

For a man, pornography 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.

Look carefully at the female character’s response, hurts, throughout the video and make a list of what she has expressed. Be specific.

1. What has your wife expressed? Be specific.
2. What excuses did the male character in the video offer for continuing to view pornography? Be specific.
3. What excuses did you offer for using and staying in pornography? Be specific.
4. Throughout the video the wife expresses certain feelings toward pornography. What are they? Be specific.
5. What is your wife’s position on pornography? Be specific.
6. Frequently viewing pornography has happened throughout the marriage. Is this true for you? Describe your personal history with pornography and what you have done previously to stop the behavior. Was it helpful? Be specific.

7. Do you want to stop this behavior? Why? Be specific.
  
  8. What have you and your wife done so far to stop this pornographic behavior and help heal your marriage? Be specific.
  
  9. What is the difference this time that should make your efforts to stop be lasting?
- 
- 

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.

10. Were you sexually abused as a child or adolescent?
  
11. Do you regularly look at pornographic material? How often? What themes? How often do you masturbate while watching?
  
12. Did your parents have trouble with sexual behavior? Describe.
  
13. Do you often find yourself preoccupied with sexual thoughts?
  
14. Do you feel that your sexual behavior is not normal?

15. How many sexual partners have you had throughout your life? Intercourse \_\_\_\_ oral sex \_\_\_\_ anal sex \_\_\_\_  
total \_\_\_\_\_
16. Does your spouse ever worry of complain about your sexual behavior?
17. Do you and your wife look at pornography together? How often and for what purpose? Explain.
18. Have you asked your wife to dress like a porno babe or to engage in sexual behavior, three-some etc. that she is uncomfortable with? Describe.
19. Do you have problems stopping your unhealthy sexual behaviors? Describe.
20. Do you ever feel bad about your sexual behaviors? Describe.
21. Have your sexual behaviors ever created problems for you and your family? Describe.
22. Do you watch pornography, masturbate, or do other sexual behaviors at work? Explain.
23. Have you ever sought help for sexual behavior you did not like? Explain.

24. Have you ever worried about people finding out about your sexual activities? Explain.

25. Has anyone been hurt emotionally because of your sexual behavior? Explain.

26. Are any of your sexual activities against the law? Explain.

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

28. Do you look at child pornography? Explain.

29. Have you made promises to yourself to quit some aspect of your sexual behavior? Describe.

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

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

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

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

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

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

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

37. Has your sexual activity interfered with your relationship with God? Explain.

38. Do you feel controlled by your sexual desire? Explain.

39. Do you ever think that you sexual desire is stronger than you are?

40. What else would you like to tell me?