

Sexual Integrity for Men – Triggers worksheet

Use this worksheet to list the sort of things that trigger movement into sexual sin. What sorts of behaviors are dangerous for you, even if for someone else they might not lead to problems? In the second column, point out what happens in most cases when this trigger comes up. Then in the third column, list what kinds of actions you can take when you start down this path to avoid going further. I have provided an example in the first row, but add rows to it for the things that apply to you.

<i>Trigger</i>	<i>Typical response</i>	<i>New responses</i>
I'm alone at home and I know that my wife won't be back for a while.	I get on the computer to do some "innocent surfing", like Facebook, Youtube, etc. This often leads to looking at suggestive images or videos	Stay off the computer when I'm alone, leave the house and go somewhere else, call up a friend and invite him over.