

SELF ASSESSMENT

1. Do you keep secrets about your sexual behavior or romantic fantasies from those important to you? Do you lead a double life?
Yes _____ No _____
2. Have your desires driven you to have sex in places or with people you would not normally choose?
Yes _____ No _____
3. Do you need greater variety, increased frequency, or more extreme sexual activities to achieve the same level of excitement or relief?
Yes _____ No _____
4. Does your use of pornography occupy large amounts of time and/or jeopardize your significant relationships or employment?
Yes _____ No _____
5. Do your relationships become distorted with sexual preoccupation? Does each new relationship have the same destructive pattern which prompted you to leave the last one?
Yes _____ No _____
6. Do you frequently want to get away from a partner after having sex? Do you feel remorse, shame, or guilt after a sexual encounter?
Yes _____ No _____
7. Have your sexual practices caused you legal problems? Could your sexual practices cause you legal problems?
Yes _____ No _____
8. Does your pursuit of sex or sexual fantasy conflict with your moral standards or interfere with your personal spiritual journey?
Yes _____ No _____
9. Do your sexual activities involve coercion, violence, or the threat of disease?
Yes _____ No _____
10. Has your sexual behavior or pursuit of sexual relationships ever left you feeling hopeless, alienated from others, or suicidal?
Yes _____ No _____
11. Does your preoccupation with sexual fantasies cause problems in any area of your life - even when you do not act out your fantasies?
Yes _____ No _____
12. Do you compulsively avoid sexual activity due to fear of sex or intimacy? Does your sexual avoidance consume you mentally?
Yes _____ No _____

If you answered "Yes" to more than one of these questions, we encourage you to seek help.