

The 40 Questions for Self Assessment of Sex and Love Addiction

The 40 Questions are a simple tool to help you as you consider whether your sexual activity and emotional behavior might be a problem for you, and whether the fellowship of Sex and Love Addicts Anonymous (S.L.A.A.) might help. While this is not a professional or therapeutic tool, many have found it useful for initial self assessment.

Please note that this version of the questions is not considered Conference-approved literature for S.L.A.A. at this time. The Greater Chicago-Milwaukee S.L.A.A. Intergroup has chosen to adopt this version of the questions because we feel that it contains some significant, relevant updates that reflect a broad range of sexual activity and emotional behavior that members have described as problematic for them. We hope that you find it useful as well.

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|-------------------------------------|------------------------------------|--|
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 1. Have you ever said to yourself " <i>I have to stop this?</i> " |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 2. Have you found it difficult to stay faithful in a committed relationship? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 3. Have you ever said to yourself " <i>If I have sex with this person, then he/she will love me?</i> " |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 4. Do you find yourself seeking out and engaging in sexual or romantic situations that could jeopardize your health, family, job or reputation? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 5. Do you lose track of time looking at or searching for pornography on the computer? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 6. Do you feel you need to hide your sexual or romantic activities from others: spouse, friends, family, co-workers, counselors, etc.? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 7. Have you had uncomfortable feelings from sexual experiences that led you to sexual anorexia, i.e. abstaining from sexual activities? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 8. Do you get a "high" from sex, fantasy and/or romantic situations? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 9. Have you ever gone out of your way to stare, follow or stalk someone? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 10. Do you have sexual content sent to your mobile phone or computer? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 11. Do you deliberately put yourself in situations where close physical contact with other people is possible? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 12. Do you have secret files on your computer, phone or on social media for your private behavior that you fear someone will discover? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 13. Have you lost count of the number of sexual partners you've had? Have you or do you keep a list of sexual "encounters?" |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 14. Are you isolating from friends and family because of your current relationship? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 15. Do you find yourself in a sexual or romantic relationship that you cannot leave or stop? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 16. Are you looking for a new partner before you leave the old partner? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 17. Do you feel lonely, purposeless or like something's missing in your life without a romantic or sexual partner? |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | 18. Do you feel as though the right partner can "fix" you? |

- Yes** ☐ **No** ☐ **19.** Do you have inappropriate, romantic and/or sexual fantasies about people you don't know or just met?
- Yes** ☐ **No** ☐ **20.** Are your fears of not being in control, being abandoned or hurt keeping you from engaging in a relationship?
- Yes** ☐ **No** ☐ **21.** Do you engage in the practice of exposing your body in public?
- Yes** ☐ **No** ☐ **22.** Have you ever had sex with someone you just met online, at a park, bookstore, bar or public restroom?
- Yes** ☐ **No** ☐ **23.** Do you often have sex simply because the other person wants to have sex?
- Yes** ☐ **No** ☐ **24.** Have you ever felt that you had to have sex or need to have sex in order to keep a relationship going?
- Yes** ☐ **No** ☐ **25.** Have you ever wished you could be less needy or emotionally dependent in a relationship?
- Yes** ☐ **No** ☐ **26.** Have you ever watched, filmed or photographed a person in a sexual situation without them knowing?
- Yes** ☐ **No** ☐ **27.** Do you have multiple or deceiving profiles on dating sites or on social networks?
- Yes** ☐ **No** ☐ **28.** Are you afraid that deep down you are un-loveable?
- Yes** ☐ **No** ☐ **29.** Have you ever been arrested or stopped by the police for sexual behavior?
- Yes** ☐ **No** ☐ **30.** Are you more concerned with your sexual performance than you are with other aspects of the relationship?
- Yes** ☐ **No** ☐ **31.** Do you use apps that identify sexually available people in your area?
- Yes** ☐ **No** ☐ **32.** Are you ashamed of your sexual thoughts, fantasies or actions?
- Yes** ☐ **No** ☐ **33.** Do you send sexually based messages or pictures to others?
- Yes** ☐ **No** ☐ **34.** Do you feel that being in a relationship is all that really matters?
- Yes** ☐ **No** ☐ **35.** Do you use sex to escape stress, anxiety or life's other problems?
- Yes** ☐ **No** ☐ **36.** Do you feel uncomfortable about your masturbation because of the frequency, the fantasies you engage in, the props you use, and/or the places in which you do it?
- Yes** ☐ **No** ☐ **37.** Have you manipulated or encouraged an individual to engage in sex against their will?
- Yes** ☐ **No** ☐ **38.** Are you unable to focus on other areas of your life because of fantasy, compulsive sexual or romantic thoughts?
- Yes** ☐ **No** ☐ **39.** Have you ever thought of having many sexual experiences in one day as a goal?
- Yes** ☐ **No** ☐ **40.** Are you emotionally destroyed when someone doesn't call, or want to interact with you anymore?