Worksheet 3: The Hook Map

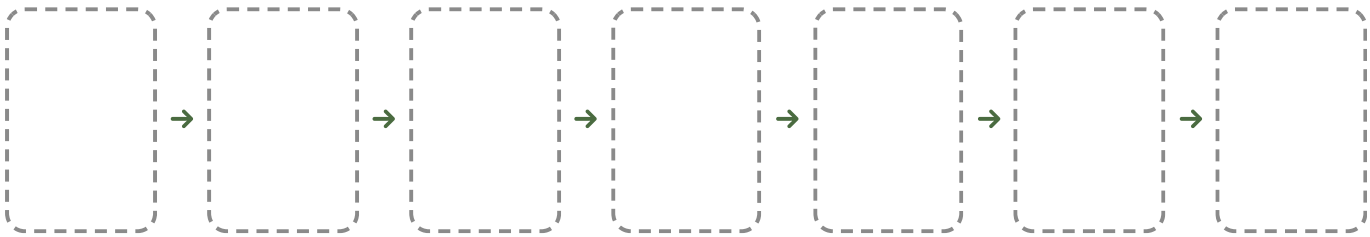
Use on: Day 5 **Time:** 20 min **Mechanic:** draw **You'll need:** a pen, one colored pen

Why this exists: Nobody plans the brown line worn across a lawn. It gets there one shortcut at a time, until feet take it without asking. Your path to porn is the same. Once you've drawn it from above, you'll recognize it while you're standing on it.

Part 1: Draw the path

In the boxes, draw your usual path from the very first moment to the empty after. Use a word or a quick sketch for each step.

Example: bed → phone → "just checking" → feed → a thumbnail → "just one" → session → empty.



With the colored pen, **circle the first box.** That's where stepping off costs nothing.

Part 2: Label the path

- **When does it usually start?** _____
- **Where am I?** _____
- **What am I feeling right before?** _____
- **What am I putting off or avoiding?** _____
- **What does the Voice say, word for word?** "_____"

Part 3: The next three weeks

Here are the next 21 days. With the colored pen, mark any day that might pull harder than usual: a trip, a weekend alone, a deadline, a hard anniversary, a big night out. Write one word in the box to say why.

Week 1							
Week 2							
Week 3							

Don't cancel anything, and don't move the Closing. You're not hiding from these days. You're just seeing them coming.

The Line I'm Keeping
