

Sex and Porn Addiction Self-Assessment, 2018

Sex and Relationship Healing

Sex and Relationship Healing's Sex and Porn Addiction Self-Assessment, 2018 is a preliminary assessment tool. Your answers to the questions in this short quiz can help you, in conjunction with a licensed psychotherapist, identify issues that you may have with sex, porn, and love addiction. Answer each question by circling the appropriate "yes" or "no."

1. Do you feel overly distracted by, obsessed with, or preoccupied by your sexual fantasies and behavior?

Yes
No

2. Do you ever have trouble stopping your sexual behavior, even when you have more important things to do?

Yes
No

3. After having sex (with self or others), do you sometimes feel depressed or regret it?

Yes
No

4. Have you made promises to yourself or another person to change aspects of your sexual behavior, only to break those promises later?

Yes
No

5. Did you experience abuse, neglect, or other serious trauma as a child or adolescent?

Yes
No

6. Do you look forward to events with family and/or friends being over so you can engage in sexual behavior?

Yes
No

7. Do you have trouble maintaining relationships once the sexual newness and intensity has worn off?

Yes
No

8. Have you ever kept secrets or lied about money and/or time spent on sex, porn, affairs, and similar behavior?

Yes
No

9. Do you sometimes regret the amount of time you spend with porn, webcams, hookup apps, and other forms of tech-driven sexual behavior?

Yes

No

10. Does your sexual behavior, real-world or online, interfere with your personal goals or create negative consequences in your work, community, or academic life?

Yes

No

11. Have your family, friends, or partner(s) ever worried or complained about your sexual behavior?

Yes

No

12. Does your sexual behavior potentially offend others, violate community standards, or place you in danger of arrest?

Yes

No

13. Do you ever find yourself “lost” in sexual fantasies and behavior as a way of coping with stress, boredom, loneliness, or other forms of emotional discomfort?

Yes

No

14. Do you keep certain elements of your sexual behavior hidden from partners and/or friends?

Yes

No

15. Do you believe that porn use, casual sex, and similar behavior may have kept you from creating and maintaining a successful long-term intimate relationship?

Yes

No

16. Have you repeatedly engaged in unsafe or “risky” sex?

Yes

No

17. Have you had certain kinds of sex (alone or with a partner) that you later regretted?

Yes

No

18. Does your sexual behavior ever leave you worried about or at risk of contracting or sharing sexually transmitted diseases?

Yes

No

19. Do you find yourself feeling restless, irritable, or discontent when you are unable to engage in certain sexual fantasies and activities?

Yes

No

20. Has your involvement with porn, hookup apps, sex/dating websites, and other online sexual environments become greater than your intimate contact with romantic partners?

Yes

No

21. Has anyone ever been hurt by lies and secrets related to your sexual behavior?

Yes

No

22. Do you ever feel compelled to seek out porn, hookups, and other forms of sexual activity, online or real world, even though you are trying to stop these behaviors?

Yes

No

23. Has the nature and/or intensity of your sexual fantasies and behavior escalated over time?

Yes

No

24. Do you find that you spend more time with sexual fantasies and behavior than you would like?

Yes

No

25. Have you ever been approached by the police, arrested, or charged with a crime related to your sexual behavior?

Yes

No