

# Signs of Sexual Addiction

- 1. Recurrent failure to resist sexual impulses.
- 2. More extensive/longer sexual acting out than intended .
- 3. Ongoing, but unsuccessful, efforts to stop, reduce, or control behavior.
- 4. Inordinate time spent obtaining sex, being sexual, or recovering from sexual experiences.
- 5. Feeling preoccupied with sexual behavior and/or preparatory activities.
- 6. Acting out takes significant time away from obligations: occupational, academic, domestic, or social.
- 7. Continuation of behavior despite consequences:
  - Risk of VD
  - Lost partner or had marital problems
  - Lost rights to be with children
  - Abortions/ unwanted pregnancies
  - Career problems
  - Risk arrest
- 8. Tolerance - More frequency or intensity of behavior is needed over time to obtain the desired result.
- 9. Deliberately limiting social, occupational, or recreational activities to keep time open for acting out.
- 10. Distress, restlessness, or irritability if unable to do behavior (withdrawal)/
  - Dizziness
  - Body aches
  - Headaches
  - Sleeplessness
  - Restlessness
  - Anxiety
  - Mood swings
  - Depression

*A minimum of 3 of the above 10 needed are needed for sex addiction to be considered present. Most sex addicts have 5 signs, while over 50% have 7.*

Material taken from research by Patrick Carnes, Ph.D. (sexhelp.com)