

THE WOMEN'S SEXUAL SCREENING ADDICTION TEST

The women's Sexual Screening Addiction Test is designed to assist the assessment of sexually compulsive or "addictive" behavior. Circle the correct answer for each question. Please note: answer thinking only about the behaviors YOU initiate. Do not count the things you do just to please or appease your spouse.

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| 1. Were you sexually abused as a child or adolescent? | Yes | No |
| 2. Do you regularly purchase romance novels or sexually explicit magazines or videos? | Yes | No |
| 3. Have you stayed in romantic relationships after they become emotionally or physically abusive? | Yes | No |
| 4. Do you often find yourself preoccupied with sexual thoughts or romantic daydreams? | Yes | No |
| 5. Do you feel that your sexual behavior is normal? | Yes | No |
| 6. Does your spouse ever worry or complain about your sexual behavior being out of control? | Yes | No |
| 7. Do you have trouble stopping your sexual behavior when you know it is inappropriate? | Yes | No |
| 8. Do you ever feel bad about your sexual behavior? | Yes | No |
| 9. Has your sexual behavior ever created problems for you and your family? | Yes | No |
| 10. Have you ever sought help for sexual behavior you did not like? | Yes | No |
| 11. Have you ever worried about people finding out about your sexual activities? | Yes | No |
| 12. Has anyone been hurt emotionally because of your sexual behavior? | Yes | No |
| 13. Have you ever participated in sexual activity in exchange for money or gifts? | Yes | No |
| 14. Do you have times when you act out sexually followed by periods of celibacy (no sex at all). | Yes | No |
| 15. Have you made efforts to quit a type of sexual activity and failed? | Yes | No |
| 16. Do you hide some of your sexual behavior from others? | Yes | No |
| 17. Do you find yourself having multiple romantic relationships at the same time? | Yes | No |
| 18. Have you ever felt degraded by your sexual behavior? | Yes | No |
| 19. Has sex or romantic fantasies been a way for you to escape problems, or deaden emotional pain? | Yes | No |
| 20. When you have sex, do you feel depressed afterward? | Yes | No |

Adapted from Patrick Carnes' Ph.D. & Sharon O'Hare's MA, *The Women's Sexual Screening Addiction Test (W-SAST)*

THE WOMEN'S SEXUAL SCREENING ADDICTION TEST (continued)

21. Do you regularly engage in sado-masochistic behavior?	Yes	No
22. Has your sexual activity interfered with your family life?	Yes	No
23. Have you been sexual with minors?	Yes	No
24. Do you feel controlled by your sexual desire or fantasies of romance?	Yes	No
25. Do you ever think your sexual desire is stronger than you are?	Yes	No
26. Has your involvement with pornography kept you from involvement with others?	Yes	No
27. Has your sexual behavior kept you from your relationship with Jesus?	Yes	No

Depending on the particular pattern of symptoms:

- 1-3 of these symptoms found to be true may be an area of concern and should be openly discussed with a friend or family member.
- More than 3 positive answers indicate the need to consider more professional attention and consideration of a 12-step program like those of Sexual Addicts.
- 6 or more true answers clearly presents a problem with potentially self abusive and/or dangerous consequences. Should seek treatment.