

Pornography Addiction Calendar

by Shelley Hitz, author of "[A Christian Woman's Guide to Breaking Free From Pornography](#)"

Below is a picture of the actual calendar I used in June of 2000 when I was still actively struggling with pornography. This calendar helped me to identify some of the core triggers when I gave in. It also gave me reinforcement during my days of victory. As you can see, my main trigger this month was loneliness.

Key:

V = Victory

NV = No Victory

June 2000						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 ✓
4 ✓	5 ✓	6 ✓	7 ✓	8 ✓	9 ✓	10 ✓
11 NV Triggers - • Loneliness • overwhelmed • trip plans • frustrated • need	12 ✓	13 NV → lonely	14 NV → lonely	15 NV → lonely	16 NV → lonely	17 NV → lonely
18 ✓	19 ✓	20 ✓	21 ✓	22 ✓	23 ✓	24 ✓
25 ✓	26	27	28	29	30	

Application: You can easily create your own calendar to do the same during your recovery. Simply print off a calendar and then keep track of the days you had victory and when you didn't. On the days you didn't, mark what seemed to be your biggest triggers that day. Print off a blank calendar using [Microsoft Word](#) or at sites like [www.calendarlabs.com](#).