Levels of Severity for Sexual Challenges

Level 1 – Overcoming
Has awareness of dangers (Spiritual)
Has established personal boundaries (defenses) that are working (Psycho)
Is overcoming sexual temptations (Spiritual)
Denying self of sexual inputs (Spiritual, Psycho)

Level 2 – Flirting
Spends lingering moments with inputs
Rationalizes that allowing time with temptations is not dangerous enough to stop
Puts minimal effort in overcoming triggers/inputs
Sporadically acts out sexual temptations

Level 3 – Compulsive
Secrecy of spending time with sexual inputs is important, leading to a double life
Purposely and compulsively acts out sexual temptations (repeated viewing of pornography, frequent masturbation)
Puts no effort into overcoming triggers/inputs

Level 4 – Entrenched
Has at least 2 years of addictive sexual sin
Has emotional affairs
Has repeatedly lied or covered up secret sexual sin
Has not been active in treatment of sexual sin behaviors

Level 5 – Enslaved
Very high spiritual, marital, family, and legal consequences of sexual sin behaviors
Has been in treatment for sexual addiction, but has not found success