

# CONFIDENTIAL QUESTIONNAIRE

## The Sexual Integrity Inventory

Please answer the following questions by circling the appropriate response.

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|--|-----|----|
| 1. Have you ever tried to stop a certain type of sexual behavior, but were unsuccessful?   | Yes | No |
| 2. Do you regret the amount of time you spend online in related sexual activities, such as sex chat rooms, viewing porn, engaging in webcam sex, or interacting with prostitutes?          | Yes | No |
| 3. Do you feel preoccupied or distracted by your sexual thoughts or activity?  | Yes | No |
| 4. Have you hidden porn from your family or lied about your use of pornography?  | Yes | No |
| 5. Does your wife, friends or family ever worry or complain about your sexual behavior?  | Yes | No |
| 6. Have your sexual activities interfered with some aspect of your professional or personal life – caused a problem at work, loss of relationship with your wife, girlfriend or family?    | Yes | No |
| 7. Were you ever sexually abused by anyone when you were younger?  | Yes | No |
| 8. Have you looked at pornography in the past week?  | Yes | No |
| 9. Did you look at porn or masturbate regularly during your adolescent or teenage years?   | Yes | No |
| 10. Have you ever thought that a sexual activity you have engaged in is totally “weird”?   | Yes | No |
| 11. Do you look forward to family events being over or for a spouse or significant other to go somewhere without you so you can more easily engage in sexual activity?                     | Yes | No |
| 12. Have you had certain kinds of sex or had sex with certain people that later disgusted you when you thought about it?   | Yes | No |
| 13. Have you ever had an affair while in a committed relationship?   | Yes | No |
| 14. Do you think you spend too much time flirting or looking at other women?   | Yes | No |
| 15. Do you frequently engage in sexual humor?  | Yes | No |
| 16. Do you ever use masturbation to manage stress or to go to sleep?   | Yes | No |
| 17. Have you ever lost a job because of viewing pornography while at work or because you had an affair with a co-worker?   | Yes | No |
| 18. Do your sexual activities place you in danger of arrest or have you been arrested for your sexual activities?  | Yes | No |
| 19. Have you ever exposed your spouse or girlfriend to a sexually transmitted disease and not told them about it?  | Yes | No |
| 20. Has anyone ever been hurt emotionally by events related to your sexual behavior, e.g. lying to your partner or friends, not showing up for events/appointments due to sexual activity? | Yes | No |
| 21. Have you ever been sexual with a minor, or when you were a minor did you ever have sex with someone much younger than you?   | Yes | No |
| 22. Have you made repeated promises to yourself or another person to change some form or your sexual activity, only to break that promise later?   | Yes | No |
| 23. Have you ever wondered about your sexual preferences?  | Yes | No |
| 24. Have you ever feared being homosexual?   | Yes | No |
| 25. Have you ever engaged in repeated experiences of unsafe or “risky” sex even though you knew it could cause you harm?   | Yes | No |
| 26. Have you ever had a sexually transmitted disease?  | Yes | No |
| 27. Have you ever had sex with someone just because you were aroused and later regretted it?   | Yes | No |
| 28. Have you ever cruised public restrooms, rest areas, gym locker rooms or other public places seeking anonymous sexual encounters with strangers?  | Yes | No |
| 29. Have you ever talked to a pastor or professional counselor, psychologist, or doctor about your sexual behaviors?   | Yes | No |

**Single men, please proceed to the Closing Question below.  
Married men, or men who were previously married, please complete  
all of the remaining questions.**

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|--|-----|----|
| 30. Did you think that marriage would solve your sexual problems with lust and fantasy and you were disappointed when it didn't? | Yes | No |
| 31. Have you ever felt bored with sex in your marriage?  | Yes | No |
| 32. Do you expect your wife to submit to your sexual requests all or most of the time?   | Yes | No |
| 33. Have you ever become angry with your wife for saying no to sex?  | Yes | No |
| 34. Do you often find that you would rather look at pornography or masturbate than have sex with your wife?                      | Yes | No |
| 35. Does your wife ever complain that you are not attracted to her or that you do not have sexual interest in her?               | Yes | No |
| 36. Does your wife ever complain about your sexual demands?  | Yes | No |
| 37. Have you ever used masturbation to avoid pressuring your wife for sex?   | Yes | No |
| 38. When you have sex, do you feel depressed afterwards or later regret it?  | Yes | No |

**Scoring:** If you answered **yes** to half or more of these questions, we encourage you to speak to someone such as a trusted friend, a pastor, or a professional counselor. We also encourage you to contact us at Faithful & True. Call **952.746.3880** or visit our website: [faithfulandtrue.com](http://faithfulandtrue.com) for more information.

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This assessment is for informational purposes only and cannot substitute for a full evaluation by a clinical Professional; the inventory should only be used as a guide to understanding your sexual behavior and the potential consequences associated with that behavior.