

Pureheart Sexual Activity Survey

(Respond to each question by checking either the Yes or No box)

| | No | Yes |
|--|----|-----|
| 1. Do you often feel "horny" and desire sex more often than others? | | |
| 2. Have you always thought and acted properly in regard to sexual matters? | | |
| 3. Have you ever viewed pornographic images on the Internet? | | |
| 4. Have you ever masturbated? | | |
| 5. Do you feel angry more than other people you know? | | |
| 6. Do you sexually fantasize about women with whom you have had casual contact? | | |
| 7. Have you ever had any legal problems (civil or criminal) due to your sexual behaviors? | | |
| 8. Have you ever visited an adult video store and/or massage parlor? | | |
| 9. Have you ever struggled with your sexual activities? | | |
| 10. Do you feel separated from God because of your sexual behaviors? | | |
| 11. Do you have periods where you cannot control your sexual thoughts and fantasies? | | |
| 12. Do you spend time in chat rooms chatting about sexual matters? | | |
| 13. Have you ever sexually cheated on your spouse or partner? | | |
| 14. Have you ever thought of a woman as a sexual object? | | |
| 15. Have you ever reduced your participation in church activities because of your guilt? | | |
| 16. Do you feel God has abandoned you because of your sexual sin? | | |
| 17. As an adult, have you ever inappropriately touched or were sexual with a minor? | | |
| 18. Do you always avoid looking at sexual images in the media or films? | | |
| 19. Do you ever feel depressed or hopeless over your sexual behaviors? | | |
| 20. Have you ever tried to quit a type of sexual activity which you eventually resumed? | | |
| 21. Have you ever been sexual with a prostitute? | | |
| 22. Do you ever have thoughts about having sex with men? | | |
| 23. Do you ever think you're a horrible person because of your sexual behaviors? | | |
| 24. Do you think about group sexual experiences? | | |
| 25. Do you always remove yourself from sexual temptation? | | |
| 26. Have you ever been arrested for sexual solicitation? | | |
| 27. Have you ever bought or paid for porn DVD's/videos, mags, pictures, and/or website access? | | |
| 28. Do you like pornographic images showing brutality and humiliation towards women? | | |
| 29. Do you feel agitated when you cannot have a "daily sexual release?" | | |
| 30. Do you feel bored most of the time unless you are being sexual or thinking about sex? | | |
| 31. Do you have a high level of stress in your life? | | |
| 32. Do you feel you have completely conquered sexual temptation? | | |
| 33. Have you ever asked God to take away your sex drive or sexual organs? | | |
| 34. Have you ever felt disturbed over your sexual activities? | | |
| 35. Do you enjoy viewing pornographic images of children? | | |
| 36. Have you ever had sexual activity with a pet or farm animal? | | |
| 37. Do you think about sexual activities when you are at church services? | | |
| 38. Do you ever dress like a woman in order to enhance your sexual experience? | | |
| 39. Do you ever use drugs or alcohol to enhance your sexual experience? | | |
| 40. Have you ever exposed yourself to others in public? | | |
| 41. Have your sexual activities hurt your relationships with your loved ones? | | |
| 42. Have you ever had a homosexual experience? | | |
| 43. Do you feel you need to be tested for Sexually Transmitted Diseases? | | |
| 44. Do you ever secretly watch others through windows of their houses or apartments? | | |
| 45. Do you think you are morally bankrupt? | | |
| 46. Have you lied about your sexual activities? | | |
| 47. Do you ever excessively masturbate until you physically hurt? | | |
| 48. Have you ever used alcohol or drugs to take sexual advantage of someone else? | | |
| 49. Have you ever visited a strip club/bar, swinger's club, and/or lingerie modeling venue? | | |
| 50. Have you always been honest? | | |
| 51. Do you neglect your responsibilities because of your sexual behaviors? | | |
| 52. Do you feel a need to be sexual in order to feel good about yourself? | | |
| 53. Have you ever sexually fantasized? | | |
| 54. Do you think that your "special" sexual needs make you different than others? | | |
| 55. Do you spend long periods of time thinking about sex? | | |
| 56. Do you feel ashamed of your sexual behaviors? | | |
| 57. Do you think about past and future sexual activities? | | |
| 58. Do you think if you're sexual with someone then you will have them under your power? | | |
| 59. Have you ever called a phone sex site, had cyber-sex, and/or "sexted" someone? | | |
| 60. Have you had sexual relations with anonymous partners? | | |
| 61. Do you sexualize others that you see in public places? | | |

Survey Self-Scoring Guide

Add up all of your "Yes" responses to all of the 61 questions and place total on **Line A** below.

Add up all of your "Yes" responses to the questions 7; 8; 12; 13; 17; 21; 22; 26; 27; 35; 40; 43; 44; 47; 49; and 60. Times the total number of "Yes responses from these questions by 5 and place total on **Line D** below.

Example: *You have 3 yes responses from these questions and you multiply 3 times 5 which equals 15. You place 15 on Line D.*

Add up all of your "Yes" responses to questions 2; 18; 25; 32; 50; and 54. Add up all of your "No" responses to questions 4 and 9. Add together the total number of "Yes" and "No" responses from these questions and then times that number by 2. Place the number on **Line W** below.

Example: *You have two "Yes" responses from these questions and one "No" from these questions. You add 2 plus 1 which equals 3. You multiple 3 times 2 which equals 6. You place 6 on Line W.*

Add **Line A** _____ + **Line D** _____ + **Line W** _____ = **Total Score** _____

Depending on your survey score, we recommend a Pureheart Assessment:

If your total score is less than 15, no assessment is necessary.

If your total score is between 16 and 20, a Pureheart assessment is worth considering.

If your total score is between 21 and 25, you should sign up for a Pureheart assessment.

If your total score is higher than 26, we strongly recommend you sign up for a Pureheart assessment.

**Visit Pureheart's website at
www.pureheartministries.net
for more information...**

Email us at tim@pureheartministries.net

**Call us at 503-341-7685 if you would like to
schedule a Pureheart assessment
(in person or via phone).**