False Love
Sexual Integrity Assessment

Instructions: Read the following descriptive statements. Mark the answer that most accurately describes your behaviors when they were at their worst. Items with the statement "if married" should also be applied to an engagement or serious dating relationship where faithfulness and exclusivity are reasonable expectations.



(N) never, (R) rarely, (S) sometimes,
(F) frequently, or (A) almost always

1. In my mind, I rate people based upon my assessment of their attractiveness.	**N**	**R**	**S**	**F**	**A**
2. I ignore or think less of people I find unattractive.	**N**	**R**	**S**	**F**	**A**
3. With couples, I compare the man and woman to see who "married up."	**N**	**R**	**S**	**F**	**A**
4. When I'm attracted to someone, I want to make them "mine" (ownership).	**N**	**R**	**S**	**F**	**A**
5. I would break up with someone I found less attractive for someone more attractive.	**N**	**R**	**S**	**F**	**A**
6. I take more than a glance at an attractive person who is not my spouse.	**N**	**R**	**S**	**F**	**A**
7. I have preferred features I observe, compare, and "score" in other people.	**N**	**R**	**S**	**F**	**A**
8. I look for places and times to catch revealing glimpses of people I find attractive.	**N**	**R**	**S**	**F**	**A**
9. I keep watching sexual advertisements or commercials.	**N**	**R**	**S**	**F**	**A**
10. I go out of my way to be around people I find attractive or romantically stimulating.	**N**	**R**	**S**	**F**	**A**
11. I imagine people are romantically interested in me after a conversation.	**N**	**R**	**S**	**F**	**A**
12. I am preoccupied with sexual thoughts or self-made romantic narratives.	**N**	**R**	**S**	**F**	**A**
13. I place myself in the romantic plots of books, movies, or pornography.	**N**	**R**	**S**	**F**	**A**
14. I am often disappointed in real relationships.	**N**	**R**	**S**	**F**	**A**
15. I use romantic fantasy to escape stressful situations.	**N**	**R**	**S**	**F**	**A**
16. I watch television shows I know will have scantily clad actors or actresses.	**N**	**R**	**S**	**F**	**A**
17. I search for arousing images in magazines or advertisements.	**N**	**R**	**S**	**F**	**A**
18. I visit websites with nude images or sexual stories.	**N**	**R**	**S**	**F**	**A**
19. I have preferred sexual websites I visit regularly.	**N**	**R**	**S**	**F**	**A**
20. I have developed a preference for specific types of sexual content or stories.	**N**	**R**	**S**	**F**	**A**
21. I visit chat rooms to talk with people I do not know about sex.	**N**	**R**	**S**	**F**	**A**
22. I use direct messaging in social media to have sexual conversations.	**N**	**R**	**S**	**F**	**A**
23. I engage in sexting or live online chats for sexual conversation.	**N**	**R**	**S**	**F**	**A**
24. I have posted my personal information on dating websites.	**N**	**R**	**S**	**F**	**A**
25. I have visited a strip club.	**N**	**R**	**S**	**F**	**A**
26. [If married] I keep conversations with my opposite sex "friend" secret.	**N**	**R**	**S**	**F**	**A**
27. [If married] I put more forethought into conversations with my opposite sex "friend" than my spouse.	**N**	**R**	**S**	**F**	**A**
28. [If married] I have private channels of communication with my opposite sex "friend" that my spouse doesn't know about.	**N**	**R**	**S**	**F**	**A**
29. [If married] Conversations with my opposite sex "friend" are flirty and have sexual overtones.	**N**	**R**	**S**	**F**	**A**
30. [If married] I hold hands, give tight hugs, or kiss my opposite sex "friend."	**N**	**R**	**S**	**F**	**A**
31. I have attended events or places knowingly pursuing sex.	**N**	**R**	**S**	**F**	**A**
32. I have proposed having sex with someone and have been turned down.	**N**	**R**	**S**	**F**	**A**
33. I have put my personal information on a website looking for a sex partner.	**N**	**R**	**S**	**F**	**A**
34. I have had a onetime sexual encounter with someone who is not my spouse.	**N**	**R**	**S**	**F**	**A**
35. I have had multiple onetime sexual encounters.	**N**	**R**	**S**	**F**	**A**
36. I am in a sexually active relationship with someone other than my spouse.	**N**	**R**	**S**	**F**	**A**
37. I am hiding expenses that I've incurred while courting this relationship.	**N**	**R**	**S**	**F**	**A**
38. I am pulling away from friends who would disapprove of my adultery.	**N**	**R**	**S**	**F**	**A**
39. The sex in my adulterous relationship is an expression of genuine affection.	**N**	**R**	**S**	**F**	**A**
40. I overtly express "I love you" to my adultery partner.	**N**	**R**	**S**	**F**	**A**

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Taken from: False Love (New Growth Press)

41. My adultery partner and I have discussed leaving our spouses for each other.	**N**	**R**	**S**	**F**	**A**
42. I resent my spouse for being the reason I am not with my adultery partner.	**N**	**R**	**S**	**F**	**A**
43. I have researched the possibility of divorce.	**N**	**R**	**S**	**F**	**A**
44. I have thought about when and how to tell my spouse or kids I'm leaving.	**N**	**R**	**S**	**F**	**A**
45. I view myself as belonging to my adultery partner more than my spouse.	**N**	**R**	**S**	**F**	**A**
46. I have forced another adult to have sex against their will.	**N**	**R**	**S**	**F**	**A**
47. I have touched or initiated a minor touching me sexually.	**N**	**R**	**S**	**F**	**A**
48. As an adult, I have had sex with a minor.	**N**	**R**	**S**	**F**	**A**
49. I have viewed child pornography.	**N**	**R**	**S**	**F**	**A**
50. I struggle with same-sex attraction.	**N**	**R**	**S**	**F**	**A**

Scoring Key: Each criterion is assessed with five questions and should be scored as indicated below:

"N" and "R" response = 0 points
"S" response = 1 point
"F" response = 2 points
"A" response = 3 points

If your total score is 5 to 9, it is a significant concern.
If your total score is 10 or higher, it is a life-dominating struggle.

As you review the findings from this evaluation, you will notice that it is built around a progression from objectifying people to (if married) being more committed to your adultery partner than your spouse. **However, this progression is not meant to imply that this is an absolute or inevitable unfolding cycle.** Some adultery does not begin with pornography. Pornography does not necessarily lead to adultery. The purpose of the progression is to help you see more clearly why Jesus would teach that looking at someone with "lustful intent" is a form of or seed for adultery (Matthew 5:21–30). While the progression is not an inevitable slippery slope, reading the descriptions of the full journey into lustful depravity should sober you about your sin. Figure 1 provides a visual of the "small steps" between lust and adultery.



1. Objectifying a person: Reducing people to a set of appealing features and measuring people's value by how much they please you.
2. Public visual lust: Using the objectification above as a scoring system for actual people.
3. Private narrative lust: Allowing the scoring system to develop into a story in which you interact with someone romantically in your imagination.
4. Pornography: Using print, television, or internet to provide more "choice" objects of lust. Pursuing nude images and videos and having the imagination expanded by professional "storytellers."
5. Interaction with a real, anonymous person: The other participant in the story becomes a real person with a real voice and a free will.
6. Emotional affair: This is an emotionally enmeshed relationship with a real person that may involve kissing, caressing, fondling, and other non-intercourse affections.
7. One-time sexual affair: Now the intercourse barrier has been crossed, but (as in the case of a prostitute or drunken business trip fling) the relational connection may be low.
8. Affair in a committed relationship: In terms of marital threat, the sexual affair is now secondary to the deepening "love" between the spouse and adultery partner. Sex is no longer a mere expression of passion but also devotion.
9. Affair as a pseudo-spouse/leaving: No longer is the faithful spouse making the decision regarding divorce. The unfaithful spouse is the active party seeking to dissolve the marriage to pursue their adultery partner.

Figure 2. The Journey from Lust to Adultery

- **Read Matthew 5:21–30.** In this passage Jesus deals with two sins—anger and lust—in the same way: He identifies the heart issue, warns against the full-grown sin, and calls for radical action to remove that sin. If your instinct is to argue that people should not face prison time for common anger, you are both right and missing Jesus's point. Jesus is warning you, not advocating for legislation. Jesus is saying, "Take whatever steps are necessary to remove lust from your life. Unless your excuse for not changing is of greater consequence than losing an eye or hand, it is just that—an excuse." Don't allow a pattern of behavior to persist in your life if it is one that will destroy your life and hurt those you love. Jesus's warning to you is motivated by love, not anger. He doesn't want to see you continue living in bondage to sexual sin. He wants you to be free.

- Statements 1–5: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through **objectifying people**. A person is more than a body. A person is more than a source of visual or emotional pleasure. Lust begins by removing the soul and personhood from the people we find attractive. The possibility of an authentic relationship is reduced when we determine people's value based on their appearance.

  - **Reflection:** What aspects of a person (i.e., figure, personality, intelligence, wealth, power) do you most highly value (i.e., "grade")? How has this led to unhealthy relationships or unwise choices? How has this led to insecurity in your life?

- Statements 6–10: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through **public visual lust**. Lust happens when we use the lens of objectification to evaluate people. Lust is both a visual activity (i.e., staring, ogling) and a social activity (i.e., elevating or devaluing). Lust is not the act of merely noticing an attractive person; it is giving more value to someone we deem appealing than to someone we deem unappealing.

  - **Reflection:** How, when, and where does the visual activity of your public visual lust express itself? That is, when do you need to be more disciplined with your eyes? How, when, and where does the social activity of your public visual lust express itself? That is, when do you give preferential treatment to people you deem more appealing?

- Statements 11–15: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through **private narrative lust**. With lust, the story (i.e., being strong, being desirable, being rescued, etc.) can be more intoxicating than the visual appeal. This is why romance movies and pornography use these themes in their plot development. In this sense, lust is an escape from reality. We begin to tell ourselves untrue, unrealistic stories of romance and pleasure and get lost in them.

  - **Reflection:** What are the most common themes of your narrative lusts? How does entertaining these themes increase your dissatisfaction with real life and real people?

- Statements 16–20: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through **pornography**. Now both professional actors and professional storytellers are involved in bringing your romantic or sexual fantasies to life. This stretches your lust-based imagination and adds the sense that you are a connoisseur of something excellent rather than a participant in something that dishonors those you claim to be relishing.

  - **Reflection:** How have your expectations of relationships or a romantic partner changed as you've viewed pornography? What common situations in your life have become unhealthily associated with romance or sexuality?

- Statements 21–25: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed with **a real but anonymous person**. Now the object of lust (rarely viewed as a real person with a soul) has a mind and will of their own. They still have a vested interest in pleasing you (e.g., financial reasons or seeking companionship), but it is not a prerecorded scene and, therefore, gives the facade of a real relationship.

  - **Reflection:** How has commercialized romantic or sexual interaction impacted your satisfaction with real relationships? How has the "courage" anonymity provided increased your timidity in real relationships?

- Statements 26–30: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through an **emotional affair**. Now you know the other person and they know you. Your sexual sin is becoming bolder and taking more risks to find its fulfillment. Risk adds to the stimulation of sexual sin and becomes a false standard by which real relationships and sex are measured.

  - **Reflection:** What social risks are you taking that would have previously scared you? How does taking these risks make an honoring relationship—one without the risks of getting caught—feel less satisfying?

- Statements 31–35: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through a **onetime sexual encounter**. There is no longer a line you pretend you won't cross. This sexual sin is not part of a committed relationship, but purely a matter of self-gratification. Even if the other person is using you for the same self-gratification, this type of sexual encounter is stripping sex of the bonding impact God intended to provide for a husband and wife.

  - **Reflection:** How does "casualizing" sex impact future dating relationships that might lead toward marriage? How does your willingness to expose your spouse (or future spouse) to a risk for STDs devalue that relationship?

- Statements 36–40: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through an **affair in a committed relationship**. Sex now means something to you. You can no longer hide behind the lie that "it's only sex" (which was never true). Ending the sin now feels like it would require "closure," which is a noble word for relapse. If the onetime sexual encounter reduced the bonding impact of sex, this expression bonds you to someone other than your spouse.

  - **Reflection:** How has your adultery partner changed the way you think about your spouse (if married)? What do you criticize in your spouse and praise in your adultery partner to justify your actions?

- Statements 41–45: (Total: _____ in 5 questions)

  These statements describe sexual sin expressed through an **affair with a pseudo-spouse**. You are no longer thinking about how to tell your spouse the truth and wondering if they will take you back. You're trying to figure out how to tell your spouse it's over and wondering what your new life will be like. If you have children, do not fall into the trap of expecting more of their resilience than your integrity by assuming your children adapt to whatever ways your sin damages their home of origin.

  - **Reflection:** How has your happiness trumped the well-being of anyone else in your life? Do you really believe the lie that "nobody in your life can be happy unless you're happy"? That mindset will also destroy any of the happily ever after stories you're telling yourself about this new relationship.

- Statements 46–50: (These statements do not score together.)

  These statements describe **expressions of sexual sin not addressed in *False Love***. *False Love* is a curriculum for sexual sins that have been reinforced through habituation and cultivated through entertaining lusts. *False Love* is not a curriculum designed to replace the consequences for **immoral activity that is also illegal as in responses 46–49**.

  - If the actions that have led you to this *False Love* study or a G4 group are also illegal, you are encouraged to self-report to the appropriate authorities. When you have committed an illegal action against another person, this is what it means to love your neighbor as yourself (Mark 12:30–31).

  - Members of your G4 group are not expected to keep illegal sexual activity confidential. The responsibility of G4 members to you does not usurp their responsibility as citizens toward those you harmed.

  - There is forgiveness and hope for change, but it begins with admitting your actions to the civil authority God has given to protect the innocent.

  False Love is not a curriculum designed for **unwanted same-sex attraction (as in response 50)**.

  - To categorize unwanted same-sex attraction as sexual addiction is inaccurate. Most same-sex attraction is not the result of a deepening struggle with pornography and lust.

- If your unwanted same-sex attraction has been reinforced through habituated sexual activity and thought, then *False Love* and G4 can be useful tools in fighting against these habituated expressions of lust.

- Currently, the best Christian resources we are aware of to support someone with unwanted same-sex attraction can be found at The Sexual and Gender Identity Institute led by Dr. Mark Yarhouse.[i]

A Brief Word on Sexual Addiction

Am I a sex addict? Can you be addicted to an activity as you can a substance? If my sexual sin has become an addiction, would that make it less sinful? In a study like *False Love*, these are questions we need to engage. Views vary on behavioral addictions (highly habituated activities like gambling or immoral sex). Many of the books referenced in this study use the language of addiction. We reference these books because they bring valuable insight into the description and assessment of sexual sin struggles. We do not believe you have to embrace the language of being a sex addict to benefit from this study.

If you wonder whether your sexual sin has an addictive quality, answer the ten questions below. The more items you mark yes, the more life-dominating your sexual sin has become, and the more accurate the term *addiction* may be.

Yes	No	You repeatedly fail to resist sexual impulses.
Yes	No	You give increasing time to sexual sin.
Yes	No	You have been unsuccessful in efforts to stop, reduce, or control your sexual sin.
Yes	No	You are pursuing deeper and more depraved sexual themes.
Yes	No	You are preoccupied with sex, sexual behavior, or sexual humor.
Yes	No	You engage in sexual behavior even when it interferes with job, school, or social expectations.
Yes	No	You continue sexual behavior when it negatively impacts your marriage, emotional, or spiritual life.
Yes	No	You notice an increase in intensity, frequency, depravity, or risk is necessary to for the desired effect.
Yes	No	You sacrifice recreational or other healthy outlets to engage in sexual release or relationship.
Yes	No	You experience distress, anxiety, restlessness, or irritability if unable to engage in the behavior.<end indent>

Conclusion

This is always a hard section to complete. You don't yet have to be confident in all your answers at this point in your G4 journey. But you do need to be humble enough to resist becoming defensive and courageous enough to want to know accurate answers. Remember, reading a section is not the same thing as completing a step. Early in our journeys, we need to be reminded of this often.

Your goal at this stage is simply to consider each question and desire to know the truth more than you fear the truth being known. If you do that, you've done something very significant. Realize that courage comes before change, and while courage often feels uncomfortable, but it pursues sexual integrity to honor God regardless of discomfort.

[i] More information about The Sexual and Gender Identity Institute can be found at https://www.wheaton.edu/academics/school-of-psychology-counseling-and-family-therapy/sexual-and-gender-identity-institute/.