



How to Quit Porn Without Relapsing

Crash Course Worksheet

Step 1: Create a Strong Why.

Write down at least 10 reasons why you want to quit porn for good.

Think about the following:

- Why do you want to quit?
- What are your reasons to quit?
- What are the things that are currently plaguing you that you no longer want to put up with?
- What are the things you dislike about this habit?
- What are the benefits you want? The benefits of quitting.

My reasons for quitting are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

