



Common Fears of Being without Porn

Put a check (✓) next to each item with which you agree:

- _____ I'm afraid of becoming depressed.
- _____ I'm afraid of getting angry and upset.
- _____ I'm afraid of feeling lonely.
- _____ I'm afraid of getting stressed out.
- _____ I'm afraid I won't be able to masturbate without it.
- _____ I'm afraid of losing my sense of sexual power.
- _____ I'm afraid of losing interest in sex.
- _____ I'm afraid of feeling sexually frustrated.
- _____ I'm afraid I'll get involved with even riskier sexual behaviors.
- _____ I'm afraid of becoming more dependent on my partner for sex.
- _____ I'm afraid of feeling "less of a man" or less sexually liberated.
- _____ I'm afraid I'll have to tell others about my problem and they'll reject me.
- _____ I'm afraid no one will understand and be able to help me.
- _____ I'm afraid I will fail if I try to quit.
- _____ Other
