

Questionnaire

The statements below are not intended to be a metric for rigorous diagnosis. They are intended to facilitate dialogue on a topic which is difficult to talk about.

Consider the statements below that describe various thoughts, feelings, and behaviors. Please respond to each statement by indicating to what degree they are true.

For the purpose of this questionnaire, sex is defined as any activity or behavior that stimulates or arouses a person with the intent to produce an orgasm or sexual pleasure.

1. I frequently use sex to deal with loneliness. (*Very True Somewhat True Not True*)
2. I frequently use sex to cope with stress in my life; it soothes me. (*VT ST NT*)
3. I frequently use sex to deal with unpleasant feelings (Ex: frustration, sadness, anger).(*VT ST NT*)
4. I frequently use inappropriate sex in hopes it will improve sex within marriage. (*VT ST NT*)
5. I have sexual abuse and/or trauma in my past. (*VT ST NT*)
6. My sexual behavior is adversely affecting important relationships in my life. (*VT ST NT*)
7. My sexual thoughts and fantasies distract me from accomplishing important tasks. (*VT ST NT*)
8. I worry my sexual behavior will put me under threat of legal action. (*VT ST NT*)
9. I feel like my sexual behavior is taking me in a direction I don't want to go. (*VT ST NT*)
10. I require more and more stimulus to become sexually aroused. (*VT ST NT*)
11. None of my attempts to change my sexual behavior have been successful. (*VT ST NT*)
12. Sometimes I am reckless and risky with my sexual behavior. (*VT ST NT*)
13. I usually seek out sinful sexual pleasure (as opposed to falling prey to temptation). (*VT ST NT*)
14. My sexual behavior controls my life. (*VT ST NT*)
15. My sexual lusts include distorted sexual desires (Ex: violence, children, rape) (*VT ST NT*)
16. I fear life without my sexual indulgence. (*VT ST NT*)
17. I am desperate for freedom. I want healing at any cost. (*VT ST NT*)
18. I feel shameful. (*VT ST NT*)
19. I fear I am eternally lost. (*VT ST NT*)
20. I can envision the blessings of an overcoming life. (*VT ST NT*)

