Planning for high-risk situations

Some situations make it harder to respond in the way you want to. Planning ahead can help you recognise risk earlier, reduce avoidable pressure and decide what you will do if an urge appears. This is not about being perfect; it is about giving yourself more options.

Choose one situation
Think of a situation where you are more likely to use pornography in a way you later regret. For example, being alone late at night, feeling stressed after work, scrolling online, travelling, or having access to a device when you're tired.

1. Recognise your risk situations

Which situations, times or places tend to make things harder for me?

What is usually happening just before the urge? (e.g. stress, boredom, conflict, tiredness or being alone)

2. Notice your early warning signs

An early warning sign might be a feeling, thought, action or change in routine.

My early warning signs include…

3. Make the situation safer or easier

Consider small, realistic changes that reduce friction or create a pause. Choose what fits your circumstances.

- ■ Keep my phone or laptop out of the bedroom.
- ■ Set a planned stopping time for online activity.
- ■ Use a blocker or adjust settings on devices I control.
- ■ Avoid scrolling when tired, upset or feeling isolated.
- ■ Plan a different activity for a predictable high-risk time.
- ■ Tell a trusted person I could use some support.
- ■ Other: _____

My response plan

You may not be able to avoid every trigger. A response plan helps you decide in advance what you want to do when a difficult situation arises.

4. If–then planning

Complete the sentences with a specific action you could realistically take.

If I notice _____, then I will _____.

If the urge gets stronger, I will…

5. My plan for one high-risk situation

Situation	My plan
Where / when is the risk most likely?	
What will I do beforehand to prepare?	
What will I do if an urge appears?	
What could help me stay on track?	

6. Review and adjust

What part of this plan feels achievable? What might need to change to make it realistic?

Remember
A plan is a support, not a test you pass or fail. If things don't go as expected, use the experience to learn what made the situation difficult and adjust your plan. If you slip, you can still return to your goals without punishing yourself.