



Cyber Sex Addiction Checklist

The cyber Sex addiction Checklist is a set of questions to help you see your sexual activity more clearly. It is an assessment of sexually compulsive or addictive behavior. A high number of YES answers may be a sign of some issues with sex addiction. After using this questionnaire, please consult a trained professional to discuss these issues further.

1. Spending increasing amounts of online time focused on sexual or romantic intrigue or involvement.
2. Involvement in multiple romantic or sexual affairs in chat rooms, Internet or BBS.
3. Not considering online sexual or romantic "affairs" to be a possible violation of spousal/partnership commitments.
4. Failed attempts to cut back on frequency of online or Internet sexual and romantic involvement or interaction.
5. On line use interferes with work (tired or late due to previous nights' use, online while at work, etc.).
6. Online use interferes with primary relationships (e.g., minimizing or lying to partners about online activities, spending less time with family or partners).
7. Intense engagement in collecting Internet pornography.
8. Engaging in fantasy online acts or experiences which would be illegal if carried out (e.g., rape, child molestation).
9. Decreased social or family interactive time due to online fantasy involvements.
10. Being secretive or lying about amount of time spent online or type of sexual/romantic fantasy activities carried out online.
11. Engaging with sexual or romantic partners met online, while also involved in marital or other primary relationship.
12. Increasing complaints and concern from family or friends about the amount of time spent on line.
13. Frequently becoming angry or extremely irritable when asked to give up online involvement to engage with partners, family or friends.
14. Primary focus of sexual or romantic life becomes increasingly related to computer activity (including pornographic DD-ROM use).

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