

## Adult Pornography

### Exercise: Trigger Diary

Over the next week, we encourage you to keep a diary, completing the diary each time you go online.

Day	Time	How was I feeling before I went online?	What was happening before I went online?	What did I do online? What type of content did I view?	How long did I spend online?	How did I feel when I was online?	How did I feel after I stopped being online?	Ideas for what I could have done instead.
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								