

Pornography Use and Personal-Relationship Impact Checklist

A clinical conversation guide for individuals and couples

Purpose: This checklist helps organize a conversation about pornography use and its effects on personal functioning, sexuality, and intimate relationships. It is not a validated diagnostic instrument and does not establish a compulsive sexual behavior or other diagnosis.

Instructions

Complete the checklist independently, based on the past three months. If partners participate, each may complete a separate copy and then compare patterns rather than argue about a single total score.

0	1	2	3	4
Never	Rarely	Sometimes	Often	Almost always

#	Statement	0	1	2	3	4
1	I use pornography more often, or for longer, than I originally intended.	☐	☐	☐	☐	☐
2	I have tried to reduce or stop pornography use but have had difficulty maintaining the change.	☐	☐	☐	☐	☐
3	I use pornography to manage stress, loneliness, anger, boredom, anxiety, sadness, or sleep.	☐	☐	☐	☐	☐
4	Thoughts, urges, searching, or planning related to pornography occupy more attention than I want.	☐	☐	☐	☐	☐
5	I seek greater novelty, intensity, or time in order to obtain the effect I want.	☐	☐	☐	☐	☐
6	I continue using pornography despite recognizing unwanted consequences.	☐	☐	☐	☐	☐
7	Pornography use has interfered with responsibilities, plans, health, sleep, or activities that matter to me.	☐	☐	☐	☐	☐
8	I have minimized, hidden, deleted evidence of, or been less than fully honest about pornography use.	☐	☐	☐	☐	☐
9	Pornography has contributed to emotional distance, reduced affection, or diminished sexual intimacy.	☐	☐	☐	☐	☐
10	Pornography has shaped sexual expectations in ways that create dissatisfaction, pressure, or disconnection.	☐	☐	☐	☐	☐
11	Discussions about pornography tend to become circular, defensive, hostile, or avoidant.	☐	☐	☐	☐	☐
12	Pornography-related discoveries or broken agreements have weakened trust or emotional safety.	☐	☐	☐	☐	☐
13	My pornography use has involved content, spending, contact, or circumstances that raise safety, legal, or ethical concerns.	☐	☐	☐	☐	☐
14	A partner, relative, friend, employer, clergy member, or professional has expressed concern about my pornography use.	☐	☐	☐	☐	☐
15	I feel ambivalent: part of me wants change, while another part wants pornography use to remain as it is.	☐	☐	☐	☐	☐
16	I am willing to discuss one specific change or next step with my partner or a qualified professional.	☐	☐	☐	☐	☐

Clinical Review

Use the responses to locate patterns, differences in perspective, and the next clinically appropriate conversation.

1. Review by domain

Domain	Items	Clinical focus
Use pattern	Items 1-6	Look for escalation, loss of control, coping functions, preoccupation, increasing intensity, and continued use despite consequences.
Personal and relationship impact	Items 7-12	Look for interference, concealment, emotional or sexual distance, altered expectations, conflict, and damage to trust.
Concern and change	Items 13-16	Address safety or legal concerns, outside concern, ambivalence, and readiness for one concrete next step.

2. Interpretation

This checklist intentionally has no diagnostic cutoff. A total score can obscure the most important information. Review which individual items were marked Often or Almost always, where partners differ, and whether the pattern indicates loss of control, concealment, impaired functioning, relational injury, escalation, or a need for specialized assessment.

Clinical caution: Any indication of illegal sexual material, contact with minors, nonconsensual sharing or recording, coercion, stalking, threats, financial exploitation, or immediate risk to self or others requires direct assessment and appropriate protective, legal, or emergency action.

3. Discussion prompts

- Which response concerns you most, and why?
- What function does pornography serve when its use is most difficult to change?
- What has pornography begun to replace in personal or relational life?
- Where do partners' ratings or meanings differ most?
- What has already helped, even briefly, to reduce use or relational harm?
- What is one observable change that would begin to restore control, honesty, or trust?

4. Notes and next step

Primary concern:

Difference in partners' perspectives:

Immediate safety or legal consideration:

Agreed next step:

Follow-up date: