

CONSEQUENCE WORKSHEET

Reviewing the negative consequences associated with sexual desires and actions oriented toward others of the same gender can help prevent further behavior. In addition, having reminders of the benefits related to appropriate behavior toward the opposite gender improves motivation.

List negative consequences from your sexual desires and actions oriented toward others of the same gender.
Example: When I have sexual thoughts about someone of the same gender the desire becomes stronger.

1.
2.
3.
4.
5.
6.

List positive consequences from maintaining self control over sexual desires and actions oriented toward others of the same gender. Example: When I don't view pornography I spend more time with my family.

1.
2.
3.
4.
5.
6.