



## Understanding Your Susceptibility to Sexual Temptation

### Men's Self-Assessment

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#### Purpose of Assessment

This self-assessment is designed to help you gain greater awareness of your susceptibility to sexual temptation by reflecting on key areas of your life: *relational health, personal history, spiritual beliefs, and current habits.*

The purpose is not to shame but to encourage self-awareness, illuminate areas for growth, and empower you to live a life of sexual integrity that honors God and blesses others. By identifying strengths and vulnerabilities, this tool can help you build healthier boundaries, nurture meaningful relationships, and more effectively pursue God's purpose for your life as a man.

Use this assessment as a practical step toward greater emotional, relational, and spiritual wholeness.

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#### Instructions

Answer each question honestly using a 1–5 scale:

- 1 = Strongly Disagree / Not at All
- 2 = Disagree/Rarely
- 3 = Neutral / Sometimes
- 4 = Agree/Often
- 5 = Strongly Agree / All the Time

Write your score next to each question. Respond with your first instinct rather than overthinking.

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#### I. Relational Health

##### 1. With Your Wife (if applicable):

- How open and honest is your communication with your spouse?
- How satisfied are you with your emotional connection?
- How often do/did you share physical intimacy in a way that feels fulfilling for both of you?
  - **If dating:** How often do you engage in meaningful non-sexual physical expressions of affection (e.g., holding hands, hugging) within Christian boundaries?
  - **If not dating:** How often do you cultivate meaningful connections with women through non-romantic acts of kindness, shared activities, or supportive conversations?
- How comfortable are you discussing sexual desires or struggles with your wife?
  - **If dating:** How comfortable are you discussing sexual struggles and boundaries?
  - **If not dating:** How comfortable are you discussing these struggles with a trusted mentor, pastor, or accountability partner?
- To what extent do unresolved conflicts affect emotional openness in your marriage or relationships with friends (or girlfriend)?

## **2. With Friends and Supportive Community:**

- Do you have at least one trusted male friend or mentor you can confide in about personal struggles?
  - How often do you meet with other Christian men to discuss mutual longings, fears, and life challenges as a man?
  - How strongly do your friendships encourage sexual accountability and integrity?
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## **II. Personal History**

### **1. Childhood Experiences and Family Influence:**

- Were open discussions about sex and boundaries encouraged in your home growing up?
- Were you exposed to pornography or other sexual content at an early age?
- To what extent did emotional/physical trauma or neglect shape your understanding of sexual intimacy?
- How would you rate the example set by your parents or caregivers regarding marital fidelity and healthy relationships?

### **2. Formation of Beliefs and Habits:**

- How helpful was your family or church in shaping a healthy understanding of sex and intimacy?
  - How significant was the influence of early sexual experiences on your current habits or struggles?
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## **III. Spiritual and Moral Beliefs**

### **1. Personal Christian Faith and Convictions:**

- How important is honoring God with your body in your daily decisions?
- How consistently do you practice spiritual disciplines like prayer and Bible study for the purpose of shaping your thoughts and directing your actions?
- How comfortable do you feel in approaching God in genuine repentance after giving in to sexual temptation, trusting in His grace and forgiveness?
- How confident are you in your ability to practice self-control when faced with environments or triggers that could lead to giving into sexual temptation?

### **2. Awareness of Moral Boundaries:**

- How clear and well-defined are your boundaries to avoid situations of temptation?
  - How aware are you of personal triggers (e.g., stress, isolation, anger) that make you vulnerable to temptation?
  - How consistent are you in checking in with other men about your commitment to sexual purity?
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## **IV. Current Struggles and Strengths**

### **1. Current Patterns and Practices:**

- To what extent have recent behaviors conflicted with your moral convictions?
- How often do you consume media or content that undermines your pursuit of sexual purity?

### **2. Strengthening Your Defense:**

- How effective have your recent steps been in protecting yourself from temptation?
- How aligned do you feel with God's calling to grow in sexual purity and integrity?

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## Scoring Instructions

### **Step 1: Calculate Section Scores**

Add up your scores for each section:

- **Relational Health (Max: 35):** \_\_\_\_\_
- **Personal History (Max: 30):** \_\_\_\_\_
- **Spiritual and Moral Beliefs (Max: 35):** \_\_\_\_\_
- **Current Struggles and Strengths (Max: 20):** \_\_\_\_\_

### **Step 2: Identify Strengths and Vulnerabilities**

#### **Relational Health (Max Score: 35):**

- 31–35: Strong connections and support.
- 21–30: Moderate susceptibility. Focus on building stronger connections.
- Below 20: High susceptibility. Address disconnection or lack of support.

#### **Personal History (Max Score: 30):**

- 26–30: Healthy foundation.
- 16–25: Some past influences may still affect habits.
- Below 15: Seek help for unresolved issues.

#### **Spiritual and Moral Beliefs (Max Score: 35):**

- 31–35: Grounded in strong convictions and disciplines.
- 21–30: Work on consistency in spiritual practices.
- Below 20: Rebuild spiritual foundations.

#### **Current Struggles and Strengths (Max Score: 20):**

- 16–20: Strong defenses.
- 11–15: Moderate susceptibility. Improve habits and defenses.
- Below 10: Immediate action is needed.

### **Step 3: Overall Susceptibility (Max Score: 100)**

- 81–100: Low susceptibility. Stay intentional about growth.
- 61–80: Moderate susceptibility. Address weaker areas.
- 41–60: High susceptibility. Seek support to address vulnerabilities.
- Below 40: Critical susceptibility. Take immediate steps to seek help.

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## Next Steps

1. **Set Specific Goals:** Write 1–2 actionable goals for each vulnerable area:
  - **Relational Health:** Strengthen intimacy, connection, and accountability.
  - **Personal History:** Work through past trauma or negative influences.
  - **Spiritual Beliefs:** Deepen spiritual disciplines and reinforce boundaries.
  - **Current Habits:** Replace harmful habits with healthy practices.
2. **Share Your Results:** Discuss your goals with a trusted friend, pastor, or mentor. Commit to regular accountability.
3. **Track Your Growth:** Retake the assessment every 3–6 months to measure progress and refine your goals.