

Checklist: Common Reactions to Spouse's Porn Use

Women learning of a partner's porn use and/or infidelity online describe a wide range of feelings and responses. Use the list below to identify which reactions have affected you.

Circle the appropriate number to rate the intensity of each reaction.

0-None 1-Mild 2-Occasional 3-Moderate 4-Strong 5-Overwhelming

- 0 1 2 3 4 5 Intense feelings of fear
- 0 1 2 3 4 5 Feelings of helplessness
- 0 1 2 3 4 5 Concern about contracting a sexually transmitted disease
- 0 1 2 3 4 5 Inability to look at your spouse without being reminded of his sexual behavior
- 0 1 2 3 4 5 Disturbing dreams about your partner's sexual behavior
- 0 1 2 3 4 5 Worrying that your partner thinks about other experiences and images when you are together
- 0 1 2 3 4 5 Tendency to be suspicious and accusing
- 0 1 2 3 4 5 Flashbacks in which you relive the worst parts of the experience
- 0 1 2 3 4 5 Being reminded of your partner's behavior by entertainment and news media stories
- 0 1 2 3 4 5 Have a hard time being in public places with your partner
- 0 1 2 3 4 5 Physical symptoms, (eg.headache, nausea) when you see things reminding you of the behavior
- 0 1 2 3 4 5 Spending a lot of energy trying to avoid thoughts about the behavior
- 0 1 2 3 4 5 Trying to act like everything is fine in your relationship when you're around others
- 0 1 2 3 4 5 Behaviors to distract you from thinking about it (excessive sleep, reading, media, eating, etc.)
- 0 1 2 3 4 5 Holding back from people who used to be close to you
- 0 1 2 3 4 5 Avoiding sexual contact with your partner
- 0 1 2 3 4 5 Getting distracted easily
- 0 1 2 3 4 5 Having a hard time participating in things you used to enjoy
- 0 1 2 3 4 5 Having difficulty performing important roles (such as employee or parent)
- 0 1 2 3 4 5 Feeling like you are different from everyone else
- 0 1 2 3 4 5 Feeling like you don't belong anymore, when you are in social settings
- 0 1 2 3 4 5 Feeling ashamed and embarrassed when you are in public
- 0 1 2 3 4 5 Using a lot of energy pretending to feel things you think you should
- 0 1 2 3 4 5 Having difficulty falling asleep
- 0 1 2 3 4 5 Becoming increasingly angry in response to your partner
- 0 1 2 3 4 5 Being more critical in conversations with your partner
- 0 1 2 3 4 5 Feeling more emotionally on edge than you used to
- 0 1 2 3 4 5 Find it hard to focus on what is going on around you
- 0 1 2 3 4 5 Feeling the need to monitor your partner's behavior
- 0 1 2 3 4 5 Constantly trying to read your partner's emotions

Adapted from "[Love You, Hate the Porn,](#)" Chamberlain and Steurer, pp. 57-59, and the work of Drs. Kevin Skinner and Shondell Knowlton (www.growthclimate.com)