



SEXUAL SIN EVALUATION

Instructions: Read the following descriptive statements. As you read them, think of your total experience of sexual sin; not just where you think you are “now” after committing to change. The purpose of this evaluation is to give a complete picture of what needs to be changed. Any dishonesty on this evaluation will severely impair your ability to overcome sexual sin and live in healthy, real relationships. Mark the answer that best fits how you respond:

(N) almost never, (R) rarely, (S) sometimes, (F) frequently, or (A) almost always.

When completing this evaluation, it is important to note that “sexual” or “attractive” do not have to mean visual. They are meant to carry the broader connotation of the word “intimate.” This involves both closeness and excitement.

Additional copies of this evaluation can be found at: equip.summitrdu.com/equip/false-love.

1. I rank people based upon their attractiveness or my preferred romantic qualities.	N	R	S	F	A
2. I ignore or think less of people I find unattractive or uninteresting.	N	R	S	F	A
3. I compare the man and woman in a couple to see who “married up.”	N	R	S	F	A
4. I take more than a glance at an attractive person other than my spouse.	N	R	S	F	A
5. I have preferred features I observe, compare, and “score” in other people.	N	R	S	F	A
6. I tell or participate in humor that has sexual overtones.	N	R	S	F	A
7. I look for places and times to catch revealing glimpses under other’s clothing.	N	R	S	F	A
8. I do not bounce my eyes from sexual advertisements, billboards, or magazine racks.	N	R	S	F	A
9. I go out of my way to be around people I find attractive or romantically stimulating.	N	R	S	F	A
10. I wonder if people are interested in me romantically after a conversation.	N	R	S	F	A
11. I am preoccupied with sexual thoughts or self-made romantic narratives.	N	R	S	F	A
12. I fantasize about ways I could become more desirable to others.	N	R	S	F	A
13. I place myself in the romantic plots of books, movies, or pornography.	N	R	S	F	A
14. I am often disappointed in real relationships.	N	R	S	F	A
15. I use romantic fantasy as a way to escape from stressful situations.	N	R	S	F	A
16. I masturbate.	N	R	S	F	A
17. I seek sexually arousing articles and pictures in the newspaper or mail catalogs.	N	R	S	F	A
18. I buy or subscribe to non-nudity or non-erotic magazines for their sexual content.	N	R	S	F	A
19. I visit non-nudity or non-erotic websites for their sexual content.	N	R	S	F	A
20. I surf FaceBook, MySpace, or similar websites for arousing images or conversation.	N	R	S	F	A
21. I keep a stash of images or stories with which I can entertain myself.	N	R	S	F	A
22. I visit websites with nude images and sexual stories.	N	R	S	F	A
23. I have preferred sexual websites I visit and keep up with their content.	N	R	S	F	A
24. I visit strip clubs, adult bookstores, or movie houses.	N	R	S	F	A
25. I have developed a preference for specific types of sexual content or stories.	N	R	S	F	A
26. I can name multiple porn stars or romantic story writers.	N	R	S	F	A
27. I have gotten a virus on my computer from visiting pornographic websites.	N	R	S	F	A
28. I chat with people I do not know on-line about sex.	N	R	S	F	A
29. I call 1-900 numbers for sexual conversation.	N	R	S	F	A
30. I have posted my personal information on dating websites.	N	R	S	F	A
31. I share the struggles of my marriage with a member of the opposite sex.	N	R	S	F	A
32. I do not tell my spouse about conversations with my opposite sex “friend.”	N	R	S	F	A
33. I am more interested in talking to my “friend” than my spouse.	N	R	S	F	A
34. I put more forethought into conversations with my “friend” than my spouse.	N	R	S	F	A
35. I think my “friend” understands me better or judges me less than my spouse.	N	R	S	F	A
36. I give my “friend” gifts or serve them in ways I do not with other friends.	N	R	S	F	A
37. I have private channels of communication (i.e., text, FaceBook) with my “friend.”	N	R	S	F	A
38. Conversations with my “friend” are flirty and have sexual overtones.	N	R	S	F	A
39. I tell my “friend” how much I enjoy talking and being with him/her.	N	R	S	F	A
40. I hold hands, give tight hugs, or kiss my “friend.”	N	R	S	F	A

41. I have touched my friends face, legs, chest, or genitals.	N	R	S	F	A
42. I have had sexually explicit conversations with my “friend” with masturbation.	N	R	S	F	A
43. I seek opportunities to “inadvertently” touch others for my arousal.	N	R	S	F	A
44. I seek opportunities to see others nude without their awareness.	N	R	S	F	A
45. I am aroused by the thought of others seeing me nude.	N	R	S	F	A
46. I have had a one-time sexual encounter with someone who is not my spouse.	N	R	S	F	A
47. I have had multiple one-time sexual encounters.	N	R	S	F	A
48. I have paid for sex with a prostitute.	N	R	S	F	A
49. I have attended events or places knowingly pursuing sex.	N	R	S	F	A
50. I have proposed having sex with someone and been turned down.	N	R	S	F	A
51. I have put my personal information on a website looking for a sex partner.	N	R	S	F	A
52. I am in a sexually active relationship with someone other than my spouse.	N	R	S	F	A
53. I am hiding expenses that are incurred while courting this relationship.	N	R	S	F	A
54. I am pulling away from friends who would disapprove of my adultery.	N	R	S	F	A
55. Sex in the adultery is the expression a genuine affection.	N	R	S	F	A
56. I recognize what I am risking and continue to do so for this person.	N	R	S	F	A
57. I overtly express “I love you” to my adultery partner.	N	R	S	F	A
58. One or both of us have discussed leaving our spouses for each other.	N	R	S	F	A
59. I resent my spouse for being the reason I am not with my adultery partner.	N	R	S	F	A
60. I have researched the possibility of divorce.	N	R	S	F	A
61. I have thought about when and how to tell my spouse or kids I’m leaving.	N	R	S	F	A
62. I feel more sadness than guilt when I have to leave my adultery partner.	N	R	S	F	A
63. I view myself as belonging to my adultery partner more than my spouse.	N	R	S	F	A
64. I have forced another adult to have sex against their will.	N	R	S	F	A
65. I have touched or initiated a minor to touching me sexually.	N	R	S	F	A
66. As an adult, I have had sex with a minor or viewed child pornography.	N	R	S	F	A
67. I struggle with same sex attraction.	N	R	S	F	A

Scoring Key: Give yourself one point for an “S” response, two points for an “F” response, and three points for an “A” response. If your total score matches the total number of questions, that is an area of concern. If your total score comes close to doubling the total number of questions, it is a significant concern. If your total score more than doubles the total number of questions, it should be considered a life-dominating struggle.

The progression of this evaluation goes from objectifying people, public visual lust, private narrative lust, soft pornography, hard pornography, interaction with a real anonymous person, emotional affair without touch, sexual touching without sex, one time affair, affair in an ongoing relationship, pseudo-marriage affair, illegal sexual activity, and same sex attraction. **However, this progression is not meant to imply that this is the developmental cycle of sexual sin.**

There is adultery that did not begin with pornography. Pornography does not necessarily lead to adultery. The purpose of the progression is to provide the rational for why Jesus would teach that to look at someone with “lustful intent” is a form of or seed for adultery. While the progression is not an inevitable slippery slope, reading the descriptions of the full journey into lustful depravity should sober you towards your sin. Figure 1 provides a visual of the “small steps” between lust and adultery.

L u s t t o A d u l t e r y

1. **Objectifying A Person:** Reducing people to a certain set of appealing features and measuring people's value by how much they please you.
2. **Public Visual Lust:** Using the objectification above as a scoring system and savoring actual people.
3. **Private Narrative Lust:** Allowing the scoring system to develop into a story in which you interact with someone in your imagination.
4. **“Soft” Porn:** Using television or catalogs to provide more “choice” but non-nude objects of lust and imagination.
5. **Full Porn:** Pursuing nude images and videos on the internet or other media forms and having the imagination expanded by professional “story tellers.” The frequency, duration, and perversion of this activity can vary.
6. **Interaction With a Real, Anonymous Person:** The other participant in the story becomes a real person with a real voice and a free will. This can be 1 (900) numbers, provocative chat rooms, strip club, or “sexting.”
7. **Emotional Relationship with a Known Person Without Touch:** No longer is the other real person unknown. They have a real name, face, and history. They know your real name, face, and history.
8. **Emotional Affair with Touch, Without Sex:** This is probably the rarest item on the list, although it is frequently said to exist. This is a relationship with a real person with kissing, massage, and other non-intercourse affections.
9. **One Time Sexual Affair:** Now the intercourse barrier has been crossed, but (as in the case of a prostitute or drunken business trip fling) the relational connection may be low.
10. **Affair in Connected Relationship:** In terms of marital threat, the sexual affair is now secondary to the deepening “love” between the spouse and adultery partner. Sex is no longer a mere expression of passion, but also devotion.
11. **Affair as Pseudo-Spouse / Leaving:** No longer is the faithful spouse making the decision regarding divorce. The unfaithful spouse is the active party seeking to dissolve the marriage in order to pursue their adultery partner.

Figure 1: Sample Progression from Lust to Adultery

Read Matthew 5:21-30. In this passage Jesus deals with two subjects—anger and lust—in the same way: identify the heart issue, warn against the full grown sin, and call for radical action even at great personal cost. If your instinct is to rebuttal that people should not face prison time or execution for common anger, you are both right and completely missing the point. Jesus is warning you not instructing your spouse. If you focus on what Jesus did not mean (even if you are correct), you will neglect what He is saying to you... personally... right now... in this passage. Jesus is saying, “Take whatever steps are necessary to remove lust from your life. Unless your excuse is of greater consequence than losing an eye or hand, it is just that—an excuse.” The question before you now and throughout this study is, “Am I wanting to hear from God to receive words of life or am I distracting myself by arguing with the words of others?” With that question in mind, score your evaluation.

➤ Questions 1-3: (Total: _____ in 3 questions)

This set of statements describes sexual sin that expresses itself through **objectifying people**. A person is more than a body. A person is more than a source of physical and emotional pleasure. Lust begins by removing the soul or personhood from someone we want to enjoy. The possibility of an authentic relationship is lost when we do this.

Other Areas of Evaluation: [The N-R-S-F-A scale focuses primarily upon type or frequency of struggle, so beneath the description of each lust, there will also be “other areas of evaluation” questions. Admitting our struggle with lust requires more than assessing “what” and “how often.” Many of these questions will preface future parts of this study.]

What aspects of a person (i.e., body, personality, character) do you most highly value (i.e., “grade”)? How has this led to unhealthy relationships or unwise choices? How has this led to isolation or insecurity in your life?

➤ Questions 4-9: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through **public visual lust**. Visual lust is when our criteria of objectification becomes the lens by which we see our world. It is less what we do (i.e., stare, ogle) and more how we evaluate life. Lust begins to define words like good, exciting, desirable, and worthwhile.

Other Areas of Evaluation: How does what “catches your eye” pass on values to those you love and lead? What do you honor, praise, ridicule, or disrespect because of the influence of your lust?

➤ Questions 10-15: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through **private narrative lust**. The story (i.e., being strong, being pursued, escape, being rescued, etc...) can be more intoxicating than the visual; hence, romance movies and pornography use these themes in their plot development.

Other Areas of Evaluation: What narratives most excite your lusts? How does your entertaining these narratives increase your dissatisfaction with real life and real people?

➤ Questions 16-21: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through **soft porn**. It is through non-nude images or non-erotic stories that unrealistic ideals are made to seem realistic, reasonable, and deserved without the emotional interference of guilt.

Other Areas of Evaluation: What are your sources of soft porn images or stories? How have you convinced yourself they are “not that bad” and allowed them to sustain the other expressions of lust in your life?

➤ Questions 22-27: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through **hard porn**. Now both professional actors and professional story tellers are involved in bringing your romantic or sexual fantasies to life. This stretches your lust-based imagination and adds the sense that you are a connoisseur of something excellent to be refined rather than a participant in something vile to be destroyed.

Other Areas of Evaluation: How many hours per week do you spend watching pornography? How much money have you spent on pornography? Have you developed a fetish for a particular type of porn? What life situations have been highly sexualized in your imagination through the exposure to pornography? Are you trying to pressure your spouse to act, dress, or talk like what you see in the pornography?

➤ Questions 28-30: (Total: _____ in 3 questions)

This set of statements describes sexual sin that expresses itself through **interaction with a real but anonymous person**. Now the object of lust (still rarely viewed as a real person with a soul) has a mind and will of his/her own. They still have a vested interest (financial or seeking companionship in the same venue) in pleasing you, but it is not a pre-recorded scene and, therefore, gives the façade of a real relationship.

Other Areas of Evaluation: How much money are you spending per month on this sexual talk or chat? How many hours are you spending per week in sexual talk or chat? Do you mostly enjoy the sexual talk or do you go to the anonymous sources to feel free to have a “normal” conversation?

➤ Questions 31-39: (Total: _____ in 9 questions)

This set of statements describes sexual sin that expresses itself through an **emotional affair without touch**. Lust here is more for the person than their body, but you are still pursuing something that is not yours (Exo. 20:17, 1 Cor. 7:4) and,

thereby, expressing discontentment with God and sinning against your marriage covenant. There is now a person who can pursue you back and ending the sin now feels like the betrayal of a friend.

“If you’re the infidel... even though you were in the driver’s seat in initiating the affair, at this stage you’re in the passenger seat (p. 117).” Dave Carder in *Torn Asunder*

Other Areas of Evaluation: How many choices do you make per day with conscious thought of your “friend” (i.e., what you will wear, arranging your schedule)? What social relationships, other than your spouse, are becoming strained or distant because of this emotional affair?

- Questions 40-45: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through **sexual touch without sex**. This category contains both the progressing sexual affair and intentional “accidental” touching for sexual pleasure. Either way the sexual sin is becoming bolder and taking more risks in order to find its fulfillment. Risk always adds to the heightened stimulation of sexual sin and becomes a false standard by which real relationships and sex are measured.

Other Areas of Evaluation: What social risks are you taking that would have previously scared you? What lines have you crossed that you would have previously considered absolutely wrong?

- Questions 46-51: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through **one time sexual encounter / affair**. There is no longer a line for you to pretend you won’t cross. The question now is: how long will you hide your sin and how close will you allow the extra-marital relationship to develop?

Other Areas of Evaluation: What parts of your lifestyle contributed to you having the freedom to have an affair without getting caught? Are you willing to put your spouse (or future spouse) at risk for STD’s in order to hide your sin by not getting tested?

- Questions 52-57: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through an **affair in a committed relationship**. Sex now means something to you. You can no longer hide behind the lie “it’s only sex” (which was never true). Ending the sin now feels like it would require “closure,” which is a noble word for relapse.

Other Areas of Evaluation: In what ways has your adultery partner become the standard by which you measure your spouse? What do you criticize in your spouse and praise in your adultery partner in order to justify your actions?

- Questions 58-63: (Total: _____ in 6 questions)

This set of statements describes sexual sin that expresses itself through an **affair as pseudo-spouse**. You are longer thinking about how to tell your spouse the truth and wondering if he/she will take you back; you’re trying to figure out how to tell his/her it’s over and wondering what your “new life” will be like.

Other Areas of Evaluation: How has your happiness trumped the importance of the well-being of anyone else in your life? Can you really believe the lie that “nobody in your life can be happy unless you’re happy”? That mindset will also destroy any of the “happily ever after” stories you’re telling yourself about this new relationship.

- Questions 64-66: (Total: _____ in 3 questions)

This set of statements describes sexual sin that expresses itself through **illegal sexual sin**. Your happiness is all that matters any more. No longer does the other person have to be a willing participant in or able to consent to consent to your pleasure. It’s all about you and your desires are destroying you and anyone they can get their hands on.

Other Areas of Evaluation: As hard as it is to hear, you need to know that either (a) you can turn yourself in and receive the mercy that comes with a self-reporting sexual offender or (b) you can wait, destroy more lives, and face greater consequences. There is forgiveness and hope for change, but it begins with admitting your actions to those God has given the civil authority to protect the innocent. You need to immediately talk to your counselor, pastor, or other mature friend about what you need to do and why. They can serve as a source of encouragement and support as you take this difficult step.

➤ Questions 67: (Total: _____ in 1 questions)

This statement describes sexual sin that expresses itself through **same sex attraction**. There are times when same sex attraction is the result of an increasing perverse sexual appetite, but can also be rooted in many other factors. If you can see that your same sex attraction has grown from a growing sinful sexual appetite, this study would benefit you. If not, it is advised that you seek Christian counseling and contact Harvest USA or Exodus for additional resources.

Other Areas of Evaluation: Did your attraction from the same sex develop as you sought more intense and diverse experiences of sexual pleasure or as you were exposed to homosexual pornography in an already aroused and spiritually compromised state?

Question: Am I a sex addict? Is that even a real thing? Would that make my sexual activity not sinful? The relational dynamic of sexual sin complicates the traditional view of addiction, even if you adhere to a disease model. Many of the books referenced in this study use the language of addiction (we reference these books because they have valuable insight into the description and assessment of sexual sin struggles). The False Love materials use the term addiction to refer to a life-dominating sin struggle, but do not believe that all sexual sin addressed in this study are necessarily mean you are an addict. If you wonder if your sexual sin has an addictive quality, answer the ten questions below. The more items you mark “yes” the more life-dominating your sexual sin has become.

“This is the way sin always is. It will always demand more of you. And meanwhile, as you have been more or less certain that you’ve been controlling your sin, it has actually been controlling you. Subtly, unrelentingly, it has reshaped your mind and your heart in very real ways (p. 21).” Tim Challies in *Sexual Detox*

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| Yes | No | Repeated failure to resist sexual impulses |
| Yes | No | The amount of time and degree of offensiveness of your sexual sin is increasing |
| Yes | No | Unsuccessful efforts to stop, reduce, or control your sexual sin |
| Yes | No | Spend a significant amount of time obtaining sex or arousal |
| Yes | No | Preoccupied with sex, sexual behavior, sexual humor, or planning for next arousal episode |
| Yes | No | Engaging in sexual behavior when it interferes with job, school, home, or social expectations |
| Yes | No | Continue sexual behavior when it negatively impacts marriage, social, emotional, or spiritual life |
| Yes | No | Increasing in intensity, frequency, depravity, or risk is necessary to obtain the desired effect |
| Yes | No | Sacrificing social, recreational, or other healthy outlets for sexual release or relationship |
| Yes | No | Experience distress, anxiety, restlessness, or irritability if unable to engage in the behavior |