



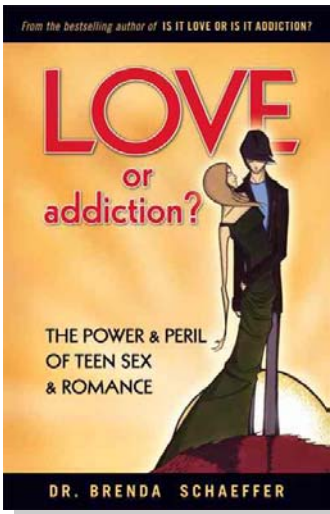
QUIZ: Are You Playing with Fire?

The following exercise can help you evaluate whether or not you lean towards using relationships, romance, or sex as a drug, or whether your relationships are lean towards health. It's assumed that the fewer addictive signs you or your relationship have, the better off you and they are.

Signs of Sexual Addiction/Compulsivity

To learn whether or not you are using or abusing your sexual development and leaning towards using sex as a drug, review and score the following signs of sex addiction. If you are in a relationship and questioning whether or not your partner is using sex compulsively, score him or her. It just may save a life. Score for each characteristic based on the following:

0 = never; 1 = rarely; 2 = sometimes; 3 = often; 4 = almost always; 5 = always



Love or Addiction?
The Power & Peril of Teen Sex & Romance
Dr. Brenda Schaeffer

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|---|---|---|---|---|---|
| 1. Use of sex and fantasy to escape or cope | 1 | 2 | 3 | 4 | 5 |
| 2. Negative consequences due to sexual behavior | 1 | 2 | 3 | 4 | 5 |
| 3. Mood changes around sexual activity | 1 | 2 | 3 | 4 | 5 |
| 4. Inability to stop, even though there are negative consequences | 1 | 2 | 3 | 4 | 5 |
| 5. Large amounts of time spent on planning sex, obtaining sex, recovering from sexual experiences | 1 | 2 | 3 | 4 | 5 |
| 6. School, social, and recreational activities are reduced or affected | 1 | 2 | 3 | 4 | 5 |
| 7. Guilt and shame around the behavior | 1 | 2 | 3 | 4 | 5 |
| 8. Pursuit of high risk or self-destructive behaviors | 1 | 2 | 3 | 4 | 5 |
| 9. A pattern of out-of-control sexual behavior | 1 | 2 | 3 | 4 | 5 |
| 10. Need for increasing amounts of sex to get the same high | 1 | 2 | 3 | 4 | 5 |
| 11. Feeling at odds with family or spiritual values | 1 | 2 | 3 | 4 | 5 |
| 12. On-going desire to stop or limit sexual behavior | 1 | 2 | 3 | 4 | 5 |
| 13. Rationalizing sexual behavior | 1 | 2 | 3 | 4 | 5 |
| 14. Frequenting pornographic websites or chat rooms | 1 | 2 | 3 | 4 | 5 |
| 15. Sexualizing others | 1 | 2 | 3 | 4 | 5 |
| 16. Hiding sexual behaviors | 1 | 2 | 3 | 4 | 5 |
| 17. Attempt to medicate past trauma | 1 | 2 | 3 | 4 | 5 |
| 18. Degraded by sexual behavior | 1 | 2 | 3 | 4 | 5 |
| 19. Sexually-transmitted diseases (STDs) and/or abortion | 1 | 2 | 3 | 4 | 5 |
| 20. Using people for sexual gratification | 1 | 2 | 3 | 4 | 5 |

Finished? Add scores and divide by twenty to calculate your average score.

Note: If your average score for using sex compulsively is 2.5 or higher, it is suggested that you complete exercises from Chapter 10 of **Love or Addiction?**, retake the test, and if your score is still 2.5 or higher, talk to a counselor who understands sex addiction. If your average is two, focus on the exercises found in **Love or Addiction?** and work to lower your score.

This quiz is adapted from **Love or Addiction? The Power & Peril of Teen Sex & Romance** by Dr. Brenda Schaeffer (Expert Publishing, August 2006).

Contact information: Please contact Heidi at media@itsallaboutlove.com or call 952.944.4046