

LOVE ADDICTION EVALUATION

Put a check next to any statements that describe you in the present or have described you in the past.

- 1. I am driven by one or more compulsions (relationships, sex, food, drugs, shopping, etc.).
- 2. I think my self-esteem is low.
- 3. I think that my happiness depends on having a loving relationship.
- 4. I often fantasize to avoid reality or loneliness.
- 5. I feel I need to be “good” enough to earn love from others.
- 6. I will do almost anything for that desired loving relationship.
- 7. I find it difficult to say “no” and set healthy boundaries, especially in relationships.
- 8. I keep looking for a relationship to fill what is missing or lacking in my life.
- 9. I find myself thinking that things will (or would) be better in this new relationship.
- 10. I have always felt a distance and/or lack of love from my dad and/or my mom.
- 11. I have a difficult time having an intimate relationship with God.
- 12. I vacillate from over- to out-of-control in any of these areas: relationships, sex, food, money, drugs, shopping, etc.
- 13. I crave and fear intimacy at the same time.
- 14. I have used sex to get love.
- 15. I have used sex and/or seduction to dominate another person, be in control, or get what I want.
- 16. I take responsibility for people, tasks and situations for which I am not responsible.
- 17. I find myself in relationships that echo my past abuse.
- 18. I was sexually abused as a child or adolescent.
- 19. I have stayed in romantic relationships after they became emotionally or physically abusive.
- 20. I often find myself preoccupied with sexual thoughts or romantic daydreams.
- 21. I have trouble stopping my sexual behavior when I know it is inappropriate.
- 22. I have hurt others emotionally because of my sexual/romantic behavior.
- 23. I feel bad at times about my sexual behavior.
- 24. I have worried about people finding out about my sexual activities.
- 25. I feel controlled by my sexual desire or fantasies of romance.
- 26. I have been sexually or romantically involved with inappropriate people such as a boss, a married person.
- 27. When I have sex or am involved in sexual activity, I often feel depressed afterward.
- 28. I have become emotionally or sexually involved with people I don't know.

____ TOTAL NUMBER OF ITEMS CHECKED

If you scored a total of 3-6 items checked, we recommend going through the [Seven Pillars of Freedom Kit](#) (for men) or [Unraveled Kit](#) (for women). If you scored over 6 checked items, we recommend seeking counseling from a certified sexual addiction therapist. For more information and resources visit www.puredesire.org.