

ARE YOU A SEX ADDICT?

Do you use sexual activity in a compulsive way, to help you with feelings of depression, anxiety, loneliness or worthlessness?

Is your true sexuality a secret from the people you love?

Do you find yourself caught up in sexual activity when you meant to be doing something else?

Do you use casual sexual encounters the way others would use a drug, to temporarily give you a "high," an escape?

Do you find that you feel much more confidence in your sexual functioning when you are having anonymous or internet sex, and much more fearful when you want to be sexual with your partner?

Are your sexual activities interfering with your real-life relationships?

Are your sexual relationships unsafe, putting you in danger of sexually transmitted disease or of being raped or hurt?

Are you using compulsive, anonymous sexual encounters because you are too frightened of dating or getting involved in a real relationship?

Have you gotten caught up in looking at Internet pornography at work, even though if you were caught, it might cost you your job?

Are you promising yourself that you will stop this sexual behavior, and then going back on your promise to yourself again and again?

When you are done with your sexual activities, are you shocked at the amount of time you lost?

After your sexual activity, do you feel ashamed, numb, disgusted, frightened, or depressed?

When you think about your sexual activity, do you feel worried but feel hopeless about your ability to stop it?

If you answered yes to more than one of these questions, and you find yourself doing this on a regular basis, call Dr Z and start the journey to healing your past and recovery for the future.