

This is the first exercise in [DRAFT 01-SEP-2025 Take Your First Step Guide \(FIXED\).pdf](#) . See pages 12 and 13 for instructions.

1. Name the sexual behavior or pattern you keep returning to (even if you’re not sure you want to change it).

Examples: porn use, masturbation, fantasy, prostitution, strip clubs, massage parlors, hookups, adultery, or another sexual behavior you keep returning to. Be specific. Write what you actually do; not just “lust” or “sexual stuff.”

2. These four questions will help you see both sides of your struggle—why you want to change and why you don’t:

<p>A. What BENEFIT do I gain from CHANGING? <i>(Not theoretical—what would actually be different this week?)</i></p>	<p>B. What is the COST of NOT changing? <i>(Be specific—what has it already cost you recently?)</i></p>
<p>C. What BENEFIT do I gain from NOT changing? <i>(Be honest—why do you keep going back?)</i></p>	<p>D. What is the COST of CHANGING? <i>(What are you afraid you will have to face, lose, or learn?)</i></p>

EXAMPLES (Your answers may be different):

I want to change how I keep falling back on porn and masturbation as my way of coping with life

<p>A. What benefit do I gain from changing?</p> <ul style="list-style-type: none"> • <i>I feel more at peace and less divided inside</i> • <i>I’m more honest and connected in my relationships</i> • <i>I have more time, energy, and focus for real life</i> • <i>I actually like who I’m becoming</i> 	<p>B. What is the cost of NOT changing?</p> <ul style="list-style-type: none"> • <i>I keep hiding and feeling like a fraud</i> • <i>My relationships stay distant or damaged</i> • <i>I waste time and lose focus at work or at home</i> • <i>I feel more shame, frustration, and disconnection</i>
<p>C. What benefit do I gain from NOT changing?</p> <ul style="list-style-type: none"> • <i>I get quick relief from stress, boredom, or loneliness</i> • <i>I don’t have to deal with difficult emotions or people</i> • <i>I feel in control, powerful, or wanted</i> • <i>I have an easy escape when life feels overwhelming</i> 	<p>D. What is the cost of CHANGING?</p> <ul style="list-style-type: none"> • <i>I’ll have to face emotions I’ve been avoiding</i> • <i>I may need to be honest with people I’ve been hiding from</i> • <i>I’ll have to learn new ways to handle stress and life</i> • <i>It will take time, effort, and help from others</i>

3. Turn This Into Action. Look over your answers. Don’t try to fix everything—just take one step.

“I want _____, so I will do _____ in this situation, and I’ll involve _____.”

<p style="text-align: center;">BENEFIT to REALIZE</p> <p>Choose ONE benefit (from change) to start building now. One benefit I want to experience more of is:</p> <p>What is one specific step I will take in the next 2–3 days to make this benefit real (What, When, Where)?</p>	<p style="text-align: center;">COST to PREPARE FOR</p> <p>One cost I need to prepare for is:</p> <p>To handle this, I will (Who can help me with this?):</p>
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4. I will share this with _____ by _____ (Date / Time)