

SBSA

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**Understand your past
and how it shapes
the present**

The Sexual Behavior Self-Assessment is designed to help you identify themes in your life that contribute to unwanted sexual choices.

Freedom out of unwanted sexual behavior, be that the use of pornography, infidelity, buying sex, etc., is about identifying the unique reasons that bring you to the behavior in the first place. The results of your self-assessment will show you the primary predictors—past and present—that influence your choices to pursue unwanted sexual behavior. Until these dimensions of your life are transformed, the struggle with unwanted sexual behavior will often remain.

WE HIGHLY RECOMMEND GOING OVER THE RESULTS OF THE ASSESSMENT WITH A LICENSED

PLEASE NOTE

This self-assessment is not intended to be proscriptive. Unlike traditional self-assessments that identify areas of strength or weakness, this instrument is intended to help you identify some patterns that may have contributed to, or continue to contribute to, your choices of unwanted sexual behavior that you desire to stop engaging. Your results will provide you some “compass headings” – some directions that you might consider taking on your journey toward freedom. By no means should you consider these results definitive conclusions about your unique sexual story, nor should you consider this empirical clinical diagnosis. While this instrument has been designed with deep clinical knowledge and research behind it, only a licensed mental health professional can help you translate these results into concrete conclusions.

Your report is organized into five sections:

- **1 Current Unwanted Sexual Behavior**

This section will highlight and rank the unwanted sexual behavior you've pursued in the last year.
- **2 Core Fantasies**

The core-fantasy section will call attention to the unwanted sexual themes you find arousing. Please note your specific answers (if you answered them). The goal is to begin to make preliminary connections between the fantasy you wish to stop and the other areas of your life that may be contributing to the fantasy.
- **3 Childhood Drivers**

This section will point out some of the earliest drivers of your unwanted sexual behavior, including your relationship with your parents and formative experiences such as trauma. This section helps to address one of the main questions associated with unwanted sexual behavior: "How did I get here?"
- **4 Present-Day Experiences**

This section will identify areas of difficulty and resilience in your day-to-day life. Many people want to "stop" their unwanted sexual behavior, but until they recognize why they continue with it, freedom will often be elusive.
- **5 Action Planning**

All good insights should lead you into significant decisions about how you will shape the trajectory of your future. This section will invite you to consider what key contributors to unwanted sexual behavior you feel most ready to address and to put a plan together to address them.

Before you dive in:

- 1) **Some of the data may not surprise you and some of it will.** You are likely keenly aware of some of the challenges and opportunities for growth within your unwanted sexual behavior. You may not be surprised by the data about your childhood or present-day experiences, but what might surprise you are the ways those experiences go on to shape your unwanted sexual behavior. Try to read the report as if you are just now hearing all the data. You've had plenty of time to come to your own conclusions about who you are and how your unwanted sexual behavior has come to be, but we encourage you to set those assumptions aside momentarily. When reading through the report, make sure to manage your inclination to skim ahead when concepts sound familiar and to work to squeeze out new insight from new perspectives on old stories.
- 2) **Monitor your internal responses to the data.** Pay attention to how you metabolize the findings, especially data that invites shameful or unwanted emotions. Monitor your emotions to ensure they don't interfere with your ability to "hear" how the overall assessment might be inviting you to begin or sustain your journey to healing. The goal is to help you identify and transform the parts of your story that shape the unwanted sexual behavior you pursue.
- 3) **Give yourself time to reflect on new insights.** Although you may feel some discouragement about what the data reveals, it's worth noting that new insights about your unwanted sexual choices and their origins means potentially new paths forward. It may invite you to reconsider self-perceptions that have otherwise remained rooted in deep self-contempt and self-judgment. See these aspects of your data as also positive.
- 4) **Based on the data, begin distilling what you feel are the issues most pressing and worthy of your attention.** The assessment will highlight multiple areas of your story that will invite you to deeper integrity and healing. Not all of them, however, can be engaged and transformed in a month, or even years. At the end of the day, it is your sense of where to begin your journey that needs to be articulated and acted upon. As you read through the data, please record and prepare to discuss the following with an ally or therapist that you choose.
 - What were your initial reactions (both thoughts and feelings) to what you interpreted from the data?
 - What surprised you in the data (issues raised and those not raised)?
 - Where did you have your harshest reaction (defensive, dismissive, disbelieving)?
 - What gave you the most hope and encouragement?
 - What are the priority issues that you believe must be engaged?

Color codes:

Each theme of the report is color coded to represent the potential contribution it makes toward your unwanted sexual behavior.



ORANGE will be used to show the strongest scores in your current unwanted sexual behavior and core fantasies.



DARK TEAL represents a significant contributor to unwanted sexual behavior. Many times, people tend to think that sexual brokenness is an isolated dimension of our lives. However, the research has shown that our unwanted sexual choices are a direct reflection of the parts of our stories that remain unaddressed. Areas in dark teal represent the key drivers of your unwanted sexual behavior. In addition to pursuing integrity in your sexual life, pursue transformation in these areas to move toward greater sexual wholeness.



LIGHT TEAL represents an area that is not a major contributor to unwanted sexual behavior. Although these scores may be “low,” if they are not zero, this area may be revealing portions of your story that await healing. Especially note the highest individual trauma and sexual abuse scores in your assessment.



PURPLE represents a source of resiliency. The only themes in which it is possible to receive a purple score is “Secure Family,” “Self-Care,” “Healthy Relationships,” and “Community.” If you see purple/resiliency in your report, pause to reflect how this area of flourishing came to be. Apply that same intention and openness to the areas of your life that adversely affect your relationship to unwanted sexual behavior.



GRAY will be used to show a score that is not a significant unwanted sexual behavior or core fantasy.

Results summary:

The scores below are calculated by averaging your responses to the survey items that make up the theme. You were asked to respond using the following 5-point scale: 1 = To a Very Little Extent, 2 = To a Little Extent, 3 = To Some Extent, 4 = To a Great Extent, and 5 = To a Very Great Extent.

UNWANTED SEXUAL BEHAVIOR

You indicated an unwanted sexual behavior of Using Instagram and Tumblr to act out

4.00	<input checked="" type="radio"/>	PORNOGRAPHY
3.00	<input checked="" type="radio"/>	EMOTIONAL AFFAIR
2.00	<input type="radio"/>	STRIP CLUBS
NA	<input type="radio"/>	PHYSICAL AFFAIR
NA	<input type="radio"/>	RANDOM SEXUAL ENCOUNTERS
NA	<input type="radio"/>	BUYING SEX

CHILDHOOD DRIVERS

4.20	<input checked="" type="radio"/>	ENMESHED MOTHER
4.20	<input checked="" type="radio"/>	RIGID FATHER
4.20	<input checked="" type="radio"/>	LACK OF A SECURE FAMILY
3.20	<input checked="" type="radio"/>	DISENGAGED FATHER
3.17	<input checked="" type="radio"/>	SEXUAL ABUSE
2.83	<input checked="" type="radio"/>	TRAUMA
2.20	<input type="radio"/>	ENMESHED FATHER
2.20	<input type="radio"/>	DISENGAGED MOTHER
2.20	<input type="radio"/>	RIGID MOTHER

CORE FANTASIES

You indicated a fantasy of Hooking up with a co-worker and Fantasies about an ex lover and On a business trip and hooking up with someone I've just met.

4.00	<input checked="" type="radio"/>	POWER OVER
3.60	<input checked="" type="radio"/>	INFIDELITY
3.20	<input checked="" type="radio"/>	ANONYMOUS SEX
3.00	<input checked="" type="radio"/>	HOMOSEXUAL (FEMALE/LESBIAN)
2.50	<input type="radio"/>	POWER UNDER
1.50	<input type="radio"/>	POWER AND SUBMISSION
NA	<input type="radio"/>	HOMOSEXUAL (MALE/GAY)
NA	<input type="radio"/>	FAMILY-THEMED

PRESENT-DAY EXPERIENCES

4.00	<input checked="" type="radio"/>	LACK OF COMMUNITY
3.80	<input checked="" type="radio"/>	SHAME
3.20	<input checked="" type="radio"/>	LACK OF HEALTHY RELATIONSHIPS
3.00	<input checked="" type="radio"/>	LACK OF PURPOSE
2.80	<input checked="" type="radio"/>	GUILT
2.80	<input checked="" type="radio"/>	NEEDS NOT MET
2.40	<input type="radio"/>	OVERWHELMED
2.20	<input type="radio"/>	ANXIETY
2.20	<input checked="" type="radio"/>	SELF-CARE
2.00	<input type="radio"/>	DEPRESSION

PART 1

CURRENT UNWANTED SEXUAL BEHAVIOR



You indicated an unwanted sexual behavior of Using instagram and Tumblr to act out

4.00



PORNOGRAPHY

3.00



EMOTIONAL AFFAIR

2.00



STRIP CLUBS

NA



PHYSICAL AFFAIR

NA



RANDOM SEXUAL ENCOUNTERS

NA



BUYING SEX

PART 2

CORE FANTASIES



You indicated a fantasy of Hooking up with a co-worker and Fantasies about an ex lover and On a business trip and hooking up with someone I've just met.

4.00



POWER OVER

Unwanted sexual behavior aimed at power over others involves pursuing sexual fantasies that involve someone considered submissive, a race that suggests to them subservience, someone younger, someone with a smaller body type, and the desire to be seen with sexual power or stamina.

3.60



INFIDELITY

Unwanted sexual behavior involving infidelity is the pursuit of another sexual partner when one of the people involved is married to someone else.

3.20



ANONYMOUS SEX

Those who desire anonymous sexual behavior pursue sexual fantasies or behavior with people they will likely never meet again or those they will never meet in person, are aroused by seeing others strip, or use hookup apps to engage in sexual activity.

3.00



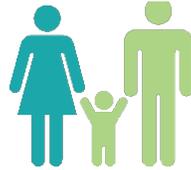
HOMOSEXUAL (FEMALE/LESBIAN)

Unwanted sexual behavior involving lesbian themes pursues women engaging in sexual behavior together.

2.50		POWER UNDER Unwanted sexual behavior characterized by power-under fantasies involve the desire to subordinate oneself before another. Those who pursue this fantasy find sexual gratification in being with someone they perceive as more powerful, someone significantly older or with more power (boss, teacher, a friend's parent), someone with a larger body type, someone they believe they can serve, and at times someone who will sexually use them.
1.50		POWER AND SUBMISSION Unwanted sexual behavior aimed at power and submission involves pursuing sexual fantasies that involve sexual scenes portraying aggression, submission, violence, bondage, or someone being dominated or punished.
NA		HOMOSEXUAL (MALE/GAY) Unwanted sexual behavior that pursues gay themes involve men engaging in sexual behavior together.
NA		FAMILY-THEMED Unwanted sexual behavior involving family or incest themes typically pursue sexual fantasies involving someone in their immediate or extended family. This could be either in reality or in fantasy.

PART 3

CHILDHOOD DRIVERS



ENMESHED MOTHER (SIGNIFICANT CONTRIBUTOR)



4.20

Your results indicate that an enmeshed mother is a contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapter 5 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 5 of *The Journey*.

DESCRIPTION: Emotional enmeshment or triangulation with a mother occurs when there is a breakdown in a marriage and a child learns to play a role that compensates for that breakdown. In this breakdown, a mother chooses to offer her emotional life—its joys and sorrows—to her child instead. A child in this environment often sees how flawed of a husband his or her mother has and naturally feel obligated to fill the void for her.

IMPACT ON RELATIONSHIPS: The main relational struggle for those who have been emotionally enmeshed with their mothers is to be free with who they are. Those with high enmeshment scores often became consistent sources of comfort and/or overly trusted confidants for their mothers. They find it difficult to make choices about their own autonomy and personal well-being and establish healthy boundaries, especially when their mothers are (or were) experiencing distress.

Emotionally enmeshed mothers expect their children to orbit around their lives. In response, many children learn to consistently please their mothers in order to reduce relational friction. To survive, however, those with higher scores often find ways to be compliant to their mothers but also to escape her (for example, unwanted sexual behavior).

If dating or married, those with high enmeshment scores may find themselves in conflict over whether their primary loyalty belongs to their spouses or to their mothers. The bind is that the enmeshed individuals will inevitably disappoint someone. In order to have healthy relationships, the triangulation with their mothers will need to be addressed.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Those with high emotional-enmeshment scores who struggle with unwanted sexual behavior often find themselves in patterns of hiding or secrecy with their sexual lives. They are largely trustworthy in many aspects of their relational lives but secretly pursue unwanted sexual behavior when alone or undergoing stress. Unwanted sexual behavior becomes a pathway of escape and method of revenge against their enmeshed mothers. In pursuing unwanted sexual behavior, they are momentarily free of their mothers' demands and simultaneously pursuing something that they know will severely disappoint her.

Furthermore, individuals with high emotional-enmeshment scores may find that the pornography or sexual fantasies they seek out involve people older than they are. For some men, the popularity of "mother"-oriented porn can often appeal to people who have had mothers who were too emotionally close to them.

DIRECTIONS TO CONSIDER: Individuals with high emotional-enmeshment scores benefit from shifting their emotional loyalty away from their mothers and toward their own lives. This requires individuals to reprioritize their own desires above the needs of their mothers. Learning to hold these two truths simultaneously facilitates growth for individuals with high enmeshment scores: (1) they can care deeply about their mothers, and (2) they can be clear with their mothers that they will not be their primary emotional support.

Practicing this level of honesty often initially feels uncomfortable, but it facilitates the first pathways to the desired freedom from emotional fusion and obligation that so many people with higher scores experience. When people are freed from this emotional loyalty, they begin to gain a sense of their identities, unencumbered by the demands of triangulation. Rarely will it ever seem like a good time to end the triangulation. Holidays, a health issue, or some other significant event often discourage people from establishing healthy boundaries in relation to their mothers. Having wisdom and strength regarding when to pursue differentiation from their mothers will guide those with high scores to the freedom they desire.

RIGID FATHER (SIGNIFICANT CONTRIBUTOR)



4.20

Your results suggest that the rigidity of your father was a contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 3 and 4 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 4 of *The Journey*.

DESCRIPTION: Rigid fathers rely on excessive rules and regulations to make their family lives work. They see most issues as black or white, even when the issues have considerable complexity. Rigid fathers tend to make dogmatic decisions to reinforce their control. Although they desire compliance, they are rarely compliant to anyone. Children report feeling they were under considerable surveillance about what they watched, what they ate, and even what they thought.

IMPACT ON RELATIONSHIPS: Individuals with high rigid-father scores often find themselves in relationships or systems that reinforce the dynamics of control that are familiar to them. Or they may also seek to avoid rigid individuals and systems later in life. Those who grow up with rigid fathers develop an acute radar for injustice, especially with those in positions of authority. Because people who grew up in rigid families recognize hypocrisy quickly but have few templates for how to resolve these inevitable dynamics, those with high scores are prone to resort to anger and control. Unwittingly, they can drive a wedge between the people closest to them and become like their fathers, even after having vowed not to.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Individuals with high rigid-father scores often pursue unwanted sexual behavior to give them a surrogate sense of freedom from being controlled. Their sexual behavior allows them to escape rigidity, but it also leads them to participate in behavior that is likely to illicit judgmental responses from others.

Individuals with high rigid-father scores, particularly men, are more likely to want to see, fantasize about, or pursue behavior involving power imbalances. For example, having a strict father was one of the key predictors of men who sought out someone younger than them, a smaller body type, a race that suggested to them subservience, and scenarios in which they could be the powerful ones. Conversely, men who developed unwanted fantasies in which they were sexually used were 2.2 times more likely to have had strict fathers.

DIRECTIONS TO CONSIDER: Unwanted sexual behavior is often appealing to those with high rigid-father scores because it gives them arenas to reclaim power or reenact unhealthy power dynamics but this time on their terms. Recognizing how unwanted sexual behavior formed in the context of a rigid family system can invite those with high scores to be more compassionate toward the places they harbor shame. Having rigid fathers often leads to anger because of constantly being ruled over while also having front-row seats to their fathers' hypocrisy. Anger can be directed either within unwanted sexual behavior or in a healthy defiance against a relationship that introduced harm. When anger is joined with grief for what was lost, those with high rigid-father scores are able to find the wisdom and tenderness to choose a new path forward.

In pursuing healthy boundaries and relationships, it is common for those with high rigid-father scores to experience internal angst. This is largely due to feeling accustomed to living under surveillance and critique, especially when attempting to differentiate from the expectations of others. Tolerating these experiences while taking iterative steps toward life goals with the support of loving communities guides many to write new stories.

LACK OF A SECURE FAMILY (SIGNIFICANT CONTRIBUTOR)



4.20

Your results suggest that the lack of a secure family in your childhood is a contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 3 and 4 as well as part 3 (“How Do I get Out of Here?”) in *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episodes 3 and 14 of *The Journey*.

DESCRIPTION: Secure family systems form children who have strong and flexible senses of self. These children grow up feeling confident in their strengths and open about their weaknesses. Secure family systems create environments for children to be curious and to reveal their questions, fears, and desires. Additionally, secure families recognize the inevitability of failure and see mistakes as vital components of growth. As a result, children recognize that the difficulties they encounter do not need to be hidden, as they are opportunities for them to be known and mature.

IMPACT ON RELATIONSHIPS: Those with low scores in secure family systems are likely to pursue close relationships that mirror the family system they grew up in. They learn that life is not found within a home but outside one. Individuals who lacked a secure family may find themselves in consistent conflict with others or avoiding vulnerability in relationships. They often learn how to be scrappy in order to navigate their way through life but have considerable relational debris behind them from being either too disengaged or rigid with others.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Those with low scores in secure family systems are more susceptible to developing unwanted sexual behavior. Their initial involvement with pornography or sexual behavior may have given them pleasure and/or connection unlike anything else they had ever known. Although they may have initially experienced pleasure, they did not have the relational competency to sustain intimacy. As a result, those with low scores tend to pursue the pleasure of sexual behavior divorced from human connection. The shame and guilt produced from their inability to sustain intimacy with others then drives them to pursue more unwanted sexual behavior to reinforce the reality they expect to find.

DIRECTIONS TO CONSIDER: Those with low scores for secure family systems benefit from acknowledging the wounds of their childhood family system. Individuals with low scores often spend lifetimes in self-contempt for their present-day failures rather than exploring how their styles of relating with others were initially formed. Additionally, those with low scores find growth in their inner conviction to no longer pursue sexual gratification separated from trust and fidelity. The more that individuals experience real relationships and intentional community, the less appealing counterfeit versions of connection and pleasure become.

DISENGAGED FATHER (SIGNIFICANT CONTRIBUTOR)



3.20

Your results suggest that a disengaged father is a contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 3 and 4 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 4 of *The Journey*.

DESCRIPTION: Disengagement occurs when a father withdraws physically or emotionally from his child's life. Examples of this could include a father spending excessive hours at work; focusing his attention on another child; choosing to avoid developmentally appropriate conversations about such things as sex, nutrition, and self-care; and choosing to ignore a child's needs, particularly in times of anxiety, sorrow, or anger. Children of disengaged parents were also the most susceptible to experiencing sexual abuse.

IMPACT ON RELATIONSHIPS: Children from highly disengaged homes are faced with a choice between living with hunger for love inside their family systems or looking outside them to find connection. Individuals with high father-disengagement scores often become dismissive of their own needs or, conversely, entitled to make sure others meet their needs as adults. Due to the relational template established early in life, many individuals will find themselves prone to isolation, particularly in times when reaching out to others would be beneficial. In friendships and intimate relationships, those with high disengagement scores find that others consistently want more emotional availability from them or eventually learn that asking for more is pointless.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Children from disengaged homes learn that life is not found within a family but outside of one. As adults, this pattern often continues. Individuals with high disengagement scores struggle to trust that their spouses or communities could be places where their stories could be told and that they would be loved more, not less, in the telling of them. Therefore, unwanted sexual behavior is often chosen as a counterfeit version of the real need. Unwanted sexual behavior gives people with high father-disengagement scores an escape from the difficult experiences of their lives, but the shame of their choices reinforces the foundational belief that people will want to disengage from them if they were truly known.

Women who were ignored by their fathers were 3 times more likely to fantasize about or pursue an affair. Men who had fantasies having to do with using others were 2.5 times more likely to have had a father ignore them.

DIRECTIONS TO CONSIDER: Beneath unwanted sexual behavior is a deep ache for connection to others. The more those with high disengaged-father scores learn to pursue generative self-soothing and vulnerability in relationships, the less appealing unwanted sexual behavior becomes. Individuals with high father-disengagement scores move toward health when they learn to recognize and name their experiences of pain and shame. The more these difficult experiences are engaged with compassion, the more the previous script of disengagement begins to shift and maturity will come. Additionally, those with high disengagement scores benefit from sharing their core negative beliefs with trusted allies or professional counselors.

SEXUAL ABUSE (SIGNIFICANT CONTRIBUTOR)



3.17

Your results suggest that sexual abuse is a key contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 7 and 12 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 5 of *The Journey*.

DESCRIPTION: Sexual abuse can cover a wide spectrum. Some individuals have gone through repeated and horrific abuse and are haunted by the memories regularly. But there are also many who would never consider what they went through a form of sexual abuse. Being introduced to pornography or undergoing a “strange” or “odd” experience with a peer or someone older is often dismissed as “normal.” Each of these experiences is a form of abuse.

People who have been abused (remember the wide spectrum) often report having the following:

- 1) Abusers emotionally connected with them and worked to make them feel wanted.
- 2) Abusers initially created a (false) sense of safety or trust. This was then used to introduce their victims to something arousing.
- 3) Abusers requested secrecy for what was occurring.
- 4) In the aftermath of the abuse, the victim felt numb or ashamed.

IMPACT ON RELATIONSHIPS: Individuals with high sexual-abuse scores tend to find themselves hypervigilant in relationships. They utilize watchfulness to ensure that they lower their odds of feeling used and betrayed. Unintentionally, this influences them to shut down the parts of themselves that make them most vulnerable (a desire for love, freedom within their sexuality, etc.). They may also seek out relational dynamics that reenact the original dynamics of their abuse. Here those with high scores pursue sexual behavior in which trust, connection, arousal, secrecy, and shame can all be mixed together. People with high sexual-abuse scores often live with a core war with their desire. They want connection with others but discover they will never have what they desire.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Individuals with high sexual-abuse scores are very susceptible to all forms of unwanted sexual behavior. Sexual abuse forms a template for an individual's sexual life. Individuals may find themselves seeking to remix or reenact the original experiences of the abuse (connection, pleasure, secrecy, and shame) or trying to avoid their bodies and sex altogether (sexual anorexia). The heaviest pornography users had abuse scores that were nearly 24 percent higher than those who did not view pornography at all.

Men:

- Men who were abused were 20 times more likely to buy sex.
- Men who fantasized about or pursued anonymous affairs were more than 13 times more likely to have a history of past sexual abuse.
- Men who fantasized about or pursued affairs with someone they knew were 15 times more likely to have histories of past sexual abuse.
- Sexual abuse was a key predictor for men who sought out themes in pornography in which they could find someone older or with more power.

Women:

- Sexual abuse was a key predictor of women who sought out or fantasized about affairs.
- Women who fantasized about or sought out affairs with someone anonymous were 3.7 times more likely to have histories of past sexual abuse.
- Women who fantasized about or sought out affairs with someone they knew were 4 times more likely to have histories of past sexual abuse.

DIRECTIONS TO CONSIDER: Individuals who struggle with unwanted sexual behavior who have high sexual-abuse scores often direct most of their attention toward stopping their unwanted sexual behavior. This often comes at the cost of addressing the underlying abuse beneath their destructive choices. Recognizing how sexual compulsivity may be a reenactment of sexual abuse can be a very helpful framework for those with high sexual-abuse scores.

Those with high sexual-abuse scores benefit from pursuing a therapeutic orientation that cares for their bodies, such as somatic experiencing, eye-movement desensitization and reprocessing (EMDR), and internal family systems. These approaches guide individuals to feel safe and calm in their bodies. Additionally, those with high sexual-abuse scores find that support groups or therapy groups will help give them language for the wide range of emotions and experiences they have survived.

Grief for what they have undergone and honesty about the harm done allow those with high sexual-abuse scores to pursue different sexual stories than the ones they tragically experienced.

TRAUMA (SIGNIFICANT CONTRIBUTOR)



2.83

Your results suggest that trauma is a key contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapter 6 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 6 of *The Journey*.

DESCRIPTION: The word *trauma* comes from the Greek word for “wound.” Trauma doesn’t refer only to soldiers who go off to war and see horrific acts or to living through a devastating natural disaster. Trauma also happens to people when they are bullied at school, watch their parents go through a painful divorce, or are publicly shamed by an authority figure. Regardless of how everyday these experiences seem, our brains react in very similar ways.

There are four important features of trauma to be aware of:

- 1) Trauma has a lasting imprint on the brain. It is not just something that happened to us long ago; it is the ongoing imprint of that event on us today.
- 2) Trauma affects us physically (it doesn’t just live in our brains as a bad memory).
- 3) People who have been traumatized often feel as if they have lost part of their souls.
- 4) Being bullied as a child is a key driver for an individual being sexually abused. Trauma often leads to more trauma.

IMPACT ON RELATIONSHIPS: Trauma influences our capacity to trust others and therefore make meaningful attachments with significant people in our lives. Individuals with high trauma scores may find themselves drawn toward “unsafe” people or unhealthy relational dynamics because they subconsciously remind them of someone or something familiar to them that caused them harm. In response, those with higher trauma scores may find themselves gradually withdrawing from relationships in order to avoid the possibility of being hurt again. Here trauma increases individuals’ baseline hypervigilance in order to protect them from being caught off guard again. This strategy often works well until something outside their control is experienced. In response, they find themselves emotionally flooded with intrusive and unwanted images or feelings.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Individuals with high trauma scores find it difficult to regulate their own emotions without pursuing behavior that offers temporary relief from their pain. Ultimately, their attempts to flee from trauma primarily work to reinforce the wounded and unwanted feelings they know best.

Emotional and physical trauma inflicted by others often has an intent to humiliate. Individuals with high trauma scores may find themselves attempting to reverse or repeat the humiliation in the unwanted sexual behavior they pursue. For example, individuals traumatized by fathers or older peers may later in life seek out pornography that

gives them the ability to find power over others (reversing trauma) or put themselves in sexual situations in which they will be humiliated or ashamed (repeating trauma).

DIRECTIONS TO CONSIDER: Individuals who struggle with unwanted sexual behavior who have high trauma scores often direct most of their attention toward stopping their unwanted sexual behavior. This often comes at the cost of addressing the underlying trauma beneath their destructive choices.

Those with high trauma scores benefit from pursuing a therapeutic orientation that cares for their body, such as somatic experiencing, eye-movement desensitization and reprocessing (EMDR), and internal family systems. These approaches guide individuals to feel safe and calm in their bodies. Every person has a “window of tolerance” that allows them to tolerate states of distress. The more we notice, acknowledge, and pursue generative self-soothing when experiencing difficult emotions, the more we are able to integrate the dimensions of our lives that were fragmented through trauma.

ENMESHED FATHER

(NOT A SIGNIFICANT CONTRIBUTOR)



2.20

Your results indicate low father-enmeshment scores. Your scores could indicate either a father who was disengaged emotionally, one who was very rigid, or one who had maturity and wisdom with his emotional life when he was experiencing hardship. See “Rigid Father,” “Disengaged Father,” and “Secure Family” to see the highest score.

DESCRIPTION: Emotional enmeshment or triangulation with a father occurs when there is a breakdown in a marriage and a child learns to play a role that compensates for that breakdown. In this breakdown, a father will choose to offer his emotional life—its joys and sorrows—to his child instead. A child in this environment often sees the difficulties his or her father faces and even how flawed of a wife the father is married to and naturally feel obligated to fill the void.

DISENGAGED MOTHER

(NOT A SIGNIFICANT CONTRIBUTOR)



2.20

If you have a low mother-disengagement score, you may find that your mother was either attentive to you and attuned to your needs or tended to be overinvolved in your life. If the latter, this overinvolvement could be characterized as rigid or emotionally enmeshed. See your scores in “Rigid Mother,” “Enmeshed Mother,” and “Secure Family” for more information.

DESCRIPTION: Disengagement occurs when a mother withdraws physically or emotionally from her child’s life. Examples of this could include a mother spending excessive hours at work; choosing to offer her love and support to another child; avoiding developmentally appropriate conversations about such things as sex, nutrition, and self-care; and choosing to ignore the needs of a child in times of anxiety, sorrow, or anger. Children of disengaged parents were also the most susceptible to experiencing sexual abuse.

RIGID MOTHER

(NOT A SIGNIFICANT CONTRIBUTOR)



2.20

Your results suggest that the rigidity of your mother was not a main contributor to your unwanted sexual behavior. Someone with a low rigid-mother score may find he or she grew up with (1) a mother who struck a solid balance between kind emotional attunement and appropriate discipline, (2) a mother who was disengaged, or (3) a mother who was permissive or indulging of her child. See “Secure Family,” “Disengaged Mother,” or “Enmeshed Mother.”

DESCRIPTION: Rigid mothers rely on excessive rules and regulations to make their family lives work. They see most issues as black or white, even when the issues have considerable complexity. Rigid mothers make dogmatic decisions to reinforce their control. Although they desire compliance, they are rarely compliant to anyone. Children report feeling they were under considerable surveillance about what they watched, what they ate, and even what they thought.

Women who had rigid mothers also tended to have fathers who overly confided in them. The implication is that daughters who had emotional closeness with their fathers tended to have mothers who were rigid or mean with their daughters.

PART 4

PRESENT-DAY EXPERIENCES



LACK OF COMMUNITY (SIGNIFICANT CONTRIBUTOR)



4.00

Your results suggest that a lack of community is a contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 16–19 in *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 16 of *The Journey*.

DESCRIPTION: Community is formed and maintained in order to meet the needs of its members. Members of a community have a sense of trust, belonging, safety, and support for one another. In this way, community is not a place, a building, or an organization; it is a feeling of solidarity and a set of relationships formed around a collective purpose. For those struggling with sexual behavior, community offers (1) structure and accountability, (2) an opportunity to offer and receive empathy, and (3) a context to discover a deep sense of purpose.

IMPACT ON RELATIONSHIPS: Individuals who lack community deprioritize relationships, often citing a variety of reasons, such as they are too busy, they feel ashamed of who they are and therefore withdraw from people, or they have experienced significant disappointment or betrayal within community and therefore dismiss the hope that it could be a meaningful aspect of their lives.

Those who lack involvement in a meaningful community learn to navigate through life without meaningful connection in times of celebration and tend to isolate in seasons of distress. When they do reach out, they ask others to validate their perspective and resist opportunities for self-awareness and growth. In their best moments, these individuals may truly desire more involvement in community, but the end result is often something largely utilitarian (for example, networking or fund-raisers). Without a significant shift in their style of relating to others, they may go through life respected but never truly known.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Individuals who lack community are inclined to go alone through the difficulties of life or heavily rely on one primary relational support that they will eventually wear out. Therefore, these individuals pursue unwanted sexual behavior rather than meaningful connection. This decision offers them a way to soothe, but is also further evidence for why community will not be a significant part of their lives.

In isolation, those who lack community can develop a calloused outlook on relationships, which sets them up to justify their unwanted sexual behavior. In it, they find solace and a container to direct their disappointments about life. Whereas individuals who have community are more likely to turn toward connection, those who lack community consistently outsource their desires and emotions to pornography and affairs. The debris of their unwanted sexual behavior can either motivate them to pursue the guidance of a community or be further evidence for why they are unwanted.

DIRECTIONS TO CONSIDER: Before one can make a significant movement toward belonging, individuals who lack community benefit from honoring their decision (conscious or not) to withdraw from it. This withdrawal may be evidence of a significant betrayal in a community from years prior or of how they've seen those in authority misuse power within particular groups. Therefore, recognizing the ways a poor score may reveal unhealthy community from the past can guide individuals to pursue groups with wisdom and conviction.

Recognize that a community is healthy when it creates a mutual desire within you and others to achieve goals and celebrate milestones, not just check in on failures. When there are setbacks, there certainly needs to be a safe place to discuss and learn from them. And when there's progress, that *also* needs to be celebrated, as it's just as important to learn from. Study the progress you see in your life and in your community. Success offers as much, if not more, insightful instruction as failure. It's in those rich conversations, well beyond the mere exchange of recounting the facts, that *true* accountability emerges.

Consider meeting regularly with allies and going through The Journey online course (<http://www.thejourneycourse.com/>), seek out a recovery group (such as Celebrate Recovery, Sexaholics Anonymous, Sex Addicts Anonymous), or join a group-therapy context run by a licensed therapist or certified sex-addiction therapist (if you meet the criteria for compulsive sexual behavior). The more those with low scores risk being known and offering their strengths to a community, the more they mature and trust relationships.

SHAME (SIGNIFICANT CONTRIBUTOR)



3.80

Your results suggest that shame is a significant contributor to your unwanted sexual behavior. This means that shame is not only something that you likely feel in response to unwanted sexual behavior but also something that drives you to it. After reading this section of the report, pay close attention to chapters 11 and 12 in *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*. Also see episodes 11 and 12 of *The Journey*.

DESCRIPTION: Shame is the painful feeling that influences people to feel that they are unworthy of love and undeserving of belonging. This could be in response to something they've done, something that's been done to them, or the negative beliefs they hold about themselves. Shame attempts to convince people that something about them is damaged or foul and would therefore be better off unseen. As a result, many people pursue behavior that confirms it.

IMPACT ON RELATIONSHIPS: Individuals with high shame scores do not experience the vulnerability and delight of being deeply known in relationships. Instead, their relational lives become characterized by hiding and blaming. Shame leads to hiding, because the individuals believes that if others really got to know all of them, they would be rejected. In attempting to protect themselves from the eyes of others, they gradually hide the parts of themselves they have deemed to be unwanted. Then when significant others or friends confront their hiding or discover something of their secretive behavior, those with high shame scores resort to blaming their behavior on external factors or the people who discovered them.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Although it might be intuitive to understand that shame is a feeling that results from engaging in unwanted sexual behavior, it is also something that drives people to it. Once people feel bad about their behavior, their response is to try to feel better in the only way they know how. In the same way that alcoholics pursue alcohol when they feel ashamed of who they are, people pursue *more* unwanted sexual behavior as the short-term remedy from the shame they are experiencing. Most people know full well that the fleeting pleasure of unwanted sexual behavior facilitates their not being able to change.

Men with high shame scores were nearly 300 times more likely to increase their involvement with pornography. Men who bought sex were 5 times more likely to have higher shame scores. Men who fantasized about or pursued anonymous affairs were nearly 4 times more likely to have higher shame scores. Men who fantasized about or pursued affairs with someone they know were 2 times more likely to have higher shame scores.

Women with high shame scores were 546 times more likely to increase their involvement in pornography. Women with higher shame scores were also 13 times more likely to fantasize about or pursue being sexually used. Women with high shame scores were 7.7 times more likely to fantasize about or pursue anonymous affairs and 3.6 times more likely to fantasize about or pursue affairs with someone they know.

DIRECTIONS TO CONSIDER: One of the main difficulties with shame is that people try to run from it. The problem is that running from shame legitimizes its messages about us. Learning to turn toward our shame and face it is how it eventually loses its paralyzing power. Shame, although largely experienced as toxic, can also reveal stories of vulnerability, failure, and heartache, which we can engage with compassion. Healing toxic shame happens when we share our stories with trusted allies and guides. When this happens, our shame, which was once a barrier, becomes a bridge to experiencing the love we've longed to discover.

LACK OF HEALTHY RELATIONSHIPS (SIGNIFICANT CONTRIBUTOR)



3.20

Your results suggest that a lack of healthy relationships is a contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 13–15 in *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 15 of *The Journey*.

DESCRIPTION: Healthy relationships with others are characterized by vulnerability and mutuality. Vulnerability is allowing yourself to be known by others in your most dignified and broken places. Mutuality is when two or more people participate in one another's lives with intention and delight. Healthy relationships offer support in the difficult seasons, and richness in times of celebration.

IMPACT ON RELATIONSHIPS: Individuals with a lack of healthy relationships deprioritize the importance of connecting with people. When they go through the joys and sorrows of life, few other people are ever invited to share in the heights or depths of these events. In addition to rarely receiving love, they also do not realize the joy of extending love to others. Despite at times being enjoyed in their community, they do not experience belonging.

Individuals who lack healthy relationships may do so because they believe them to be too overrated for what they provide in return or maintain deep suspicion that relationships could be places where they could truly be known. In times of significant crisis or heartache, those who lack strong relationships become especially needy or highly critical that other people are not responding to soothing their needs.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Those who did not have or pursue someone to talk to when they were struggling were 22 percent more likely to be significantly involved in watching pornography compared to those who greatly pursued someone to talk to. Whereas many people with high relationship scores may pursue a friend or mentor to talk to when life is painful or disappointing, those who lack healthy relationships tend to pursue experiences such as sex, eating, and using substances to address their distress. In the aftermath of these choices, these individuals tend to feel even more alienated from others. In isolation, their most dependable remedy is unwanted sexual behavior.

Individuals who lack healthy relationships scores often feel caught in a bind in their unwanted sexual behavior: they know that pursuing connection with others is the most beneficial path forward, but they recognize that unwanted sexual behavior is so appealing because it requires little risk or imagination.

DIRECTIONS TO CONSIDER: Individuals who lack healthy relationships benefit from recognizing how their avoidance of or resistance to relationships may have actually served them well. It is in relationships where we are harmed, and therefore a lack of meaningful relationships may also indicate a strategy that was initially chosen for protection. When this learned response to harm is examined, it allows these individuals to consider how to move into new relationships with wisdom and risk.

Individuals who lack healthy relationships benefit from contexts that invite them to risk in the possibility of being known by others. Counseling, group therapy, and many support groups invite individuals with low relationship scores to believe that they could be loved more, not less, by what their story reveals.

Pursuing friendships in our hardest moments is how those who lack meaningful relationships disarm the power of shame in their lives. Additionally, pursuing friendships during their most significant moments of accomplishment is part of being known as well.

LACK OF PURPOSE (SIGNIFICANT CONTRIBUTOR)



3.00

Your results suggest that a lack of purpose is contributing to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 8 and 19 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episodes 10 and 16 of *The Journey*.

DESCRIPTION: People who lack a clear sense of purpose often struggle or stall when it comes to making a desired life change. This could be a change in personal behavior, a transition to more meaningful work, or a desire for a healthier relationship with a friend or significant other. A lack of purpose often leaves people feeling stuck and directionless. Unaddressed, “Why bother?” becomes the refrain of those who lack purpose in their lives.

IMPACT ON RELATIONSHIPS: Individuals with high scores in lack of purpose often experience increased cynicism in their relational lives. The futility they feel in attempting to change something significant in their lives can lead to anger or withdrawal from their significant relationships. When frustrated with themselves, they turn to anger when they encounter conflict in relationships. When a lack of purpose becomes a chronic reality in their lives, they may find themselves abdicating responsibility for knowing and care for those closest to them.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Unwanted sexual behavior becomes desirable for those with a lack of purpose because it gives them an area of life where they can have power. In reality they may feel powerless, but in their sexual behavior they are able to have what they want, when they want it. In this way, unwanted sexual behavior is not an isolated struggle; it is a symptom of a much larger issue of futility. Those with high scores in lacking purpose who do not know how to transform their futility inevitably lean on something to assuage the powerlessness they feel.

The greater a lack of purpose, the more likely individuals were to increase their use of pornography. In fact, men who lack a clear sense of purpose were 7 times more likely to escalate their use of pornography.

DIRECTIONS TO CONSIDER: Those with high scores in lack of purpose cannot change their relationships to unwanted sexual behavior if they do not have effective plans to engage their lack of purpose. Locating one or two specific areas in which one lacks purpose (vocationally, relationally, etc.) and committing to doing iterative work to transform a lack of purpose can raise the odds of success. Hiring a coach, pursuing therapy to grow a sense of self, and committing to sixty to ninety days of abstaining from unwanted sexual behavior set individuals with high scores to discover the deeper desires within them. Rather than exclusively fighting unwanted sexual behavior, let it motivate you to find greater meaning in life. Don't fight to eliminate sexual desire; fight to discover meaning.

GUILT (SIGNIFICANT CONTRIBUTOR)



2.80

Your results suggest that guilt is a significant dimension of your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 11 and 12 in *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*. Also see episodes 11 and 12 of *The Journey*.

DESCRIPTION: Guilt is the feeling of having done something wrong or failed to fulfill an obligation. When people feel guilt, they are making moral evaluations that behaviors or actions that they chose to do or not do is negative. Guilt has the potential to influence people to make amends, reconcile, or correct unwanted behavior. When guilt motivates people to change for the better, it can be a helpful emotion.

IMPACT ON RELATIONSHIPS: Guilt can be felt toward anyone, but it is often strongest with significant others or close friends because these relationships carry certain expectations of mutual concern, trust, and love. The higher the relational commitment, the higher the guilt someone is likely to feel. Guilt has the potential to lead to empathy for the suffering caused but can also lead to anxiety that the behavior or action done might be destructive to the relationship. Those with high guilt scores often feel steeped so much in it that they find it difficult to be open with others about their mistakes. When those with high scores do not confront their own guilt with integrity, they become more likely to induce guilt in others. This strategy serves as a smoke screen that allows them to distance themselves from their behavior through projecting their issues onto someone else.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: People who have high scores in guilt are often prone to pursuing unwanted sexual behavior. Guilt can become like the compounding interest on a loan that keeps escalating. Those with high scores feel sorrowful for the pain they have caused but also anxious that if discovered, it would cause immense suffering to those closest to them. While true relief could be found in confronting the truth of their choices, those with high guilt scores attempt to suppress their discomfort through pursuing unwanted sexual behavior. Their solution works temporarily, but moments later the guilt compounds.

DIRECTIONS TO CONSIDER: Although guilt is an uncomfortable feeling to address, allow it to motivate you to have more integrity. Confronting our mistakes and sharing them with those we've hurt isn't just effective at curbing unwanted sexual behavior but also is an important muscle to grow in all areas of life.

NEEDS NOT MET (SIGNIFICANT CONTRIBUTOR)



2.80

Your results suggest that a neglect of your personal needs is a contributor to your unwanted sexual behavior. After reading this section of the report, pay close attention to chapters 13–15 and the first core experience of unwanted sexual behavior in chapter 8 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*. Also see episodes 9 and 15 of *The Journey*.

DESCRIPTION: Individuals who report that their needs are not met often suppress allowing their desires to be known and keep their deepest longings hidden from others. It could be that few people have ever invited them to know their desires or they've learned that relationships have less conflict and heartache when less of their needs are present. As the years go by, this leads these individuals to the conclusion that their needs will be consistently ignored or misunderstood. Because human needs and desires are buoyant, however, many individuals determine that the only place they get them met is in secret. In deprioritizing their actual needs or pursuing sexual behavior in secret, they reinforce their reality that personal desires will open the door to consistent disappointment and failure.

IMPACT ON RELATIONSHIPS: Individuals who neglect their needs deprioritize their personal desires, often appearing to the public world as selfless, sacrificial, or kindhearted. As a result, they can find themselves in relationships in which friends or romantic partners have overtly high needs that require their sacrificial style of relating. When individuals with high scores become aware of their needs, often in moments of pain or crisis, they are prone to dismissing them as unimportant. Instead of sharing their heartache, they compare their suffering to worldwide atrocities or horrific experiences that others undergo. This strategy often works until they find themselves exhausted, aching for care, and eager to find relationships of mutuality.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Individuals with high scores in the neglecting category eventually believe they must be secretive in order to get their needs met. The appeal of unwanted sexual behavior is that it gives them a context for a version of their desires to be expressed. Individuals who neglect their needs but pursue unwanted sexual behavior might feel as if they are on a seesaw. The more they deprive themselves of their needs in their daily lives, the more entitled they feel to pursue their unwanted sexual behavior. The more they've indulged in unwanted sexual behavior, the more they have evidence against themselves that their needs are inherently destructive. Then the cycle of neglecting their legitimate needs begins all over again.

Men who bought sex were 5 times more likely to report unmet needs, and men who pursued or fantasized about affairs were 2.5 times more likely to pursue affairs. Women who fantasized about or pursued anonymous affairs were 5 times more likely to report unmet needs. Women who fantasized about or pursued affairs with someone they knew were 3 times more likely to report unmet needs. Additionally, women were nearly 6 times more likely to have fantasies about being used sexually when their needs were not met.

DIRECTIONS TO CONSIDER: Individuals who neglect their needs often believe there is something virtuous about ignoring their needs. This could stem from growing up in family systems that were not attuned to their needs or having been part of particular versions of faith that encouraged people to deny their needs. Finding health with personal needs is not in outsourcing them to others but in allowing them to be plainly known, first to oneself. Significant others and friends are not responsible for intuiting and pursuing personal needs: that is a personal decision. When individuals know and meet their needs, they are also able to reach out to others in order to be known and cared for through the difficult and beautiful seasons of life.

OVERWHELMED

(NOT A SIGNIFICANT CONTRIBUTOR)



2.40

Your results suggest that feeling overwhelmed is not a significant contributor to your unwanted sexual behavior. If you would like to explore this topic more, refer to chapters 8 and 11 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episodes 9 and 14 of *The Journey*.

DESCRIPTION: Individuals who are overwhelmed consistently report struggling to fulfill obligations to their families or work, feel behind on things they need to get done, and are inundated with responsibilities they believe they can't manage. The adverse emotional effects associated with being overwhelmed can make even the most basic responsibilities agonizing.

ANXIETY

(NOT A SIGNIFICANT CONTRIBUTOR)



2.20

Your results do not suggest that anxiety is a primary contributor to your unwanted sexual behavior.

DESCRIPTION: Anxiety is the feeling of worry, nervousness, and unease, typically about a variety of topics, events, and activities. Although some anxiety can be healthy (for example, when it motivates people to accomplish necessary tasks or find a way to mitigate danger), those with consistent anxiety may experience it even when there is no specific threat present or in a manner that is disproportionate to the actual risk. Anxiety can make basic, day-to-day activities and responsibilities very difficult to complete. Additionally, anxiety may also affect the body, leading to sweating, nausea, or diarrhea.

SELF-CARE (RESILIENCY)



2.20

Your results suggest that self-care is source of resiliency for you. Additionally, it may also be something that fortifies you against unwanted sexual behavior. If you want to strengthen this dimension of your life, pay close attention to chapter 11 in *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episode 14 of *The Journey*.

DESCRIPTION: Self-care is the choice to deliberately care for our bodies, attend to our souls, and cultivate our identities. Self-care includes setting up our lives so that we have adequate sleep, healthy relationships to food and exercise, and days filled with meaningful work and restful activities. Self-care allows people to have discipline in monotony, stability in the seasons of change, and serenity about who they are becoming.

IMPACT ON RELATIONSHIPS: Individuals with strong self-care scores recognize the importance of caring for themselves as a vital component of loving others well. Similar to the idea that during an airplane emergency, we should secure our own oxygen masks before securing the masks of others, those with strong self-care scores know that their oxygen of self-care is important to participating fully in their relationships. At times, those with high self-care scores may find that good self-care can keep them from vulnerably engaging with others; they learn that self-care is a dependable ally and attempt to solve their emotional and relational problems by using self-care as an escape. The true litmus test of good self-care is that it spurs people on to living more vulnerably and vibrantly.

IMPACT ON UNWANTED SEXUAL BEHAVIOR: Individuals with strong self-care scores are able to choose genuine care and relaxation rather than unwanted sexual behavior when they are undergoing stress. In this way, self-care fortifies them against pursuing unwanted sexual behavior as a counterfeit form of escape. Although having a good self-care routine will mitigate some dimensions of unwanted sexual behavior, it is important to examine other key drivers as well.

DIRECTIONS TO CONSIDER: Your results indicate that you have strong self-care scores. Continue making time to care for yourself. At times, those who have solid self-care scores will discover a dark side: these individuals find that their involvement with exercise and diet might be driven by self-hatred or anxiety. Examples of this include people going to the gym so they don't feel self-hatred for their bodies or using meditation or prayer to escape their anxiety rather than entering the depths of their pain. The solution here is not to give up self-care but to allow your routines to lead you into kindness and increased self-awareness.

DEPRESSION

(NOT A SIGNIFICANT CONTRIBUTOR)



2.00

Your scores suggest that depression is not a primary contributor to your unwanted sexual behavior. Your highest score in this section was with this question:

- I don't sleep as well as I used to (To a Great Extent)

Exploring the impact of this with your ally and therapist is recommended. If you would like to explore this matter more, pay close attention to chapters 8 and 11 of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* and episodes 9 and 14 of *The Journey*.

DESCRIPTION: Depressed individuals experience persistent sadness, hopelessness, frustration, and other negative emotions. These unwanted feelings may be accompanied by a lack of energy, social isolation, or a disturbance of appetite or sleep. When someone has these symptoms most of the day, nearly every day, for at least two weeks, he or she may be suffering from depression.

PART 5

ACTION PLANNING



Please note:

You don't necessarily need to pursue transformation in the "highest" scores first. As you read through the report, there were likely particular themes that resonated with you most deeply or had the most significant impact on you. This may have been a theme you've known about for a long time but never had a context or relationship with which to address it (such as an ally, mentor, or therapist).

For example, you may have noticed significant trauma scores and moderate or unhealthy self-care scores. The recommendation here would be to develop your ability to care for your body and learn how to regulate difficult emotions within you. When you reach a good baseline of self-care, this will set you up well to be able to engage the heartache and difficulty that accompanies healing trauma.

A few guiding questions:

- 1) Which areas of your assessment does your heart and mind feel most ready to engage?

- 2) Which areas of your assessment do you feel most intimidated to address? What do you find intimidating about this data?

- 3) What might this season of life be inviting you to heal?

- 4) What in your life is going well? Build upon that. The places of strength and resiliency in us often happen through intentional effort. Practice that same level of intentionality with the most significant contributors of unwanted sexual behavior.

After careful examination of the results of your assessment, select one dimension from “Childhood Drivers” and one from “Present-Day Experiences” that you believe most directly influence your involvement with unwanted sexual behavior and your core fantasies. The goal with this action plan is to consider specific, actionable, and measurable steps to take in order to heal the stories that drive your unwanted sexual behavior.

Questions to complete in the near future:

- 1) The current unwanted sexual behavior that I desire freedom from is:

- 2) The current unwanted sexual fantasy I would like to explore the origins of is:

- 3) My key childhood driver that I want to discuss with an ally or my community is:

- 4) My key present-day experience that I want to go over with an ally or my community is:

- 5) Starting today, one way I will engage these dimensions of my life is by:

- 6) I hope that within three months the following will be true of my journey toward wholeness (make this realistic):

7) The resources (money, time, etc.) I will need to make this happen are:

_____.

8) The person I choose to be an ally with me in this is:

_____.

9) Instead of just thinking about being free *from* unwanted sexual behavior, what do you want to be free *for*? Think of personal reasons before you write down reasons that would benefit other people (your friends, spouse, or children).

_____.

Resources:

BOOK:

Unwanted: How Sexual Brokenness Reveals Our Way to Healing

ONLINE COURSE:

<http://www.thejourneycourse.com/>

INTERNET FILTERING AND ACCOUNTABILITY SERVICE:

Covenant Eyes