**Concerned about pornography usage? – Marty Klein**

1. Do you masturbate while watching porn? ….Do you enjoy it?....Do you feel guilty about masturbating, as distinct from your feelings about porn?
2. If you’re in, or have been in, a relationship, how do/did you function in it overall? If you’ve never been in a relationship, why not?
3. How do you function out in the world – at work or socially?
4. Do you feel or seem out of control in any other part of your life?
5. What is your involvement with alcohol or drugs?
6. What prescription medications are you on?
7. Do you have a healthy relationship with the internet in non-porn contexts? Eg. do you find yourself habitually drawn to or unable to stop internet surfing: news, social, music, images……………….....?
8. Are you more likely to access porn when you are
 Feeling down?
 Feeling anxious?
 Feeling alone?
 Feeling overwhelmed or too busy?
 Feeling ……………………………….........????
9. If you weren't "porning" or surfing, what would you most likely be doing instead?
 How attractive, if at all, are those activities?
10. Is there shame associated with viewing or reading porn?
	1. If so, is there some sense of excitement associated with the shame?
11. Is your sex life with your partner satisfying or is there something missing for you?
	1. Is there a sense in which you feel you need to protect your partner from a full expression of your sexuality?
	2. Do have some sense of pressure to perform to particular standards in sex with your partner?
12. Is the sexual excitement you experience with porn more intense than with a partner?
13. Are you unsure if sex is enjoyable or satisfactory for your partner?