

EMOTION LABEL JOURNAL

Porn doesn't fix emotions. It buries them. Name what you're actually feeling right now and deal with it directly.

NAME IT

You can't deal with what you haven't named. Be specific — not just 'bad' or 'stressed'.

The emotion I'm feeling right now:

How strong is it (1-10):

Where I feel it in my body:

UNDERSTAND IT

Emotions have causes. Find yours — not the surface reason, the real one.

Why I'm feeling like this:

Has this feeling led me to porn before:

What I'm actually looking for when this feeling hits:

DEAL WITH IT

Awareness without action is just suffering. What's the move right now?

How I will deal with this instead of using porn:

The first step I'm taking right now:

Growth lives on the other side of action.