

20 QUESTIONS ABOUT SEXUAL ADDICTION

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

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