

# WORKSHEET: Overcoming Porn Or Other Screen Addictions

*THE 5-DAY CHALLENGE TO FREEDOM*

## 2 Strategies To Win The Battle Against Porn Addiction

New Technologies And Insights To Crush Addiction To Porn And Regain  
Time, Energy, & Sexual Desire In Your REAL Life

# Level I: Moderate User Recovery Program

## *DAY 1: Setting Up Your Life For Success*

### 1. Build Your “Rat Park!” Fill in alternate activities with non-screen-time stuff BEFORE you start quitting...

I. Calendar & honor free time activities (Do not attempt to begin eliminating addiction before setting up at least a week’s worth of time slots that will be for fun).

\_\_\_\_\_ Check when completed.

II. List things you will do to replace the activity of porn usage. Activities that are social, involve service to others, sports, or exercise are best, but anything you enjoy that is off-screen will be great. Brainstorm a few ideas that get you enthusiastic:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

III. Consider beginning a meditation program. I recommend the [Waking Up App](#)

## *DAY 2: Clarifying The Addictive Voice*

### 2. Set Up A Cravings Journal

1. Buy a blank journal or set up a text file on your desktop. This step is not optional, and your success in this process, as well as the larger process of self-authorship depends on buying/creating and using the journal.

\_\_\_ Check when completed.

2. Fill in a few things here that you know tend to trigger your porn cravings:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

Continue this list in your journal and add more as you notice them.

3. Begin to journal about “The Addictive Voice,” and refer to it as, “It,” or give it any name that works for you. e.g., In your journal you will write things like, “It was trying to get me to procrastinate work today after I saw a trigger image on instagram. It felt really insistent and then seemed to almost have a tantrum when I decided to keep on working. It tried to rationalize that it would be okay because I haven’t really technically started this program yet since I haven’t gotten the porn blocker.”

4. Add a section for R.A.I.N. in your cravings journal and post regularly:

R - Recognize what craving feels like.

A - Allow it to be present without pushing it away, allow it to come up, do its dance and fade away.

I - Investigate what craving feel like in your body - get curious.

N - Notice the craving as it comes and as it goes - make observations.

## *DAY 3: Making Things Hard For Your Addictive Voice*

### 3. Get A Porn Blocker

Install the porn blocker on every device you own, and every device you have access to that you might be tempted to use. Set up a password that is impossible to remember, very long and cumbersome, and write it down and put it somewhere that takes time or effort to retrieve so that you have to expend some effort and frustration to use it.

### 4. Create an emergency plan for high-intensity situations, e.g., a friend you will call, an exercises or activity, etc. Briefly write your emergency plan below:

---

---

---

---

## *DAY 4: The Neuroplastic Workout To Build Your Resistance!*

### 5. **Exposure Response Therapy:**

Augment, speed, and intensify your recovery by intentionally exposing yourself to powerful triggers (e.g., The Victoria's Secret Catalog that just arrived in the mail), and use your journal and alternate activities to beat the voice of the craving.

6. If you are going to continue to masturbate (which I recommend), make sure you never fantasize about anything to do with porn or voyeuristic situations, and only do it during pre-determined windows to build trust with yourself. Never masturbate immediately following Exposure Response Therapy sessions.

# Level II: Full “Abstinence” Recovery Program

Step 7 is only for the Level II program. [Take The Self Assessment Test Here](#) if you’re not sure, and remember that you can always begin with Level I, and advance to Level II if necessary. For social media or other non-porn/gaming screen addictions it may be pragmatically necessary to stick with Level I

## *DAY 5: The Final Mission*

### 7. Ritually Destroy The Hidden Password

- I. You are going to destroy the password tomorrow. Set the time and place on your calendar tomorrow. Take the time today to make a plan for a ritual that would feel significant to you. Where will it happen? What intentions will you set for your new life without porn? Will you pray? Meditate? Will you burn the paper and scatter the ashes, bury them, or toss them into a river or ocean? Create something meaningful to you, and the impact of this ritual, your ultimate success will be dramatically enhanced. Fill in a few details of your plan:

---

---

---

---

- II. Tomorrow, after you enact your plan, come back, review, and check the box below.

\_\_\_ Check when completed.

## 8. MISSION ACCOMPLISHED!

Calendar at least 3 future times to practice Exposure Response Therapy in the first week, and then at least 3 more weekly sessions to reinforce the work.

If you feel like you need more, do more! This part is in many ways the most functional, and will dramatically build your ability to control your cravings, and teach your brain a new and powerful ability that you can use across many other areas of your life.

**CONGRATULATIONS!**

Take the time to celebrate.

You will gain many benefits from this process:

New available time you have each week to do more important things, increased confidence and self esteem, better relationships and intimacy, and more. And while those rewards are more than enough, allowing yourself to celebrate the victory is a worthwhile part of the process.

# Recommended Resources

- Get a Free Month to my “[Masculinity Mastery](#)” brotherhood and reinforce your path of personal development and self-understanding.
- Get “[How To Man](#)” for a repeatable method self transformation, resulting in self trust, and the confidence to achieve any goal in your life as a man.
- Don’t have a girlfriend to naturally expend your desire? Get [The Catch](#).
- [The Brain That Changes Itself](#), by Norman Doidge
- Find a men’s group in your area: [The Mankind Project](#)
- Start your own Men’s Group. It’s as easy as setting a weekly time and inviting 2 to 5 friends to come and share what’s important to them that week.
- Anthony Robbins, [Awaken The Giant Within](#)
- Ken Wilber, [No Boundary](#)
- Landmark Education, [The Forum](#)