

ASSESSMENT TOOL

Are you a sex addict?

1. Do you have out of control sexual behaviors?
2. Even though it has caused problems, have you continued to practice sexual acting out?
3. Have you realized lately that you are acting out more frequently than you did in the past?
4. Have you lied often to hide your sexual behaviors?
5. Do you worry about people finding out about your sexual behaviors?
6. Have you tried to quit some of your sexual behaviors and not been successful?
7. Have your finances been affected by your sexual activities?
8. Does it take more deviant behaviors to achieve the “high” from your sexual behaviors?
9. Have you risked your family, job, or personal relationships by acting out sexually?
10. Do you feel entitled or think you deserve a reward that your sexual behaviors can satisfy?
11. Have you felt powerless and used your sexual behaviors to make yourself feel in control or powerful?
12. Do you feel isolated, depressed, lonely, or ashamed following acting out sexually?

If you have answered “yes” to five or more of these questions, you may be sexually addicted.

Please seek help from a friend, a pastor, a counselor or call the National Coalition for the Protection of Children & Families’

HelpLine at 1-800-583-2964 to speak with a trained Christian counselor.