

Stop It Now! online self-help: adult pornography section

Exercise 1: Is adult pornography a problem for you?

How can you tell if your use of adult pornography is a problem? Ask yourself these questions.

- Has your use of pornography increased or got more extreme over time?
- Have you found pornography less arousing, and needed to look for more extreme pornography to get the same level of satisfaction?
- If you have tried to stop viewing pornography, have you found yourself becoming anxious, irritable, experiencing low mood, or had trouble sleeping?
- Do you find it difficult to control your use of pornography?
- Do you view for longer than you want or intend to?
- Has using pornography stopped you from engaging in your usual, day to day activities?
- Have you tried to cut down, or want to reduce your use of pornography?
- Do you spend a lot of time thinking about pornography, planning how and when you will access it, organising files, or concealing your use of pornography from others?

If you answered 'yes' to any of the above, your adult pornography use is likely to be, or starting to become, a problem.

Exercise 2: Is adult pornography affecting your real world?

These questions will help you work out whether your adult pornography use is affecting your real world.

- In what ways might/has adult pornography changed the way I view myself?
- How has it impacted on my relationships (both sexual and non-sexual)?
- How has it affected my work, sleep and my ability to look after myself?
- How might adult pornography have impacted your view of the world and other people?
- Has your use of adult pornography contributed to you being in trouble with the law?
- Is your use of adult pornography changing the way you deal with life problems?
- What affect does it have on other areas of my life that are important to me?

Exercise 3: Why do you view adult pornography?

Here are a few possible reasons.

- For sexual gratification
- Exposure to new things
- To explore sexuality
- To escape the real world
- As a sexual outlet or to reduce sexual tension
- To stop feeling bored
- To feel better

Exercise 4: Keep a trigger diary

Over the next week we encourage you to keep a diary, completing the diary each time you go online. You can have more than one diary entry each day.

Sometimes it can be difficult to know what triggered your feelings before you went online. It can help to think about what you were doing or whether something specific happened before you went online. You might need to spend some time reflecting on this.

Day	Time	How I was feeling before I went online	What did I do online? What type of content did I view?	How long did I spend online?	How did I feel when I was online?	How did I feel after I stopped being online?	Ideas for what I could have done instead
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Are there any patterns between how you were feeling before, during and after you were viewing adult pornography online?

Are there any patterns between your feelings and the length of time you spent online, or what you did online? What have you learnt from completing this exercise?

Why do you look at adult pornography?

