

For a woman, whose husband is into pornography

Please answer the following questions.

**Work Sheet for Pornography videos found on [www.Vimeo.com/Rivest](http://www.Vimeo.com/Rivest).**

Being unfaithful to your mate through pornography can be very hurtful and destructive to your marriage. Study carefully the video, "Man confronted for pornography" and answer the following questions and reflections on this sheet of paper. Bring this into your next counseling session.

1. Look carefully at the female character's response, hurts, throughout the video and make a list of what she has expressed. Be specific.
2. What have you, the wife, expressed? Be specific.
3. What excuses did the male character in the video offer for continuing to view pornography? Be specific.
4. What excuses did your husband offer for using and staying in pornography? Be specific.
5. Throughout the video the wife expresses certain feelings toward pornography. What are they? Be specific.
6. What is your, the wife's, position on pornography? Be specific.

7. Frequently viewing pornography has happened throughout the marriage. Is this true for you? Describe your husband's personal history with pornography and what he/ and you both have done previously to stop the behavior. Was it helpful? Be specific.
8. Does he want to stop this behavior? Why? Be specific.
9. Do you, the wife, want to help him stop this behavior?  
Why?
10. What have you and your wife done so far to stop this pornographic behavior and help heal your marriage? Be specific.
11. What is the difference this time that should make his/your efforts to stop be lasting?
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- 12. Please answer, on this sheet of paper, the following questions and give full complete and specific answers. These questions are for you to answer about your husband NOT yourself.**
13. Was your husband sexually abused as a child or adolescent?
14. Does he regularly look at pornographic material? How often? What themes? How often does he masturbate while watching?
15. Did his parents have trouble with sexual behavior? Describe.

16. Does he often find himself preoccupied with sexual thoughts?
17. Do you feel that his sexual behavior is not normal?
18. How many sexual partners as he had throughout his life? Intercourse\_\_\_\_ oral sex\_\_\_\_ anal sex\_\_\_\_ total\_\_\_\_\_
19. Do you, the wife, ever worry of complain about your sexual behavior?
20. Do you and your husband look at pornography together? How often and for what purpose? Explain.
21. Has he you asked your ,the wife, to dress like a porno babe or to engage in sexual behavior, three-some etc. that you are uncomfortable with? Describe.
22. Do he have problems stopping his unhealthy sexual behaviors? Describe.
23. Does he ever feel bad about his sexual behaviors? Describe.

24. Has his sexual behaviors ever created problems for him and or his family? Describe.
25. Does he watch pornography, masturbate, or do other sexual behaviors at work? Explain.
26. Has he ever sought help for sexual behavior he did not like? Explain.
27. Has he ever worried about people finding out about his sexual activities? Explain.
28. Has anyone been hurt emotionally because of his sexual behavior? Explain.
29. Are any of his sexual activities against the law? Explain.
30. Has he ever molested or had sex with a minor? Explain.
31. Does he look at child pornography? Explain.
32. Has he made promises to himself to quit some aspect of his sexual behavior? Describe.
33. Has he made efforts to quit a type of sexual activity and failed? Explain.

34. Does he hide some of his sexual behavior from others? How?

35. Has he ever felt degraded by his sexual behavior? Explain.

36. Has sex been a way for him to escape his problems? Explain. What problems?

37. When he has sex does he feel depressed afterwards? Explain.

38. Has his sexual activity interfered with his family life? Explain.

39. Has his sexual activity interfered with his work life? Explain.

40.  
his relationship with God? Explain.

Has his sexual activity interfered with

41.  
desire? Explain.

Does he feel controlled by his sexual

42.  
desire is stronger than he is?

Does he ever think that his sexual

43.

What else would you like to tell me?

**PLEASE ANSWER THESE QUESTIONS ABOUT YOURSELF**

Please answer, on this sheet of paper, the following questions and give full complete and specific answers. I understand that these are difficult questions but your answers will help me to better help you. Thanks.

44. Were you sexually abused as a child or adolescent?

45. Do you regularly look at pornographic material? How often? What themes? How often do you masturbate while watching?

46. Did your parents have trouble with sexual behavior? Describe.

47. Do you often find yourself preoccupied with sexual thoughts?

48. Do you feel that your sexual behavior is not normal?

49. How many sexual partners have you had throughout your life? Intercourse\_\_\_\_ oral sex\_\_\_\_ anal sex\_\_\_\_  
total\_\_\_\_\_

50. Does your spouse ever worry of complain about your sexual behavior?

51. Do you and your wife look at pornography together? How often and for what purpose? Explain.

52. Have you asked your husband to dress like a porno guy or to engage in sexual behavior, three-some etc. that he is uncomfortable with? Describe.
53. Do you have problems stopping your unhealthy sexual behaviors? Describe.
54. Do you ever feel bad about your sexual behaviors? Describe.
55. Have your sexual behaviors ever created problems for you and your family? Describe.
56. Do you watch pornography, masturbate, or do other sexual behaviors at work? Explain.
57. Have you ever sought help for sexual behavior you did not like? Explain.
58. Have you ever worried about people finding out about your sexual activities? Explain.
59. Has anyone been hurt emotionally because of your sexual behavior? Explain.
60. Are any of your sexual activities against the law? Explain.

61. Have you ever molested or had sex with a minor? Explain.

62. Do you look at child pornography? Explain.

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64. Have you made efforts to quit a type of sexual activity and failed? Explain.

65. Do you hide some of your sexual behavior from others? How?

66. Have you ever felt degraded by your sexual behavior? Explain.

67. Has sex been a way for you to escape your problems? Explain. What problems?

68. When you have sex do you feel depressed afterwards? Explain.

69. Has your sexual activity interfered with you family life? Explain.

70. Has your sexual activity interfered with your work life? Explain.



71.  
your relationship with God? Explain.

Has your sexual activity interfered with

72.  
desire? Explain.

Do you feel controlled by your sexual

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desire is stronger than you are?

Do you ever think that you sexual

74.

What else would you like to tell me?