

Sexual Addiction self-evaluation

There are several varying theories on what truly constitutes sexual addiction, and not all of them agree on the details. You may or may not be addicted to sex, and it is not the point of this class to convince you one way or another. We are operating under a very simple definition here, relating to loss of control. If you have tried to stop using pornography, and have not been able to do so, then you are at some level addicted.

There is a considerable stigma attached to this, one which could even feed the shame you already feel and drive you back in the direction of your sin. Let's all just agree together that we have a problem that God wants to solve and move past taking our identity from being a sex addict. This is one of the major complaints I have with the 12 step programs, though they have proven to be moderately successful with treating sexual addiction. Based on its roots with Alcoholics Anonymous, in a sexual addiction 12 step recovery group, you identify yourself as a sex addict. It's who you are, your identity. Though I agree that it's important to confess the depth of the problem you have without qualification or excuses, my Bible does not teach that I'm a sex addict. I'm a redeemed child of God, full of the Holy Spirit.

All of the men in this class have a problem with sex to one degree or another. You might be able to determine the degree to which you have a problem by answering the questions that follow. The more of these you answer "yes" to, the deeper this runs in your life.

_____ Do you wake up in the morning and fall asleep at night with sexual fantasies?

_____ Do you have the experience of having sexual thoughts wake you up in the middle of the night, and feel like you have to masturbate to get back to sleep?

_____ Do you use the Internet to get or keep yourself sexually stimulated at work or at home?

_____ Do you have a secret collection of porn, whether pictures, magazines, videos or discs of computer images?

_____ Do you spend money you need for other expenses on sex or sex-related bills?

_____ Do you use sex to make yourself feel better?

_____ Is your free time consumed by sexual fantasizing, planning, masturbating, or other sexual activities?

_____ Do you lie to people you care about in regard to what you are doing sexually?

_____ Do you keep people at a distance for fear that they might find out about your other life?

- _____ Have you almost been caught and vowed to stop what you are doing sexually, only to start again?
- _____ Do you feel controlled by your sexual drive or sexual desires?
- _____ Are there certain sex thoughts you can't get rid of, no matter how hard you try?
- _____ Are you isolated and lonely?
- _____ Have you lost a job or a relationship because of your sexual behavior?
- _____ Were you sexually abused as a child or adolescent?
- _____ Were you exposed to sexual materials at a young age?
- _____ Did your parents have trouble with sexual behavior (either hyper-sexuality, or sexual anorexia)?
- _____ Do you have trouble stopping your sexual behavior when you know it's inappropriate?
- _____ Have you ever worried about people finding out about your sexual behaviors?
- _____ Have you made efforts to stop some aspect of your sexual behavior and failed?
- _____ Have you ever felt degraded by your sexual behavior?
- _____ Do you feel that if others knew about some of your sexual preferences they would think you were a pervert?
- _____ Have you spent large amounts of time looking at porn when you had planned some other activity, like studying or paying your bills?

Add up the number of 'yes' answers. If you have just a few, then you might still have a problem, but it's not that serious. If you have more than 10 answered yes, you are probably looking at an addiction. If you have most of these answered yes, you probably already know that you have a serious problem. In all of this, take heart: God is bigger than your sin, whether you are addicted or not. He can provide your "way of escape".