan	Fictional example
Pattern	I make plans impulsively and later cancel responsibilities I meant to keep.
What I want	Make time to consider a decision before committing.
One step	Pause before agreeing, check my calendar, and decide what fits my priorities.
A question for counseling	What is happening when I repeatedly act against the choices I intended to make?
Review	Notice whether I used the pause and what I still want help understanding.

Your plan does not set another person's obligations

Keep the action about your own choices. Do not make another person responsible for agreeing to sexual activity, sharing private information, or monitoring your behavior. A shared arrangement needs a separate, willing conversation.

My pattern and plan

What happens and why it concerns me

One example; the effect on my choices, responsibilities or relationships. Record only details useful to me.

What I want to be different

My priorities and questions; distinguish my own goal from what someone else expects.

One step and the support I want

Action within my control; a person or professional I could ask; the specific help I want.

How I will review it

When I will look again; what I want to notice; what would lead me to adjust the plan or seek more help.

If the issue needs a conversation

You can bring the concern to a counselor without first choosing an addiction label. Use Talking About Sexual Behavior to prepare questions about the counselor's approach, privacy and the goals you want to discuss.

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

[Sexual-behavior support resources](https://www.addictionhelp.com/sex-addiction/resources/)

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