

Breakthroughs in healing

with Dr. Simon Sheh

Healthcare Edition

Fall/Winter 2003

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Addiction to Pornography and Excessive Anger : Topics that Matter to Men's Health

Addiction to Pornography and Excessive Anger are common referral problems of male clients in my counselling practice at the Meadowlark Health Centre in Edmonton. Addiction to pornography is not about sex; it is about restoration of control and relief of emotional pain. Pornography is a powerful, addictive, pain relief drug. Addiction to pornography is not victimless; it destroys marriages and relationships and is an unhealthy way to seek comfort and restore control. Excessive anger destroys the sense of safety in a relationship. Excessive

anger ruins marriages, parent-child relationships, and emotional bonding in committed relationships.

In this issue of the newsletter, I want to present two Self Assessments to help men detect addiction to pornography and/or excessive anger problems. If you have patients or their spouses who want more information in the areas of sexual addiction or excessive anger, please feel free to have them work on the self-assessment, or recommend professional help.

KNOWING YOURSELF, YOUR ADDICTION TO PORNOGRAPHY AND YOUR VIEW TOWARDS WOMEN AS SEXUAL OBJECTS

A SELF-ASSESSMENT

created by Dr. Simon Sheh

(If the following test speaks to you or your spouse/partner, you may need to consider professional help)

1. T/F When I sit or stand in front of a woman, I have problem keeping my eyes above her neckline.
2. T/F When I look at a woman who is wearing a blouse, I want to look side way into the gap between her buttons to see part of her bra or to see whether she is wearing a bra.
3. T/F When I look at a woman, I want to look at her breasts first
4. T/F When I walk by a woman wearing a pair of summer shorts sitting down with her legs spread out, I want to look between her thighs.
5. T/F When a woman bends down wearing clothing with low neckline, I want to look down to see her bra and/or her cleavage.
6. T/F When a woman wears clothing with a low neckline, my eyes want to focus on her cleavage
7. T/F In public places, such as a mall, I have deliberately followed women who physically attract my attention
8. T/F On public beaches, my eyes are very busy watching women wearing revealing swim wear
9. T/F When comes to watching women in a sexual way, the church is no longer a safe place for me
10. T/F Privately, I watch Sex TV or Sex File on TV at night
11. T/F Privately, I watch the CBC French channel and Showcase Without Borders because I know there is more sexual stuff on these channels
12. T/F I have looked at soft porn men's magazines
13. T/F I started looking at porn magazines in my teen years
14. T/F Pornographic materials were available in the home I grew up in
15. T/F Privately, I have looked at pornographic material on the Internet
16. T/F Privately, I have a pattern of viewing Internet pornography and then masturbating a few times and then the pornographic images become gross and dirty and I turn off the Internet
17. T/F Privately, I have a pattern of watching soft porn video and masturbating a few times and then the video images become gross and dirty and I rewind and return the video
18. T/F Images in lingerie catalogue (e.g., Victoria Secrets) arouse me and I take the catalogue to the bathroom and masturbate while looking at the pictures
19. T/F I frequently want to have sex with my wife and/or make sexual advances toward her
20. T/F I frequently have sexual advances toward my girlfriend/ fiancé
21. T/F In lovemaking with my wife, I have wanted her to pose, act, or wear something in a way similar to the images I saw on the Internet or in the video/movie/magazine
22. T/F Privately, I have watched hard core pornographic video and movies
23. T/F I have or used to have subscription to pornographic material (books, magazines, videos, Internet)
24. T/F Privately, I masturbate quite regularly
25. T/F When I masturbate, the visual images I use to assist my masturbation belong to women other than my wife
26. T/F When I drive by someone's town house or condo at night, I want to look in the bedroom windows
27. T/F I had pre-marital sex or heavy petting before marriage
28. T/F I have paid to see a strip show
29. T/F I have been tempted to call escort services in the Yellow Pages
30. T/F I grew up in a home where my mom and/or dad showed very little or restricted emotional connection and physical affection

KNOWING YOURSELF AND YOUR ANGER

A SELF-ASSESSMENT

created by Dr. Simon Sheh

(If the following test speaks to you or your spouse/partner, you may need to consider professional help)

1. T/F I have a difficult time controlling my anger
2. T/F My anger seems to be disproportional to the situation involved, i.e., punishment does not fit the crime
3. T/F My anger can turn into rage in a split second
4. T/F My anger can turn into threats, physical aggression, and/or violence
5. T/F Police has involved in the past when my anger was out of control
6. T/F I have been told by others that I have an anger problem
7. T/F Small things and happenings can triggered my anger
8. T/F Anger problems have caused me my job
9. T/F Anger problems have ruined my relationships with others
10. T/F Anger problems have caused me my romantic relationship/ engagement/marriage
11. T/F Beside my wife/fiancé/girlfriend/parent/sibling, and/or possibly my children, no one outside my home know I have an anger problem
12. T/F My anger problems seem to appear after I got married and/or after I became a father
13. T/F My anger appears to be unpredictable, i.e., I can have a perfect day in the morning and have a rage in the evening
14. T/F At home, my anger seems to be triggered by the words said by my wife/fiancé/girlfriend/parent/sibling and/or by their actions
15. T/F My anger problem seems to only surface in my relationship with my wife/fiancé/girlfriend/parent/ sibling, i.e., I do not have significant anger problems with people at work/school
16. T/F My anger problems come in a cycle/pattern, e.g., once every two weeks, or once a month
17. T/F My wife/fiancé/girlfriend/parent/sibling has said she is afraid to say things in front of me because she does not know when I get angry at her
18. T/F Emotionally, my wife/fiancé/girlfriend/parent/sibling said she does not feel safe with me
19. T/F I have noticed my children want to avoid me, or they want to associate with my wife more than with me
20. T/F When I become angry, the more my wife/fiancé/ girlfriend/parent/sibling talks to me, reasons with me, or challenges me, the more I get angry
21. T/F I have a hard time letting go of my anger. That is, my angry outbursts toward my wife/fiancé/girlfriend/parent/ sibling can last for quite a while, e.g., the entire car ride on the road
22. T/F When I was in my angry outburst, sometimes I almost physically hurt my wife/fiancé/girlfriend, e.g., squeezing her neck with my hands, raising my fist in a position to strike, pushing her onto the floor or the bed
23. T/F My angry outbursts have scared my wife/fiancé/ girlfriend. That is, I have seen her cry and ask "why did you do this?" or "why me?" after I lost my temper
24. T/F I have physically hurt my wife/fiancé/girlfriend/parent/ sibling during my anger outbursts
25. T/F I have thrown household objects around or destroyed household items when I have my angry outbursts
26. T/F My wife/fiancé/girlfriend/parent/sibling usually need to calm me down to prevent my anger getting out of control
27. T/F During reconciliation after my angry outbursts, I want my wife/fiancé/girlfriend/parent/sibling to see my viewpoints, understand my expectations, and/or avoid words and actions that are hurtful to me
28. T/F My anger problems are getting worse and have become more frequent
29. T/F I don't want to hurt my wife/fiancé/girlfriend, but my anger is so unpredictable
30. T/F I blame my anger problems on a family member (father, mother, sibling)
31. T/F I have a family member (father, mother, sibling) whom I hate or very angry at
32. T/F I do not feel good about myself and my accomplishments
33. T/F I tend to keep things to myself and seldom talk about my unhappiness and disappointments
34. T/F I have a lot of fear and insecurity
35. T/F I have a tendency to control people and things when I feel insecure
36. T/F I tend to be a perfectionist, see things black vs. white, right vs. wrong, and I have high respect for justice, law and order.
37. T/F I was abused physically/sexually/emotionally in the past
38. T/F I grew up in a family/culture in which I was not allowed to express anger or strong emotions
39. T/F Beside excessive anger, I have other addiction problems (e.g., drinking problems, addiction to pornography, workaholic)
40. T/F I have difficulty handling stress at work/school and/or in relationships
41. T/F When I am stressed, I don't want my wife/fiancé/ girlfriend/ parent/sibling approach me, talk to me, or touch me. I want to be left alone by myself
42. T/F I have difficulty trusting my wife/fiancé/girlfriend/ parent/sibling

If you are angry, do not let anger lead you into sin; do not let sunset find you still nursing it; leave no loophole for the devil.

Ephesians 4:26-27, the New English Bible

How to Stop Excessive Anger and Restore Harmony in Relationships

A Public Health Lecture

Presented by Dr. Simon Sheh, Chartered Psychologist

Wednesday, December 3, 2003, 7:30 - 8:30 p.m.

Meadowlark Health Centre

156 Street and 87 Avenue, Edmonton

Admission Free

Call 429-4761, Ext. 237 to register

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