



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

Online Course | Affordable | CSPMA.ORG



Taking Inventory

Taking inventory means you calculate how much your addiction is costing you financially and how much time you are spending on your addiction.

Use these charts below to take inventory

MONEY

How much money are you spending on sex, porn or masturbation? This includes money spent and money lost. Money spent could be money for porn sites, sex workers, or even small things like spending money on someone (drinks, clothes, jewelry) in hopes you will have sex with them. Money lost could be lost wages, fuel, etc.

So start by tracking your daily spending or lost money

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
10.00	25.00	0	0	5.00	100.00	75.00	215.00

Weekly total	=	215.00		Per week
Weekly total times 4	=	860.00		Per month
Monthly total times 12	=	10,320		Per year

TIME

Now start to think about much time you spend on sex, porn or masturbation. This includes time leading up to the event, during the event and after.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
4	0	1	2	1	3	5	16 hours

Weekly total	=	16		Hours per week
Weekly total times 4	=	64		Hours per month
Monthly total times 12	=	768		Hours per year