

Am I Serious About Dealing with My Pornography Problem?

I am not serious if:	I am serious about changing if:
I lie, am evasive, or only disclose information when asked.	I am honest.
I was caught or reported by someone else rather than admitting to or confessing inappropriate behavior.	I am open and willing to talk about what I do, think, and feel.
I pretend or try to convince others that there are no problems, that they are taken care of, or are no big deal.	I am trying to find out what caused my addictions and prevent addictive behavior from happening again.
I am defensive, deny, minimize, rationalize, and blame others in order to avoid dealing with my problems.	I take responsibility for making personal changes.
I want to go back to the way things were before getting caught, rather than improving and growing.	I have made up my own rules for staying out of compulsive sexual behaviors and am following them.
I refuse to attend 12-Step meetings or get a sponsor, and continue to “punish” myself.	I regularly attend 12-Step groups, report to my sponsor, and accept the Atonement in my life.
I am not willing to put in the time or effort to fix problems or work the 12-Steps.	I am working on the 12-Steps and my issues daily.
I run away, hide, or won’t talk about my behaviors, feelings, thoughts, and fantasies.	I meet regularly with my ecclesiastical leader.
I do not actively participate in counseling.	I decide to see a counselor on my own rather than being forced to or told to by someone else.
I use other addictions—like alcohol or drugs—to avoid dealing with my real problems.	I go to professional counseling sessions, work on issues underlying my behavior, and do all homework given.
I act as if I am the victim and seek sympathy or try to get others to take sides.	I am working more on what I need to change rather than on what I think my spouse needs to change.
I want my spouse to be okay with my addictions and I feel cheated if I can’t continue.	I give my spouse the space and closeness she needs.
I criticize and blame others more than I take personal responsibility.	I show that I understand the hurt which I have caused my spouse and loved ones.
I am angry, moody, resentful, critical, or out of control, and only think about my own needs.	I work to earn others’ trust and forgiveness.
I try to make a quick-fix deal and apologize—just to have the issue dropped.	I work to solve problems that were caused by my addiction.
I am manipulative and use fear, guilt, or threats to get what I want.	I speak and act with respect.
I make impulsive decisions and have impulsive behaviors.	I am dependable in taking care of my family, occupation, and religious responsibilities.
I make promises rather than changes.	I am setting specific, measurable goals and achieving them.
I am not living Church standards.	I am living the standards of the Church.
I continue to put myself in situations where I’ll be tempted.	I have made significant lifestyle changes.