

CELEBRATE THE JUBILEE: INTERNET PORNOGRAPHY (BREAKING FREE) TEST



Internet Pornography Test

“Online” is defined as spending time on the Internet, whether by computer, a PDA (personal digital assistant) device or cell phone. “Never” means absolutely none. “Always” means repeatedly on a daily basis. Score by adding up the total of numbers circled. See below for test results.

	Never		Always		
Do you lose track of time when you're online?	1	2	3	4	5
Do you sacrifice needed sleep/rest because you spend so much time online?	1	2	3	4	5
Do you become agitated/angry when someone interrupts your access to the Internet?	1	2	3	4	5
Do you ever lie about how much time you've spent on the Internet?	1	2	3	4	5
Does your mood/attitude improve when you are online?	1	2	3	4	5
Do you ever hide online site visits or personal interactions from your family?	1	2	3	4	5
Do you currently have/use an Internet filter and/or accountability software on all your computers?	1	2	3	4	5
Have you ever intentionally visited a sex or porn site at work while on the job?	1	2	3	4	5
Have you ever conducted an instant message/chat with a stranger on a sexual topic?	1	2	3	4	5
Do you prefer to spend time with Internet acquaintances rather than family?	1	2	3	4	5
Are you more inclined to visit a sex or porn site today than you were a year ago?	1	2	3	4	5
Have you ever intentionally downloaded pornographic material?	1	2	3	4	5
Do you feel guilt or shame because of any Internet activities?	1	2	3	4	5
Do you ever spend money on Internet pornography?	1	2	3	4	5
Do you feel sexually aroused when looking at or thinking about online pornography?	1	2	3	4	5
Do you masturbate when looking at or thinking about online pornography or after visiting a sex site?	1	2	3	4	5
Have you visited an Internet sex or porn site in the last month?	1	2	3	4	5

Internet Pornography Test – Scoring and Analysis

- 17-20 You have an **Internet pornography sensitivity**. You have not had much exposure to it but you are vulnerable and should take precautions not to be trapped in the future.
- 21-40 You have an **Internet pornography obsession**. You have been exposed to moderate levels of Internet pornography and should seek help.
- 41+ You may have an **Internet pornography addiction**. You have been exposed to high levels of Internet pornography and should seek help.

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