

Free Mini Urge Map

5–7 Day Trigger Awareness Worksheet

Steady Ground · Women · 18+ · Printable

A short, private map of *when*, *where*, and *why* urges show up—so you can see patterns without fixing everything at once. Education / self-reflection only. Not therapy. Not a cure.

Before you start

- Adults 18+ only.
- Complete alone if that feels safest.
- Skip any prompt that feels too much.
- No streak guilt. Miss a day → pick up today.
- If you are in crisis, use local emergency services and [IASP resources](#).

Supplies: pen, private space, ~5–10 minutes at the end of each day (or next morning).

Quick baseline (Day 0 — 3 minutes)

In one sentence, what feels hardest right now about your porn use?

What do you *hope* awareness will give you? (curiosity, less shame, one clear trigger, etc.)

Optional check-in (circle): Energy L / M / H · Sleep poor / ok / good · Stress L / M / H

How to fill each day

Each evening (or next morning), jot:

1. **Urge moments** — times you felt pulled toward use (even if you didn't act)
2. **Context** — place, device, alone/not, time of day
3. **Feeling / body** — emotion + body cue (tight chest, restless, numb...)
4. **Need underneath** (best guess) — rest, comfort, escape, arousal, boredom, connection...
5. **What you did** — used / delayed / distracted / reached out / other
6. **Kindness note** — one non-shame sentence to yourself

You are collecting data, not grading your soul.

Day 1 — Notice without fixing

Date: _____

Time	Context (where / device / alone?)	Feeling + body cue	Need (guess)	What I did	Kindness note

One pattern whisper (optional): _____

Day 2 — Time of day

Date: _____

Same table:

Time	Context	Feeling + body	Need	What I did	Kindness note

When do urges cluster most? Morning / Afternoon / Evening / Late night / Mixed **Notes:**

Day 3 — Place & device

Date: _____

Time	Context	Feeling + body	Need	What I did	Kindness note

Highest-risk location this week so far: _____ Highest-risk device: Phone / Laptop / Tablet / Other: _____

No need to ban everything yet. Just name it.

Day 4 — Emotional weather

Date: _____

Time	Context	Feeling + body	Need	What I did	Kindness note

Top 3 feelings that showed up near urges: 1. _____ 2. _____ 3. _____

Trauma-optional note: If a feeling feels “old” or bigger than the moment, you can simply mark ★ and leave it. You do not have to dig. Support from a clinician is wise if ★ moments overwhelm you.

Day 5 — Needs underneath

Date: _____

Time	Context	Feeling + body	Need	What I did	Kindness note

Needs checklist (tick any that fit this week): ☐ Rest / sleep ☐ Comfort ☐ Escape / numbness ☐ Arousal / novelty ☐ Boredom relief ☐ Loneliness / connection ☐ Achievement / “I deserve this” ☐ Anxiety relief ☐ Other: _____

One need you could meet *another* way this week (tiny): _____

Day 6 — What helped (even a little)

Date: _____

Time	Context	Feeling + body	Need	What I did	Kindness note

Micro-helps that worked even 10%:

If an urge spiked hard: Did you try urge-surfing / delay / leave the room / text someone / other? What happened? _____

(If you want a ready script for spikes, the Steady Ground Panic Button card covers the next 10–20 minutes.)

Day 7 — Gentle synthesis (optional extra day)

Date: _____

My top 3 trigger patterns: 1.

_____ 2.
_____ 3.

My top 2 needs underneath: 1. _____ 2. _____

One boundary or environment tweak I might try (tiny, reversible):

One sentence of respect for myself for completing this map:

Do I want more structure? ☐ Yes — I'm curious about the full 14-day map + toolkit ☐ Not yet — this free map is enough for now ☐ I'm considering professional support (therapist / peer group)

Remember

Awareness is not failure. Seeing the pattern is the first quiet form of power.

If this stirred hard feelings, pause. Ground. Reach for human help if you need it.

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