

# ***Integrity Counseling Services***

1-417-234-9718

## **Sexual Integrity Survey (Married Men)**

This survey instrument is a “*Criterion Referenced Instrument*” designed for **Married Christian Men** who wish to measure their behavior against the Biblical standard for sexual integrity. It makes no attempt to measure individual behavior against a population sample.

*(Circle the response that is most accurate on the scale below each question.  
**Please base your answers on your behavior in the last 3 months**)*

*\*Note - In this survey the terms **Pornography and Porn** are used interchangeably. These terms refers to any kind of material that is **sexually arousing to you**. The material may not be arousing to everyone, but if it is sexually arousing to you, it is defined as pornography or porn for this survey.*

- 1. I look at attractive women and find their sexual features arousing to me.**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

- 2. I choose to watch movies knowing that they contain nudity.**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

- 3. I look at pornography or other sexually arousing material.**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

- 4. I hide my porn use from my wife or others.**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

- 5. I look at porn at work during work hours.**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

- 6. I become angry or defensive when challenged about my porn use.**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

- 7. I take risks to look at porn and or masturbate.**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

- 8. I face negative consequences related to my porn use, but continue to look at porn anyway?**

*Never                  Rarely                  Sometimes                  Frequently                  Consistently*

**9. I am challenged or reprimanded for looking at porn at work.**

*Never Rarely Sometimes Frequently Consistently*

**10. I feel guilty about my porn use.**

*Never Rarely Sometimes Frequently Consistently*

**11. I am looking at more porn now than I used to.**

*Completely False Mostly False Neutral Mostly True Completely True*

**12. I find myself looking at more extreme, graphic or violent porn than I used to look at.**

*Completely False Mostly False Neutral Mostly True Completely True*

**13. I find myself wanting to masturbate during the day.**

*Never Rarely Sometimes Frequently Consistently*

**14. I have trouble getting or maintaining an erection when I'm with my wife?**

*Never Rarely Sometimes Frequently Consistently*

**15. I think about porn or other women when I make love to my wife.**

*Never Rarely Sometimes Frequently Consistently*

**16. I engage in personal conversations or flirt with women other than my wife.**

*Never Rarely Sometimes Frequently Consistently*

**17. I have contact with old girlfriends or close female acquaintances on the telephone, email or through social media sites like Facebook.**

*Never Rarely Sometimes Frequently Consistently*

**18. I find myself connecting emotionally with women I work with or know socially.**

*Never Rarely Sometimes Frequently Consistently*

**19. I have erotic conversations with women via email, text, chat or on 900 phone lines.**

*Never Rarely Sometimes Frequently Consistently*

**20. I touch women in ways that are socially questionable. (Pat on the back or shoulder, hand on their waist or knee, etc..)**

*Never Rarely Sometimes Frequently Consistently*

**21. I visit strip clubs, massage parlors or prostitutes.**

*Never Rarely Sometimes Frequently Consistently*

**22. My sexual behavior is affecting me financially in a negative way.**

Completely False   Mostly False   Neutral   Mostly True   Completely True

**23. My sexual behavior is causing damage to my marriage or other relationships.**

Completely False   Mostly False   Neutral   Mostly True   Completely True

**24. I am currently in a sexual relationship with a woman other than my spouse.**

Completely False   ~~Mostly False~~   ~~Neutral~~   ~~Mostly True~~   Completely True

**25. I try to stop my unwanted sexual behaviors (including porn use) but feel helpless to control them.**

Completely False   Mostly False   Neutral   Mostly True   Completely True

## Evaluating your answers

Assign a numerical value to each of your questions using the values below. Write that number below each question as shown below.

<i>Never</i> 0	<i>Rarely</i> 1	<i>Sometimes</i> 2	<i>Frequently</i> 3	<i>Consistently</i> 4
Completely False 0	Mostly False 1	Neutral 2	Mostly True 3	Completely True 4

### Group One - Integrity with your eyes

Add the total values for questions 1-3 here \_\_\_\_\_

These questions are designed to measure the extent you are looking at women in ways that are inconsistent with the scriptural standard.

### Group Two - Moving toward the Heart

These questions measure the extent to which your “looking” has begun to affect your heart.

Add the total values for questions 4 – 6 and place it here \_\_\_\_\_

### Group Three - Covering your Tracks

These questions measure how far you are going to hide your behavior and the extent to which your “looking” is impacting your integrity.

Add the total values for questions 7 -14 and place it here \_\_\_\_\_

### Group Four – Your One Flesh Union

These questions measure how your behavior is beginning to impact your marriage.

Add the total values for questions 15-19 place it here \_\_\_\_\_

### Group Five - Acting Out

These questions measure to what extent you are acting out sexually beyond your thought life or fantasy life.

Add the total values for questions 20 - 24 and place it here \_\_\_\_\_

### Group Six – Addiction

This is a single question that looks at the level to which you may be addicted to inappropriate sexual behavior including porn.

Place the numerical value of your answers to question 25 and place it here \_\_\_\_\_

# Scoring Yourself

The above block scores are useful as you examine different aspects of your sexual integrity. To get a sense of your overall sexual integrity level fill in the block totals from above and add them together. Use the multiplied score.

- Group One    \_\_\_\_\_ *Any score above 6 should be evaluated by a counselor.*  
Group Two    \_\_\_\_\_ *Any score above 3 should be evaluated by a counselor.*  
Group Three   \_\_\_\_\_ *Any score above 0 should be evaluated by a counselor.*  
Group Four    \_\_\_\_\_ *Any score above 0 should be evaluated by a counselor.*  
Group Five    \_\_\_\_\_ *Any score above 0 should be evaluated by a counselor.*  
Group Six    \_\_\_\_\_ *Anything other than a "0" here indicates addiction potential.*
- Test Score    \_\_\_\_\_ *Scores here will range from 0 to 100.*  
*(Minus this score from 100 to get your Integrity Score. For example, if your test score is 35, you subtract 35 from 100 to get an Integrity score of 65.)*

**Sexual Integrity Score** \_\_\_\_\_

## Sexual Integrity Scale

Your **Sexual Integrity Score** will let you know where you are in your journey toward living up to God's standards for sexual integrity. As you fight sexual temptation and work on improving your sexual behavior you will see progress. The harder you fight, the more improvement you will see.

Your **Sexual Integrity Score** indicates what percentage of sexual integrity you have attained. *(A score of 55% would indicate that you are at level two and moving toward level one. A score of 12% would indicate that you at level four and moving toward level three.)*

*Developing sexual integrity is a journey. Please retake this test periodically to track your progress.*

### 1. Level One – Living with Sexual Integrity (95- 100)

- a. Is "Looking Away" from sexual temptations in environment
- b. Resists Porn and other media stimulants
- c. Understands and lives in "one flesh" commitment
- d. Has won the battle and fights hard to hold the ground he has won
- e. Immediately challenges and defeats anything that penetrates his defenses

**2. Level Two – Resistant to Sexual Temptations (66 – 94)**

- a. Resists sexual temptations in environment most of the time
- b. Resists Porn use and other media stimulants most of the time
- c. Resists being unfaithful to his “one flesh” commitment
- d. Though he has conceded some ground, he is still fighting hard
- e. Quickly challenges anything that penetrates his defenses

**3. Level Three – Struggling with Sexual Temptations (36 – 65)**

- a. Struggles with sexual temptations in environment
- b. Struggles with his Porn use and other media stimulants
- c. Struggles with faithfulness to “one flesh” commitment
- d. Has conceded considerable ground, his power to fight is weakening
- e. Will eventually challenge things that penetrates his defenses

**4. Level Four – Wounded and Living without Sexual Integrity (11- 35)**

- a. Has given in to sexual temptations in environment
- b. Uses Porn and other media stimulants regularly
- c. Is no longer committed to his “one flesh” union
- d. Has very little fight left in him.
- e. Very slow to challenge something that penetrates his defenses

**5. Level Five – Defeated and Living with Addiction (0 – 10%)**

- a. Unhealthy sexual conduct is a part of his daily routine.
- b. Uses Porn and other media stimulants compulsively
- c. Has no commitment to the concept of a “one flesh” union
- d. Has stopped fighting and is powerless in the face of his addiction to unhealthy sexual activity
- e. No longer challenges things that penetrates his defenses
- f. An answer of “Completely True” on question #26 will place you here.