

If you score a 6 or higher you have met a basis of six criteria that indicate sex addiction is present.

1. YES NO Were you sexually abused as a child or adolescent?
2. YES NO. Did your parents have trouble with sexual behavior?
3. YES NO Do you often find yourself preoccupied with sexual thoughts?
4. YES NO Do you feel that your sexual behavior is not normal?
5. YES NO Do you ever feel bad about your sexual behavior?
6. YES NO Has your sexual behavior ever created problems for you and your family?
7. YES NO Have you ever sought help for sexual behavior you did not like?
8. YES NO Has anyone been hurt emotionally because of your sexual behavior?
9. YES NO Are any of your sexual activities against the law?
10. YES NO Have you made efforts to quit a type of sexual activity and failed?
11. YES NO Do you hide some of your sexual behaviors from others?
12. YES NO Have you attempted to stop some parts of your sexual activity?
13. YES NO Have you felt degraded by your sexual behaviors?
14. YES NO When you have sex, do you feel depressed afterwards?
15. YES NO Do you feel controlled by your sexual desire? YES NO
16. YES NO Have important parts of your life (such as job, family, friends, leisure activities) been neglected because you were spending too much time on sex?
17. YES NO Do you ever think your sexual desire is stronger than you are?
18. YES NO Is sex almost all you think about?
19. YES NO Has sex (or romantic fantasies) been a way for you to escape your problems?
20. YES NO Has sex become the most important thing in your life?
21. YES NO Are you in crisis over sexual matters?
22. YES NO The internet has created sexual problems for me.
23. YES NO I spend too much time online for sexual purposes.
24. YES NO I have purchased services online for erotic purposes (sites for dating)
25. YES NO I have used the internet to make romantic or erotic connections with people online.
26. YES NO People in my life have been upset about my sexual activities online.
27. YES NO I have attempted to stop my online sexual behaviors.
28. YES NO I have subscribed to or regularly purchased or rented sexually explicit materials (magazines, videos, books or online pornography).
29. YES NO I have been sexual with minors.
30. YES NO I have spent considerable time and money on strip clubs, adult bookstores and movie houses.
31. YES NO I have engaged prostitutes and escorts to satisfy my sexual needs.
32. YES NO I have spent considerable time surfing pornography online.
33. YES NO I have used magazines, videos or online pornography even when there was considerable risk of being caught by family members who would be upset by my behavior.
34. YES NO I have regularly purchased romantic novels or sexually explicit magazines.
35. YES NO I have stayed in romantic relationships after they became emotionally abusive.
36. YES NO I have traded sex for money or gifts.
37. YES NO I have maintained multiple romantic or sexual relationships at the same time.
38. YES NO After sexually acting out, I sometimes refrain from all sex for a significant period.
39. YES NO I have regularly engaged in sadomasochistic behavior.
40. YES NO I visit sexual bath-houses, sex clubs or video/bookstores as part of my regular sexual activity.
41. YES NO I have engaged in unsafe or "risky" sex even though I knew it could cause me harm.
42. YES NO I have cruised public restrooms, rest areas or parks looking for sex with strangers.
43. YES NO I believe casual or anonymous sex has kept me from having more long-term intimate relationships.
44. YES NO My sexual behavior has put me at risk for arrest for lewd conduct or public indecency
45. YES NO I have been paid for sex.