



HEALTHY SEXUAL SOLUTIONS

## Sexual Addiction Checklist

### How Do I Know I Have a Sexual Addiction?

- Have I ever thought I needed help for my sexual thinking or behavior?
- Have I ever thought that I'd be better off if I didn't sexually act out?
- Are sex or sexual stimuli controlling me?
- Have I ever tried to stop or limit my sexual behavior because I felt it was wrong?
- Do I resort to sex to escape, relieve anxiety, or because I feel I can't cope?
- Do I feel guilt, remorse or depression afterwards?
- Has my pursuit of sex become more compulsive over time?
- Does it interfere with my relationship with my partner?
- Do I have to resort to images or memories during sex?
- Does an irresistible impulse arise in me when the other party makes overtures for sex?
- Do I keep going from one "relationship" to another?
- Do I feel the "right relationship" would help me stop lustng, masturbating, or being so promiscuous?
- Do I have a destructive need -- a desperate sexual or emotional need for someone?
- Does the pursuit of sex make me careless for myself or the welfare of my family or others?
- Has my effectiveness or concentration in my daily life decreased as focus on sex become more compulsive?
- Do I lose time from work because of acting out or fantasizing about sex?

- Do I turn to a lower environment when pursuing sex? Has it taken me to places in a city I thought I would never go?
- Do I want to get away from my partner as soon as we are done having sex?
- Although my partner and I have sexual relations, is it never enough?
- Have I ever been arrested for a sex-related offense?
- Have I ever been in a situation I might have considered sexually abusive?
- Have I kept this a secret?

(Source: Erik Bohlin)