



PORN TRIGGER AUDIT

You can't beat what you can't see. This audit maps your patterns so you can interrupt them before they run the show.

THE SITUATION

Recreate the moment. Context is everything.

DATE:

TIME OF DAY:

Where I was:

What I was doing beforehand:

Who I was with (or alone):

THE TRIGGER

Get specific. Vague answers produce vague change.

What I was feeling (bored / stressed / lonely / other):

The thought that started it:

What need was I trying to meet:

THE PATTERN & THE PLAN

Awareness without action changes nothing. What's the plan?

I've noticed this trigger before when:

Next time I feel this way, I will:

Growth lives on the other side of action.