

## Pre-Disclosure Questionnaire

*Adapted in part from Stephen Cabler's Sexual Addictions Disclosure Questions*

Please note that not all of these questions may refer to behaviors that are addictive for you. Answer the questions honestly and completely and discuss your answers with your therapist to determine what information from this questionnaire should be included on your disclosure. Default to including too much – your therapist will help you remove information that is not necessary or helpful.

1. Have you watched porn? What genres and categories?
  - Gay porn
  - Lesbian porn
  - Transsexual porn
  - Barely legal porn
  - Incest porn (if so, circle the category: mother/son, father/daughter, brother/sister, step-parent/step-child, step-siblings, other)
  - Pre-pubescent child porn
  - Teenage child porn
  - Bestiality porn
  - Fetish porn (if so, what fetishes? \_\_\_\_\_)
  - BDSM porn
  - Rape or rough sex porn
  - Other \_\_\_\_\_
2. When was the last time you watched porn?
3. Do you masturbate when watching porn? If so, what percentage of the time?
4. Do you masturbate? How often?
5. When was the last time you masturbated (with or without orgasming)?
6. Have you ever masturbated anally?
7. Have you ever inserted items into your anus? If so, what and when?
8. Have you ever bought sex toys, books, or sexual material without your primary partner's knowledge? If so, what, when, from where, and how was it used?
9. Have you ever used a dating or hookup app? If so, what app(s)? When and how often?
10. Have you ever made or exchanged inappropriate or flirtatious comments with someone other than your partner (current or past) while in a relationship? If so, what and when?

11. Have you ever had an emotional affair (connection to someone other than your primary partner which includes secrecy, emotional connection, and sexual or romantic chemistry)? If so, what happened, who was it with, and when was it?
12. Have you ever had inappropriate physical contact (sexually charged hugs or touching, kissing, making out, etc.) with someone other than your primary partner? If so, what and when?
13. Have you ever had a physical affair (including giving or receiving any form of sexual contact with someone other than your primary partner – manual sex, oral sex, intercourse, or anal sex)? If so, what and when? Did you use protection?
14. Have you ever had a virtual affair? If so, what did you do and when did you do it?
15. Have you ever communicated around sexual or romantic connection with someone other than your primary partner through letters, emails, videos, or apps? If so, when and with who? What did you do with the correspondence?
16. Have you ever been tested for STDs? When and what were the results?
17. Have you ever had sex (including giving or receiving any form of sexual contact with someone other than your primary partner – manual sex, oral sex, intercourse, or anal sex) with someone of the same gender? If so, what did you do and when did you do it?
18. Have you ever had sex (including giving or receiving any form of sexual contact – manual sex, oral sex, intercourse, or anal sex) in your car with someone other than your primary partner? If so, when, who, and what happened?
19. Have you ever had sex (including giving or receiving any form of sexual contact – manual sex, oral sex, intercourse, or anal sex) in your partner's car with someone other than your primary partner? If so, when, who, and what happened?
20. Have you ever had sex (including giving or receiving any form of sexual contact – manual sex, oral sex, intercourse, or anal sex) in your home or on a property you or your partner own with someone other than your primary partner? If so, when, who, and what happened?
21. If you have children, were your children ever in the house or the room when you were with someone other than your primary partner that you were sexual or romantic with? If so, please explain.

22. Have you ever watched porn or had a conversation with an affair partner with your children in the room, car, or location you were at? If so, please explain.
23. Has your primary partner or your children ever been in the same room, at the same event, or otherwise connected to someone you were sexual or romantic with? If so, when, where, and who did it involve? Was it intentional on your part or your acting out partner's part?
24. Have you ever had group sex? If so, when, what happened, and who was it with?
25. Have you ever been to a swinger's club? If so, when, what happened, and who was it with?
26. Have you ever participated in swinging without your partner's knowledge? If so, when, what happened, and who was it with?
27. Have you ever paid for sex or sexual acts (including giving or receiving any form of sexual contact – manual sex, oral sex, intercourse, or anal sex)? If so, when, where, and who? How did you contact them? How much did you spend?
28. Have you ever visited a strip club? When, with who, and what happened?
29. Have you ever had a lap dance? When, with who, and what happened?
30. Have you ever been to a massage parlor? If so, when, where, and what happened?
31. (For males or those AMAB) To the best of your knowledge, do you have a child or children with anyone other than your primary partner? Has anyone ever told you they were pregnant with their child? (For females or those AFAB) Have you ever gotten pregnant by someone other than your current primary partner?
32. If you have had sex with someone other than your primary partner, what hotels or venues did you use?
33. Have you ever used interactive webcams? If so, when, how often, and how much did you spend?
34. Have you ever sent or received nude or sexual photos or videos to or from someone other than your partner? If so, who and when? What did you do with the photos or videos?
35. Have you ever taken photos or videos of your partner without their permission? If so when and what did you do with the photos or videos? Have you ever showed them to anyone else?

36. Have you ever had phone sex or sexual conversations via any other means with someone other than your primary partner? If so, with who, when, and where? If you paid for it, how much did you spend?
37. If you spent money on sexual activities, where did you get the money from? Have you taken money from a joint account or put it on a credit card? Have you taken money from savings (in a bank or in cash)? Have you used investments to pay for any of these activities? Have you taken money from a business expense account or credit card?
38. Have you ever bought gifts for acting out partners? If so, who, when, what did you buy, and how much did you spend?
39. Have you ever acted out on a business trip? If so, when and where and what happened?
40. Have you ever acted out when your partner was on a business trip or away from home? If so, when and where and what happened?
41. Have you ever told someone other than your primary partner that you loved them? If so, who and when and what happened?
42. Have you ever created a plan or plans to leave your primary partner? If so, who and what did those plans include?
43. Have you ever talked to someone about leaving your primary partner, whether or not you meant to follow through with those plans? If so, with who and what did those plans include?
44. Are you still in contact with anyone involved in the questions above? If so, who and how?
45. When was the last time you had any type of contact (email, phone, text, message, etc.) with anyone included on this questionnaire?
46. Have you used any of the following apps to contact acting out partners?
- Facebook
  - Twitter
  - Snapchat
  - Instagram
  - Discord
  - TikTok
  - LinkedIn
  - Pinterest
  - MySpace
  - Twitch

- Bumble
- Tumblr
- Grindr
- Tinder
- WickrMe

47. Do you have any type of connection with anyone included on this questionnaire through any social media app, including having them as friends, following each other, being able to view playlists or photos, being able to see boards on pinterest, etc.? If so, what apps and how are you still connected to them?
48. Have you ever had contact with your acting out partners through online gaming? If so, who, what game, and how did you connect to each other? Are you still connected to them?
49. Have you ever used computer games for sexual stimulation? If so, when and what game?
50. Have you ever given your phone number to any acting out partner? If so, who?
51. Have you ever used email to contact acting out partners? If so, what email account(s)?
52. Do you have any email accounts, social media accounts, or phones that your primary partner does not know about? If so, please list them and the passwords to them.
53. Do you have any bank accounts or credit cards that your primary partner is not aware of? If so, please list the accounts, the logins and passwords, and all financial information connected to them. Additionally, if the answer to this question (or one of the next two questions) is yes, please complete a Financial Disclosure as well.
54. Do you have any stashes of money (or monetarily valuable items) your primary partner is not aware of? If so, where are they and how much do they include?
55. Do you have any safety deposit boxes your primary partner is not aware of? If so, where are they and what is in them?
56. Do you have any PO boxes your primary partner is not aware of? If so, please list them.
57. Have you been contacted by previous partners since entering into your current committed relationship? If so, who contacted who, what was said, and does your partner know about it?

58. How often was alcohol or drugs included in acting out and what did you use?

59. Have you ever done anything illegal related to sexual acting out? If so, what, when, and who was involved?

60. Have you ever touched or rubbed up against someone without their permission, with or without their knowledge? If so, when and what did you do?

61. Have you ever sexually interacted with someone without their consent (including if they were intoxicated, drugged, or asleep)? If so, when, who, and what did you do?

62. Have you ever watched someone without their knowledge and gotten sexually aroused by it? If so, who, when, and where?

63. Have you ever shown your genitalia to someone without their permission (including obviously or by deliberately wearing revealing clothing)? If so who, where, and what did you do?

64. Who else knows about any of the behaviors included on this questionnaire?

65. Is there anything else you can think of that might be helpful to include?

66. Is there anything you are deliberately hiding?