

Seven Motivators Questionnaire*

Exc	“Strongly agree” or “often”	“Strongly” disagree” or “seldom”			
Do you engage in sexual behaviors that are risky, novel or illegal?	1	2	3	4	5
Were you raised in a home where sex was viewed as being “dirty” or not discussed?	1	2	3	4	5
Do you sexually act out in public places and risk getting caught?	1	2	3	4	5
Does your heart “race” when you think about the sexually “acting out”?	1	2	3	4	5
Has “regular” healthy sex become boring for you?	1	2	3	4	5
Rel					
Do you find your life is constantly under a great deal of stress?	1	2	3	4	5
Would you describe yourself as being “overly responsible” about work, chores, etc.?	1	2	3	4	5
Do you sexually “act out” during particularly stressful times?	1	2	3	4	5
Do you “act out” as a reward for accomplishing a significant goal or project?	1	2	3	4	5
Do you need to masturbate in order to get to sleep?	1	2	3	4	5
Esc					
Do you tend to be bored with your current life?	1	2	3	4	5
Do you think your sexual fantasies have a particularly exotic quality?	1	2	3	4	5
Is sexual temptation strongest when nothing interesting is happening?	1	2	3	4	5
Do you lose your sense of time when ‘cruising’ for sex, viewing porn, etc.?	1	2	3	4	5
Does sexual acting out provide a temporary distraction from boredom?	1	2	3	4	5
Afr					
Do you suffer from low self-esteem?	1	2	3	4	5
Do fantasies or sexual behaviors provide a sense of being attractive and valued?	1	2	3	4	5
Do you sometimes feel you seek sex in order to feel loved?	1	2	3	4	5
Do you give in to other’s sexual requests in order to feel accepted?	1	2	3	4	5
Do you engage in uncomfortable sexual behaviors in order to please others?	1	2	3	4	5
Pw					
Do you find the “chase” with a potential lover an exhilarating experience?	1	2	3	4	5
Do you feel a sense of conquest when you see someone naked or have sex with them?	1	2	3	4	5
Do you enjoy domination themes in your fantasies, porn, or sex play?	1	2	3	4	5
Do you secretly feel weak or insecure, but sex helps you feel strong?	1	2	3	4	5
Do you think sex empowers men and/or women?	1	2	3	4	5
Hpls					
Do you feel you’re doomed to do these sexual behaviors, unable to change?	1	2	3	4	5
Have you tried to stop your unhealthy sexual behaviors in the past but couldn’t?	1	2	3	4	5
Do you think your sexual behaviors were learned from events in your childhood?	1	2	3	4	5
Did childhood sexual abuse and/or other kinds of abuse cause your sexual behaviors?	1	2	3	4	5
Do you believe some people are “hardwired” to sexually act out?	1	2	3	4	5
Rev					
Do you ever feel like your sexual behaviors are “pay back” against someone else?	1	2	3	4	5
Were you raised in a restrictive sexual environment that you now resent?	1	2	3	4	5
Do you think about the shocked reaction a loved one would have about your behavior?	1	2	3	4	5
Would you stop acting out if your partner would be more sexual with you?	1	2	3	4	5
Do some of society’s repressive sexual norms frustrate you?	1	2	3	4	5

*Developed by Dr. Paul Simpson