
Sexual Behavior Interview Guide

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This is a comprehensive interview guide covering sexual history and development, current behavior patterns, relationships, compulsivity, online use, pornography, masturbatory behavior, deviant arousal, offense history, and treatment readiness.

A few reminders as you use it in practice:

- **Adapt to the individual** — not every question will be appropriate for every evaluation, and clinical judgment should guide pacing and depth.
- **Trauma-informed approach** — some individuals may have significant trauma histories that require you to slow down or reframe certain questions.
- **Document carefully** — in psychosexual evaluations, the specific language an individual uses in their responses can be as clinically meaningful as the content itself.
- **Collateral information** — these self-report questions are most useful when cross-referenced with records, polygraph results, or collateral contacts where applicable

Sexual History & Development

- At what age did you first become aware of sexual feelings or attractions?
- How did you first learn about sex? Who or what were your primary sources of information?
- At what age were you first exposed to pornography, and what was the nature of that exposure?
- Was your first exposure to pornography accidental or intentional, and who introduced you to it if applicable?
- At what age did you first begin masturbating, and what were the circumstances of that first experience?
- Were you ever caught masturbating as a child or adolescent, and if so, how was it responded to by others?
- What messages did you receive growing up about masturbation — from family, religion, peers, or culture?
- What was the environment like in your home regarding discussions of sex or intimacy growing up?
- At what age did you first engage in sexual activity, and what was the nature of that experience?
- Have you experienced any sexual trauma or unwanted sexual contact? If so, are you comfortable describing it?

Current Sexual Behavior & Patterns

- How would you describe your current level of sexual interest or drive?
- How frequently do you engage in sexual activity (alone or with others)?
- What types of sexual activity do you engage in?
- Have you noticed any patterns in when your sexual urges increase — such as during stress, boredom, or certain emotional states?
- Do you currently use pornography? If so, how frequently and for how long per session?
- Do you seek out sexual content or activity primarily online, in person, or both?
- Has your use of pornography changed over time in frequency, duration, or content?
- How does your frequency of masturbation compare to your frequency of partnered sexual activity?

Relationships & Partners

- Describe your significant romantic or sexual relationships. How did they begin and end?
- Has pornography use or masturbation ever affected your romantic or sexual relationships? If so, how?
- Have any of your romantic or sexual relationships begun online? If so, describe how they developed.
- Have you ever engaged in sexual activity outside of a committed relationship? If so, how often?
- Do you prefer sexual activity with partners of a particular age range, gender, or other characteristics?
- Have you ever paid for or been paid for sexual activity, including through online platforms?
- Have there ever been power imbalances in your sexual relationships (age, authority, dependency)?

Control & Compulsivity

- Do you feel in control of your sexual behavior, or does it sometimes feel out of control?
- Have you ever tried to stop or reduce masturbation, pornography use, or other sexual behaviors and been unable to?
- Has masturbation, pornography use, or other sexual behavior ever interfered with your work, relationships, finances, or daily functioning?
- Have you ever engaged in sexual behavior that you felt guilty, ashamed, or confused about afterward?
- Have you ever taken risks (legal, physical, relational) to engage in sexual activity, including online?

Masturbatory Behavior

General Patterns

- How frequently do you currently masturbate — daily, multiple times per day, weekly, or less often?
- Has your frequency of masturbation changed over time? If so, what do you attribute that change to?
- How long do typical masturbatory sessions last?
- Do you masturbate on a scheduled or routine basis, or is it more impulsive and reactive to urges?
- At what times of day do you most commonly masturbate, and are there specific triggers or routines associated with it?
- Do you masturbate exclusively alone, or have you ever masturbated in the presence of others?

Fantasy & Cognitive Content

- What do you typically think about or fantasize about during masturbation?
- Do you use pornography, written material, images, or other external stimuli to masturbate, or do you rely primarily on fantasy?
- Have your masturbatory fantasies changed or escalated in content over time? If so, in what direction?
- Do your masturbatory fantasies involve real people in your life, such as coworkers, acquaintances, or family members?
- Have you ever had masturbatory fantasies involving minors? If so, how frequently and how distressing do you find those thoughts?
- Do your masturbatory fantasies differ significantly from your real-life sexual behavior or preferences?
- Have you ever acted out in real life a fantasy that originated during masturbation?

Location & Context

- Where do you typically masturbate?
- Have you ever masturbated in public, semipublic, or otherwise inappropriate settings such as at work, in a vehicle, or in shared spaces?
- Have you ever masturbated in the presence of others without their knowledge or consent?
- Have you ever masturbated while viewing live individuals, either in person or via webcam or video platforms?

Compulsivity & Interference

- Do you feel that masturbation is something you choose to do, or does it feel driven, compulsive, or difficult to resist?
- Have you ever masturbated as a primary way of managing stress, anxiety, boredom, loneliness, or emotional pain?

- Has masturbation ever caused you to be late, miss obligations, or neglect responsibilities?
- Have you ever masturbated at work, school, or in other professional settings?
- Have you ever injured yourself or caused physical discomfort due to the frequency or intensity of masturbation?
- Have you ever felt that masturbation was interfering with your interest in or ability to engage in partnered sexual activity?

Impact on Relationships & Functioning

- Has a partner ever expressed concern about the frequency or nature of your masturbation?
- Have you ever chosen masturbation over sexual activity with a willing partner?
- Have you ever lied to a partner or therapist about the frequency or content of your masturbatory behavior?
- Has masturbation ever negatively affected your self-image, sense of shame, or emotional wellbeing?
- Have you ever used masturbation as a way to avoid emotional intimacy or relational connection?

Legal & Ethical Concerns

- Have you ever masturbated while viewing content that you believed may have been illegal, such as material involving minors?
- Have you ever masturbated in a context that resulted in a complaint, legal consequence, or disciplinary action?
- Have you ever used masturbation as part of a pattern of behavior that involved others without their consent, such as voyeurism or exhibitionism?

Pornography Use

General Use Patterns

- How often do you view pornography — daily, weekly, or less frequently?
- How much time per session do you typically spend viewing pornography?
- At what time of day do you most commonly use pornography, and are there triggers associated with that?
- Do you use pornography alone, with a partner, or both?
- Have you ever used pornography at work, in public spaces, or in other inappropriate settings?
- Do you use pornography as a sleep aid, stress reliever, or emotional coping mechanism?

Content & Preferences

- How would you describe the general type or genre of pornography you most commonly view?
- Has the content you seek out changed or escalated over time? If so, in what direction?

- Have you ever sought out pornography involving themes of violence, coercion, or non-consent?
- Have you ever sought out pornography involving individuals who appeared to be minors or were presented as minors?
- Have you ever sought out or viewed content that you later found disturbing, surprising, or inconsistent with your values?
- Do your pornography preferences differ significantly from your real-life sexual interests or behaviors?

Impact on Sexual Functioning & Relationships

- Has pornography use affected your ability to become aroused or experience satisfaction during real-life sexual encounters?
- Have you or a partner ever expressed concern about the amount or type of pornography you use?
- Have you ever compared real-life partners unfavorably to pornography, or felt that real-life sex was less satisfying as a result?
- Has pornography influenced your expectations about sex, body image, or how partners should behave?
- Have you ever attempted to recreate scenes or scenarios from pornography with a partner, with or without their consent?

Compulsivity & Loss of Control

- Have you ever felt that your pornography use was out of control or compulsive?
- Have you ever made repeated attempts to cut back or stop using pornography and been unsuccessful?
- Have you ever experienced withdrawal-like symptoms — such as irritability, preoccupation, or anxiety — when you were unable to access pornography?
- Have you ever continued to use pornography despite negative consequences to your relationships, employment, or legal standing?
- Have you ever lied to a partner, therapist, or employer about the extent of your pornography use?

Legal & Ethical Concerns

- Have you ever accessed, downloaded, or distributed pornography that you believe may have been illegal?
- Have you ever encountered child sexual abuse material (CSAM) online, whether intentionally or unintentionally? If unintentionally, what did you do?
- Have you ever shared pornography with a minor, or used pornography as part of grooming behavior?
- Have any of your devices ever been searched or seized in connection with pornography use?
- Have you ever been investigated, charged, or convicted of an offense related to pornography?

Online Sexual Behavior

General Online Use

- How much time per day or week would you estimate you spend engaging with sexual content or activity online?
- What platforms, websites, or apps do you use for sexual purposes (e.g., pornography sites, dating/hookup apps, chat platforms, social media)?
- Have you ever created or shared sexual content of yourself online? If so, in what context?
- Have you ever paid for sexual content online (e.g., subscriptions, live cam sites, content creator platforms)?

Online Communication & Solicitation

- Have you ever engaged in sexually explicit conversations or exchanges online (sexting, chat rooms, messaging apps)?
- Have you ever solicited or been solicited for sexual activity through online platforms?
- Have you ever misrepresented your identity (age, appearance, relationship status) when engaging with others online for sexual purposes?
- Have you ever communicated online with someone you believed to be, or who turned out to be, a minor in a sexual context?
- Have you ever sent or requested explicit images or videos from others online? If so, did you verify the age of the individuals involved?

Problematic or Illegal Online Content

- Have you ever sought out or viewed sexual content online that you later felt was inappropriate or disturbing?
- Have you ever accessed sexual content involving minors online, whether intentionally or unintentionally? If unintentionally, what did you do when you encountered it?
- Have you ever downloaded, stored, or distributed sexual content online? What was the nature of that content?
- Have you ever had online sexual content, accounts, or devices reviewed, seized, or flagged by others or by law enforcement?
- Have you ever used privacy tools (VPNs, incognito mode, encrypted apps) specifically to conceal your online sexual activity?

Escalation & Patterns

- Has the type of sexual content you seek online changed or intensified over time? If so, in what direction?
- Have you ever found yourself seeking out increasingly extreme, taboo, or illegal content online?
- Do you feel that your online sexual activity has influenced your in-person sexual interests, desires, or behavior?
- Have you ever acted out in person something you first encountered or rehearsed online=

Deviant or Problematic Arousal

- Have you ever experienced sexual attraction to minors? If so, have you ever acted on those feelings, including online, through pornography use, or during masturbation?
- Have you ever engaged in sexual activity without the full and sober consent of the other person?
- Have you ever exposed yourself to others, or engaged in voyeuristic behavior — including recording or distributing images without consent?
- Have you ever used force, coercion, or threats in a sexual context, including through online communication?
- Are there any sexual urges, fantasies, or behaviors — online or in person — that you find distressing or believe could harm others?

Offense History (if applicable)

- Have you ever been accused of, charged with, or convicted of a sexual offense, including any involving online activity, electronic devices, or pornography?
- Can you describe the circumstances of the offense(s) from your perspective?
- Do you take responsibility for the behavior? How do you understand what led to it?
- What impact do you believe your behavior had on the victim(s)?
- What steps have you taken since then to address the behavior?

Insight & Treatment Readiness

- How do you currently understand your own sexual patterns or preferences, including your masturbatory behavior, pornography use, and online activity?
- Have you ever received treatment, counseling, or therapy related to sexual behavior, pornography use, or problematic online activity?
- What do you believe contributed to any problematic sexual behavior — online or in person — in your past?
- What supports or strategies do you currently use to manage your sexual behavior, masturbation, pornography use, and online activity?
- What are your goals related to your sexual health going forward?