

TRACK KEY NEGATIVE AND POSITIVE HABITS

Negative Habits Do you...	Daily	Weekly	Monthly	Never
Keep your phone in your bedroom overnight?				
Take your phone to the bathroom?				
Choose to stay indoors on your phone or device when you're lonely or bored?				
Doom-scroll on your device when you're angry or stressed?				
Use social media regularly?				
Use a "secret" social media account hidden from your spouse or partner?				
DM or "sext" other women or men?				
Follow "hot" influencer models' thirst-trap accounts on social media?				

Check hot influencers bio links for their OF accounts?				
Have a secret stash of porn?				
POSITIVE HABITS Do you..	Daily	Weekly	Monthly	Never
Reach out to a friend when you feel tempted to watch porn?				
Have an online accountability app on all of your online devices?				
Have an accountability partner you check in with?				
Try to talk to someone when you're stressed or lonely?				
Exercise regularly?				
Pray when you're upset or need help?				
Meditate on positive affirmations?				
Participate in an online porn?				

recovery community?				
Practice being grateful?				
Express love and concern for your family and friends?				