

Pornography or other unwanted, problematic sexual behavior is rarely the *first* problem. Very often, it's a **solution**—a false one—to something deeper. Here is our focused question:

**Is PAIN functioning as a THREAT in my life right now?¹**

**What Pain is Not:**

- Weakness
- Failure
- Overreacting

**What Pain IS:**

- Emotional discomfort, I don't know how to sit with
- Disappointment, loss, rejection, grief, or loneliness
- Old pain or fresh pain—it doesn't matter

**How might pain show up for YOU?**

- Numbness or emotional shutdown
- A vague heaviness I can't explain
- Wanting comfort without vulnerability
- Avoiding silence or stillness
- Wanting something—anything—to change how I feel

**Self-Assessment: The Last 30 Days**

For each statement, checkmark the ones that best describe your **past 30 days**.

In the last 30 days...	None	A Little	A Lot
I've felt emotionally numb or shut down			
I've avoided certain feelings or conversations			
I've used distraction to escape discomfort			
I've minimized something that actually hurt.			
I've wanted comfort but didn't want to ask anyone for it.			
I've felt a buildup of stress that I didn't know how to release.			
Porn use followed sadness, loneliness, or disappointment			
I felt relief first—and worse later			

**Which one of these has been most true in the last 30 days, not just in your story overall?**

Sometimes pornography becomes our go-to response for pain such as:

- Feeling lonely at night
- Disappointment in a relationship
- Being turned down or overlooked
- Stress that feels heavier than we admit
- Emotional numbness after a long day
- Conflict we don't want to address
- Feeling unappreciated or unseen
- Career frustration or feeling behind
- Body insecurity or comparison
- Grief we haven't slowed down to process
- Spiritual discouragement
- Fatigue + discouragement
- A vague heaviness we can't name

**We are not excavating your trauma.**

**We are asking: What pain am I trying not to feel right now?**

¹ Session content is based on the Jay Stringer ebook [4-porn-triggers-final.pdf](#)

<b><u>THREAT</u></b>	<b><u>MISTAKEN BELIEFS</u></b>	<b><u>WEAK LINKS</u></b>
<p>Star or circle the one that most often precedes temptation for you.</p> <p><i>I don't know how to sit with emotional discomfort</i></p> <p><i>I experience sadness, loneliness, rejection, or disappointment</i></p> <p><i>I feel heaviness, but can't name it</i></p> <p><i>I fear that if I open it up, it will overwhelm me</i></p>	<p>When pain is active, men often believe things like:</p> <p><i>"I shouldn't feel this way."</i></p> <p><i>"This is too much."</i></p> <p><i>"If I start feeling this, I won't be able to stop."</i></p> <p><i>"No one would really understand this."</i></p> <p><i>"Porn is the only reliable comfort."</i></p> <p><i>"I just need to take the edge off."</i></p> <p><i>"This will never change."</i></p> <p><i>"I'm on my own with this."</i></p>	<p>Pain is often reinforced by patterns like:</p> <p><i>Stay isolated</i></p> <p><i>Avoid naming emotions</i></p> <p><i>Distract immediately (phone, scrolling, TV)</i></p> <p><i>Avoid hard conversations</i></p> <p><i>Stay up late alone</i></p> <p><i>Refuse to ask for help</i></p> <p><i>Pretend I'm fine</i></p> <p><i>Over-function for others but never share my own struggle</i></p>
<p><b>Primary Pain-related THREAT I need to name:</b></p>	<p><b>Which mistaken belief feels most active lately?</b> (Especially right before or after temptation.)</p>	<p><b>Which weak link most applies right now?</b></p>

**ACTIVE COMMITMENTS**

Don't fix everything. Choose **one or two** commitments that directly *counter purposelessness*. **Possible options (circle or write your own):**

- Finish this sentence once per day: "Right now I feel \_\_\_\_\_." *(and what action DIFFERENT from my usual approach will I take? For example: something other than prayer or Bible reading, etc.)*
- When the urge to escape hits, wait 2 minutes before acting.
- Take 5 slow breaths when discomfort rises.
- Write one sentence: "This hurts because \_\_\_\_\_."
- Reach out to one safe person this week.
- Take one small step toward a conversation I've been avoiding.
- Go to bed 30 minutes earlier to reduce late-night isolation.

**My 1–2 ACTIVE COMMITMENTS for the next 30 days:**

These will become my ACTIVE COMMITMENTS in my 30-Day Plan—not ideas, but actions I will schedule.

**Finish this sentence honestly:**

**"When I feel pain, instead of escaping it through porn, I will \_\_\_\_\_."**

This is not about willpower. It's about **redirecting energy toward purpose instead of escape**.