



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

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Take care of your mental health

Taking care of your mental health should be a top priority. If you struggle with a mental health disorder such as anxiety, depression, a mood disorder, etc. it's important that you treat your addiction and mental health at the same time

Making sure you take time every day to focus on your mental health is going to be important. Use this chart to create a weekly schedule that focuses on mental health tasks or "self-care."

	Morning	Afternoon	Evening
Example	Make a smoothie	15 min walk	Meditate
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			