

## SEXUAL INTEGRITY TEST - WOMEN

As women, sexual addiction is unique. Our behavior ranged from sex with self, phone sex, cyber sex, and pornography. We engaged in promiscuity, illicit relationships, and multiple-adultery. For some of us it was exotic dancing, escort services and prostitution. We used our bodies, intentionally dressed provocatively, and performed for others, creating an illusion that gave us a false sense of self-worth. We were addicted to the intrigue, the tease, and the forbidden. We jeopardized our relationships, jobs, morals and values; we even neglected our children. All the while, we rationalized our sexual behaviors. We asked ourselves, "What will a little fantasy hurt," or "What they don't know, won't hurt them." As we lived a double-life, we became disconnected from reality making true intimacy with another impossible.

When we cross a line, it sets us in motion to cross the next line more easily. Ask the adulterer, ask the prostitute, ask the slave to the Internet, "When, how they started, and how it ended." We've asked ourselves, "How did we get here?" Sometimes, we don't even remember why we started acting out in the first place. We tell ourselves that the next sexual act will be better and more lasting, but it never is. Eventually, our behaviors resulted in losing relationships, our marriages, jobs, and material possessions and in some cases, our children. For many, the risks of sexual transmitted diseases (STD's) are now a reality. And finally, we hit a bottom.

**Take this test** to see where you're at.

- Have you told yourself that the next sexual act will be better and more lasting?
- Do you engage in flirtation as a married woman?
- 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?
- 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?
- 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?
- Are there increasing numbers of complaints or concerns from family or friends about the amount of time spent online?
- Do you frequently become angry or extremely irritable when asked to give up online involvement to engage with partners, family or friends?
- 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 or Internet sexual and romantic involvement or interaction?
- Are you a survivor of childhood abuse?

\_\_\_\_\_ = Total boxes checked

If you check 3 or more boxes, Celebrate Recovery may be the place for you.