



Welcome to CSPMA where you can kick your addiction for good
Sex, Porn and Masturbation Addiction

Online Course | Affordable | CSPMA.ORG

Changing your behavior takes time. If you are finding yourself in a rut, begin by engaging in behaviors you find enjoyable and at the same time try doing things you have been neglecting to do.

Instructions: Fill out these charts each Sunday.

Activities I enjoy: (ie: watching a funny movie, going for a walk, eating at favourite restaurant)

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Responsibilities I need to take care of (ie: schedule dentist appointment, pay gas bill, mow the grass)

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	