

Inventory



Beginnings

At what age did you first see pornography? _____

Briefly describe your first contact with pornography, what emotions did you feel?

At what age did you return to pornography? Why?

When did you first discover masturbation? _____

Was masturbation frequent in your childhood or adolescence? Yes/No

When did you first lie about or cover up your behaviour?

What did your family teach you about sex?

As a child or teenager, did you escape unhappiness with behaviours such as comfort-eating, gaming, drinking etc?

Current Experience

How long have you been viewing pornography? _____

How many hours per week do you view pornography? _____

What is your reason for viewing pornography? (*emotional or physical release, escape, pleasure, at request of spouse etc*)

How do you feel about your pornography use? _____

On a scale of 1-10 how would you rank the severity of your pornography addiction today? (*1 being no issue at all and 10 being extremely severe*) ____/10

Do you believe you could go pornography free for one month? Definitely/Maybe/I don't think so/Definitely not

What negative consequences have you experienced due to pornography?

Does your behaviour compromise your values and goals? How?

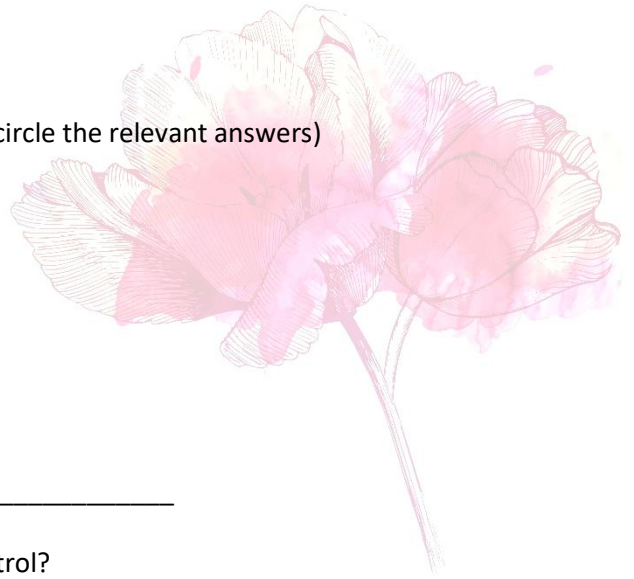
On a scale of 1-10 how much shame do you feel? ____/10

What do you fear if someone found out? What is the worst thing they could say or do?

Other Behaviour

Aside from pornography, what other ways do you sexually 'act out'? (circle the relevant answers)

- Compulsive masturbation
- Fantasy
- Erotic fiction
- Casual sex/promiscuity
- Cybersex/chat rooms sexting
- Extra-marital affairs
- Paying for sex
- Voyeurism
- Other (list) _____



Do you struggle with other non-sexual behaviours that feel out of control?

Are you honest in all you do and say? _____

Do you spend money on things you don't need or can't afford? _____

Do you struggle with restricting and/or bingeing on food or exercise?

Do you cover up mistakes and let others take the fall? _____

Are you giving the impression you have it all together on the outside but inside feel like you are crumbling? Yes/No

Attempting Freedom

Have you ever promised you'd quit using pornography and attempted to get free? What were the results?

What is the longest you've gone without pornography? _____

What is the longest you've gone without masturbation? _____

After a period of freedom, what draws you back to pornography?

Have you told anyone about your struggle before? What was their reaction?

Do you currently have any filtering software in place? _____

Have you ever sought counselling for your struggle? _____



Relationships

Do you have close friends or family who support you? _____

If you are married, does your partner know about your struggle? _____

Do you have a mentor/accountability partner? _____

If yes, have you ever lied to them or given a half truth? _____

If yes, are you currently being honest? _____

On a scale of 1-10 how severe would your mentor/accountability partner rate your pornography struggle? __/10

Does your pornography use impact your relationship with God? How?

Are you part of a Christian community that feels loving and safe? _____

Do you have platonic healthy friendships with men? Yes/No with women? Yes/No

Do you feel anger or resentment toward anyone? Who?

How much time and energy do you give your anger toward others?

Reflection

Have you ever been sexually or otherwise abused? Have you told anyone?

Can you identify any major life altering events or trauma in your life?

What three words would you use to describe your home life growing up?

Do you have painful childhood memories? Briefly describe.

Do you suffer with any mental illness? How long has this been present? Is this managed well?

What do you consider your 'rock bottom'?

Who do you blame for your addiction or pain?

Triggers

Are you aware of what triggers you to use pornography or act out? If so, what?

Are you aware of what emotions trigger you to use pornography? If so, what are they?

Where do you access pornography? (social media, magazines, websites etc)

What device(s) do you use to access pornography? _____

What excuses do you regularly use to justify your pornography use?



What actions do you know you need to put in place to overcome pornography?

Future

Do you believe you can actually achieve complete freedom from pornography? _____

List the benefits of giving up pornography. How will your life specifically be different?

What do you want your life to look like:

In 2-5 years' time:

In 10 years' time:

Use three words to describe the future you desire for yourself.

What motivates you to give up pornography?

Write your redemption story. Briefly outline your past and present struggles, then spend most of your time envisaging your future. Write your redemption story as if you were looking back from the future, as a recovered woman (like a mini novel). What did you do to find freedom? How did it change your life? How does it feel? What advice would you offer your past self?

