

Sexual Addiction Treatment Services
1000 Germantown Pike, Suite F-5 190 Brodhead Road, Suite 107
Plymouth Meeting, PA 19462 Bethlehem, PA 18017
610-844-7180

Name	Date:

(HB19)

Below are a number of statements that describe various thoughts, feelings, and behaviors. As you answer each question, circle the number on the right that best describes you. Only circle one number per statement and please be sure to answer every question.

For the purpose of this questionnaire, sex is defined as any activity or behavior that stimulates or arouses a person with the intent to produce an orgasm or sexual pleasure. Sexual behaviors may or may not involve a partner (e.g. self masturbation or solo-sex, using pornography, intercourse with a partner, oral sex, anal sex, etc.)

I use sex to forget about the worries of daily life 1 2 3 4 5
Even though I promised myself I would not repeat a sexual behavior, I find myself returning to it over and over again Doing something sexual helps me feel less lonely I engage in sexual activities that I know I will later regret I engage in sexual activities that I know I will later regret I tengage in sexual activities when I lexperience unpleasant feelings (e.g. frustration, sadness, anger) My attempts to change my sexual behavior fail When I feel restless, I turn to sex in order to soothe myself My sexual thoughts and fantasies distract me from accomplishing important tasks I do things sexually that are against my values and beliefs I teven though my sexual behavior is irresponsible or reckless I find it difficult to stop I feel like my sexual behavior is taking me in a direction I don't want to go Doing something sexual helps me cope with stress I teven though my sexual helps me cope with stress I teven though my sexual behavior is taking me in a direction I don't to the street of the sexual to the sexual
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14 My sexual benavior controls my life 1 2 3 4 5
discipline 16 Say provides a year for make deal with arrest and pain I feel 1 2 2 4 5
16Sex provides a way for me to deal with emotional pain I feel1234517Sexually, I behave in ways I think are wrong12345
18 I use sex as a way to try and help myself deal with my problems 1 2 3 4 5 19 My sexual activities interfere with aspects of my life such as 1 2 3 4 5
19 My sexual activities interfere with aspects of my life such as work or school 1 2 3 4 5
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