



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

Online Course | Affordable | CSPMA.ORG



Time Management

Structure is important in recovery. It's important to keep yourself busy while maintaining balance. One way to do that is to make a daily schedule. When there are downtimes, purposely and with intention, add an activity. This doesn't have to be something of hard work like going to the gym as you want to be sure to schedule in relaxation time.

Directions: Fill out this daily schedule. Here are things you want to include:

Work, school, etc.

Family and friends time

Meal times - 3 x per day

Fitness - 1 x per day

Relaxation time

Time for cleaning and food shopping

Other obligations such as church, homework, hobbies, classes, etc.

Make sure every box is filled out. If it is blank, add something.

