

## **Is My Spouse or Partner a Sex Addict?** (The Spouse/Partner Checklist\*)

1. Do you have money problems because of someone else's sexual behavior?
2. Do you tell lies to cover up for someone's sexual behavior?
3. Do you think that your loved one's behavior is caused by his or her companions?
4. Do you make threats such as, "If you don't stop, I will leave you," but never follow through?
5. Are you afraid to upset your partner for fear that he/she will leave you?
6. Have you been hurt or embarrassed by your loved one's behavior?
7. Do you find yourself searching for hidden clues that might be related to the behavior of your loved one?
8. Do you feel all alone in this problem?
9. Have you had to bail your loved one out of jail as a result of his/her sexual behavior?
10. Does sex play an all-consuming role in your relationship?
11. Do you feel responsible for your partner's behavior?
12. Are you preoccupied by your partner's problems?
13. Do you find yourself being sexual with your partner to prevent him/her from being sexual with others?
14. Do you find yourself engaging in self-defeating or degrading behavior?
15. Have you thought about, or attempted suicide, because of his/her sexual behavior?

**Did you answer "yes" to three or more of these questions? If so, you are most likely in relationship with a sex addict.**

**\*This self-test was developed by S-Anon, a 12-step fellowship for people in relationship with a sex addict.**