



Sex Addiction Test

By Bill Gaultiere

Do you (or someone you know) have a problem with compulsive sexual behavior? Has your sexual behavior become a compulsion that has been hurtful to God, a loved one, yourself, or your effectiveness at work? This Sex Addiction Test can help you understand your problem.

Take the Test

Our screening test for sexual addiction is based on eight symptoms of addiction put in the acronym, "A-N A-D-D-I-C-T." Keep track of your "yes" answers, circling any of the eight symptoms that have one or more yes answers.

A lone	Do you feel disconnected during sex? Do you want to get away from your partner after sex? Do you masturbate to pornography?	Y	N
N on-premeditated use	Do family, friends, or conscience tell you to stop a sexual behavior, but yet you continue? Do you continue with a sexual compulsion in spite of negative consequences (guilt, relational conflict, risk or reality of disease, risk of pregnancy)?	Y	N
A mnesia	Do hours seem like minutes when you indulge in your sexual compulsion? Do you sometimes forget appointments or commitments because of your sexual behavior?	Y	N
D istracted	Are you distracted by sexual thoughts? Do you look for arousing stimuli in the media or in people around you? Has your performance at work or school decreased because of sexual activity?	Y	N
D epend on the "high"	Do you use the excitement or pleasure of sexual activity to get good feelings? Do you feel restless, irritable, or depressed if you go an extended period of time without sex? Have you tried unsuccessfully to cut back or stop a sexual compulsion?	Y	N
I ncreased tolerance	Are you able to have sex more than most people? Is it taking more or varied sexual activities to bring you the good feelings you seek?	Y	N

C onceal supply	Do you have secret access to sexually arousing stimuli? Do you tell lies to cover up your sexual behaviors?	Y	N
T ranquilizer	Do you use sex to feel better or to escape feelings of depression, guilt, or anxiety? Do you use sex to forget about your problems or a conflict?	Y	N

Scoring

Three or more “yes” answers indicate that you may have a problem with compulsive sex. For diagnoses and treatment consult in person with a doctor or psychotherapist.