Worksheet 1: The Honest Ledger

Use on: Day 2, and any time "but it helps me…" comes back **Time:** 15 min **Mechanic:** write **You'll need:** a pen, and the notes you took today

Why this exists: Someone dying of thirst at sea swears the seawater helps. Every gulp does feel like help. The only way to see the truth is to check what happened a little later. That's what this page does with porn: an audit of every job you've given it, checked twenty minutes after.

Part 1: The jobs I gave it

Tick every job porn has had in your life:

☐ Calming me down when stressed ☐ Killing boredom ☐ Getting me to sleep ☐ A reward after a hard day ☐ Company when I'm lonely ☐ "Just release" ☐ Somewhere to hide from something I didn't want to face ☐ Other: _____

Part 2: The audit

One row for every tick. Use today's notes. Be honest about the twenty minutes *after*, not the two minutes during.

The job	The minute before, I felt…	Twenty minutes after, I felt…	Was the problem solved?	Was the problem left over from last time?
			Y / N	Y / N / Partly
			Y / N	Y / N / Partly
			Y / N	Y / N / Partly
			Y / N	Y / N / Partly

Part 3: Look at your ticks

Did you give porn jobs that point in opposite directions? Calming down *and* waking up, filling empty time *and* escaping too much to do?

What I notice: _____

Part 4: What it actually gave me

List every real, lasting thing porn has added to your life. The kind of thing you'd still have tomorrow morning. Relief from the hum doesn't count.

What porn gave me that I still have

If the box is empty, leave it empty. Sit and look at it for one full minute before you go on.

The Line I'm Keeping
