



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

Online Course | Affordable | CSPMA.ORG



# How to change the way you think

Personalization is a cognitive distortion. Personalization is when someone takes negative events or occurrences personally even though they are not about them at all. This can be in the form of someone else's feelings, behavior, actions or attitude.

For example: Your roommate had a bad day at work, came home, was snappy and pissed off. You immediately start to think that you did something wrong and their being rude to you has something to do with what you did or did not do.

Part of working through a sexual addiction is being able to retrain your brain to think about situations more clearly.

**Directions: Complete the questions below to see how much you personalize situations.**

1. Describe a recent event that caused you to take things personally. (For example, My dad got into a car accident after a recent argument we had about him lecturing me about my choices. If I was a better person, the accident would not have happened.)

---

---

---

2. What was your reason for this thought? (For example, I am addicted to sex and go out all night. I know this upsets my dad.)

---

---

---

3. What do you know about this situation that supports this thought? (For example, I am addicted to sex and I do go out all night. My dad is upset about this. He has every right to confront me and I know this stresses him out. His lecturing me caused him to drive angry which caused the car accident.)

---

---

---

4. What do you know about this situation that challenges this personal thought? (For example, My dad was upset during our conversation but the car accident wasn't his fault. The other driver ran a stop sign.)

---

---

---

5. If this happened to your friend would you feel the car accident was their fault? (For example, If my friend's dad got into a car accident after an argument I would not feel it was her fault. The other person ran a red light and that's why the accident happened.)

---

---

---

6. What other factors contributed to this situation that you did not influence? (For example, My dad had gotten into an argument with my mother about something not related to myself before he came over which made him more agitated with me. There's nothing I could have done about the other guy running the red light.)

---

---

---

7. What is another possibility that could have caused the situation? (For example, The guy in the other car could have been distracted by his cell phone which caused him to run the red light.)

---

---

---