

Assessment Questions: Sexual Addiction

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

1. Are you anxious about a type of sexual activity or practice that you regularly engage in?

Yes No

2. Have you attempted to stop this activity in past?

Yes No

3. Have you lied to family members or friends to conceal your behavior?

Yes No

4. Is this activity interfering with or distracting you from your work performance?

Yes No

5. Is this activity interfering with or cutting into the time you would otherwise spend with family and friends?

Yes No

6. Has this activity increased noticeably within the last three months?

Yes No

7. Have you sacrificed or compromised parts of your life – financial, social, relational, or spiritual to continue this activity?

Yes No

8. Will there be serious legal, social or marital consequences to you if this activity is discovered?

Yes No

9. When you have free time on your hands, are you frequently drawn towards this activity?

Yes No

10. 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.