



Daily Inventory of Sexual Triggers and Temptations

Let Your Sexual Triggers and Temptations Be Your Teachers

Today's date: _____

- 1) Did you “act out” or feed lust today?
 - a) If yes, fill out this page. If no, CONGRATULATIONS! THAT’S AWESOME! Go to page 3

- 2) What were the **circumstances**? What led up to your feeding lust or acting out today?

- 3) **When?** What time(s) of day was it? (Does that tell you anything?)

- 4) What was your mood or **emotional state**?
 - a) Examples: angry, irritated, sad, depressed, lonely, bored, resentful, jealous, envious, ashamed

- 5) What was going on with your **thoughts**?
 - a) Examples: Self-criticism, over-thinking, overwhelmed, “shoulds,” hopeless thinking, globalizing, blaming, assuming bad intentions, thinking you’re responsible for other people’s feelings, etc.

- 6) What do you think **caused** you to want to turn to lust or “acting out” at this particular time?
 - a. Unhealed **wounds** and pain from the past were triggered?
 - Examples: Father wound, mother wound, feeling weak or a victim, feeling devalued
 - b. Uncomfortable or painful **emotions** you wanted to avoid? (Which ones?)
 - c. Old **habits**, memories, patterns, or associations?
 - You just acted out of habit, or you reacted to a reminder or an association with a past acting-out event, person, place or routine.
 - d. An unexpected **visual** (or audio or similar) trigger?
 - Examples Someone or something you saw, in-person or a picture.
 - But be honest: Was it really unexpected, or were you seeking it out?
 - e. Your body’s natural **physiological** cycles (which could include dreams or seemingly unprompted urges)?

HEART POWER

Continue journaling about your responses to question 6

- 7) **What did you do in response** to the trigger or temptation?
- a. Did you immediately **give in** to the temptation without thinking or without resistance?
 - b. Did you **stop and think** and make a decision about whether to 1) give into the temptation or 2) to do something else instead?
 - c. Did you reach a **“point of no return,”** when you felt like you had lost the ability to stop (you became seemingly powerless to stop)?
 - i) If yes, precisely when was that point?
 - d. If you did **something else instead**, what did you do?
 - e. Did you act on any pre-planned **replacement behaviors** (reactive interventions/actions to take instead)?
 - i) Which one(s)? How did they affect you?
- 8) What are you **feeling now**?
- a) How do you think what you’re feeling might be different if you had made different choices?



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Today's date: _____

1. Did you "act out" or feed lust today?

a) If yes, fill out the prior pages (1 and 2). If no, CONGRATULATIONS! THAT'S AWESOME! Fill out this page.

2. **What did you do** that might have contributed to your NOT "acting out" or feeding lust today?

3. Did you practice your pre-planned, daily **proactive sobriety practices** today? Yesterday? This week?

a) Which one(s)? How did they affect you?

4. What was your mood or **emotional state** in general today?

a) Might that have something to do with your NOT lusting or NOT acting out today?

5. What was going on with your **thoughts** today?

a) Might that have something to do with your NOT lusting or NOT acting out?

6. Did you act on any of your **planned replacement behaviors**?

a) Which one(s)? Did they help? How?

7. What are you **feeling now**?

a) How do you think what you're feeling might be different if you had made different choices?