**Cybersex Addiction Self-Assessment Screening**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_ Yes \_\_\_ No: Do you find yourself spending increasing amounts of time online (including mobile devices) looking at porn and/or engaging in sexual or romantic fantasy, even when you have other things to accomplish that you are putting aside to be sexual?

\_\_ Yes \_\_\_ No: Do you find yourself involved in hidden romantic or sexual affairs, either online or in-person?

\_\_ Yes \_\_\_ No: Do you extensively collect pornography or sexual contacts, storing images and videos, romantic emails, and texts related to past and present acting out partners and activities in your computer or elsewhere?

\_\_ Yes \_\_\_ No: Do you find yourself habitually going online to see who might be available for sex and/or romance even when you don't have time or it was not your clear intention to do so?

\_\_ Yes \_\_\_ No: Have you had negative consequences at work, in school, in relationships, or in other important areas of your life related to your online porn use or other digitally driven sexual activity?

\_\_ Yes \_\_\_ No: Has your focus on porn use and/or a digital sexual life lead to a decreased focus on friends, family, faith-based, and/or recreational activities?

\_\_ Yes \_\_\_ No: Has your digital sexual behavior caused you to lose anything or anyone important to you (career, school, relationships, finances, self-esteem, health, etc.)?

\_\_ Yes \_\_\_ No: Do you lie or keep secrets from those close to you about your involvement with online porn, the type of porn you view, or other digital sexual activities?

\_\_ Yes \_\_\_ No: Have you found yourself covering up or hiding your porn use or other digitally driven sexual activity so that a spouse, coworker, family member, etc. won't discover it?

\_\_ Yes \_\_\_ No: If in a committed relationship, would your partner/spouse say that your porn use and/or other digitally driven sexual activity violates the underlying agreements surrounding your relationship (if he or she knew everything)?

\_\_ Yes \_\_\_ No: Do you feel that your involvement with online porn and digitally driven sexual activity is interfering with other personal goals like developing relationships, healthy intimacy, and/or a family/community life?

\_\_ Yes \_\_\_ No: Have you found yourself viewing sexual material or engaging in sexual activity that is illegal?

\_\_ Yes \_\_\_ No: Have you heard complaints and concern from family or friends about the amount of time you spend online looking at porn or the type of porn you view?

\_\_ Yes \_\_\_ No: Do you become defensive, angry, or extremely ashamed when asked to look at, give up, or reduce your porn use or your other online sexual involvements?

If you checked one or more yes, it's possible that cybersex and sex addiction may be a concern for you.