

## **Worksheet 5: Porn use Self-monitoring**

---

Choose a quit date.

**My quit date is:** \_\_\_\_\_

Self-monitor record. (Make copies of this page and continue as necessary or use another notebook or your phone; when you get to 30 or 60 zeros in a row, you can stop).

<b>Date</b>	<b># of times</b>	<b>Circumstances: time, location, device, how you felt, etc.</b>
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		
/ /		