
A FOUR-PART WORKBOOK

Redefining your relationship with porn

Four moves — Protect, Observe, Reflect, Newness — that turn a habit you fight into a story you understand.

P

PROTECT

O

OBSERVE

R

REFLECT

N

NEWNESS

THIS WORKBOOK BELONGS TO

STARTED ON

Before you begin

You are not here because something is wrong with you. You are here because something you reached for was a lie, and you are honest enough to say so. That honesty is the hardest part, and you have already done it.

Most people try to quit porn by trying harder. Willpower alone tends to fail, because the behavior is rarely about the images. It is about what the images were doing for you — soothing something, filling something, ending something uncomfortable. So this workbook does two things at once: it puts distance between you and the habit, and it goes looking for what the habit was carrying.

Write in it by hand. Write badly. Nobody is grading this, and the pages you rush past are usually the ones that mattered.

THREE GROUND RULES

1. **Curiosity over contempt.** Shame has had years to fix this and it hasn't. Try interest instead.
2. **A slip is data, not a verdict.** You bring it to the Observe pages, not to a courtroom.
3. **You are not doing this alone.** Secrecy is the habit's oxygen. One honest person changes the math.

The four moves

P Protect

Push away, invite a person in, prevent easy access. Create the space where change is even possible.

O **Observe**

Track the urge in real time. What was happening, where, and what were you feeling just before?

R **Reflect**

Go back further. When did the pattern start, what was true of your life then, and what did it give you?

N **Newness**

Build the replacements. An urge left with nowhere to go goes back where it always went.

P Protect

Protection comes first, and not because it is the deepest work. It is because insight is almost impossible while the behavior is still running. Quiet the noise, and you will finally be able to hear what is underneath it.

Push away — the 30-day reset

Give your brain a stretch of time with no porn at all. Roughly 30 days is long enough for the reward system to stop expecting it — long enough for desire, sleep, focus and mood to start reporting honestly again. This is not a lifetime vow. It is an experiment with an end date, and you get to see what you learn.

MY RESET STARTS ON

WHICH MEANS IT ENDS ON

I AM DOING THIS BECAUSE

Person — invite someone in

Pick one person you can tell the truth to. Not a warden — a witness.

Someone who will ask how the week actually went and who will not flinch when you tell them. Being known is the opposite of what this habit trained you for, and it is the part that tends to hold when motivation fades. Note: This person should not be your significant other or a child.

THE PERSON I WILL ASK

WHEN AND HOW I WILL ASK THEM

IF YOU DON'T KNOW HOW TO START

"There's something I've been carrying on my own and I'm tired of it being a secret. I'm working on my porn use. I'm not asking you to fix it — I'm asking if you'd check in with me and let me be honest with you."

WHAT I WANT THEM TO ASK ME, AND HOW OFTEN

Prevent — limit the access

Most use happens in a narrow window: alone, tired, a device in hand, thirty seconds of friction between you and the screen. Add friction and that window closes. You are not proving anything by keeping easy access available. Check what you will put in place this week.

- | | |
|---|--|
| ☐ A content filter on every device, set up by someone else | ☐ Phone charges outside the bedroom overnight |
| ☐ No phone in the bathroom | ☐ Delete the apps and accounts I use to find it |
| ☐ Someone else holds the passcode to the filter | ☐ Browsers set to no private/incognito mode |
| ☐ Screen curfew: devices off after a set hour | ☐ A plan for the high-risk hours I already know about |

THE ONE BARRIER THAT WOULD MAKE THE BIGGEST DIFFERENCE — AND THE DAY I'LL SET IT UP

Fill in a row whether or not you acted on the urge. A slip you logged honestly is worth more than a clean week you never examined.

- ☐ Conflict
- ☐ Loneliness
- ☐ Boredom
- ☐ Stress or pressure
- ☐ Exhaustion
- ☐ Rejection
- ☐ Anger
- ☐ Shame
- ☐ Celebration or reward
- ☐ Feeling unseen
- ☐ Alone in the house
- ☐ Late night, scrolling

[illegible]

AFTER TWO WEEKS OF NOTES — THE PATTERN I CAN SEE IS

UNDERNEATH THE URGE, WHAT I ACTUALLY WANTED WAS

R Reflect

Observe looked at this week. Reflect looks further back. Almost nobody chooses porn out of nowhere; it usually arrives at a moment when something else was missing or hurting, and it works — that is why it stayed. Naming what it was hired to do is how it loses its grip.

Take these slowly. One question a sitting is fine. If a question lands hard, that is the one to bring to your next session.

When did this start?

How old were you, and what was happening in your life and family at the time?

What did it give you then?

Escape, comfort, control, excitement, company, a way to feel something or feel nothing?

What old wound is still open?

Where did you learn that you were too much, not enough, or on your own? Who was not there?

What has it cost you?

In time, honesty, intimacy, attention, energy, how you see other people, how you see yourself.

SAY IT IN YOUR OWN WORDS

Porn promised me _____

What it actually delivered was _____

What I really needed was _____

Read those three lines back. Notice that none of them make you a bad person. They make you a person who was carrying something alone. What you did with the pain is not who you are — and you are allowed to be met with grace here, including your own.

N Newness

An urge is a request. If nothing else answers it, the old answer wins by default. So the last move is to stock the shelf — a short list of things that genuinely regulate you, chosen in advance, available in under a minute. Below are replacements with real evidence behind them. Check the ones you would actually do; ignore the ones you know you won't.

MOVE YOUR BODY — FASTEST RELIABLE SHIFT IN STATE

- | | |
|---|--|
| ☐ Ten minutes of hard effort — push-ups, stairs, a fast walk | ☐ Get outside; daylight and movement together |
| ☐ Cold water on the face or a cold shower | ☐ Protect sleep — most slips live in the last hour of the day |

RIDE IT OUT — URGE SURFING

- | | |
|---|---|
| ☐ Name it out loud: “this is an urge, it peaks and passes” | ☐ Set a 15-minute timer and change rooms before deciding |
| ☐ Slow breathing — longer out than in, two minutes | ☐ Write the feeling down instead of acting on it |

TURN TOWARD PEOPLE — THE LONELINESS UNDERNEATH

- | | |
|---|--|
| ☐ Text your person the moment the urge starts, not after | ☐ Call someone instead of scrolling |
| ☐ Be in a room with other people, even quietly | ☐ A weekly group where honesty is the point |

BUILD SOMETHING WORTH THE HOURS YOU GET BACK

- | | |
|--|--|
| ☐ A skill or craft with visible progress | ☐ Serving someone else — volunteering, showing up |
| ☐ A few minutes of prayer, meditation or quiet reflection | ☐ Something creative with your hands |

My three go-to moves

Decide now, while you are calm. Three is enough. Keep them where you can see them.

1 _____

2 _____

3 _____

If / then plan

If it's late and I'm alone with my phone, then I will _____

If I'm angry or in conflict, then I will _____

If I'm bored and restless, then I will _____

If I slip, then within an hour I will _____

You will not finish this workbook and be finished. You will finish it knowing what you are actually dealing with, who is walking with you, and what to do at 11pm on a hard Tuesday. That is not a small thing — that is the whole thing.

Bring what you wrote to your next session. Especially the parts you didn't want to write.

This workbook was developed with the assistance of AI tools and reviewed and adapted by your clinician. It is educational material, not a substitute for professional assessment or treatment.