

Pornography Use Reflection & Self-Assessment

TRANSCEND
psychological

Understanding your relationship with pornography | Transcend
Psychological

Pornography is widely used and for many people presents no significant problems. However, for some, patterns of use can become distressing, compulsive, or disruptive to real-life intimacy and relationships. This questionnaire is designed to help you reflect on your relationship with pornography — without judgment.

The research on 'pornography addiction' as a clinical construct is still evolving. Distress and loss of control over sexual behaviour are real and treatable, regardless of the diagnostic label applied. This tool is not diagnostic. Please consult a qualified mental health professional if you have concerns.

Section 1: Patterns of Use

	Never	Rarely	Sometimes	Often	Always
1. I use pornography more frequently than I intend to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have tried to cut back on my pornography use without success.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
3. I seek out increasingly intense or novel content to achieve the same effect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
4. I use pornography to cope with stress, boredom, loneliness, or difficult emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
5. I spend significant amounts of time seeking or watching pornography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 2: Impact on Real-Life Intimacy

Research suggests that heavy or compulsive pornography use can affect arousal patterns, sexual satisfaction, and relational intimacy. These questions explore how your use may be affecting your sexual experience and relationships.

	Never	Rarely	Sometimes	Often	Always
6. I find it harder to become aroused with a partner compared to pornography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
7. I compare my partner — physically or sexually — to what I see in pornography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
8. Real-life sex feels less satisfying than pornography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
9. I have delayed or avoided sex with a partner in favour of pornography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
10. I feel disconnected from my partner during sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Emotional & Relational Impact

	Never	Rarely	Sometimes	Often	Always
11. I feel guilt, shame, or distress after using pornography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Never	Rarely	Sometimes	Often	Always
12. My pornography use is a source of conflict in my relationship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I keep my pornography use hidden from my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I feel that my pornography use is in conflict with my personal values.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. My pornography use has negatively affected my self-image or confidence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 4: Open Reflection

16. When did pornography use become a concern for you, and what do you think contributed to that?

17. How do you feel immediately after using pornography? How do you feel the next day?

18. What would a healthier relationship with sex and intimacy look like for you?

Reflecting on your answers: Frequent responses of 'Often' or 'Always' in Sections 1 and 3 — particularly around loss of control, distress, or relationship impact — may indicate that professional support could be helpful. Effective treatment options include cognitive behavioural therapy (CBT), Acceptance and Commitment Therapy (ACT), and couples-based approaches.

You don't have to figure this out alone.

Tami-lee Duncan offers individual and couples therapy addressing pornography use, sexual compulsivity, and the impact these patterns can have on intimacy and relationships.

www.transcendpsychological.com