



Intuitive  
Pathways  
Recovery

## **Internet Pornography Sex Addiction**

### **Are you a internet pornography sex addict?**

Our internet sex addiction test can help you discover if your addiction to online sex has gone too far. Are you addicted to cybersex, Internet sex or pornography? The following questions are designed to be used as guidelines to identifying possible signs of cybersex addiction, Internet sex addiction, or porn addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that the illness is not present. Many sex addicts and love addicts have varying patterns which can result in very different ways of approaching and answering these questions. Please circle all questions that are a "YES" for you.

1. I have some sexual sites bookmarked.
2. I spend more than 5 hours per week using my computer for sexual pursuits.
3. I have joined sexual sites to gain access to online sexual material.
4. I have purchased sexual products online.
5. I have searched for sexual materials through an Internet search tool.
6. I have spent more money for online sexual material than I planned.
7. Internet sex has sometimes interfered with certain aspects of my life.
8. I have participated in sexually related chats.
9. I have sexualized usernames or nicknames that I use on the Internet.
10. I have masturbated while on the Internet.
11. I have accessed sexual sites from other computers besides my home.
12. No one knows I use my computer for sexual purposes.
13. I have tried to hide what is on my computer or monitor so others cannot see it.
14. I have stayed up after midnight to access sexual material online.
15. I use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.)
16. I have my own website which contains some sexual material.
17. I have made promises to myself to stop using the Internet for sexual purposes.
18. I sometimes use cybersex as a reward for accomplishing something (e.g., finish a project, stressful day, etc.)
19. When I am unable to access sexual information online, I feel anxious, angry, or disappointed.
20. I have increased risks I take online (give out name and phone number, meet people offline, etc.)

21. I have punished myself when I use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet subscription, etc.)
22. I have met face to face with someone I met online for romantic purposes.
23. I use sexual humor and innuendo with others while online.
24. I believe I am an Internet sex addict.

Total Score for All Circled Items: \_\_\_\_\_

To understand where you are on the spectrum of love addiction, please contact us so we can give you more information on the test.

**Our therapists at Intuitive Pathways Recovery are available to speak to you about your test score. Call us now for further information 713-213-7810.**