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Empower,
& Equip

L.I.F.E. RECOVERY INTERNATIONAL God's People to Live in Freedom
Everyday from addiction

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L.I.F.E. RECOVERY
INTERNATIONAL

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The **Sexual Addiction Screening Test for Women (W-SAST)** is designed as a preliminary assessment screening for sexual addiction. The W-SAST provides a profile of responses which frequently help to identify women with sexual impulse disorders.

This test will take approximately 5 minutes.

- ___ 1. Were you sexually abused as a child or adolescent?
- ___ 2. Do you regularly purchase romance novels or sexually explicit magazines?
- ___ 3. Have you stayed in romantic relationships after they become emotionally or physically abusive?
- ___ 4. Do you often find yourself preoccupied with sexual thoughts or romantic day dreams?
- ___ 5. Do you feel that your sexual behavior is not normal?
- ___ 6. Does your spouse (or significant other(s)) ever worry or complain about your sexual behavior?
- ___ 7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?
- ___ 8. Do you ever feel bad about your sexual behavior?
- ___ 9. Has your sexual behavior ever created problems for you and your family?
- ___ 10. Have you ever sought help for sexual behavior you did not like?
- ___ 11. Have you ever worried about people finding out about your sexual activities?

12. Has anyone been hurt emotionally because of your sexual behavior?
13. Have you ever participated in sexual activity in exchange for money or gifts?
14. Do you have times when you act out sexually followed by periods of celibacy (no sex at all)?
15. Have you made efforts to quit a type of sexual activity and failed?
16. Do you hide some of your sexual behavior from others?
17. Do you find yourself having multiple romantic relationships at the same time?
18. Have you ever felt degraded by your sexual behavior?
19. Has sex or romantic fantasies been a way for you to escape your problems?
20. When you have sex, do you feel depressed afterwards?
21. Do you regularly engage in sado-masochistic behavior?
22. Has your sexual activity interfered with your family life?
23. Have you been sexual with minors?
24. Do you feel controlled by your sexual desire or fantasies of romance?
25. Do you ever think your sexual desire is stronger than you are?

After you've answered all the questions, add the numbers you selected for each response to obtain a final score. Here's a general scale to help measure your score:

Remember that no self-test can absolutely and accurately determine the nature of your problem, or the solution. Please use it as a marker to help guide you along your own path. This is simply a screening device that can be helpful in deciding whether you need help or not. Feelings of concern, shame or fear created by answering these questions may indicate the need to contact a professional for guidance. Checking off several items usually indicates a need to address these issues.

1-3 of these symptoms found to be true may be an area of concern. You may want to consider openly discussing this with a friend or family member.

3-10 Consultation with a professional can be helpful in deciding if you have a sexual addiction problem. Based on your responses, you may benefit by seeking help from appropriate resources such as a professional knowledgeable about addiction and/or join a L.I.F.E. support group.

10-13 Scoring within this range may mean that you have done some things you regret or it may mean that you are in early stage addiction. Based on your responses, you would benefit by seeking help from appropriate resources such as a professional knowledgeable about addiction and addiction-related issues and/or join a L.I.F.E. support group.

>13 If you scored over 13 points your answers parallel other sex addicts. A high score indicates issues of sexual addiction and a need to further explore this area with a professional clinician and/or join a L.I.F.E. support group.

*Developed by: Patrick Carnes, PhD & Robert Weiss, LCSW, CAS
(Dr. Carnes and Mr. Weiss recommend 12 step programs – they are not affiliated with L.I.F.E. Recovery)*