

Reasons for Change: Example

Directions: This worksheet will help you to clarify your reasons for change. Write your answers to the questions in each of the boxes below. Take your time to think about your life with your current behavior and think about how it will look once you've reached freedom.

Step 1: What is it that bothers me most about my current behavior?

Tip: Think about how it makes you feel, how it interferes with your personal goals, day-to-day life, and any fears that you may have. Answer with as much detail as possible.

1. *It makes me feel guilty, and it's constantly on my mind - it's always haunting me. It makes me feel distant from Hashem.*
2. *If I can't stop now, I'm very nervous about dating and marriage. Will I need to tell her? If I do, will anyone want to marry me? If she finds out later, will she leave me? I really can't take the risk!*
3. *I find it hard to concentrate on learning, praying, interacting with friends. I feel spaced out as the images I've seen keep replaying in my mind. It's also starting to affect my quality of work; I'm showing up late and not being as productive as I used to.*

Step 2: If I were to continue with the way things are now, what do I think are the worst things that might happen to me?

Tip: Think about how you would feel about yourself and how it would impact your day-to-day life.

1. *After I get married, my wife might leave me with my kids. My kids will grow up in a broken family which will break my heart. My kids will know about my struggle and be afraid of me.*
2. *My behaviors may become more extreme, and eventually I will get caught and lose all respect from people that look up to me.*
3. *I'll have wasted the most precious years of my life on this nonsense instead of living up to my potential.*

Step 3: If I do change successfully, what might be the best things that will happen to me?

Tip: Think about who you would be without this behavior and how your day-to-day life would be improved.

1. *I'd feel like my mind is clear again and feel like a huge burden has been lifted. I'd feel confident about my ability to change the other areas of life that need improvement and be very hopeful about the future.*
2. *I'll have a dream relationship with my wife and kids.*
3. *I'll dedicate my energy to learning, health, developing friendships and helping others. As a result, all areas of my life will flourish.*

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