



FOUR SELF TESTS: SEXUAL ADDICTION, SEXUAL ANOREXIA BINGE-PURGE, COLLATERAL INDICATORS (developed by Patrick Carnes, PhD)

1. SEXUAL ADDICTION CRITERIA

(from Patrick Carnes, "Facing The Shadow")

Each of the sexual addiction criteria is listed below. Record whether you think your sexual patterns fit the criteria by circling YES or NO. Mark your total at the bottom. We can discuss in session what your total may mean.

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|-----|----|---|
| YES | NO | 1. Recurrent failure (pattern) to resist impulses to engage in specific sexual behavior. |
| YES | NO | 2. Frequent engaging in those behaviors to a greater extent or over a longer period of time than intended. |
| YES | NO | 3. Persistent desire or unsuccessful efforts to stop, reduce, or control those behaviors. |
| YES | NO | 4. Inordinate amount of time spent in obtaining sex, being sexual, or recovering from sexual experience. |
| YES | NO | 5. Preoccupation with the behavior or preparatory activities. |
| YES | NO | 6. Frequent engaging in the behavior when expected to fulfill occupational, academic, domestic, or social obligations. |
| YES | NO | 7. Continuation of the behavior despite knowledge of having a persistent or recurrent social, financial, psychological or physical problem that is caused or exacerbated by the behavior. |
| YES | NO | 8. Need to increase the intensity, frequency, number or risk of behaviors to achieve the desired effect, or diminished effect with continued behaviors at the same level or intensity, frequency, number or risk. |
| YES | NO | 9. Giving up or limiting social, occupational, or recreational activities because of the behavior. |
| YES | NO | 10. Distress, anxiety, restlessness or irritability if unable to engage in the behavior. |

Total: _____

2. SEXUAL ANOREXIA CRITERIA

(from Patrick Carnes, "Facing The Shadow")

Each of the sexual anorexia criteria is listed below. Record whether you think your sexual patterns fit the criteria by circling YES or NO. Mark your total at the bottom. We can discuss in session what your total may mean.

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|-----|----|--|
| YES | NO | 1. Recurrent pattern of resistance or aversion to any sexual activity, initiative or behavior. |
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- YES NO 2. Persistent aversion to sexual contact even though it is self-destructive or harmful to relationships.
- YES NO 3. Extreme efforts to avoid sexual contact or attention including self-mutilation, distortions of body appearance or apparel, and aversion behavior.
- YES NO 4. Rigid, judgmental attitudes towards personal sexuality and sexuality of others.
- YES NO 5. Extreme shame and self-loathing about sexual experiences, body perceptions, and sexual attributes.
- YES NO 6. Sexual aversion affects work, hobbies, friends, family, and primary relationship.
- YES NO 7. Preoccupation and obsession with avoiding sexual contact and with sexual intentions of others.
- YES NO 8. Despair about sexual adequacy and functioning.
- YES NO 9. Avoiding intimacy and relationships out of fear of sexual contact.
- YES NO 10. Distress, anxiety, restlessness or irritability because of sexual contact or potential sexual contact.

Total: _____

3. BINGE-PURGE CRITERIA

(from Patrick Carnes, "Facing The Shadow")

The following binge-purge criteria include both family characteristics as well as personal patterns. Record whether you think your sexual patterns fit the criterion by circling YES or NO. Mark your total at the bottom. We can discuss in session what your total may mean.

- YES NO 1. I feel pleasure or relief at the time of sexual acting out, but experience despair after.
- YES NO 2. I have periods of time where all sexual interest and behavior ceases.
- YES NO 3. I have a pattern of bingeing followed by periods of being compulsively nonsexual.
- YES NO 4. I am sexually excessive in some areas and simultaneously compulsively nonsexual in others.
- YES NO 5. I take extreme measures (such as self-mutilation) as an attempt to disrupt acting out cycle.
- YES NO 6. I have other family members who are sexually addicted.
- YES NO 7. I have other family members who are sexually anorexic.
- YES NO 8. My significant other is a sex addict.
- YES NO 9. My significant other is sexually anorexic.
- YES NO 10. My significant other and I have sexual binge-purge patterns.

Total: _____

If you answered YES to three or more of the criteria for any category in the above exercises, this suggests you probably are struggling with that issue. Though it can be frightening to realize you have a sexual problem, many addicts find it very helpful and relieving to finally have a name for what has been bothering them for so long. Remember, this can be the beginning of a healing process.

4. COLLATERAL INDICATORS OF SEX ADDICTION

(from Patrick Carnes, "Facing The Shadow")

Below are twenty collateral indicators that are often used to confirm the presence of sex addiction. They are usually part of the profile of a sex addict. The purpose of this section is to list how many fit your experience. Circle YES or NO to indicate statements that are true about you. Mark your total at the bottom. We can discuss in session what your total may mean.

- YES NO 1. I have had severe consequences because of sexual behavior.
- YES NO 2. I have struggled with depression and it appears related to sexual acting out.
- YES NO 3. I have struggled with depression and it appears related to sexual aversion.
- YES NO 4. I have a history of sexual abuse.
- YES NO 5. I have a history of physical abuse.
- YES NO 6. I have a history of emotional abuse.
- YES NO 7. I see my sexual life in self-medicating terms (intoxicating, tension-relief, pain-relief, sleeping pills, etc).
- YES NO 8. I have persistently pursued high risk or self-destructive behavior.
- YES NO 9. I find high risk or self-destructive behavior is more arousing to me than safe sexual behavior.
- YES NO 10. I have other addictions.
- YES NO 11. I simultaneously use sexual behavior in concert with other addictions (gambling, eating disorders, substance abuse, alcoholism, compulsive spending, etc), to the extent that desired effect is not achieved without sexual activity and other addiction present.
- YES NO 12. I have a history of deception around sexual behavior.
- YES NO 13. Other members of my family are addicts.
- YES NO 14. I often feel extreme self-loathing because of sexual behavior.
- YES NO 15. I have few intimate relationships that are not sexual.
- YES NO 16. I am in crisis now because of sexual matters.
- YES NO 17. I have a history of crisis around sexual matters.
- YES NO 18. I experience diminished pleasure now from the same sexual experiences.
- YES NO 19. I come from a rigid family.
- YES NO 20. I come from a disengaged family.

Total: _____

Sex addicts typically have six or more of the above criteria for Collateral Indicators of Sex Addiction.