

## 20 Questions about Sexual Addiction

If you answer "yes" to at least 10 of these questions, you might consider exploring this area of recovery.

- \_\_\_\_\_ 1. Have you ever thought you need help for your sexual thinking or behavior?
- \_\_\_\_\_ 2. That you'd be better off if you didn't keep "giving in"?
- \_\_\_\_\_ 3. That sex or stimuli are controlling you?
- \_\_\_\_\_ 4. Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?
- \_\_\_\_\_ 5. Do you resort to sex to escape, relieve anxiety, or because you can't cope?
- \_\_\_\_\_ 6. Do you feel guilt, remorse, or depression afterward?
- \_\_\_\_\_ 7. Has your pursuit of sex become more compulsive?
- \_\_\_\_\_ 8. Does it interfere with relations with your spouse?
- \_\_\_\_\_ 9. Do you have to resort to images or memories during sex?
- \_\_\_\_\_ 10. Does an irresistible impulse arise when the other party makes sexual overtures or sex is offered?
- \_\_\_\_\_ 11. Do you keep going from one relationship or lover to another?
- \_\_\_\_\_ 12. Do you feel the right relationship would help you stop lusting, masturbating, or being so promiscuous?
- \_\_\_\_\_ 13. Do you have a destructive need – a desperate sexual or emotional need for someone?
- \_\_\_\_\_ 14. Does pursuit of sex make you careless for yourself or the welfare of your family or others?
- \_\_\_\_\_ 15. Has your effectiveness or concentration decreased as sex has become more compulsive?
- \_\_\_\_\_ 16. Do you lose time from work for it?
- \_\_\_\_\_ 17. Do you turn to a lower environment when pursuing sex?
- \_\_\_\_\_ 18. Do you want to get away from the sex partner as soon as possible after the act?
- \_\_\_\_\_ 19. Although your spouse is sexually compatible, do you still masturbate or have sex with others?
- \_\_\_\_\_ 20. Have you ever been arrested for a sex-related offense?