Impulse Control Pre/Post-Assessment Test

1. In the “Stop and Think” procedure, it is ok to include which of the following in your “neutral scene”:
   ○ a. what you were doing before the sexual thoughts came to mind
   ○ b. what you were thinking before the sexual thoughts came to mind
   ○ c. where you were before the sexual thoughts came to mind
   ○ d. all of the above

2. In the “Stop and Think” procedure, the “neutral scene” should not contain:
   ○ a. highly arousing sexual thoughts
   ○ b. moderately arousing sexual thoughts
   ○ c. mildly arousing sexual thoughts
   ○ d. any sexual thoughts

3. In the “Stop and Think” procedure, it is appropriate for the “sexual scene” to contain:
   ○ a. thoughts about consensual sex with a peer
   ○ b. the build-up of sexual thoughts about a potential victim
   ○ c. the potential consequences of rape or child molestation
   ○ d. all of the above

4. In the “Stop and Think” procedure, the “sexual thoughts” should be interrupted:
   ○ a. before there is physical contact with the victim
   ○ b. before there is exposure of yourself to the victim
   ○ c. before there is sexual talk with the victim
   ○ d. “a” and “b” only
   ○ e. all of the above

5. In the “Stop and Think” procedure, the sexual thoughts should be interrupted by which of the following:
   ○ a. the neutral scene
   ○ b. the escape scene
   ○ c. the consequence
   ○ d. any of the above
6. In the “Stop and Think” procedure, you should choose a “consequence” that:
   a. is realistic
   b. is powerful enough to stop the unhealthy sexual thoughts
   c. is something that has or could occur in response to sexual acting-out
   d. all of the above

7. The purpose of the escape scene is to:
   a. get your mind off sex
   b. get your mind off anything that is stressful
   c. help you understand that good judgment and impulse control “pay off”
   d. all of the above

8. It is ok for the “escape scene” to contain:
   a. consensual sex with a peer
   b. positive changes that have occurred in your life because you have used good judgment and impulse control
   c. thoughts of going to jail for sexual misbehavior
   d. “a” and “b” only
   e. all of the above

9. Good impulse control is linked to which of the following:
   a. taking the time to think about the potential consequences of your behavior before you take any action
   b. avoiding situations that might make it difficult to control your sexual urges
   c. having supportive family and friends
   d. “a” and “b” only
   e. all of the above

10. Alcohol or drug use will likely:
    a. help you relax, therefore make it less likely you will act-out sexually
    b. lower your inhibitions, therefore make it more likely you will give in to sexual impulses
    c. help keep your mind off sex, altogether
    d. “a” and “b” only
    e. all of the above