Understanding My Pornography Concern

Explore your concern with a clinician. You do not need an addiction label to ask for help. Sexual desire, sexual orientation, and values conflict do not by themselves establish a disorder.

Adults | Individual therapy discussion.

Write briefly, without graphic details. Do not open pornography, test arousal, search disturbing material, or check your body for this page. Skip any item you prefer to discuss in person. Keep your answers private. Write by hand, or type and save a copy.

1. What brings me here?

The difficulty I want help with, including a recent example and its effect on daily life:

What did I observe, and what am I afraid it means? Keep these separate.

2. What have I tried?

My goal, what I tried, and what helped or got in the way:

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3. What needs discussion?

Concerns can overlap: difficulty controlling behavior; conflict with chosen values or agreements; repeated doubt, reassurance, or testing; relationship conflict, pressure, stigma, or loneliness. These are discussion topics, not diagnostic criteria.

What seems relevant? What remains unclear?

4. My priorities

What matters to me? Which expectations feel pressured or unclear?

Do I want faith included? If so, how? "Not at this time" is an option.

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5. One collaborative goal

One behavior or daily-life outcome I want to work toward, and why:

How and when will we review progress without constant self-monitoring?

6. Questions and support

What do we need to understand before choosing treatment? What support would help?

This page cannot diagnose or distinguish OCD from other difficulties. Concerns may overlap; do not repeat it to gain certainty. No sexual activity, exposure to sexual material, partner surveillance, or disclosure is required. Your clinician can assess consent, actual risk, other symptoms, and medical or substance-related factors as needed.