

Sexual Purity Triage Tool

Create Safety

Extend Love

Cast Hope

The landscape

Sexual purity remains a growing battle in today's culture and in the church. It increasingly takes on new forms, facilitated through new avenues. While sexual purity battles among men and women carry common themes, each individual situation is unique. Thus, the intention of this tool is to assist helpers to understand the uniqueness of an individual's sexual purity standing and provide the "next step" toward purity. This tool assumes the counselee is a Christian believer and is deeply rooted in the hope of the Gospel.

*"... I will build my church; and the gates of hell shall not prevail against it." - Jesus
Matthew 16:18*

Introduction to the tool

This artifact assumes helpers are not clinicians. Therefore, this tool is not intended to diagnose sexual addiction but instead provide perspective surrounding the issue so helpers might have proper bearings to help navigate souls through the waters of sexual sin.

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- To what extent is the counselee "gripped" by besetting sexual sin?

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- What "helps" can be employed to help remedy the situation?

Page 4: Sexual Purity Churchwide Program

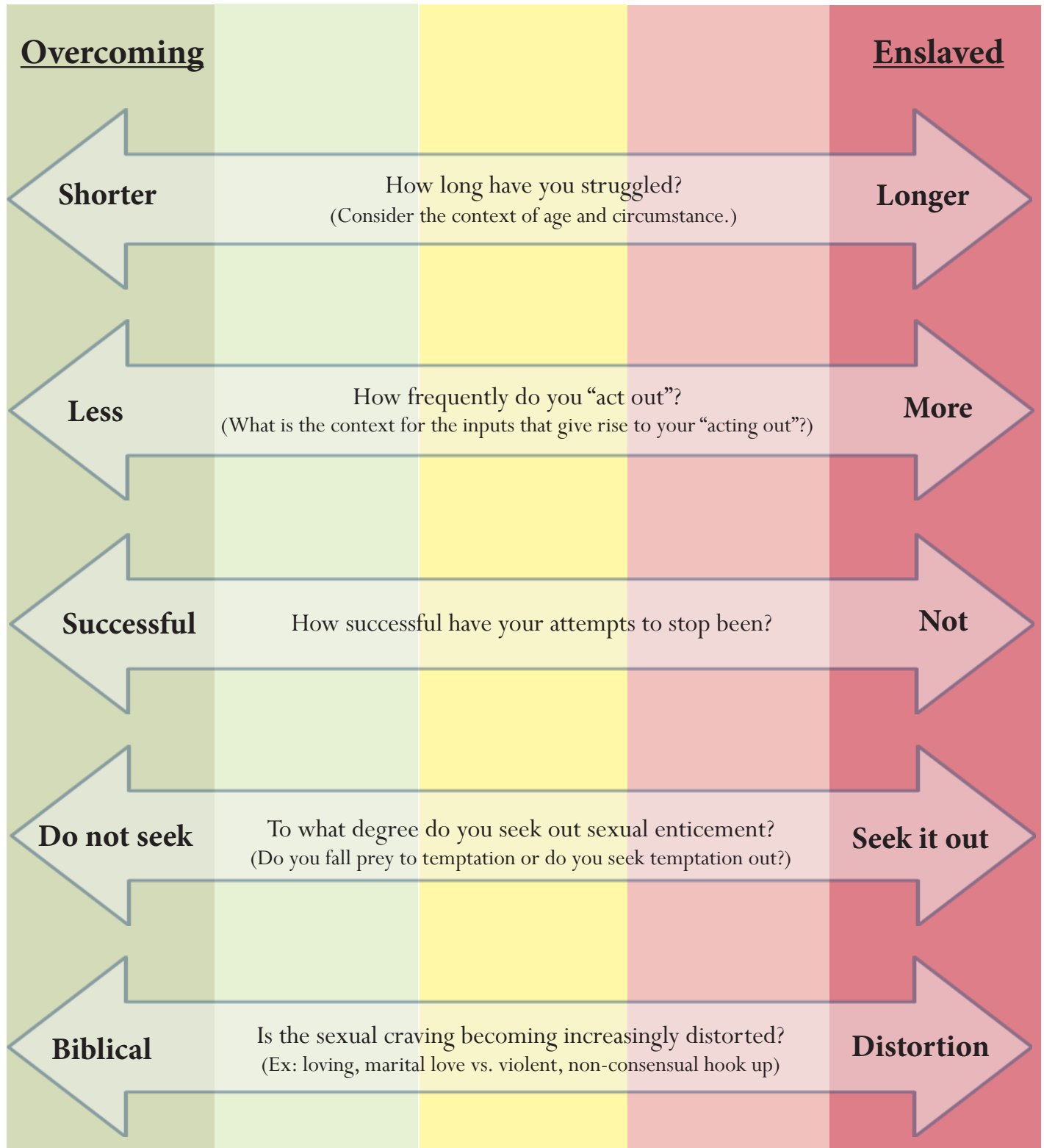
- What approach can be taken by a local church to provide ongoing awareness and the appropriate resources to those who are struggling?

Page 5: Questionnaire

- What questions will be helpful in facilitating dialogue with the counselee?

Sexual Purity Assessment Tool

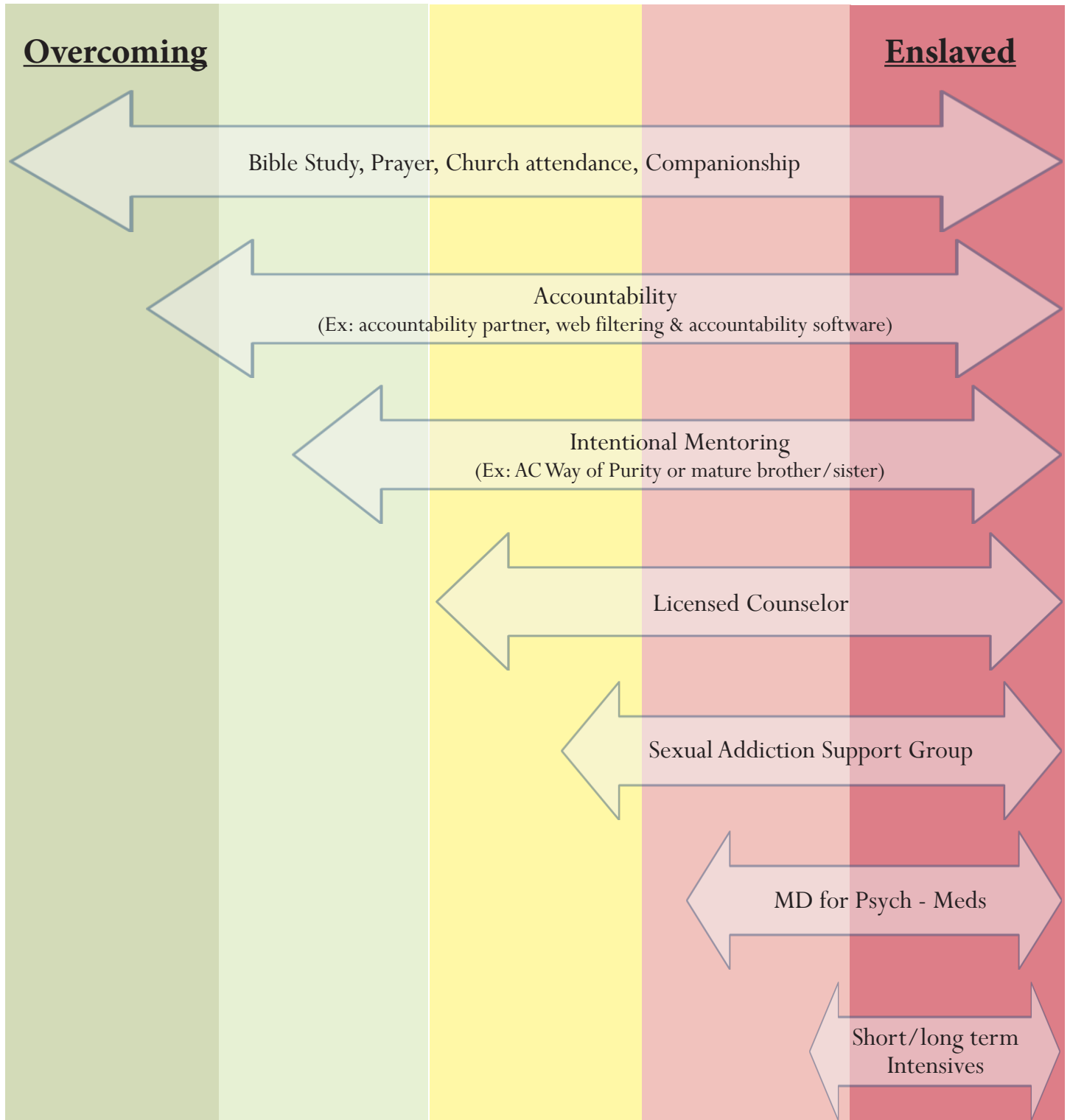
Directions: Sexual sin finds itself on a continuum. No one case is exactly like another. The sexual purity assessment tool is a guide for understanding the distinctions between those who are battling but overcoming sexual sin and those who are enslaved to it. Use the questions below to help provide some distinction on this continuum.



Sexual Purity Helps

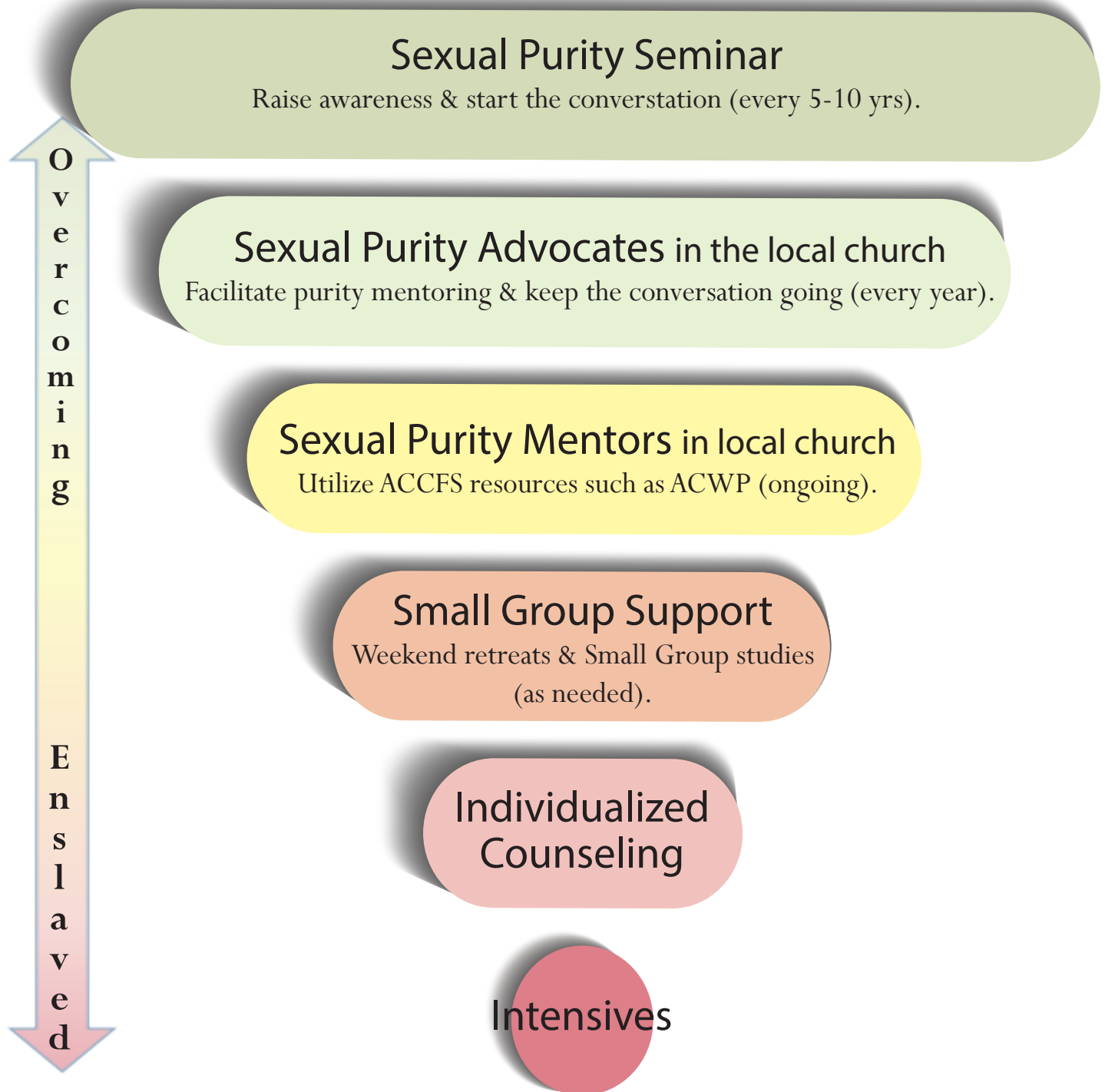
Directions: Knowing what interventions to put in place provides a great deal of hope and help. The content below casts a vision for interventions which can be employed in the context of where each counselee is on the continuum of enslavement.

Note: The interventions are cumulative. An “enslaved” person should employ all interventions.



Sexual Purity Churchwide Program

Directions: The local church has a role in guiding the conversation in the area of sexual purity. The diagram below shows a typical program which could be employed by a church to provide opportunities and resources. The varying levels of resources will help individuals who are at different places on the sexual purity continuum.



Questionnaire

The statements below are not intended to be a metric for rigorous diagnosis. They are intended to facilitate dialogue on a topic which is difficult to talk about.

Consider the statements below that describe various thoughts, feelings, and behaviors. The user should respond to each statement by indicating to what degree they are true. These questions act as “stems” for further questioning. Consider following up with prompts such as “how so? In what ways? Why do you think that is?”

For the purpose of this questionnaire, sex is defined as any activity or behavior that stimulates or arouses a person with the intent to produce an orgasm or sexual pleasure.

- Triggers
1. I frequently use sex to deal with loneliness. (*Very True Somewhat True Not True*)
 2. I frequently use sex to cope with stress in my life; it soothes me. (*VT ST NT*)
 3. I frequently use sex to deal with unpleasant feelings (Ex: frustration, sadness, anger).(*VT ST NT*)
 4. I frequently use inappropriate sex in hopes it will improve sex within marriage. (*VT ST NT*)
 5. I have sexual abuse and/or trauma in my past. (*VT ST NT*)
- Consequences
6. My sexual behavior is adversely affecting important relationships in my life. (*VT ST NT*)
 7. My sexual thoughts and fantasies distract me from accomplishing important tasks. (*VT ST NT*)
 8. I worry my sexual behavior will put me under threat of legal action. (*VT ST NT*)
 9. I feel like my sexual behavior is taking me in a direction I don't want to go. (*VT ST NT*)
 10. I require more and more stimulus to become sexually aroused. (*VT ST NT*)
- Grip
11. None of my attempts to change my sexual behavior have been successful. (*VT ST NT*)
 12. Sometimes I am reckless and risky with my sexual behavior. (*VT ST NT*)
 13. I usually seek out sinful sexual pleasure (as opposed to falling prey to temptation). (*VT ST NT*)
 14. My sexual behavior controls my life. (*VT ST NT*)
 15. My sexual lusts include distorted sexual desires (Ex: violence, children, rape) (*VT ST NT*)
- Vision
16. I fear life without my sexual indulgence. (*VT ST NT*)
 17. I am desperate for freedom. I want healing at any cost. (*VT ST NT*)
 18. I feel shameful. (*VT ST NT*)
 19. I fear I am eternally lost. (*VT ST NT*)
 20. I can envision the blessings of an overcoming life. (*VT ST NT*)

