

Sexual Screening Addiction Test

By [Patrick Carnes, Ph.D.](#) and [Robert Weiss, LCSW, CAS](#)

The screening test below is designed to help you self-identify a potential sexual addiction problem. It offers an overview of concerns frequently presented by both men and women seeking help for problem sexual behavior. Please check “YES” to any questions you believe apply to you. Otherwise leave it blank.

Questions

1. Do you believe you have a sexual problem?
 YES
2. Do you often justify or minimize the extent or type of your sexual and romantic behaviors to yourself or others?
 YES
3. Do you often find yourself preoccupied and distracted by sexual thoughts when you do not wish to be?
 YES
4. Do you regret the time and energy you spend in the pursuit of sex or romance?
 YES
5. Has paying for sex ever challenged your finances?
 YES
6. Have your sexual or romantic behaviors ever caused physical or emotional harm to anyone - including spouses and long-term partners?
 YES
7. Do you have trouble stopping any aspects of your sexual behavior even though it may go against your values and beliefs or even cause you harm?
 YES
8. Is your involvement with pornography, phone sex, online sexual interactions, etc. greater than your intimate contacts with romantic partners?
 YES
9. Do you keep the extent and/or nature of your sexual behavior a secret from your intimate friends and/or partners?
 YES

- 10.** Are you eager for events with friends or family to be over so that you can leave to have sexual adventures?
- YES
- 11.** Do you regularly go to strip clubs, sexual bathhouses, sex clubs and/or adult bookstores?
- YES
- 12.** Do you believe that pornography and anonymous or casual sex have kept you from having more long-term intimate relationships or from reaching other personal goals?
- YES
- 13.** Do you have trouble maintaining sexual interest or intimacy once the "newness" of the person has worn off?
- YES
- 14.** Do your sexual encounters ever put you in danger of arrest (e.g. seeing prostitutes, sensual massage, having sex in a public place)?
- YES
- 15.** Do you have unprotected sex with prostitutes and/or anonymous partners (please consider unprotected as: oral, anal and vaginal experiences without protection)?
- YES
- 16.** Has your sexual behavior ever caused physical or emotional harm to others (Examples include: lying to a spouse, breaking your commitments, giving people diseases, etc.)?
- YES
- 17.** Have you ever been approached, charged and/or arrested by police or other security personnel as a consequence of your sexual behavior choices?
- YES
- 18.** As an adult, have you ever been sexual with someone under the age of 18?
- YES
- 19.** After you have sex, do you sometimes feel depressed afterward or become angry with yourself about what you have done?
- YES

- 20.** Have you made repeated promises to yourself to change some form of your sexual behavior only to break those promises later?
- YES
- 21.** Has your sexual behavior ever interfered with some aspect of your professional or personal life?
- YES
- 22.** If questioned, do you lie to those close to you about your sexual behavior?
- YES
- 23.** Do you routinely pay for sex (examples: have sensual massages, see prostitutes)?
- YES
- 24.** Have you ever had sex with someone just because the situation aroused you, yet later felt shame or regret for doing so?
- YES
- 25.** Do you regularly cruise, public restrooms, parks, and/or red-light districts seeking anonymous sexual encounters?
- YES

Screening Test Key: Answering “YES” to more than 3 questions may indicate a sexual addiction problem, which should be openly discussed with a trained sexual addiction specialist.