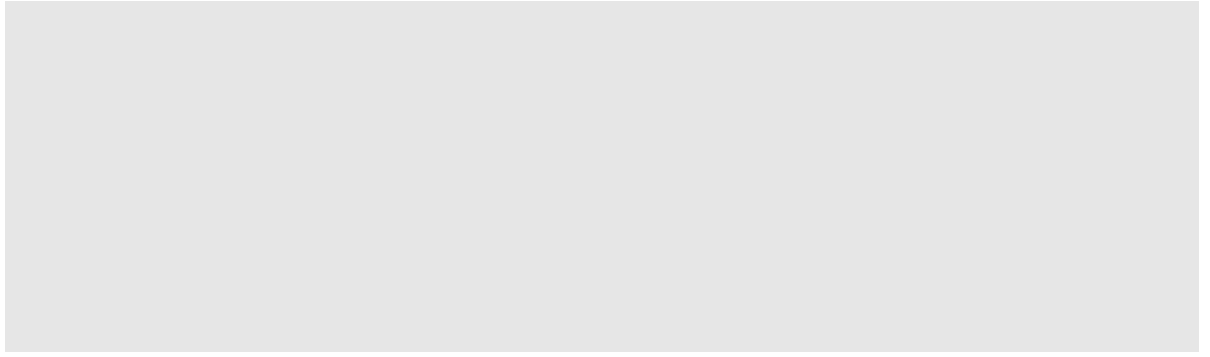


How often do you watch porn?



Do you notice an increase or decrease in your porn consumption based on what's happening in your life? If yes, how?



During what time in your life (including now) did you watch porn the most? What was happening (or is happening) in your life at the time?



What age did you begin watching porn? What were your first thoughts about it? What did you believe about it at the time?



What did your friends teach you about porn?



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What did your parents teach you about porn?

What did school teach you about porn?

What did the media teach you about porn?

What did religion teach you about porn?

What did society teach you about porn?

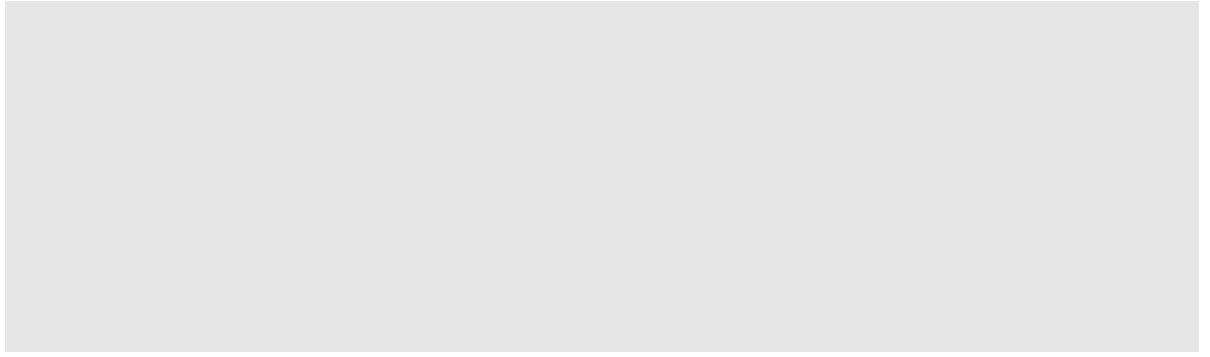
What did your culture teach you about porn?

What did women teach you about porn?

As an adult man, what do you believe about porn today?

When self pleasuring to porn, how do you feel emotionally after you orgasm?
How does your body feel?

After self pleasuring to porn, what disruptive thoughts do you have?



After self pleasuring to porn, what are some positive thoughts you have?



On a scale of 1-10, how much does watching porn support to you thrive?

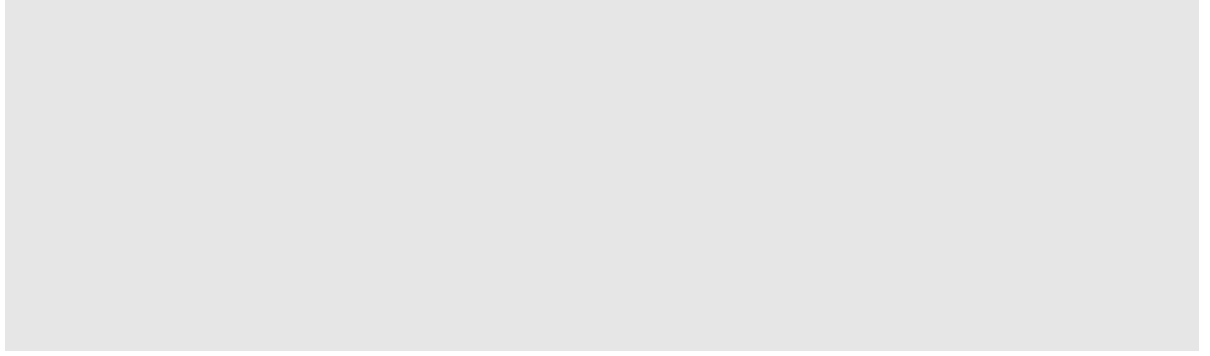


On a scale of 1-10, how much does watching porn bring you true pleasure?



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On a scale of 1-10, how much does watching porn make you feel good about yourself?



On a scale of 1-10, how much does watching porn support your confidence?



On a scale of 1-10, how much does watching porn make you feel powerful or in control?



On a scale of 1-10, how much energy does watching porn give you?

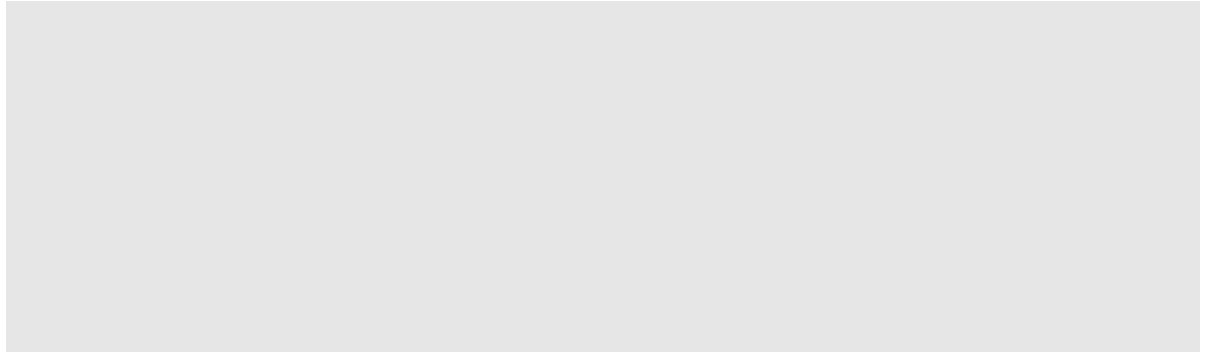


Knowing what you now know about the stress cycle, in what ways does porn serve you?




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In what ways does porn take away from your fulfillment, power, confidence, control or quality of life?



How does porn affect your relationship with yourself?



How does porn affect your relationship with women?



If you could feel anything about yourself, your sexuality and your ability to relate to women, what would it be?



Is watching porn in alignment with helping you to create this?



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