

Self Quiz: Am I Addicted to Sex?

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- Do you frequently engage in more sex, or with more partners, than intended?
- Are you preoccupied with or persistently craving sex; wanting to cut down and unsuccessfully attempting to limit sexual activity?
- Are you thinking of sex to the detriment of other activities, or continually engaging in excessive sexual practices despite a desire to stop?
- Do you often feel bad about your sexual behavior?
- Are you spending considerable time in activities related to sex, such as cruising for partners or spending hours online visiting pornographic Web sites?
- Are you neglecting obligations such as work, school or family in pursuit of sex?
- Do you feel that your sexual behavior is abnormal?
- Are you continually engaging in the sexual behavior despite negative consequences, such as broken relationships or potential health risks?
- Does your spouse ever complain about your sexual behavior?
- Do you hide aspects of your sexual behavior from your partner?
- Has your sexual behavior ever interfered with your family life?
- Has there been an escalating scope or frequency of sexual activity to achieve the desired effect, such as more frequent visits to prostitutes or more sex partners?
- Do you feel irritable when unable to engage in the desired sexual behavior?

Answering “yes” to two or more of the questions¹ above indicates that you may have a problem with sex addiction. You would be well advised to seek professional help.

¹ Some questions are adapted from “Don’t Call It Love: Recovery From Sexual Addiction” by P. J. Carnes (1991).