



Sexual Addiction Screening Test

While only trained professionals are able to make an accurate diagnosis of sex addiction, the Sexual Addiction Screening Test (SAST) provides a preliminary assessment whether sexual behavior has become a compulsion or addiction.

The SAST was designed by Patrick Carnes (1989), and was placed in the public domain to help the growing number of people struggling with sex addiction.

YES NO

1. Were you sexually abused as a child or adolescent?
2. Do you regularly purchase romance novels or sexually explicit magazines?
3. Have you stayed in romantic relationships after they become emotionally or physically abusive?
4. Do you often find yourself preoccupied with sexual thoughts or romantic day dreams?
5. Do you feel that your sexual behavior isn't normal?
6. Does your spouse (or significant other(s)) ever worry or complain about your sexual behavior?
7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?
8. Do you ever feel bad about your sexual behavior?
9. Has your sexual behavior ever created problems for you and your family?
10. Have you ever sought help for sexual behavior you didn't like?
11. Have you ever worried about people finding out about your sexual activities?
12. Has anyone been hurt emotionally because of your sexual behavior?
13. Have you ever participated in sexual activity in exchange for money or gifts?
14. Do you have times when you act out sexually followed by periods of celibacy (no sex at all)?
15. Have you made efforts to quit a type of sexual activity and failed?
16. Do you hide some of your sexual behavior from others?
17. Do you find yourself having multiple romantic relationships at the same time?
18. Have you ever felt degraded by your sexual behavior?
19. Has sex or romantic fantasies been a way for you to escape your problems?
20. When you have sex, do you feel depressed afterwards?
21. Do you regularly engage in sado-masochistic behavior?
22. Has your sexual activity interfered with your family life?
23. Have you been sexual with minors?
24. Do you feel controlled by your sexual desire or fantasies of romance?
25. Do you ever think your sexual desire is stronger than you are?

Carnes discovered that the SAST is successful in discriminating between addictive and non-addictive behavior. The more "Yes" responses an individual marks, the greater the likelihood that his or her sexual behavior is getting out of control. If this is the case for you, please contact a professional counselor trained in helping with these issues.

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