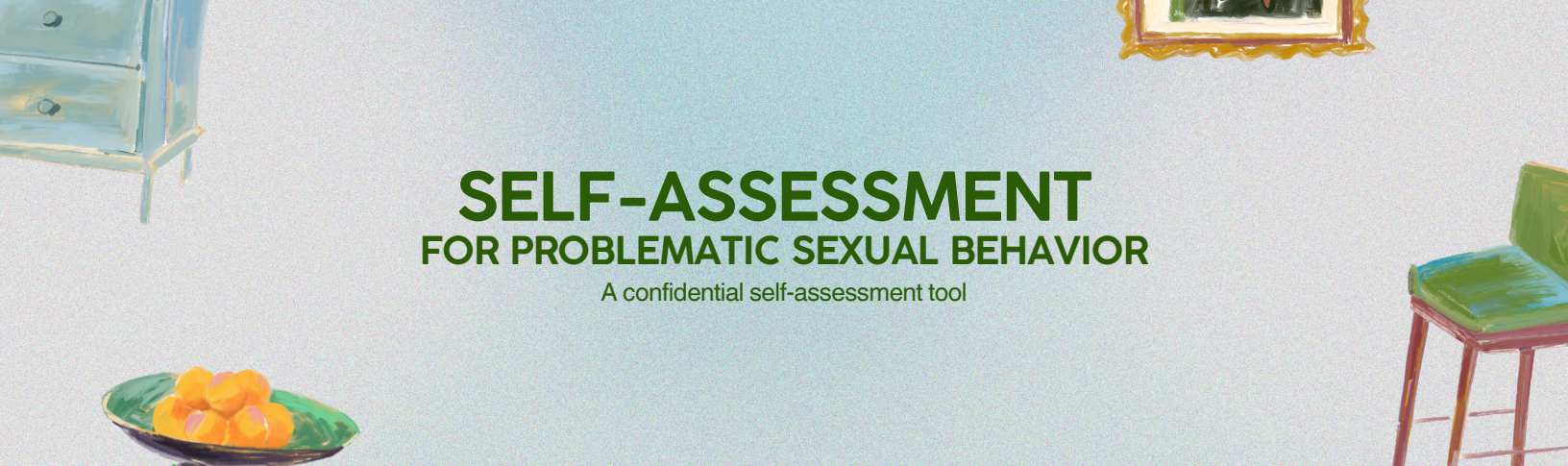




# SELF-ASSESSMENT FOR PROBLEMATIC SEXUAL BEHAVIOR

A confidential self-assessment tool

This assessment is designed to help you reflect on your sexual behavior and identify potential areas of concern. Please answer honestly and consider seeking professional help if needed.

## Are you breaking promises about your sexual behavior? (Commitments)

1. Have you broken promises you made about sexual behavior--to your spouse or yourself?
2. Have you used pornography without your spouse's knowledge or consent?
3. Are you acting in ways that go against the moral standards expected of your role (leader or mentor)?

## Are you going against your values? (Values)

1. Are you doing things sexually that go against the values you say you believe in?
2. Have you crossed a sexual line you once said you never would?
3. Would you feel shame or fear if others knew everything about your sexual behavior?

## Are you losing control of your sexual behavior? (Self-Control)

1. Have you tried to stop or cut back on certain sexual behaviors but haven't been able to?
2. Are your desires growing stronger even when you try to limit them?
3. Are your responsibilities at home, work, or ministry suffering because of time or energy spent on sexual behavior?

## Are you seeing negative consequences? (Consequences)

1. Is your sexual behavior causing problems in your marriage or close relationships?
2. Is your work, ministry, or leadership being affected by your sexual choices?
3. Have you received concerns, complaints, or been confronted about your sexual behavior?

## Are you risking harm to others? (Sexual Responsibility)

1. Have you engaged in sexual behavior where everyone involved didn't fully consent?
2. Do you think your actions might be emotionally harming someone else?
3. Have you been part of any sexual situation--online or in person--that could exploit or endanger another person?

If you answered 'Yes' to any of these questions, it may be a sign that it's time to seek help or support. You're not alone. Talking to a trusted therapist, support group, or spiritual guide can be a healing next step.

**Next Steps**   **Contact Rev. Chris Goers** - 214-668-7896 - [chris@chrisgoers.com](mailto:chris@chrisgoers.com)

If this assessment has raised concerns for you, consider reaching out to a qualified professional. Therapy, support groups, and spiritual guidance can provide valuable support and resources. Remember, seeking help is a sign of strength.