

Am I a Sex Addict?

- You **MUST** be honest with yourself when answering these questions; otherwise, it will do **NO** good.

Signs:

The three basic questions you can ask yourself are:

- Do I feel like **I've lost the ability to control** my sexual behavior (e.g., crossed lines I didn't think I would cross, set limits that I have failed to meet, made promises to stop a behavior and then continued it)?
- Do I **experience consequences** because of my sexual behavior (e.g., miss work or call in late because of acting out, risk my relationships, loss of spirituality, legal consequences)?
- Do I **constantly think about sexual activity** even when I don't want to (e.g., spend hours cruising for sexual experiences, dream about sexual behavior regularly, spend time preparing for sexual behaviors, dwell on sexual experiences long after they are over)?

(Adapted from Schneider, 1994)

Heterosexual Male Sexual Addiction Screening Test

The Heterosexual Male Sexual Addiction Screening Test (**SAST**) is a set of questions to help you see your sexual activity more clearly. It is an assessment of sexually compulsive or addictive behavior. A high number of YES answers may be a sign of some issues with sex addiction. After using this questionnaire, please consult a trained professional to discuss these issues further.

1. Were you sexually abused as a child or adolescent?
2. Do you regularly purchase romance novels or sexually explicit magazines?
3. Have you stayed in a romantic relationship after it became emotionally or physically abusive?
4. Do you often find yourself preoccupied with sexual thoughts or romantic daydreams?
5. Do you feel that your sexual behavior is normal?
6. Does your spouse (or significant other(s)) ever worry or complain about your sexual behavior?
7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?
8. Do you ever feel bad about your sexual behavior?
9. Has your sexual behavior ever created problems for you and your family?
10. Have you ever sought help for sexual behavior you did not like?
11. Have you ever worried about people finding out about your sexual activities?
12. Has anyone been hurt emotionally because of your sexual behavior?
13. Have you ever participated in a sexual activity in exchange for money or gifts?
14. Do you have times when you act out sexually followed by periods of celibacy (no sex at all)?

15. Have you made efforts to quit a type of sexual activity and failed?
16. Do you hide some of your sexual behavior from others?
17. Do you find yourself having multiple romantic relationships at the same time?
18. Have you ever felt degraded by your sexual behavior?
19. Have sex or romantic fantasies been a way for you to escape your problems?
20. When you have sex, do you feel depressed afterwards?
21. Do you regularly engage in sado-masochistic behavior?
22. Has your sexual activity interfered with your family life?
23. Have you been sexual with minors?
24. Do you feel controlled by your sexual desire or fantasies of romance?
25. Do you ever think your sexual desire is stronger than you are?

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