

CONTROLLING TRIGGERS & TEMPTATIONS WORKSHEET

Triggers that may lead to same gender desires and actions: *pornography, masturbation, negative thoughts about self, negative moods, emotionally painful experiences, memories of past inappropriate sexual experiences, visual images, inappropriate conversations, and intrusive sexual thoughts.*

| Triggers/Temptations List your common triggers/temptations leading to same gender desires and actions. Example: Seeing a TV show depicting same sex behavior as okay. | Solutions List solutions to deal with the trigger /temptations. Example: Change the channel. Turn off the TV. Say a silent prayer. Focus on positive thoughts. |
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