

Pornography Accountability Questions

For bringing darkness to the light – Ephesians 5:8-14

What types of pornography do you view?

(softcore, hardcore, amateur, youth/child, violent, gay, straight, bisexual, animal, etc.)

What styles of pornography do you view?

(video, photo, animation, live, cartoon/hentai, etc.)

What pornographic media do you view?

(magazines, computer, photographs, cellphone sexting, TV, movies, theater, etc.)

Do you know how to bypass your accountability tools?

(blocked TV stations, computer accountability software, internet webfilter, etc)

What are your pornography alternatives?

(Lingerie catalogs, swimsuit magazines, anatomy books, swimming areas, etc.)

What are your normal times for using pornography?

(late at night, weekends, at work, etc.)

How often do you use pornography?

(hourly, daily, weekly, monthly, rarely)

Besides the experience itself, what does porn provide to your life?

(“relief” from stress, “comfort” from loneliness, a “reward” for a hard day’s work, etc.)

What situations prompt you to use pornography more than you normally would?

(argument with spouse, bad day at work, financial stress, etc.)

How do you hide your pornography use?

(hiding the material itself, concealing your financial transactions, avoiding getting caught when you use it, etc.)

Relationships

How has pornography affected the way you *look* at people in general?

How has pornography affected the way you *relate* to people in general?

Have you begun any non-marital romantic relationships?

Have you become physically involved with someone?

To what extent has your pornography use affected your family life?

To what extent has your pornography use affected your marriage?

How much does your spouse know about your use of pornography?