

Sexual Addiction Screening Test (SAST)

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

- 22. Has your sexual activity interfered with your family life?**
- 23. Have you been sexual with minors?**
- 24. Do you feel controlled by your sexual desire or fantasies of romance?**
- 25. Do you ever think your sexual desire is stronger than you are?**

If you answered one to three questions “yes”, this may be an area of concern and should be openly discussed with a friend or family member.

If more than three answers were “yes”, this would indicate the need to consider more professional consultation and consideration of a 12-step support program.

If 6 or more true answers are “yes”, this clearly represents a problem with potentially self abusive and/or dangerous consequences and indicates that you should seek treatment.

Screening Addiction Test (SAST) developed by Patrick Carnes, Ph.D. and Robert Weiss, L.C.S.W