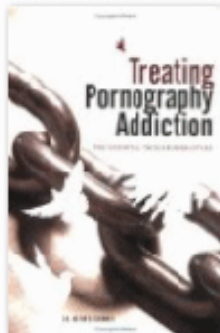


Treating Pornography Addiction

The Essential Tools for Recovery

Kevin B. Skinner, Ph.D.

8 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read the** text and answer the exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

Examination Questions

Chapter 1: The Creation of a Pornography Addiction

1. According to the author, a key element in the development of pornography addiction is starting at a young age.
 - a. True
 - b. False
2. According to the author, in most of his cases, he sees involvement with pornography starting at the age of fifteen.
 - a. True
 - b. False
3. According to the author, key contributors to developing pornography addiction is loneliness and isolation.
 - a. True
 - b. False
4. According to the author, pornography can be a coping mechanism for social anxiety.
 - a. True
 - b. False
5. According to the author, pornography and sex addiction are increasing.
 - a. True
 - b. False

Chapter 2: Understanding and Assessing the Levels of Pornography Addiction

6. According to the author, one of the signs of pornography addiction is an increased physiological tolerance to exposure.
 - a. True
 - b. False
7. According to the author, one of the criteria for pornography addiction is feeling distress, restlessness, or irritability if unable to view pornography.
 - a. True
 - b. False

8. According to the author, there are five levels of pornography addiction.
- a. True
 - b. False
9. According to the author, it is common for pornography addicts to spend money they do not have on pornography.
- a. True
 - b. False
10. According to the author, symptoms of withdrawal include insomnia and itchy skin.
- a. True
 - b. False

Chapter 3: Pornography Unveiled – Why Pornography is Addictive and How to Activate and Deactivate Addictive Behaviors

11. According to the author, Patrick Carnes found that prolonged use (viewing pornography) alters an individual's brain chemistry.
- a. True
 - b. False
12. According to the author, a reaction sequence generally begins with a stimulus.
- a. True
 - b. False

Chapter 4: The Power of Beliefs – Learn to Rewrite the Beliefs That Keep You Trapped

13. According to the author, his client Steve believed that he did not have strong willpower like others have.
- a. True
 - b. False
14. According to the author, step five in the process of challenging unhealthy beliefs requires creating a game plan.
- a. True
 - b. False
15. According to the author, overcoming an addiction requires more knowledge and learning skills.
- a. True
 - b. False

Chapter 5: The Beginning Steps to Change for Good

16. According to the author, individuals in the precontemplation stage are aware that their behavior is a problem.
- a. True
 - b. False
17. According to the author, duty is an important contributor to the change process.
- a. True
 - b. False

Chapter 6: Preparing to Change for Good

18. According to the author, it is important to clearly define sobriety during the preparation stage.
- a. True
 - b. False
19. According to the author, it is important to establish goals during the preparation stage.
- a. True
 - b. False

Chapter 7: Taking Action and Maintenance – The Behaviors of Changing for Good

20. According to the author, emotions become more stable during the taking-action stage.
a. True
b. False
21. According to the author, a person's self-image begins to change during the taking-action stage.
a. True
b. False
22. According to the author, fantasy is frequent during the taking-action stage.
a. True
b. False

Chapter 8: The Profile of Those Most Likely to Relapse

23. According to the author, one of the characteristics of someone likely to relapse is chronic conflict, fighting, and arguing.
a. True
b. False
24. According to the author, one of the characteristics of someone likely to relapse is ignoring emotional issues.
a. True
b. False
25. According to the author, individuals who have limited social interaction are at risk for relapse.
a. True
b. False

Chapter 9: Relapse Prevention Journal – A Tool to Use in Recovery

26. According to the author, journaling is a powerful tool for relapse prevention.
a. True
b. False

Chapter 10: Living the Lifestyle that Leads to Recovery

27. According to the author, emotional integrity leads to success in recovery.
a. True
b. False
28. According to the author, many of his clients have relapsed when they were bored or were avoiding things they should have been doing.
a. True
b. False