**Self-Assessment:** **Am I addicted to Internet Sex?**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_ Yes \_\_\_ No: Do you routinely spend time in sexting and instant messaging with the sole purpose of finding cybersex?

\_\_ Yes \_\_\_ No: Do you feel preoccupied with using the online world for sex?

\_\_ Yes \_\_\_ No: Do you frequently use anonymous communication to engage in sexual fantasies?

\_\_ Yes \_\_\_ No: Do you anticipate your next online session with the expectation that you will find sexual arousal or gratification?

\_\_ Yes \_\_\_ No: Do you move from cybersex to phone sex or even real-life meetings?

\_\_ Yes \_\_\_ No: Do you hide your online interactions from your significant other?

\_\_ Yes \_\_\_ No: Do you feel guilt or shame from your online use?

\_\_ Yes \_\_\_ No: Did you accidentally become aroused by cybersex only to now find that you actively seek it out when you log online?

\_\_ Yes \_\_\_ No: Do you masturbate when having cybersex or looking at online pornography?

\_\_ Yes \_\_\_ No: Do you feel less interest with your real-life sexual partner only to prefer cybersex as a primary form of sexual gratification?

If you answered “yes” to any of the above questions, you may be addicted to online sex. You will benefit from counseling to deal with how you use online sex through adult web sites, chat sites, cam sites, VOIP, and tactile stimulation devices. With this technology so widely available, more people have come to realize their initial curiosity has turned into an addiction.