

Worksheet 6: Setting up fences—Sweep and Clear! Detect hidden triggers!

Get rid of it! All of it. Check these:

- Computer hard drive
- Portable storage media (micro USB memory cards, etc.)
- Browser histories, links, etc.
- Every Device!
 - Desktop computer
 - Laptop(s)
 - Tablet(s)
 - Phone

Software Blockade:

- Every Device!
 - Desktop computer
 - Laptop(s)
 - Tablet(s)
 - Phone (have someone enter a password and set the parental controls to block adult sites)

What are your hidden triggers? A trigger is anything that you find reduces your resolve not to go find pornography. Anything. Hanging out on websites with sexy click bait. Watching women’s beach volleyball on TV. Watching TV shows that aren’t porn but get you interested in finding porn. Anything. *How will you avoid these triggers for a while?*

Trigger	Avoidance Plan