



Arousal Control Exercise

- 1) Describe experiences where you noticed you were dwelling on a thought and your body reacted, for example: focusing on angry thoughts towards someone and your fists were clenched or you said something mean.(give more than one example)

- 2) a) Describe a situation where you had a thought/image you have been trying to have better control over but went ahead and allowed yourself to dwell on it or act on it.

b) What was the belief that supported your choice to dwell on or act on the thought or image? (Example: Just once won't hurt, I've been good and deserve a reward, etc.)

- 3) Define an addiction in your own words:
 - a) Describe your addiction(s) in detail.
 - b) Specifically, how have your addictions affected your life?
 - c) How have your addictions affected the lives of your family?
 - d) What are you presently doing to overcome your addictions- be specifically
 - e) What help could you use in your quest to overcome your addictions?

- 4) What is your understanding of how addictions affect your brain?

- 5) What is your understanding of neuroplasticity ?

- 6) In “Quitting the Porn Rollercoaster”, list the barriers you identified and the goals you will use to counteract them.

- 7) How is denial playing out in your life and what are your plans to overcome it ?