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Sex, Porn and Masturbation Addiction

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Living in the Moment

Being able to understand how your past affects the way you think and feel today is important. However, you don't want to get stuck by only thinking about your past. The way to move forward is to acknowledge your past and use that as a way to be future focused.

Part of our program here at CSPMA is being able to live with intention. This means, not dwelling on the past and not worrying about the future. Living intentionally means doing things in this moment right now, with intention.

Directions: Complete the chart below to help you learn how to live in this moment:

In the past...	Today...
I was... <hr/> <hr/> <hr/>	I am... <hr/> <hr/> <hr/>
I needed... <hr/> <hr/> <hr/>	I need... <hr/> <hr/> <hr/>
I didn't have... <hr/> <hr/> <hr/>	I have... <hr/> <hr/> <hr/>
I thought... <hr/> <hr/> <hr/>	I know... <hr/> <hr/> <hr/>

Directions: List 3 goals so that you can start each day with intention.

Goal #1

Goal #2

Goal #3
