

Masturbation Plan

This exercise is designed to assist you in developing a Masturbation Plan. It is important that you have a Masturbation Plan. Having a plan for appropriate masturbation can help you in managing masturbation to deviant fantasies. You should review your Masturbation Plan at least every three months, or more often if necessary. This plan is designed to change and evolve over time as you learn more about yourself and your sexuality.

In the inner circle, or the “red zone,” list all masturbatory behaviors, which are **never** appropriate for you. This will include items such as masturbating to fantasies of rape or molesting children. You may also include emotional states, such as anger. It may never be ok for you to engage in masturbatory behavior if you are angry. You can also include environmental considerations. For example, it is probably never ok to masturbate in public.

The middle circle is the “yellow zone.” In the yellow zone, you should list masturbation behavior for which you are uncertain whether they are appropriate or inappropriate for you. An example might be masturbating to fantasies of consensual sex with strangers.

The outer circle is your “green zone.” In this circle list masturbatory behaviors that are **always** okay for you. Examples might include masturbating to a fantasy of consensual sex with someone I care about or masturbating to a consensual fantasy when I am in a positive psychological space.

You may not always follow your plan but at least you have one. It is difficult to develop appropriate masturbation if you don't have a plan. This plan can be a guide to assist you in moving toward appropriate sexuality.

