

## **Definitions and behaviors of sexual addiction**

Sexual addiction comes in many different forms. There is no single type of behavior or even amount of behavior that will indicate you are a sexual addict. The problem is much more complex than can be explained in a few words and if you have been living the life of a sex addict, you know how difficult it is to describe what you are experiencing.

Three basic things to consider when you define sexual addiction are:

- Do I have a sense that I have lost control over whether or not I engage in my specific out-of-control sexual behavior?
- Am I experiencing significant consequences because of my specific out-of-control sexual behavior?
- Do I feel like I am constantly thinking about my specific out-of-control sexual behavior, even when I don't want to?

It is these three "hallmarks" that help to define the boundaries of sexual addiction and compulsivity. The range of behaviors can include masturbation and pornography through sexual exploitation of others. If the three questions are answered "yes," then you may want to seek further help to begin to sort out the complexities of your sexual behavior and find out for certain if sexual addiction is the best descriptor of your problem.

## 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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## Cyber Sex Addiction Checklist

The Cyber Sex Addiction Checklist 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. Spending increasing amounts of online time focused on sexual or romantic intrigue or involvement.
2. Involvement in multiple romantic or sexual affairs in chat rooms, Internet or BBS.
3. Not considering online sexual or romantic "affairs" to be a possible violation of spousal/partnership commitments.
4. Failed attempts to cut back on frequency of online or Internet sexual and romantic involvement or interaction.
5. Online use interferes with work (tired or late due to previous night's use, online while at work, etc.).
6. Online use interferes with primary relationships (e.g., minimizing or lying to partners about online activities, spending less time with family or partners).
7. Intense engagement in collecting Internet pornography.
8. Engaging in fantasy online acts or experiences which would be illegal if carried out (e.g., rape, child molestation).
9. Decreased social or family interactive time due to online fantasy involvements.
10. Being secretive or lying about amount of time spent online or type of sexual/romantic fantasy activities carried out online.
11. Engaging with sexual or romantic partners met online, while also involved in marital or other primary relationship.
12. Increasing complaints and concern from family or friends about the amount of time spent online.
13. Frequently becoming angry or extremely irritable when asked to give up online involvement to engage with partners, family or friends.
14. Primary focus of sexual or romantic life becomes increasingly related to computer activity (including pornographic CD-ROM use).

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## Women's Sexual Addiction Screening Test

The Women's Sexual Addiction Screening Test (W-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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