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Disclosure questionnaire

On a separate sheet of paper, answer the questions below.

1) When did you start using mood altering substances? Include alcohol, drugs (both illegal and prescribed) and pornography.

Example: Porn - age 12, Pot, age 16, Masturbation age 10

2) Estimate the frequency with which you medicated during various periods of your life -

Example - Porn, age 11-18 - 2x a week for one hour each time
masturbation, 11-18 - every day

Do this for every stage of your life up until the present

3) List any secrets or shameful behaviors, most of these will be sexual but this list can include things like, 'stole from my grandmothers purse when I was 9'.

This list should be thorough. If the behavior happened once, put the age, if more than once the age range and frequency.

Examples - from age 9-15 I tried on my sister's underwear 9 times

Most common secrets are a) attempts to be sexual with animals, b) voyeurism, ie, spying on neighbor or aunt, c) cross dressing

4) List any type of abnormal porn that you have viewed, at least once, again list the age and approx number of times.

Example, age 22-30 bestiality on 6 occasions.

5) List locations of alcohol/drug/porn use that are particularly sensitive -

Example, lied to my wife about what I was doing and got stoned when she was away on a weekend with the kids or got drunk secretly while the kids were in the house. I kept a bottle hidden in the trunk of my car.

6) List the total number of men/women with whom you've had sex. You don't need to list every person, but do mention the first names of people that your wife may know, example, friends or work colleagues. Also, separate out the number of people you were sexual with before your current relationship and during.

7) Estimate total number of hours drunk/high or viewing porn and total money spent