

PORNOGRAPHY USE RECORDING LOG INSTRUCTIONS:

Though it can seem innocent and harmless, pornography can be very addictive and has the power to consume your life. People who find themselves addicted to pornography often describe it as a constant obsession that they feel compelled to act on, and often it feels like they have no control over their habits. Regaining control is possible. Raising awareness of the habit and increasing honest self-reflection, is a good first step to combatting problems with pornography. The “Pornography Use recording Log” helps to identify important aspects of the daily experience with pornography, in hopes of better understanding the problem. This information is then used to create appropriate strategies for treatment. **While the log can be used independently, it is strongly recommended that it be used with the support of a Registered Psychologist, who can help guide you through the process and construct a holistic treatment program.**

The log is used to record information about each occurrence of the behaviour or obsession. Time of onset relates to the time when a pornographic thought or urge enters the mind. Record the time of each and every pornography related thought or action you have during the day. Because it is often difficult to track the ending of thoughts, the “time ended” should be recorded following any action. For example, if you first think of pornography at 12:15pm and then you search your computer for porn until 1:15pm, you would record 1:15pm as the end time. It’s also important to be aware of where you are and what you are doing when these thoughts, urges, and actions occur. Are you driving? At work? Watching TV?

The strength of urges is also important to note. On a scale of 1-10, how strong is your desire to seek out and look at pornography? A score of “1” indicates a passing urge that is easy to ignore. A “10” represents a strong urge that is almost impossible to deny. The degree of awareness is rated in a similar way. On a scale of 1-10, how casual is this thought or urge. A “1” suggests a weak awareness. This might mean that while you were working you have a casual thought that barely registers and you find yourself searching for pornography without really noticing. A “10” would mean that you are very aware of the thought, urge, or action.

One of the most essential pieces of awareness involves paying attention to the thoughts, feelings, and bodily sensations that accompany the urges. Ask yourself, “What is in my mind right now?” “What am I feeling?” and “what is happening in my body?” For example, you might observe that you feel anxious or uncomfortable when you have these urges, or you might be thinking about what it would mean to be caught. You might notice an elevated heart rate or contrarily, you might observe that you feel calm and comfortable. Just record whatever you are experiencing at the time, there is no right or wrong.

Next, rate your level to resist. On a scale from 1-10, how much are you trying to ignore, avoid, or overcome the thoughts and urges? And what strategies are you employing? Record what you are doing to move past these thoughts and urges and rate the effectiveness of these methods. Finally, in the “comments and observations” box record any other information that seems relevant or important.