

AN INVENTORY OF PROBLEM SEXUAL BEHAVIORS, FEELINGS AND THOUGHTS

This survey is modified from *Don't Call It Love* (Patrick Carnes) and David Delmonico's *Internet Sex Screening Test*. The inventory is composed of a list of sexual behaviors, feelings, and thoughts. Please read each statement and then circle the correct number to indicate the frequency (how often) of that behavior, thought, or feeling. If you have no experience corresponding to the statement, simply leave it blank. It is important that you are completely honest in filling out the inventory. If you choose not to disclose honestly and completely, let your therapist know that you prefer not to do this questionnaire.

Frequency

1. One time 2. Seldom 3. Periodically 4. Often 5. Many Times

BEHAVIOR RELATED TO PREOCCUPATION, FANTASY, AND RITUALIZATION	One Time				Many Times
Thinking or obsessing about sex	1	2	3	4	5
Fantasizing about past or future sexual experiences sex	1	2	3	4	5
Spending a large amount of time preparing for a sexual episode (e.g., making up yourself, listening to music that energizes you)	1	2	3	4	5
Neglecting responsibilities and commitments (e.g., work, family, health) in order to prepare for your next sexual episode	1	2	3	4	5
Thinking that sex is love	1	2	3	4	5
Thinking that your "special" sexual needs make you different from others	1	2	3	4	5
Thinking that next time things will be different (e.g., "I'll find the right lover next time.")	1	2	3	4	5
Thinking that if you are sexual with someone, you will have them in your power	1	2	3	4	5
Feeling a need to be sexual in order to feel good about yourself	1	2	3	4	5
Denying or suppressing your sexuality and sexual feelings for periods of time	1	2	3	4	5
Dramatizing a particular role (e.g., the "virgin," the "hurt little boy," the "intellect") as part of your ritualizing behavior	1	2	3	4	5
Rationalizing or denying consequences of your sexual addiction (e.g., "Everyone is sexual, I just need a little more than others need.")	1	2	3	4	5
Rationalized thinking about inappropriate sexual behaviors (e.g., "Women never mean 'no' - they just need to be warmed up," "I only masturbate to fall asleep.")	1	2	3	4	5
Having sex even though you don't really want to or feel like it	1	2	3	4	5
Feeling that you have to follow through with sex, because you successfully hooked someone through your ritual (e.g., suggestive flirting, creating a sexualized atmosphere)	1	2	3	4	5
Feeling depressed, hopeless, or unworthy following a sexual encounter	1	2	3	4	5
Feeling desperate or anxious ("white knuckling") between periods of sexual acting out	1	2	3	4	5
Maintaining an open calendar and failing to make commitments because you fear missing an opportunity to be sexual	1	2	3	4	5
Using sex as a means to find love	1	2	3	4	5
Other behavior related to preoccupation, fantasy, or ritualization, (specify: _____)	1	2	3	4	5

BEHAVIOR RELATED TO MASTURBATION	One Time				Many Times
Masturbating yourself	1	2	3	4	5
Masturbating a sexual partner yourself	1	2	3	4	5
Masturbating with objects yourself	1	2	3	4	5
Masturbating to the point of physical injury or infecting yourself	1	2	3	4	5
Masturbating in cars yourself	1	2	3	4	5
Masturbating in public places (movie theaters, tanning salons, or store dressing rooms, etc.)	1	2	3	4	5
Masturbating with mechanical or electrical devices yourself	1	2	3	4	5
Other behavior related to masturbation, (specify: _____)	1	2	3	4	5

BEHAVIOR RELATED TO PORNOGRAPHY (SEXUAL EXPLOITATION OR SEXUALIZATION OF PEOPLE)	One Time	Many Times			
Looking at sexually explicit magazines	1	2	3	4	5
Keeping sexually explicit material or magazines at home or work	1	2	3	4	5
Watching sexually explicit videotapes	1	2	3	4	5
Making sexually explicit videotapes	1	2	3	4	5
Taking sexually explicit photographs	1	2	3	4	5
Patronizing adult book stores	1	2	3	4	5
Watching or looking at child pornography	1	2	3	4	5
Watching strip or peep shows	1	2	3	4	5
Sexualizing people or materials (e.g., advertisements, catalogues) that are not sexually explicit	1	2	3	4	5
Looking for sexually suggestive moments on TV or in films	1	2	3	4	5
Maintaining a "collection" of pornographic materials	1	2	3	4	5
Other behavior related to pornography, specify:	1	2	3	4	5

BEHAVIOR RELATED TO BUYING OR SELLING SEX	One Time	Many Times			
Patronizing saunas, massage parlors, or rap lounges	1	2	3	4	5
Paying someone for sexual activity	1	2	3	4	5
Participation in phone sexual activity	1	2	3	4	5
Receiving money in exchange for sexual activity	1	2	3	4	5
Receiving drugs in exchange for sexual activity	1	2	3	4	5
Pimping others for sexual activity	1	2	3	4	5
Using an escort or phone service	1	2	3	4	5
Spending money on someone in order to have sex	1	2	3	4	5
Being sexual because someone spent money on you	1	2	3	4	5
Other behavior related to buying or selling sex, specify:	1	2	3	4	5

BEHAVIOR RELATED TO SEX PARTNERS	One Time	Many Times			
Having multiple sexual relationships at the same time	1	2	3	4	5
Having successive relationships one right after another	1	2	3	4	5
Having one-night stands	1	2	3	4	5
Having affairs outside your primary relationship	1	2	3	4	5
Engaging in sex with anonymous partners	1	2	3	4	5
Swapping partners	1	2	3	4	5
Urging your partner to have sex with persons outside your relationship	1	2	3	4	5
Using sexual seduction to gain power over another person	1	2	3	4	5
Participating in group sex	1	2	3	4	5
Hustling in singles clubs, bars, or health clubs	1	2	3	4	5
Cruising beaches, parks, parking lots, or baths	1	2	3	4	5
Belonging to a nudist club to find sex partners	1	2	3	4	5
Using the personal columns to find sex partners	1	2	3	4	5
Engaging in sexual activity outside your sexual orientation in pursuit of a new sexual high	1	2	3	4	5
Placing and answering ads in swinger magazines	1	2	3	4	5
Other behavior related to sex partners, specify:	1	2	3	4	5

BEHAVIOR RELATED TO EXHIBITIONISM (EXPOSING BODY OR BODY PARTS IN PUBLIC FOR SEXUAL PURPOSES)	One Time	Many Times			
Exposing yourself from a car	1	2	3	4	5
Exposing yourself from stage or for hire	1	2	3	4	5
Exposing yourself in public places, such as parks, streets, school yards, etc	1	2	3	4	5
Exposing yourself from your home	1	2	3	4	5
Exposing yourself for home videos or photographs	1	2	3	4	5
Exposing yourself through your choice of clothing	1	2	3	4	5
Exposing yourself by being sexual or dressing/undressing in public or semi-public places	1	2	3	4	5
Provocatively exposing yourself in showers, locker rooms, or public rest rooms	1	2	3	4	5
Other behavior related to exhibitionism, specify:	1	2	3	4	5

BEHAVIOR RELATED TO VOYEURISM (SECRETLY OBSERVING OTHERS FOR YOUR SEXUAL PURPOSES)	One Time	Many Times			
Watching people through windows of their houses or apartments	1	2	3	4	5
Using binoculars or telescopes to watch people	1	2	3	4	5
Hiding in secret places (e.g., closets, under beds) in order to watch or listen to people	1	2	3	4	5
Asking strangers or acquaintances inappropriate personal details about their sex lives	1	2	3	4	5
Sexualizing others that you observe in public places (malls, restaurants, or office buildings)	1	2	3	4	5
Sexualizing others in health clubs, locker rooms, rest rooms, or showers	1	2	3	4	5
Other behavior related to voyeurism, specify:	1	2	3	4	5

BEHAVIOR RELATED TO INAPPROPRIATE LIBERTIES	One Time	Many Times			
Touching or fondling other people inappropriately	1	2	3	4	5
Telling sexually explicit stories or using sexually explicit language at inappropriate times or places (e.g., at work, with children present)	1	2	3	4	5
Bringing sex or sexualized humor into your conversations	1	2	3	4	5
Using flirtatious or seductive behavior to gain attention of others	1	2	3	4	5
Making inappropriate sexual phone calls	1	2	3	4	5
Making inappropriate sexual advances or gestures toward other persons	1	2	3	4	5
Touching people but acting as if it were an accident	1	2	3	4	5
Other behavior related to inappropriate liberties, specify:	1	2	3	4	5

BEHAVIOR RELATED TO VICTIMIZATION (USING FORCE OR THREATS)	One Time	Many Times			
Forcing sexual activity on a child outside your family	1	2	3	4	5
Forcing sexual activity on your spouse or partner	1	2	3	4	5
Forcing sexual activity on a member of your family (brother, sister, daughter, nephew, etc)	1	2	3	4	5
Forcing sexual activity on a person whom you know (e.g., acquaintance, friend, or other adult)	1	2	3	4	5
Forcing sexual activity on a person whom you do not know	1	2	3	4	5
Engaging in sexual activity with a "consenting" minor	1	2	3	4	5
Exposing children to your sexual activities (e.g., engaging in sexual activity with open doors, inappropriate nudity)	1	2	3	4	5
Sharing inappropriate sexual information with children	1	2	3	4	5
Willingly giving up power or acting out the victim role in your sexual activity	1	2	3	4	5
Using a power position to exploit or be sexual with another person (e.g., clergy to Parishioner, therapist to client, employer to employee)	1	2	3	4	5
Administering drugs to another person in order to force sexual activity	1	2	3	4	5
Using alcohol to take sexual advantage	1	2	3	4	5
Other behavior related to victimization, specify:	1	2	3	4	5

OTHER SEXUAL BEHAVIOR	One Time	Many Times
Crossdressing (identifying with your gender, but dressing in the clothes of the other gender)	1 2 3 4 5	1 2 3 4 5
Dressing and behaving like the other gender with a preference to be the other gender	1 2 3 4 5	1 2 3 4 5
Using sexual aids to enhance your sexual experience (e.g., vibrators, artificial vaginas)	1 2 3 4 5	1 2 3 4 5
Engaging in sexual activity with animals	1 2 3 4 5	1 2 3 4 5
Using drugs to enhance your sexual experience	1 2 3 4 5	1 2 3 4 5
Receiving physical harm or pain during your sexual activity to intensify your sexual pleasure	1 2 3 4 5	1 2 3 4 5
Causing physical harm or pain to your partner during sexual activity to intensify your pleasure	1 2 3 4 5	1 2 3 4 5
Paying for sexually explicit phone calls (e.g., Dial-a-Porn)	1 2 3 4 5	1 2 3 4 5
Seeking humiliating or degrading experiences as part of sex	1 2 3 4 5	1 2 3 4 5
Other behaviors, feelings, or thoughts, specify:	1 2 3 4 5	1 2 3 4 5

INTERNET BEHAVIORS	One Time	Many Times
You have some sexual sites bookmarked	1 2 3 4 5	1 2 3 4 5
You spend more than 5 hours per week using a computer for sexual pursuits	1 2 3 4 5	1 2 3 4 5
You have joined sexual sites to gain access to online sexual material	1 2 3 4 5	1 2 3 4 5
You have purchased sexual products online	1 2 3 4 5	1 2 3 4 5
You have searched for sexual material through an Internet search tool	1 2 3 4 5	1 2 3 4 5
You have spent more money for online sexual material than you planned	1 2 3 4 5	1 2 3 4 5
Internet sex has sometimes interfered with certain aspects of your life	1 2 3 4 5	1 2 3 4 5
You have participated in sexually related chats	1 2 3 4 5	1 2 3 4 5
You have a sexualized username or nickname that you use on the Internet	1 2 3 4 5	1 2 3 4 5
You have masturbated while on the Internet	1 2 3 4 5	1 2 3 4 5
You have accessed sexual sites from other computers besides the one at home	1 2 3 4 5	1 2 3 4 5
You have lied to other about your use of your computer for sexual purposes	1 2 3 4 5	1 2 3 4 5
You have tried to hide what is on your computer or monitor so others cannot see it	1 2 3 4 5	1 2 3 4 5
You have stayed up after midnight to access sexual material online	1 2 3 4 5	1 2 3 4 5
You use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.)	1 2 3 4 5	1 2 3 4 5
You have your own website which contains some sexual material	1 2 3 4 5	1 2 3 4 5
You have made promises to yourself to stop using the Internet for sexual purposes	1 2 3 4 5	1 2 3 4 5
You sometimes use cybersex as a reward for accomplishing something (e.g., finish a project, stressful day, etc.)	1 2 3 4 5	1 2 3 4 5
When you are unable to access sexual material online, you feel anxious, angry, or disappointed	1 2 3 4 5	1 2 3 4 5
You have increased the risks you take online (give out name and phone number, meet people offline, etc.)	1 2 3 4 5	1 2 3 4 5
You have punished yourself when you use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet subscription, etc.)	1 2 3 4 5	1 2 3 4 5
You have met face to face with someone you met online for romantic purposes	1 2 3 4 5	1 2 3 4 5
You use sexual humor and innuendo with others while online	1 2 3 4 5	1 2 3 4 5
You have run across illegal sexual material while on the Internet	1 2 3 4 5	1 2 3 4 5