

Purity Report

Be as detailed as possible without being graphic or vulgar. Avoid copy-and-pasting responses.

- * When was your last Purity Report?
- * What period of time does this Purity Report cover?

Body

- * Briefly list any sexual release or arousal you experienced and the source of that stimulation.
- * Describe any exercise or other healthy physical activity you engaged in.

Soul (Mind, Will and Emotions)

- * Briefly list any sexually oriented thoughts you encountered.
- * Describe any choices you made which resulted in a violation of sexual integrity.
- * What influenced those choices?
- * Describe any strong emotions, both negative and positive, you experienced.
- * Have you been feeling emotionally numb, distant or withdrawn?
- * What stressful or negative situations are you dealing with or hiding from?

Spirit

- * Describe any interaction you had with the Lord.
- * Has God felt distant or close?
- * What do you believe influenced that feeling?
- * What are you thankful for today?
- * List any guidance or intervention you need from God.

Checkpoint

- * Have you been completely honest and forthcoming with your answers?
- * Are you sharing your Purity Report with someone you know personally?
- * What else would you like to add to this report?