Worksheet 7: The Weight Ranking

Use on: Day 14 **Time:** 20 min **Mechanic:** rank **You'll need:** a pen, a full glass of water

Why this exists: You cut the line on Day 7, but gripping the cut end keeps porn in your hands. Every "I MUST," every "I'd hate myself if," every "this is everything" is a tighter grip. Find the heaviest of those sentences and open your hands.

Part 1: The glass test

Hold a full glass of water straight out in front of you, arm level.

- After 10 seconds it's easy.
- After two minutes your arm is shaking.

The glass didn't get any heavier in those two minutes. You just held it longer. Put it down on the table.

The weight isn't in the thing. It's in the holding.

Part 2: Rank them

Number these from **1 (heaviest for me)** to **12 (lightest)**. Fill in the blank rows with your own.

Rank	What I've been holding
_____	"If I slip, I'm disgusting."
_____	"I have to get this perfect."
_____	"My whole life depends on quitting."
_____	"What would people think if they knew?"
_____	"I think about not thinking about it all day."
_____	"I've wasted years I'll never get back."
_____	"I'm just the type who gets hooked."
_____	"I'm not allowed to feel any urge at all."
_____	Old guilt about: _____
_____	A promise I keep breaking: _____
_____	_____
_____	_____

Part 3: Let go of the top three

For the three you ranked heaviest, write a light version: still true, but without the weight.

Heavy (ranked 1–3)	Light

Example: "If I slip, I'm disgusting" → "If I slip, it's one moment. I'll see what happened and carry on."

Read each light sentence out loud. After each one, pick the glass up and put it down again.

The Line I'm Keeping