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**Sex, Porn and Masturbation Addiction**

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## Setting a Quit Day

Setting a quit day is important. People who quit on a whim are often unprepared and that can result in a pretty quick relapse. Use this worksheet to create a quit day.

Being prepared means being prepared physically, mentally and socially. Think about all how you will manage triggers and what things you can do now to try to avoid them.

**What do I need to do before I quit?**

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You may experience withdrawal symptoms for a few days. It's important to not get too stressed during this period so avoid setting a quit day around important events such as family get-togethers, an important work presentation, etc.

**What important dates are coming up in the next 30 days?**

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**My quit day will be:**

