

# Addo PAA Assessment

## HISTORY

No.	Questions	Options	Answer (X)
1	How old were you when you were first introduced to pornography (magazines, Internet pornography, x-rated videos)?	Before Age 10 Age 11-13 Age 14-17 Age 18-21 Over Age 22	
2	After my first exposure to pornography, my curiosity led me back to it _____.	A few days later Months later A year later More than a year later Only one or two times since then	
3	How many times did you see pornographic material before age 20?	One time 2-5 times 6-10 times 11-20 times 21-40 times 41-60 times 61+ times	
4	When you first started viewing pornographic images did it start with_____?	Swimsuit Issues/Catalogues Magazines (i.e. Playboy, Penthouse, etc.) R-Rated Videos Educational Books or Videos Internet (Pictures) XXX-Rated Videos	
5	What type of pornographic images are you looking at now?	Swimsuit Issues/Catalogues Magazines (i.e. Playboy, Penthouse, etc.) R-Rated Videos Educational Books or Videos Internet (Images or Pop-Ups) XXX-Rated Videos All Of The Above	
6	When viewing pornography (magazines, Internet, or video), how much time will you spend during one episode?	5-15 Minutes More than 15 minutes but less than 30 minutes 30 minutes to an hour 1-3 hours 3-5 hours at a time 5-6 hours at a time 6 or more hours at a time (sometimes all day and/or all night)	
7	In the last year, what is the frequency with which you have viewed pornography?	1-2 times Every two to three months Once a month Every two weeks Once a week 3-5 times a week Almost every day, if not daily	

8	Once you start looking at pornography do you.....?	View it briefly, but don't look again for weeks or months	
		View it 3 or 4 times within a short period of time and then stop for weeks or months	
		View it and then repeatedly look at it for a few days before trying to stop	
		View it daily for a few weeks before trying to stop	
		View it multiple times a day for weeks at a time and then stop for a few days before you go at it again	
		View it as often as I can, every day all day if I could	
9	How much money have you spent on pornography in the last year?	I don't spend money on pornography	
		Between \$1 - \$25	
		\$26 - \$100	
		\$101-\$500	
		\$501-\$1,000	
		\$1,001-\$5,000	
		\$5,001-\$10,000	
\$10,000+			
10	How often do you think about or fantasize about viewing pornography?	Multiple times a day	
		Once a day	
		3-5 times a week	
		Once a week	
		Every other week	
		Once a month	
		Every two or three months	
Very rarely to never			
11	How often to you act upon your fantasies and view pornography or act out?	Multiple times a day	
		Once a day	
		3-5 times a week	
		Once a week	
		Every other week	
		Once a month	
		Every two or three months	
Very rarely to never			
12	What is the longest period of time that you have gone without pornography in the last year?	8-12 months	
		6-8 months	
		4-6 months	
		2-4 months	
		1-2 months	
		Two weeks to a month	
		One week	
One or two days			

## BELIEFS AND BEHAVIORS

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
13	I worry that I will not be able to stop looking at pornography?					
14	I do everything I can to hide the pornography I view from the people around me.					
15	I have experiences where my desire to view pornography is so strong that I will do almost anything to see it.					
16	I find myself taking more and more risks as I view pornography (i.e. viewing in public, while on a bus, or at work).					
17	I have told myself many times that I am going to stop looking at pornography only to find myself looking at it again.					
18	I don't feel like I am the same person I used to be because of my involvement with pornography.					
19	I spend money that I don't have on pornography.					
20	I have skipped activities that I generally enjoy so that I can be by myself and look at pornography.					
21	I cannot seem to stop the fantasies that run through my mind.					
22	There are days where all of my free time is spent viewing pornography.					
23	I have viewed pornography and/or masturbated two or more times in the same day.					
24	I believe that I can stop looking at pornography at anytime.					

## IMPACT ON SOCIAL INTERACTION

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
25	I have a hard time being in social settings when I have been actively viewing pornography.					
26	I avoid participating in social events or activities after looking at pornography.					
27	While attending social events I find myself looking for someone who will act out with me sexually.					
28	The thoughts of things I would like to do to women/men when I attend social functions scare me.					
29	I find myself mentally undressing the people around me when I am in social settings.					
30	I attend social functions but I hold back because I am afraid that if others knew I was involved in pornography they would reject me.					

## IMPACT ON YOUR RELATIONSHIPS

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
31	My involvement in pornography prevents me from developing meaningful relationships.					
32	I limit how close I get to others because I fear they will find out about my involvement with pornography.					
33	I feel like I can't get into a relationship until I stop viewing pornography.					
34	I distance myself from others when I look at pornography.					
35	I worry that if I get into a relationship I will not be able to stop viewing pornography.					
36	I have chosen to view pornography rather than be with friends.					

## INFLUENCE ON YOUR WORK ETHIC

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
37	I view pornography while at work/school.					
38	My involvement in pornography has hurt my productivity at work/school.					
39	I view pornography knowing it could cost me my job or get me in trouble at school.					
40	I have gone to work/school exhausted because I was up late viewing pornography.					
41	I have a hard time focusing on work/school because my mind is preoccupied with sexual thoughts, images, or fantasies.					
42	I am lackadaisical at work/school due to my viewing pornography.					
43	Even when I have been involved in pornography, I am still able to get tasks done at work/school.					

## EMOTIONS

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
44	I feel down and empty due to my involvement with pornography.					
45	My moods change dramatically either before I view pornography or afterwards.					
46	When I am feeling down, I often turn to pornography to make me feel better.					
47	I feel like my life is out of control when I view pornography.					
48	I attribute my lack of inner peace to viewing pornography.					
49	I become angry at others who question me about viewing or looking at pornography.					
50	My involvement with pornography makes me feel hopeless.					
51	I am more critical of others around me when I have been looking at pornography.					

## DESENSITIZATION

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
52	The pornography that I view now is more hardcore than what I used to view.					
53	I often start with more mild forms of pornography and gradually work my way up to hardcore pornography during one episode.					
54	Pornography that I used to think was gross or sickening is now a common part of what I view while looking at pornography.					
55	I have treated women/men and others in inappropriate ways (i.e. neglect, abuse, pressure for sex) due to my viewing pornography.					
56	The types of thoughts I have about women/men because of my involvement with pornography bother me.					

## SPIRITUALITY

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
57	Due to my involvement with pornography, I limit my participation at religious services.					
58	I avoid praying when I have viewed pornography.					
59	I often think that God cannot possibly care about me because of my problem with pornography.					
60	My involvement with pornography has made me feel so guilty that I haven't felt at peace with myself for a long time.					
61	I have tried to maintain my spirituality but my inability to quit viewing pornography has led me to feel like I will never be good enough.					