**PATHOS Screening Tool for Compulsive Pornography Use**

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

\_\_ Yes \_\_\_ No: Do you often find yourself preoccupied with sexual thoughts?

(**P**reoccupied)

\_\_ Yes \_\_\_ No: Do you hide some of your sexual behavior from others?

(**A**shamed)

\_\_ Yes \_\_\_ No: Have you ever sought help for sexual behavior you did not like?

(**T**reatment)

\_\_ Yes \_\_\_ No: Has anyone been hurt emotionally because of your sexual behavior?

(**H**urt others)

\_\_ Yes \_\_\_ No: Do you feel controlled by your sexual desire?

(**O**ut of control)

\_\_ Yes \_\_\_ No: When you have sex, do you feel depressed afterwards?

(**S**ad)

If you answer “Yes” to 2 or more of these questions, it is recommended you speak with a trained therapist to explore your responses

Dr. Patrick Carnes developed this test, called PATHOS, to help quickly identify whether or not a person has problematic sexual behaviors