

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	0
		Age 11-13	0
		Age 14-17	0
		Age 18-21	0
		Over Age 22	0
2	After my first exposure to pornography, my curiosity led me back to it _____.	A few days later	0
		Months later	0
		A year later	0
		More than a year later	0
		Only one or two times since then	0
3	How many times did you see pornographic material before age 20?	One time	0
		2-5 times	0
		6-10 times	0
		11-20 times	0
		21-40 times	0
		41-60 times	0
		61+ times	0
4	When you first started viewing pornographic images did it start with _____?	Swimsuit Issues/Catalogues	0
		Magazines (i.e. Playboy, Penthouse, etc.)	0
		R-Rated Videos	0
		Educational Books or Videos	0
		Internet (Pictures)	0
		XXX-Rated Videos	0
5	What type of pornographic images are you looking at now?	Swimsuit Issues/Catalogues	1
		Magazines (i.e. Playboy, Penthouse, etc.)	2
		R-Rated Videos	3
		Educational Books or Videos	4
		Internet (Images or Pop-Ups)	5
		XXX-Rated Videos	6
		All Of The Above	7
6	When viewing pornography (magazines, Internet, or video), how much time will you spend during one episode?	5-15 Minutes	1
		More than 15 minutes but less than 30 minutes	2
		30 minutes to an hour	3
		1-3 hours	4
		3-5 hours at a time	5
		5-6 hours at a time	6
		6 or more hours at a time (sometimes all day and/or all night)	7
7	In the last year, what is the frequency with which you have viewed pornography?	1-2 times	1
		Every two to three months	2
		Once a month	3
		Every two weeks	4
		Once a week	5
		3-5 times a week	6
		Almost every day, if not daily	7

8	Once you start looking at pornography do you.....?	View it briefly, but don't look again for weeks or months	1
		View it 3 or 4 times within a short period of time and then stop for weeks or months	2
		View it and then repeatedly look at it for a few days before trying to stop	3
		View it daily for a few weeks before trying to stop	4
		View it multiple times a day for weeks at a time and then stop for a few days before you go at it again	5
		View it as often as I can, every day all day if I could	6
9	How much money have you spent on pornography in the last year?	I don't spend money on pornography	1
		Between \$1 - \$25	2
		\$26 - \$100	3
		\$101-\$500	4
		\$501-\$1,000	5
		\$1,001-\$5,000	6
		\$5,001-\$10,000	7
		\$10,000+	8
10	How often do you think about or fantasize about viewing pornography?	Multiple times a day	1
		Once a day	2
		3-5 times a week	3
		Once a week	4
		Every other week	5
		Once a month	6
		Every two or three months	7
		Very rarely to never	8
11	How often to you act upon your fantasies and view pornography or act out?	Multiple times a day	1
		Once a day	2
		3-5 times a week	3
		Once a week	4
		Every other week	5
		Once a month	6
		Every two or three months	7
		Very rarely to never	8
12	What is the longest period of time that you have gone without pornography in the last year?	8-12 months	1
		6-8 months	2
		4-6 months	3
		2-4 months	4
		1-2 months	5
		Two weeks to a month	6
		One week	7
		One or two days	8

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?	1	2	3	4	5
14	I do everything I can to hide the pornography I view from the people around me.	1	2	3	4	5
15	I have experiences where my desire to view pornography is so strong that I will do almost anything to see it.	1	2	3	4	5
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).	1	2	3	4	5
17	I have told myself many times that I am going to stop looking at pornography only to find myself looking at it again.	1	2	3	4	5
18	I don't feel like I am the same person I used to be because of my involvement with pornography.	1	2	3	4	5
19	I spend money that I don't have on pornography.	1	2	3	4	5
20	I have skipped activities that I generally enjoy so that I can be by myself and look at pornography.	1	2	3	4	5
21	I cannot seem to stop the fantasies that run through my mind.	1	2	3	4	5
22	There are days where all of my free time is spent viewing pornography.	1	2	3	4	5
23	I have viewed pornography and/or masturbated two or more times in the same day.	1	2	3	4	5
24	I believe that I can stop looking at pornography at anytime.	5	4	3	2	1

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.	1	2	3	4	5
26	I avoid participating in social events or activities after looking at pornography.	1	2	3	4	5
27	While attending social events I find myself looking for someone who will act out with me sexually.	1	2	3	4	5
28	The thoughts of things I would like to do to women/men when I attend social functions scare me.	1	2	3	4	5
29	I find myself mentally undressing the people around me when I am in social settings.	1	2	3	4	5
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.	1	2	3	4	5

IMPACT ON YOUR RELATIONSHIPS

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
31	My involvement in pornography prevents me from developing meaningful relationships.	1	2	3	4	5
32	I limit how close I get to others because I fear they will find out about my involvement with pornography.	1	2	3	4	5
33	I feel like I can't get into a relationship until I stop viewing pornography.	1	2	3	4	5
34	I distance myself from others when I look at pornography.	1	2	3	4	5
35	I worry that if I get into a relationship I will not be able to stop viewing pornography.	1	2	3	4	5
36	I have chosen to view pornography rather than be with friends.	1	2	3	4	5

INFLUENCE ON YOUR WORK ETHIC

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
37	I view pornography while at work/school.	1	2	3	4	5
38	My involvement in pornography has hurt my productivity at work/school.	1	2	3	4	5
39	I view pornography knowing it could cost me my job or get me in trouble at school.	1	2	3	4	5
40	I have gone to work/school exhausted because I was up late viewing pornography.	1	2	3	4	5
41	I have a hard time focusing on work/school because my mind is preoccupied with sexual thoughts, images, or fantasies.	1	2	3	4	5
42	I am lackadaisical at work/school due to my viewing pornography.	1	2	3	4	5
43	Even when I have been involved in pornography, I am still able to get tasks done at work/school.	1	2	3	4	5

EMOTIONS

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
44	I feel down and empty due to my involvement with pornography.	1	2	3	4	5
45	My moods change dramatically either before I view pornography or afterwards.	1	2	3	4	5
46	When I am feeling down, I often turn to pornography to make me feel better.	1	2	3	4	5
47	I feel like my life is out of control when I view pornography.	1	2	3	4	5
48	I attribute my lack of inner peace to viewing pornography.	1	2	3	4	5
49	I become angry at others who question me about viewing or looking at pornography.	1	2	3	4	5
50	My involvement with pornography makes me feel hopeless.	1	2	3	4	5
51	I am more critical of others around me when I have been looking at pornography.	1	2	3	4	5

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.	1	2	3	4	5
53	I often start with more mild forms of pornography and gradually work my way up to hardcore pornography during one episode.	1	2	3	4	5
54	Pornography that I used to think was gross or sickening is now a common part of what I view while looking at pornography.	1	2	3	4	5
55	I have treated women/men and others in inappropriate ways (i.e. neglect, abuse, pressure for sex) due to my viewing pornography.	1	2	3	4	5
56	The types of thoughts I have about women/men because of my involvement with pornography bother me.	1	2	3	4	5

SPIRITUALITY

No.	Questions	Never	Rarely	Sometimes	Frequently	Almost Always
57	Due to my involvement with pornography, I limit my participation at religious services.	1	2	3	4	5
58	I avoid praying when I have viewed pornography.	1	2	3	4	5
59	I often think that God cannot possibly care about me because of my problem with pornography.	1	2	3	4	5
60	My involvement with pornography has made me feel so guilty that I haven't felt at peace with myself for a long time.	1	2	3	4	5
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.	1	2	3	4	5