

## Partner's Sexual Co-Addiction Screening Test

If you have been affected by someone else's sexual behavior, you can find help for yourself, whether or not that person seeks recovery from sexual addiction. These questions, as adapted from S-Anon, are designed to help you consider whether you could benefit from some guidance and support of your own. Check each "Yes" response as appropriate, and then click on the "Submit" button at the bottom.

- 1) Have you often felt hurt, ashamed or embarrassed by someone else's sexual conduct?  
 YES  NO
- 2) Are you afraid to upset the sexaholic for fear that he or she will leave you?  
 YES  NO
- 3) Have you sometimes found yourself searching for clues about someone else's sexual behavior?  
 YES  NO
- 4) Have you ever fantasized, obsessed or worried about someone else's sexual problems?  
 YES  NO
- 5) Have you ever made threats to others or promises to yourself ("If this happens again, I'll leave.") that you did not carry out?  
 YES  NO
- 6) Have you ever tried to control somebody else's sexual thoughts or behavior by doing things like throwing away pornography, dressing suggestively, or being sexual with them in order to keep them from being sexual with others?  
 YES  NO
- 7) Has your involvement with another person or their sexual behavior ever affected your relationship with your children, your co-workers or other friends or family members?  
 YES  NO
- 8) Have you often lied to others or made excuses to yourself about another person's sexual conduct?  
 YES  NO
- 9) Have you had money problems because of someone else's sexual behavior?  
 YES  NO
- 10) Have you engaged in sexual behavior that makes you feel uncomfortable or ashamed, or is physically dangerous, fearing that if you don't the sexaholic will leave you?  
 YES  NO
- 11) Have you ever felt confused and unable to separate what is true from what is not true when talking with the sexaholic?  
 YES  NO
- 12) Have you ever thought about or attempted suicide because of someone else's sexual behavior?  
 YES  NO
- 13) Have you often used sex to keep peace in the family or smooth over problems?  
 YES  NO
- 14) Does sex (for example, thinking about it, doing it, talking about it, worrying about it) play an all-consuming role in the relationship?  
 YES  NO
- 15) Have you ever felt abandoned emotionally because of your partner's use of pornography or masturbation?  
 YES  NO
- 16) Have you ever helped someone get out of jail or other legal trouble as a result of his or her sexual behavior, or feared that this kind of thing could happen?  
 YES  NO
- 17) Have you often thought that the sexaholic's behavior was caused by other people, such as friends or sexual partners? by society in general? by his/her job, religion, or birth family?  
 YES  NO
- 18) Have you ever suspected that anyone was inappropriately sexually interested in any of your children?  
 YES  NO
- 19) Do you feel alone in your problem?  
 YES  NO

20) Do you feel that your partner/spouse's sexual behavior(s) will continue no matter what you say or feel?

YES  NO

If you answered yes to two or more questions we recommend that you be counseled. If you answered yes to numbers 10, 12, 14, 16 or 18 then getting help is critical.