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Power Card: On Masturbation
(Individualised for FG)

1. I need to be alone in my bedroom.
2. I need to close the door to my bedroom, so no one will see me.
3. I will get the things I use to masturbate.
4. If anyone knocks on my door, I will tell them I'm busy. I won't open the door.
5. When I am finished masturbating, I will clean my penis.
6. I might wash my penis with water if it feels sticky.
7. I will put all my clothes back on before I open the door and leave my bedroom.
8. I won't tell anyone about my masturbating.