

Sexual Addiction Screening Test (SAST)

Name _____

Date _____

Sex and/or sexual behavior may be with real persons, fantasy / pornographic material (including romantic/sexual stories, non-sexual objects, or animals).

YES	NO	Were you sexually abused as a child or adolescent?
YES	NO	Did your parents have trouble with sexual behavior?
YES	NO	Do you often find yourself preoccupied with sexual thoughts
YES	NO	Do you feel that your sexual behavior is not normal?
YES	NO	Do you ever feel bad about your sexual behavior?
YES	NO	Has your sexual behavior ever created problems for you and your family?
YES	NO	Have you ever worried about people finding out about your sexual activities?
YES	NO	Do you have times when you act out sexually followed by periods of celibacy (no sex at all)?
YES	NO	Have you ever sought help for sexual behavior you did not like?
YES	NO	Has anyone been hurt emotionally because of your sexual behavior?
YES	NO	Are any of your sexual activities against the law?
YES	NO	Have you made efforts to quit a type of sexual activity and failed?
YES	NO	Do you hide some of your sexual behaviors from others?
YES	NO	Have you attempted to stop some parts of your sexual activity?
YES	NO	Have you felt degraded by your sexual behavior?
YES	NO	When you have sex, do you feel depressed afterwards?
YES	NO	Do you feel controlled by your sexual desire?
YES	NO	Have important parts of your life (such as job, family, friends, leisure activities) been neglected because you were spending too much time on sex?
YES	NO	Do you ever think your sexual desire is stronger than you are?
YES	NO	Is sex almost all you think about?
YES	NO	Has sex (or romantic fantasies) been a way for you to escape your problems?
YES	NO	Has sex become the most important thing in your life?
YES	NO	Are you in crisis over sexual matters?
YES	NO	Has the Internet created sexual problems for you?

YES	NO	Do you spend too much time online for sexual purposes?
YES	NO	Have you purchased service online for erotic purposes (sites for dating, pornography, fantasy and friend finder)?
YES	NO	Have you used the Internet to make romantic or erotic connections with people online?
YES	NO	Have people in your life been upset about your sexual activities online?
YES	NO	Have you attempted to stop your online sexual behaviors?
YES	NO	Have you subscribed to or regularly purchased or rented sexually explicit materials (magazines, videos, books or online pornography)?
YES	NO	Have you been sexual with minors?
YES	NO	Have you spent considerable time and money on strip clubs, adult bookstores, or movie houses?
YES	NO	Have you engaged prostitutes and escorts to satisfy your sexual needs?
YES	NO	Have you spent considerable time surfing pornography online?
YES	NO	Have you used magazines, videos or online pornography even when there was considerable risk of being caught by family members who would be upset by your behavior?
YES	NO	Have you regularly purchased romantic novels or sexually explicit magazines?
YES	NO	Have you stayed in romantic relationships after they become emotionally or physically abusive?
YES	NO	Have you traded sex for money or gifts?
YES	NO	Have you maintained multiple romantic or sexual relationships at the same period?
YES	NO	Have you regularly engaged in sadomasochistic behavior?
YES	NO	Do you visit sexual bath-houses, sex clubs or adult video/bookstores?
YES	NO	Have you engaged in unsafe or "risky" sex even though you knew it could cause you harm?
YES	NO	Have you cruised public restrooms, rest areas or parks looking for sex with strangers?
YES	NO	Do you engage in casual or anonymous sex?
YES	NO	Has your sexual behavior put you at risk for arrest for lewd conduct or public indecency?
YES	NO	Have you paid for sex?