



PORNOGRAPHY USE SELF-ASSESSMENT

A Confidential Tool for Honest Self-Reflection

Instructions: This assessment is designed to help you honestly evaluate your pornography use and its impact on your life. For each question, circle or mark the number that best describes your experience over the past 6 months. Answer as honestly as possible; this is for your own insight unless you choose to share it with a counsellor or accountability partner.

Scoring: 0 = Never / Not at all 1 = Rarely / Slightly 2 = Sometimes / Moderately 3 = Often / Significantly

4 = Always / Severely

SECTION A: FREQUENCY AND PATTERNS

#	Question	0	1	2	3	4
1	I view pornography.					
2	My pornography sessions last longer than I intended.					
3	I find myself viewing pornography at times when I planned not to.					
4	I have increased the amount of time I spend viewing pornography over time.					
5	I seek out new or more extreme content to achieve the same level of arousal.					
	Section Subtotal:					/ 20

SECTION B: LOSS OF CONTROL

#	Question	0	1	2	3	4
6	I have tried to stop or reduce my pornography use but failed.					
7	I feel unable to control the urge to view pornography when triggered.					
8	I continue to use pornography despite making promises to myself or others to stop.					

9	I spend time thinking about pornography when I am not viewing it.					
10	I feel restless, irritable, or anxious when I cannot access pornography.					
Section Subtotal:						_____ / 20

SECTION C: NEGATIVE CONSEQUENCES

#	Question	0	1	2	3	4
11	My pornography use has negatively affected my relationship with my spouse or partner.					
12	My pornography use has negatively affected my other relationships (family, friends).					
13	My pornography use has negatively affected my work, studies, or productivity.					
14	My pornography use has negatively affected my relationship with God or spiritual life.					
15	I experience guilt, shame, or depression after viewing pornography.					
Section Subtotal:						_____ / 20

SECTION D: PHYSICAL AND SEXUAL IMPACT

#	Question	0	1	2	3	4
16	I have experienced sexual difficulties (e.g., erectile dysfunction, delayed response) that may be related to pornography use.					
17	I find real-life sexual intimacy less satisfying than pornography.					
18	I use pornographic images or scenarios in my mind during intimacy with my partner.					
19	I notice I need more stimulation or novelty to become aroused.					
20	I feel emotionally disconnected from my partner during physical intimacy.					
Section Subtotal:						_____ / 20

SECTION E: SECRECY AND DECEPTION

#	Question	0	1	2	3	4
21	I hide my pornography use from my spouse, partner, or family.					
22	I have lied to cover up my pornography use.					
23	I use private browsing, delete history, or take other steps to hide my use.					
24	I feel I could not be fully honest about my pornography use with someone I trust.					
25	I feel like I am living a double life because of my pornography use.					
	Section Subtotal:					_____ / 20

SECTION F: EMOTIONAL DRIVERS

#	Question	0	1	2	3	4
26	I use pornography to cope with stress.					
27	I use pornography to cope with loneliness or feeling disconnected.					
28	I use pornography to cope with boredom.					
29	I use pornography to escape painful emotions (sadness, anxiety, anger, shame).					
30	I use pornography as a reward or to feel better after a hard day.					
	Section Subtotal:					_____ / 20

SCORING AND INTERPRETATION

CALCULATE YOUR TOTAL SCORE

Section A: Frequency and Patterns	___ / 20
Section B: Loss of Control	___ / 20
Section C: Negative Consequences	___ / 20
Section D: Physical and Sexual Impact	___ / 20
Section E: Secrecy and Deception	___ / 20
Section F: Emotional Drivers	___ / 20
TOTAL SCORE	___ / 120

INTERPRETATION GUIDE

Score Range	Level	Interpretation
0 - 24	Minimal Concern	Your pornography use appears to be minimal or absent. Continue building healthy habits and maintaining accountability.
25 - 48	Mild Concern	You are showing some signs of problematic use. This is a good time to address patterns before they deepen. Consider joining an accountability relationship or support group.
49 - 72	Moderate Concern	Your pornography use is having a noticeable impact on your life. Strongly consider working through a structured recovery programme and seeking an accountability partner or counsellor.
73 - 120	Significant Concern	Your pornography use shows signs of compulsive behaviour with significant life impact. Professional support from a counsellor specialising in sexual addiction is strongly recommended alongside a recovery programme.

SECTION-BY-SECTION ANALYSIS

In addition to your total score, look at which sections have the highest scores. This reveals where your struggle is most intense:



High score in Section A (Frequency): Your use has become habitual and may be escalating. Focus on the "reboot" process and establishing new routines.

High score in Section B (Control): You are experiencing compulsive patterns. Your brain has developed strong neural pathways that override conscious intention. Neurological rewiring through extended abstinence is essential.

High score in Section C (Consequences): Your use is causing significant harm to your relationships, work, or spiritual life. Addressing this urgently will prevent further damage.

High score in Section D (Physical/Sexual): You may be experiencing pornography-induced sexual dysfunction. The good news is this typically resolves with extended abstinence as the brain recalibrates.

High score in Section E (Secrecy): Shame and secrecy are fuelling your cycle. Breaking the silence through confession and accountability is critical for your recovery.

High score in Section F (Emotional Drivers): You are using pornography primarily as a coping mechanism for emotional pain. Addressing the underlying emotional needs and wounds is essential for lasting freedom.

IMPORTANT NOTES

- This assessment is not a clinical diagnosis. It is a tool for honest self-reflection that helps you understand your struggle and determine the level of support you may need.
- Any score above 24 suggests that pornography use has become more than occasional and is beginning to affect your life. Do not wait until your score is "high enough" to seek help.
- If you have experienced sexual trauma, your patterns may be connected to that trauma. Consider working with a trauma-informed therapist.
- Recovery is possible regardless of your score. The brain can change, wounds can heal, and freedom is available. Your score today does not determine your future.

RECOMMENDED NEXT STEPS

1. Share this assessment with a trusted person: a counsellor, pastor, accountability partner, or spouse.
2. Begin the Breaking Free programme or another structured recovery course.
3. Install accountability software on all your devices. (Visit iMeMovement.co.za for accountability software. They are also focused on pornography recovery and are a ministry partner with Lions Arise.
4. If your score is in the Moderate or Significant range, seek professional support from a counsellor who specialises in sexual addiction.
5. Join a recovery community such as Celebrate Recovery, Pure Desire, or a church-based support group.



*Remember: Taking this assessment is an act of courage. **You are not alone, and freedom is possible.***