

## Porn Addiction Self Assessment

1. Can you successfully stop watching pornography for at least a week?
2. How much time do you spend each week thinking about porn?
3. How much time do you spend each week watching porn?
4. How much time do you spend each week recovering from the effects of watching porn?
5. In the past month, what social, work or recreational activities have you given up or failed to accomplish to watch porn?
6. How has your self esteem been impacted by pornography use?
7. How have your relationships with friends, family and significant others been impacted by your porn use?
8. Do you have any physical issues including sexual dysfunction or insomnia that are worsened by watching porn?
9. Do you have any psychological issues like anxiety, depression, anger management or addictions that are worsened by porn use?
10. When you are not able to regularly access porn, do you experience psychological or physical withdrawals? If so, what are they?