A clearer, kinder plan for change

Practical guidance, visual tools and exercises for adults.

A NOTE BEFORE YOU BEGIN

This book is educational, not a diagnosis or a substitute for therapy. Pornography use is not automatically a disorder. What matters is whether a pattern feels out of control, conflicts with your goals, or interferes with important parts of life.

You do not need shame to make a change. The aim is to make choices that better match your values and wellbeing.

WHEN TO SEEK SUPPORT

If the behaviour repeatedly feels out of control, causes persistent distress, or interferes with daily life, consider speaking with a qualified mental-health professional.

HOW TO USE THIS GUIDE

Read one chapter at a time. Try one small action. Use the worksheets to notice patterns, not to judge yourself. If you miss a day, continue with the next helpful step.

INSIDE THIS GUIDE

01 THE CHALLENGE
02 Understand the Habit Loop
03 Map Your Triggers
04 Urges: Ride the Wave
05 Build a Better Digital Environment
06 Make an Urge-Response Plan
07 Work with Boredom, Stress, and Loneliness
08 Rebuild Time, Sleep, and Focus
09 Relationships, Intimacy, and Self-Respect
10 Setbacks Without Shame
11 The 30-Day Action Plan
12 Daily Check-Ins and Worksheets
13 Keep Progress Going

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CHAPTER 01 / BREAK FREE FROM PORN

Your Journey to Freedom

A useful goal connects the behaviour you want to change with the life you want to build.



NOTICE

Understand the cue, situation or feeling that appears before the habit.

MAKE SPACE

Pause long enough to move from automatic reaction to deliberate choice.

CHOOSE

Take one realistic action that supports your values and wellbeing.

A useful reminder

Progress comes from small, repeatable choices—not from being perfect.

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CHAPTER 01 / PRACTICAL GUIDE

Your Journey to Freedom

A useful goal connects the behaviour you want to change with the life you want to build.



THE CHALLENGE

People begin for different reasons: more time, better sleep, more intentional screen use, or closer alignment with personal values. Your reason does not need to match anyone else's.

A PRACTICAL WAY FORWARD

Choose a reason that belongs to you. Decide whether your goal is to stop viewing pornography, reduce use, or change specific situations. Make the goal observable and review it without judging yourself.

PUT IT INTO PRACTICE

01 Write three reasons that matter to you personally.

02 Describe what you want more of—not only what you want less of.

03 Choose one observable intention for the next 30 days.

04 Decide how you will review progress in a fair, non-judgmental way.

05 Keep your goal somewhere private and easy to revisit.

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REAL-LIFE EXAMPLE

Instead of "I will never fail again," try: "For 30 days, I will keep my phone out of bed, notice my triggers, and use my pause plan when an urge appears."

YOUR WORKBOOK PROMPTS

My reason for change: _____
What I want more of: _____
My 30-day intention: _____

KEY IDEA

Choose one small action you can repeat. Review what helps, adjust what does not, and treat setbacks as information—not as a judgement of your worth.

CHAPTER 02 / BREAK FREE FROM PORN

Understand the Habit Loop

Repeated behaviour can become easier to start when familiar cues and short-term rewards become connected.



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CHAPTER 02 / PRACTICAL GUIDE

Understand the Habit Loop

Repeated behaviour can become easier to start when familiar cues and short-term rewards become connected.



THE CHALLENGE

A habit may follow a pattern: a cue appears, an urge develops, an action follows, and a short-term reward or relief reinforces the sequence. The reward may be distraction, stimulation, comfort, or escape from an uncomfortable feeling.

A PRACTICAL WAY FORWARD

Think of the habit loop as a practical map, not a fixed rule. Changing the environment, delaying the action, or choosing a different response can help interrupt the sequence.

PUT IT INTO PRACTICE

01 Write down the situation, time, place, and feeling that came before an unwanted episode.

02 Name the short-term reward you were seeking.

03 Identify one point in the loop where you could pause.

04 Choose a replacement action that is realistic in that setting.

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REAL-LIFE EXAMPLE

If late-night scrolling is a cue, charging your phone outside the bedroom may interrupt the sequence before an urge becomes intense.

YOUR WORKBOOK PROMPTS

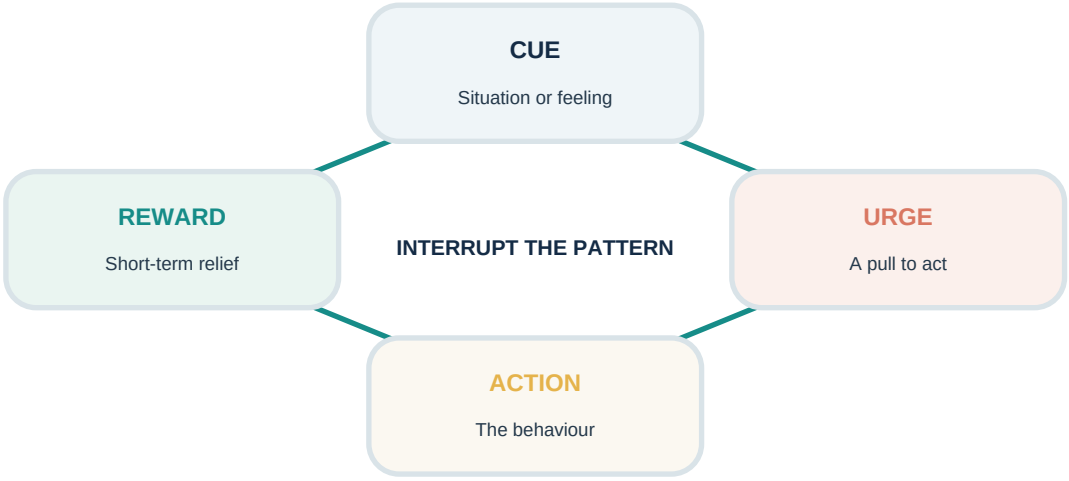
My common cue: _____
The feeling or urge: _____
The action I want to change: _____

KEY IDEA

Choose one small action you can repeat. Review what helps, adjust what does not, and treat setbacks as information—not as a judgement of your worth.

The habit loop

A cue can lead to an urge, an action and a short-term reward. You can practise changing the sequence at more than one point.



A USEFUL QUESTION

What happened just before the urge—and what need were you trying to meet? The answer can help you choose a more supportive response.

Four steps for an urge

01 PAUSE

Stop for a moment.

02 BREATHE

Slow your breathing.

03 SHIFT

Change place or task.

04 CHOOSE

Take one helpful action.

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Worksheet | Identify your triggers

Record situations, feelings and healthier responses. Keep notes private and focus on patterns.

SITUATION / TIME	FEELING OR CUE	HEALTHIER RESPONSE

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Worksheet | Weekly review

What worked well this week?

Which trigger was most difficult?

What did I learn about my routine?

What one adjustment will I make next week?

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