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## Are You Addicted to Sex?

The following self-assessment is intended to help determine if you might, in one form or another, be addicted to sex. Note that sexual addiction may be caused by any one or a combination experiences. This quiz was adapted from a similar one devised by Dr. Patrick Carnes to informally assess addiction to pornography.

1. Do you ever find yourself spending more time viewing  Yes  No
2. Are you spending less time with family and friends than you used to because of the time you invest in sexual activities?  Yes  No
3. Do you usually masturbate while viewing pornography?  Yes  No
4. Has your job performance suffered as a result?  Yes  No
5. Has your use of pornography caused problems with your spouse or romantic partner?  Yes  No
6. Do you sometimes prefer masturbation with pornography over sex with your spouse or a significant other person?  Yes  No
7. Do you ever wake up tired because of late-night use of pornography?  Yes  No
8. Do you keep your porn use secret from others, sometimes lying to cover it up?  Yes  No
9. Do you sometimes fantasize about people you've seen in pornography while having real sex with a real-life partner?  Yes  No
10. Has your pornography use or sexual activity caused you to have trouble with the law?  Yes  No
11. Do you seek sexual images that are more graphic, hard-core, or "forbidden" than you did in the past?  Yes  No
12. Have you ever promised yourself that you would stop viewing pornography, than broken that resolution?  Yes  No
13. Do you ever get upset at yourself for the time and resources you spend on pornography or illicit sex?  Yes  No
14. Do you keep viewing porn even when you know you should be really be going home or going to bed?  Yes  No
15. Have you lost the ability to find sufficient excitement in pornography and gone beyond that to seek others for sexual chat or illicit sexual encounters?  Yes  No
16. Do you feel guilty or ashamed after viewing pornography or other sexual activity?  Yes  No
17. Do you ever worry that your behavior is getting out of control?  Yes  No
18. Is it easier for you to reach a climax masturbating to pornography than having sex with a partner?  Yes  No
19. Have others said that you have a problem related to porn or sex?
20. Do you find yourself looking forward to porn or illicit sex use as a reward or escape from the stresses of everyday life?  Yes  No

**Evaluation:** If you answered "yes" to five or more of the above, you may have a serious problem with sex or pornography. If you answered "yes" to 10 or more of the above, you are probably addicted. Either way, it's causing far more harm to you and others than you may realize.