

## CONTROLLING TRIGGERS & TEMPTATION

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

<b>TRIGGERS/TEMPTATION</b> List your common triggers/temptations leading to same gender desires and actions.  Example: Seeing a TV show depicting same sex behavior as okay.	<b>SOLUTIONS</b> List solution to deal with the trigger/temptation.  Example: Seeing a TV show depicting same sex behavior as okay.
1	1
2	2
3	3
4	4
5	5