

### Self-Assessment Questions: Sexual Addiction

The following questions will help identify the extent to which your sexual behavior is problematic.

1. Does your preoccupation with sex interfere with life responsibilities or relationships?  
 Yes  No
2. Have you given up important social, occupational, or recreational activities because you'd rather focus on planning or thinking about sex?  
 Yes  No
3. Do you engage in sexual behavior that puts your health or safety at risk?  
 Yes  No
4. When you would like to feel emotionally connected to a romantic partner, do you have trouble doing so?  
 Yes  No
5. Do you feel that it is difficult to stop sexual behaviors even when there are negative consequences?  
 Yes  No
6. Have you made repeated unsuccessful attempts to stop thinking about or engaging in sexual behaviors?  
 Yes  No
7. Do you feel ashamed of or hide your sexual behaviors or fantasies from those important to you?  
 Yes  No
8. Do you need greater variety or frequency to achieve the same excitement or relief from sexual situations?  
 Yes  No
9. Do you mix this activity with alcohol, narcotics, or medications?  
 Yes  No

If you have answered "yes" to ANY of these questions, you are in danger of becoming sexually addicted. Remember, pornography, fetishes and anonymous encounters are addictive even if the person using them is not yet addicted. If you have answered yes to four or more of these questions, your sexual behavior is life dominating and out of control.