



APOSTOLIC CHRISTIAN

Counseling and Family Services

515 E. Highland Street, Morton, IL 61550 ❖ Tel: (309) 263-5536 Fax: (309) 263-6841 ❖ www.accounseling.org

Levels of Severity for Sexual Challenges

Level 1 – Overcoming

Has awareness of dangers (Spiritual)

Has established personal boundaries (defenses) that are working (Psycho)

Is overcoming sexual temptations (Spiritual)

Denying self of sexual inputs (Spiritual, Psycho)

Level 2 – Flirting

Spends lingering moments with inputs

Rationalizes that allowing time with temptations is not dangerous enough to stop

Puts minimal effort in overcoming triggers/inputs

Sporadically acts out sexual temptations

Level 3 – Compulsive

Secrecy of spending time with sexual inputs is important, leading to a double life

Purposely and compulsively acts out sexual temptations (repeated viewing of pornography, frequent masturbation)

Puts no effort into overcoming triggers/inputs

Level 4 – Entrenched

Has at least 2 years of addictive sexual sin

Has emotional affairs

Has repeatedly lied or covered up secret sexual sin

Has not been active in treatment of sexual sin behaviors

Level 5 – Enslaved

Very high spiritual, marital, family, and legal consequences of sexual sin behaviors

Has been in treatment for sexual addiction, but has not found success