

## HOW TO KNOW IF YOU NEED HELP WITH COMPULSIVE SEXUALITY?

**A. A positive answer to one of these three basic questions suggests that someone has a sex addiction, according to the Society for the Advancement of Sexual Health:**

1. Do I have a sense that I have lost control over my specific sexual behavior?
2. Am I experiencing significant consequences because of my out-of-control sexual behavior?
3. Do I feel like I am constantly thinking about my specific out-of-control behavior, even when I don't want to?

**B. In his book, "In the Shadows of the Net," Patrick Carnes writes that a positive answer to any of the statements below could indicate a problem. Have you ever...?**

1. Kept sexual activity on the Internet a secret from family members.
2. Carried out sexual activities on the Net at work.
3. Frequently found yourself erasing your computer history files in an effort to conceal your activity on the Net.
4. Felt ashamed at the thought that someone you love might discover your Internet use.
5. Found that your time on the Net takes away from or prevents you from doing other tasks and activities.
6. Found yourself in a kind of online trance or time warp during which the hours just slipped by.
7. Frequently visited chat rooms that are focused on sexual conversation.
8. Looked forward to sexual activities on the Net and felt frustrated and anxious when you were unable to get on when you planned.
9. Found yourself masturbating while on the Net.
10. Had sexual chat room friends who became more important than your family and friends.
11. Regularly visited porn sites, or have favorite porn site.
12. Downloaded pornography from a newsgroup on more than one occasion.
13. Visited fetish porn sites on more than one occasion.
14. Viewed child pornography online.
15. Taken part in the CUseeMe sexual video rooms.