

Sexual Addiction Checklist for Men

Check each of the following that apply to you.

	Have you purchased or rented pornography magazines or videos?
	Have you paid for telephone sex?
	Are you preoccupied with sexual thoughts?
	Have you been involved with pornography or sexual/romantic chat rooms on the internet?
	Do you "Channel Surf" on TV looking for sexual stimuli?
	Do you often stare at women in public and fantasize sexually about them?
	If married, have you had an emotional or physical affair with someone other than your wife?
	Have you been accused of flirtatious behavior by your wife or significant other?
	Do you regularly use pornography or sexual fantasizing about women other than your wife as an aid to masturbation?
	Have you had sex with a prostitute or visited a massage parlor for a sexual massage?
	Have you visited a strip club or "peep show"?
	Have you ever been involved in voyeuristic behaviors?
	Has your sexual activity put you at risk of disease, arrest, or loss of job or marriage?
	Have you felt guilty or depressed following your sexual activity?
	Have you tried to stop your sexual activity but could not?
	Do you try to avoid social engagements, or seek to leave them early in order to have more time for your sexual activity?
	Have your sexual behaviors taken time and energy away from your marriage and family?
	Have you sought to keep your sexual activity hidden from family, friends or co-workers?
	Have you lied to your wife or close friends about your sexual activity?
	Do you regularly violate your own moral standards in carrying out your sexual behaviors?
	Has your sexual activity created estrangement in your relationship with God?