

Trigger Awareness Worksheet

Use this worksheet to identify your common porn addiction triggers and plan healthy responses in advance.

Your Top 5 Triggers

No.	What triggers you to watch porn?
1	
2	
3	
4	
5	

Your 5 Counter Triggers (Healthy Responses)

No.	What will you do instead? (Healthy habit or action)
1	
2	
3	
4	
5	

Tips for Use

- Fill this out when you're feeling calm and clear-headed.
- Review it daily or whenever you feel tempted.
- Adjust as needed - this is your personal recovery tool.