

SEXUAL INTEGRITY TEST - MEN

Our lust began as an overpowering desire for pleasurable relief from an inner pain, emptiness or insecurity that we were not able to cope with in any other way. At first, it did provide the relief we sought. For a time, sex with ourselves or with others dissolved the tension, relieved the depression, resolved the conflict, and provided the means to deal with, or escape from life's seemingly unbearable situations.

Eventually, our quest for relief became an addiction, and the addiction took on a life of its own. Pleasure and relief were gradually replaced with tension, depression, rage, guilt, and even physical distress. To relieve this new pain, we resorted to more sex and lust, losing more control in the process. We were driven to spend more time thinking about and carrying out our addiction. We lived in denial to avoid recognizing just how much of our life was controlled by our addiction.

Finally, our addiction took priority over everything: our ability to work, live in the real world, relate with others and be close to God. What began as the cure had become the sickness. The answer had become the problem. We were hopelessly addicted to lust.

Take this test to see where you're at.

- Do you go from one relationship to another?
- Do you feel the right relationship would fulfill all your needs?
- Do you use sex as an escape?
- Do you make excuses to leave your partner as soon as possible after the act?
- After a sexual experience do you feel guilty?
- Has your pursuit of sex interfered with your relationship with your spouse?
- Do you find you are unable to resist a sexual overture?
- Have you ever tried to limit or stop acting out, but have been unable to?
- Do you put yourself, or others, in dangerous situations in pursuit of sex?
- Have you found that you are unable to resist sex or sexual images?
- Do you have trouble concentrating, or completing tasks at work, always thinking about sex?
- Do you spend time on the internet viewing pornographic Web sites?
- Do you take time away from work to pursue sexual activities?
- Do you feel you have lost control of your actions to fulfill the need for sex?
- Have you ever been arrested for a sexual offense?
- Do you frequently become angry or extremely irritable when asked to give up online involvement to engage with partners, family or friends?
- Has the primary focus of sexual or romantic life become related to computer activity (including pornography)?
- Do you engage in fantasy online acts or experiences which would be illegal if carried out (e.g. rape, child molestation)?
- Do you spend increasing amounts of online time focused on sexual or romantic intrigue or involvement?
- Are you involved in multiple romantic or sexual affairs in cyber chat rooms?
- Have you failed in attempts to cut back on frequency of online sexual and romantic involvement or interaction?

_____ = Total boxes checked

If you check 5 or more, CR may be the place for you.