

Pornography Assessment

Involvement with pornography is on a spectrum spanning from inadvertent exposure, to occasional use, to intensive use, and finally compulsive use and addiction. To help assess, here are a few questions to consider.

YOUR BACKGROUND

- When was your first experience with pornography?
- Have you experienced any sexual or other trauma?
- What have you done to get help to overcome this?
- Who is on your Support Team currently?
- What safeguards have you put in place?
- Have you received any priesthood blessings to help? If so, what do you remember about them?

LEVEL OF ENGAGEMENT

- How frequently do you find yourself viewing pornography each week? Approximately how many hours do you spend consuming pornography each week?
- What is the longest period of time you have been able to avoid engaging with pornography?

STEPS YOU'VE TAKEN

- Rate yourself (scale of 1-5)
 - Measures taken to overcome your pornography use
 - Attendance at Church activities
 - Personal prayer and gospel study
 - Attendance at the temple
 - Healthy diet and healthy sleep schedule
 - Journaling to track progress or identify patterns
 - Exercise routine
 - Learning a hobby or engaging in self improvement

YOUR CURRENT STATE

- Have you come to any conclusions about the underlying reasons for why you use pornography?
- What is your biggest concern about your current pornography use?
- Are you able to limit your use—or does it feel compulsive?
- When (approximately) was the last time you were tempted to watch pornography, but chose not to?
- Do you spend money on pornography or just use free sites?
- Do you find yourself seeking out more extreme or explicit forms of pornography?

LOOKING AHEAD

- On a scale of 1-5, how deep is your willingness to overcome?
- On a scale of 1-5, how confident are you in the Savior's power to help you overcome?
- Would you be willing to spend any money on apps or programs to strengthen yourself?

LAST QUESTIONS

- With whom have you discussed your involvement in pornography (e.g. previous bishops, counselors, parents, roommates)? Did you follow any advice they gave?
- What is your level of guilt/pain (godly sorrow, broken heartedness, contrite spirit) when it comes to your viewing of pornography?
- What do you think a bishop's role should be in helping you?
- Do you have a compelling reason to change? What is your 'why'?

Please note that exploring questions like these may stir up complex emotions, and it can be helpful to seek support from a trusted friend, counselor, or therapist when embarking on such introspection.

There are six stages that individuals progress through when making a behavior change. Please identify which stage you are in:

1. Precontemplation: Not yet considering changing behavior.
2. Contemplation: Aware of the need for change but not ready to make a commitment to take action.
3. Preparation: Making small steps toward change.
4. Action: Specific, observable changes to behavior.
5. Maintenance: Preventing relapse and consolidating the new behavior.
6. Termination: The absence of temptation to return to the previous behavior.