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Sex, Porn and Masturbation Addiction

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How to Change your Behavior

A way to change your behavior is being able to see how a situation affects your thoughts, feelings and the way you react.

Directions: Complete the chart below to understand how all four components work together.

Situation	Thoughts	Feelings	Reaction
What triggered you? _____ _____ _____	What did it make you think? _____ _____ _____	How did it make you feel? _____ _____ _____	What was your reaction? _____ _____ _____
Why did it trigger you? _____ _____ _____	What do you think this means? _____ _____ _____	How intense were your feelings? _____ _____ _____	Why did you react this way? _____ _____ _____

Are you happy with your reaction? Yes / No

What needs to change in order for you to prevent these thoughts from happening in the future?
