## Reaction Sequence Diagram

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| **1. Stimulus***Trigger that results in porn viewing behaviours. e.g. Semi-naked attractive person on Instagram feed* |
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| **2. Assigns Meaning** Brain associates meaning to given stimulus based upon similar experiences in the past. E.g. Semi-naked person on Instagram = pleasure  |
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| **3. Emotional Reaction** Body produces emotional reaction based upon assigned meaning e.g. Semi-naked person on Instagram = pleasure —> *Arousal, excitement, anxiety* |
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| **4. Thought**A thought is generated as a result of the emotional reaction. *E.g. Arousal —> “I wonder if I can find a porn-model on porn-hub. Who looks like that semi-naked person on Instagram”*  |
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| **5. Body releases Chemicals** Dopamine, Adrenaline, Testosterone E.g. “Maybe I can find a porn-model —> *Spike in Dopamine levels*  |
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| **6. Physical response** Body responses to chemicals by increasing heart rate, increasing blood flow to the genitals, etc.e.g. Spike in Dopamine —> *increase blood flow to genitals in expectation of masturbation*  |
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| **7. Rational mind kicks in** Questioning our decisions to identify if the behaviour is good or bad for us, acting like a fail-safe.E.g. Expecting Masturbation —> *Your trying to quit, are you sure this is a good idea?*Typically, its too late by this point as the body is now primed for masturbation due to the chemical release. |
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| **8. Response** Viewing porn and/or masturbating. |

### Exercise 1: Breaking down your most common triggers using reaction sequences

1. Select one trigger from the 9 categories list or choose a trigger that is specific for your situation
2. Start breaking-down the trigger by mapping it out using the Reaction Sequence template provided below:

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| **1. Stimulus***What trigger are you breaking-down?* |
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| **2. Assigns Meaning** What meaning does your brain assign to the stimulus/trigger? |
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| **3. Emotional Reaction** What are 1-5 emotions you experience as a result of the assigned meaning? |
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| **4. Thought**What thoughts are generated as. Result of your emotional reaction? |

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| **5. Body releases Chemicals** What chemicals are released into the body? (Dopamine, etc) |
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| **6. Physical response** What are 1-5 physical signs that your body is awash with chemicals? |
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| **7. Rational mind kicks in** What are 1-5 thoughts you’ll typically have in an attempt to stop? |
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| **8. Response** Viewing porn and/or masturbating. |

### Exercise 2: Trigger Game Plan

1. Write out your observations for the initial four stages of the reaction sequence based upon exercise 1
2. Next, on the following page, write down 1-5 actions that you could take in order to reduce the risk that the trigger will result in a relapse.
3. Print out a copy of this trigger game plan or store it on your mobile devise as a reminder of alternative options.

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| **4. Thought**What thoughts are generated as. Result of your emotional reaction? |
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| **Trigger Game Plan:**What are 1-5 healthy actions that you can take in the event you have been triggered? |