



My Emergency Plan

It is extremely helpful that you create a personal emergency plan for yourself. Figuring out the desired response only at that moment is almost impossible. Use a rational and conscious moment to think about what emotions, needs, or situations are tempting you into sexual impurity. The plan must be made beforehand and it is best if it is remembered.

Rising emotion <i>(e.g. being disappointed or rejected)</i>	My desired response

Rising needs <i>(e.g. through lack of sleep)</i>	My desired response

Situations that occur <i>(e.g. attractive person in everyday life or in a movie,...)</i>	My desired response