

## Pornography Addiction Screening Tool (PAST)

(Responses should be based on behavior over the past twelve months)

	Never	1-2 times	Seldom	Sometimes	Frequently
1. Do you use porn/masturbation to avoid or escape your feelings and problems or to alter your mood?	0	1	2	3	4
2. Do you become restless, moody or irritable when attempting to cut down or stop viewing porn?	0	1	2	3	4
3. Do you find yourself preoccupied with sexual thoughts more often than you would like?	0	1	2	3	4
4. Does it sometimes seem as if there is a force inside of you that drives you to view pornography?	0	1	2	3	4
5. Do you feel empty or shameful after viewing pornography or masturbating and wish you could stop?	0	1	2	3	4
6. Have you ever promised yourself that you would never again view pornography or masturbate?	0	1	2	3	4
7. Have you lied to your family members, church leaders or others about your pornography viewing?	0	1	2	3	4
8. Does your use of pornography interfere with, limit or reduce the social, occupational, educational or recreational areas of your life?	0	1	2	3	4
9. Have you stayed up late at night or woke up during the night to view pornography?	0	1	2	3	4
10. Do you erase history, "cover tracks" and take steps to hide your porn use to avoid being caught?	0	1	2	3	4
11. Do you rationalize, justify, minimize or make excuses about your pornography use?	0	1	2	3	4
12. Do you somehow end up looking at pornography nearly every time you get on the internet?	0	1	2	3	4
13. Do you worry something is wrong with you because of your sexual thoughts and feelings?	0	1	2	3	4
14. Have you participated in on-line/internet sexual chats, emails, posts or in sexting?	0	1	2	3	4
15. Have you lied, stolen, manipulated others or made other unwise choices to view pornography?	0	1	2	3	4
16. Do you view more pornography and for longer periods of time than you initially intend?	0	1	2	3	4
17. Do you find yourself viewing more and more porn, or different types of porn to feel the desired excitement?	0	1	2	3	4
18. Do your sexual thoughts/feelings interfere with your moral/religious beliefs or your family values?	0	1	2	3	4
19. Do your sexual thoughts and behaviors cause you to feel that you are unclean or unworthy?	0	1	2	3	4
20. Do you browse through newspapers, magazines or flip through channels on the television just to find something that will stimulate you sexually?	0	1	2	3	4
21. Do you look for opportunities to be alone so that you can find pornography or masturbate?	0	1	2	3	4
22. Do you masturbate while viewing pornography?	0	1	2	3	4
23. Do you continue to view porn despite knowing it may jeopardize or damage your relationships?	0	1	2	3	4
24. Do you continue to view pornography even after encountering problems related to your viewing?	0	1	2	3	4
25. Have you experienced repeated unsuccessful efforts to control, cut back or stop viewing porn?	0	1	2	3	4
<b>Totals</b>					

**Total Score:**

### Scoring Guide

**0-25 Normal sexual development & typical curiosity.** No treatment is needed. Monitoring of on-line activity is recommended along with education regarding dangers of pornography and open dialogue about sexuality.

**26-49 Reason for concern regarding involvement with pornography.** Monitoring of on-line activity along with preventative education is recommended. Individual is vulnerable for possible future addiction. Individual requires education regarding dangers of pornography and open dialogue about sexuality.

**50-69 Emerging pornography addiction.** Vigilant monitoring of on-line behavior is needed. Treatment is needed to prevent more pervasive addiction. Distorted view of sexuality and hypersexual behaviors may begin to manifest. Healthy coping skills begin to stagnate. Increased risk for emotional, social and legal problems related to pornography addiction.

**70-100 Individual is addicted to pornography.** Vigilant monitoring of on-line behavior is needed. Treatment is necessary to disrupt the addiction. Individual is unable to break free from the addiction without professional treatment. Healthy coping skills are replaced with addiction. Individual's judgment and priorities become distorted by the addiction. High risk for emotional, social and legal problems related to pornography addiction.