

The Barometer

The “Barometer” is a tool similar to a weather barometer. When the atmospheric pressure goes up you know it’s going to rain. Similarly, when the emotional pressure goes up, sexual preoccupation often goes up. When attachment needs are satisfied in healthy ways, emotional issues are addressed and other wounds resolved, the pressure goes down and sexual preoccupation is usually reduced.

Use the barometer tool below to help analyze events that might be making preoccupation more intense.

1. Circle the number that represents the strength of your preoccupation (one is weak and ten is strongest).
2. Think back over the recent past and determine if there were events that transpired which opened old wounds, or left you with emotional conflict or distress.
3. List these events on the right side of the page under “Issues that raise preoccupation.”
4. Finally, at the bottom, list things you can do to satisfy needs for connection and resolve emotional distress. These are things that reduce emotional pressure.

The example on the next page will illustrate. Take your time. You may want to periodically fill out a barometer worksheet and review it with a mentor or counselor.

The Barometer

(Example)


ISSUES THAT RAISE PREOCCUPATION	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Plan to reduce the pressure:

I'm going to spend some time with my uncle and talk - he listens. Will try and plan a fishing trip with my new friend Andrew - he offered to teach me - I've always wanted to learn. Going to call another friend and go to the gym to feel included. Will respond to the youth group's invitation to go to the movies Friday - be part of the group. Will ask for a hug from Tait.

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