

Are My Fantasies/Tools/Behaviors Healthy for Me?

Fantasy/Tool/Behavior in question:

1. Does my fantasy, tool for stimulation, or sexual behavior hurt me (emotionally/physically)?
☐Yes ☐No ☐I'm not sure
2. Does my fantasy or tool for stimulation, or sexual behavior hurt another person?
☐Yes ☐No ☐I'm not sure
3. Is my fantasy, tool, or behavior within the conditions of my supervision/treatment?
☐Yes ☐No ☐I'm not sure
4. Does my fantasy, tool, or behavior reinforce unhealthy sexual interests, distortions or illegal behaviors?
☐Yes ☐No ☐I'm not sure
5. Does my fantasy, tool, or behavior interfere with my functioning/ability to meet my needs in other areas?
☐Yes ☐No ☐I'm not sure
6. Am I using my fantasies or sexual behavior to cope with negative emotions or maintain positive feelings?
☐Yes ☐No ☐I'm not sure
7. Am I hiding my fantasies, tools, and behaviors from others?
☐Yes ☐No ☐I'm not sure
8. Is my fantasy, tool or behavior of a consensual nature? (Age, capacity, intent, etc)
☐Yes ☐No ☐I'm not sure
9. Have I attempted to stop this behavior in the past?
☐Yes ☐No ☐I'm not sure
10. If the tool is media based, who is the intended audience?

11. Does this behavior move me in the direction of my goals or away from my goals?
