

Your Sexual Addiction History

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This exercise asks you to focus on the development of your sexual addiction. Because it may be difficult for you to recall specific events or details, respond to the following questions as best you can.

1. At what age do you believe your sexual addiction started (i.e., sexual obsession or behavior helped you to cope; you lost faith in yourself)? _____

2. What were some critical events during the early development of your sexual addiction (e.g., increase in frequency, unmanageability, abandonment, abuse)? _____

3. At what age do you believe your sexual addiction was firmly established (i.e., life priorities became reversed, you sexual preoccupation and acting out interfered with you life, job, family)?

4. What were some critical events during this period of your addiction (e.g., stressors, denial, impaired thinking.)? _____

5. Were there periods during your life in which your addiction suddenly escalated in terms of frequency or types of sexual acting out behavior? Yes No

If yes, at what ages (e.g., 15-18, 22-24, etc.)? _____

6. Was there a seasonal (spring, summer, fall, winter) pattern in your sexual acting out?

Yes No

If 'yes', please specify: _____

7. What were some critical events during these periods of escalation? _____

8. At what age do you believe your sexual addiction was at its highest level? _____

9. What were some critical events that took place during this period when your addiction was at its highest level? _____

10. Were there periods during your life when your sexual addiction de-escalated (i.e., was less intense, went underground, was controlled)? Yes No

If 'yes', at what ages? _____

11. What were some critical events that preceded this de-escalation or that occurred during it.

12. Were there periods during your life when it seemed that you had no life beyond the obsession and the predictable addictive cycle of acting out sexually (i.e., you had breaks in reality, you completely abandoned your value system)? Yes No

If 'yes', at what ages? _____

13. What were some critical events during these periods? _____

14. Are you currently working on limiting other compulsive behaviors or are you currently in recovery from any other addiction? Yes No

- compulsive use of alcohol or other drugs
- alcohol or other drug dependency
- co-dependency
- eating disorders (overeating, anorexia, bulimia)
- nicotine/tobacco addiction
- caffeine abuse or addiction
- compulsive gambling
- compulsive spending
- compulsive work
- other, specify: _____

15. How did your other addictions (if any) affect your sexual addiction?
