

Sexual Temptations Of Man

Sexuality Self-life Exam

While it is clear that God can and does forgive you for any or all acts of immorality that you have committed, although it would be wise of us to “measure” the level of vulnerability that you may be experiencing. Please be totally honest with this questionnaire, it may be your “missing link” to victory!

Read the statement then place a ✓ in the column that best reveals your heart.

Statement	Never	Rarely	At Times	Often
I take a second look at women who attract me.				
I masturbate.				
I have images of naked women in my mind.				
I struggle with temptations of seeing naked men.				
When having sexual relations with my wife, I fantasize about other women.				
I push my wife to do things in “love making” that I have seen performed in pornographic materials.				
I use porn when masturbating.				
I use porn in the “foreplay” stage of “love making”.				
I have sex outside the institution of marriage – this includes oral sex, others masturbating me, etc.				
I am tempted to have “same sex” sex – this includes oral sex, masturbation and rectal penetration.				
I use objects and/or “sex toys” when masturbating.				
I use “prostate stimulation” when masturbating or “love making”.				
Within the past year, I have viewed sexually related pornographic material.				
I have used audio/video devices to record sexual activity.				
I have used audio/video devices to record naked people.				
I have conducted “peeping tom” type of activities at different points in my life.				
I have used “exhibition” (revealing ones own nakedness to another without permission) as an act of stimulation outside of the marriage unite.				
I lie when confronted with forms of immorality.				
I take steps to “cover my tracks” after I conduct an immoral act.				
I use my own money to indulge in sexually related materials or paraphernalia.				
I was “victimized” or sexually molested as a child.				
I was exposed to sexually explicit material in my childhood.				
I have used “bondage” type of sexual stimuli while masturbating or in lovemaking.				
I have been sexually aroused by “Beastology” (sex with animals).				

I have been sexually aroused by watching men having "sex" with other men.				
I have been sexually aroused by watching men have "sex" with women.				
I have been sexually aroused by watching men masturbate.				
I do not look away when viewing a "sexually oriented scene" in a movie.				
I actively participate in laughing at "sexually related jokes".				
Numeric Value	0 Points	1 pt each	2 pt each	3 pt each
Total For Each Column				
Grand Total				

We understand that taking this evaluation was most likely difficult and challenging, but we recommend that if your score fell within the rate of **"Moderate Concern"** or **"Priority Concern"**, seek guidance immediately.

Mild Concern:

0 – 30 You are most likely guarded and alert. It is recommended that you become an active worker or "helper" in a small group that reaches out to men.

Moderate Concern:

30 – 58 You are at risk and have many areas of vulnerabilities. It is recommended that you get with a small group leader, pastor or counselor to evaluate your present level of temptations or activities.

Priority Concern:

59 – 87 You are at **high risk** and most likely have sexually related "strongholds" presently taking place in your life. It is recommended that you seek one-on-one help from your pastor and/or a counselor. It is also recommended that you join a small group that promotes itself as a group that helps men deal with sexually related strongholds.

IOM AMERICA recommends all those who take this test, show it to a Christian leader of your choice. It is always safer to be sure that you are not at risk or being deceived.

For more information, insight or counsel, please contact us at:

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