

40 Questions for Self Diagnosis

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The following questions are designed to be used as guidelines to identifying possible signposts of sex and love addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that the illness is not present. Many sex and love addicts have varying patterns which can result in very different ways of approaching and answering these questions. Despite this fact, we have found that short, to-the-point questions have often provided as effective a tool for self-diagnosis as have lengthy explanations of what sex and love addiction is. We appreciate that the diagnosis of sex and love addiction is a matter that needs to be both very serious and very private. We hope that these questions will prove helpful.

- Yes No 1.) Have you ever tried to control how much sex to have or how often you would see someone?
- Yes No 2.) Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you?
- Yes No 3.) Do you feel that you don't want anyone to know about your sexual or romantic activities? Do you feel you need to hide these activities from others – friends, family, co-workers, counselors, etc.?
- Yes No 4.) Do you get "high" from sex and/or romance? Do you crash?
- Yes No 5.) Have you had sex at inappropriate times, in inappropriate places, and/or with inappropriate people?
- Yes No 6.) Do you make promises to yourself or rules for yourself concerning your sexual or romantic behavior that you find you cannot follow?
- Yes No 7.) Have you had or do you have sex with someone you don't (didn't) want to have sex with?
- Yes No 8.) Do you believe that sex and/or a relationship will make your life bearable?
- Yes No 9.) Have you ever felt that you *had* to have sex?
- Yes No 10.) Do you believe that someone can "fix" you?
- Yes No 11.) Do you keep a list, written or otherwise, of the number of partners you've had?
- Yes No 12.) Do you feel desperation or uneasiness when you are away from your lover or sexual partner?
- Yes No 13.) Have you lost count of the number of sexual partners you've had?
- Yes No 14.) Do you feel desperate about your need for a lover, sexual fix, or future mate?
- Yes No 15.) Have you or do you have sex regardless of the consequences (e.g. the threat of being caught, the risk of contracting herpes, gonorrhea, AIDS, etc.)?
- Yes No 16.) Do you find that you have a pattern of repeating bad relationships?
- Yes No 17.) Do you feel that your only (or major) value in a relationship is your ability to perform sexually, or provide an emotional fix?
- Yes No 18.) Do you feel like a lifeless puppet unless there is someone around with whom you can flirt? Do you feel that you're not "really alive" unless you are with your sexual / romantic partner?
- Yes No 19.) Do you feel *entitled* to sex?
- Yes No 20.) Do you find yourself in a relationship that you cannot leave?

- Yes No 21.) Have you ever threatened your financial stability or standing in the community by pursuing a sexual partner?
- Yes No 22.) Do you believe that the problems in your "love life" result from not having enough of, or the right kind of sex? Or from continuing to remain with the "wrong" person?
- Yes No 23.) Have you ever had a serious relationship threatened or destroyed because of outside sexual activity?
- Yes No 24.) Do you feel that life would have no meaning without a love relationship or without sex? Do you feel that you would have no identity if you were not someone's lover?
- Yes No 25.) Do you find yourself flirting or sexualizing with someone even if you do not mean to?
- Yes No 26.) Does your sexual and/or romantic behavior affect your reputation?
- Yes No 27.) Do you have sex and/or "relationships" to try to deal with, or escape from life's problems?
- Yes No 28.) Do you feel uncomfortable about your masturbation because of the frequency with which you masturbate, the fantasies you engage in, the props you use, and/or the places in which you do it?
- Yes No 29.) Do you engage in the practices of voyeurism, exhibitionism, etc., in ways that bring discomfort and pain?
- Yes No 30.) Do you find yourself needing greater and greater variety and energy in your sexual or romantic activities just to achieve an "acceptable" level of physical and emotional relief?
- Yes No 31.) Do you need to have sex, or "fall in love" in order to feel like a "real man" or a "real woman"?
- Yes No 32.) Do you feel that your sexual and romantic behavior is about as rewarding as hijacking a revolving door? Are you jaded?
- Yes No 33.) Are you unable to concentrate on other areas of your life because of thoughts or feelings you are having about another person or about sex?
- Yes No 34.) Do you find yourself obsessing about a specific person or sexual act even though these thoughts bring pain, craving or discomfort?
- Yes No 35.) Have you ever wished you could stop or control your sexual and romantic activities for a given period of time? Have you ever wished you could be less emotionally dependent?
- Yes No 36.) Do you find the pain in your life increasing no matter what you do? Are you afraid that deep down you are unacceptable?
- Yes No 37.) Do you feel that you lack dignity and wholeness?
- Yes No 38.) Do you feel that your sexual and/or romantic life affects your spiritual life in a negative way?
- Yes No 39.) Do you feel that your life is unmanageable because of your sexual and/or romantic behavior or your excessive dependency needs?
- Yes No 40.) Have you ever thought that there might be more you could do with your life if you were not so driven by sexual and romantic pursuits?