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DO YOU OR YOUR LOVED ONE HAVE PROBLEM WITH PORNOGRAPHY?

ANSWER EACH OF THE SURVEY QUESTIONS FOR YOURSELF. IF YOU FEEL THAT A STATEMENT MOSTLY FITS YOUR EXPERIENCE, THEN MARK IT AS “TRUE”. IF YOU ARE UNSURE ABOUT A STATEMENT, BUT FEEL THAT IT APPLIES TO YOU SOMETIMES, THEN MARK IT AS “MAYBE”. IF IT DOES NOT APPLY TO YOU, THEN MARK IT AS “FALSE”. YOUR ANSWERS ARE CONFIDENTIAL AND NO ONE WILL SEE THEM BUT YOU.

IF YOU WISH TO DISCUSS YOUR ANSWERS WITH A REGISTERED PSYCHOLOGIST, CONTACT US AT ADMIN@TRANSCENDPSYCHOLOGICAL.COM

PORNOGRAPHY USE SURVEY	TRUE	FALSE	MAYBE
1) “When I feel frustrated or upset, I will use pornography to calm myself.”			
2) “I feel embarrassed about how much I look at porn. If other people knew, they would judge me.”			
3) “I can’t stop myself from looking at porn.”			
4) “I get restless and irritable when I can’t look at porn.”			
5) “Watching porn has caused me problems in my personal life” (ex. Marital problems).			
6) “Watching porn has caused me problems in my professional life” (ex. Getting in trouble for watching porn at work).			
7) “I continue to use pornography, despite all of the problems that it has caused me.”			
8) “Looking at porn doesn’t feel like a choice any more.”			
9) “My real-life sex isn’t as good as it used to be.”			
10) “My romantic relationships aren’t fulfilling- It’s harder for me to feel connected to my partner.”			
11) “I can’t stop thinking about pornography.”			
12) “I often spend several hours at a time looking at pornography.”			

13) "I look at pornography every day."			
14) "I have looked at pornography at work or in public places."			
15) "I have limited the time I spend with friends and family so that I can look at porn."			
16) "I have stopped doing recreational activities that I love because of my porn use" (ex. Stopped playing sports).			
17) "I am incapable of orgasming without porn"			
18) "I'm messing up at work because I'm focused on pornography."			
19) "It takes me longer to get aroused or orgasm when masturbating to pornography."			
20) "Porn needs to be more graphic and explicit to turn me on now."			
21) "I often imagine people I know in sexual situations."			
22) "I often imagine that every day situations are sexual."			
23) "I don't understand why women/men are not receptive to my sexual advances."			
24) "I feel shame and guilt after I watch porn"			
25) "I get defensive at the suggestion that I should cut back on my porn watching"			
TOTAL			

ANSWERING "TRUE" TO ANY OF THE ABOVE QUESTIONS SUGGESTS A NEED FOR REFLECTION. THE NATURE OF THE QUESTION ANSWERED "TRUE" MAY BE AN INDICATOR OF AN AREA OF CONCERN THAT WARRANTS ATTENTION.

IF YOU'VE ANSWERED "TRUE" TO 5 OR MORE QUESTIONS, THEN YOU LIKELY HAVE A PROBLEM WITH PORNOGRAPHY THAT NEEDS TO BE ADDRESSED. SUPPORT FROM A PROFESSIONAL MAY BE NECESSARY TO HELP YOU OVERCOME THESE DIFFICULTIES.

IF YOU'VE ANSWERED "MAYBE" TO 5 OF MORE QUESTIONS, YOU MAY BE DEVELOPING A PROBLEM WITH PORNOGRAPHY. ATTENTION SHOULD BE PAID TO YOUR USE IN ORDER TO ENSURE THAT YOUR USAGE DOES NOT BECOME A SIGNIFICANT ISSUE.