

Women's Sexual Addiction Screening Test (W-SAST)

from The Sexual Recovery Institute

The Women's Sexual Addiction Screening Test (W-SAST) is designed to assist the assessment of sexually compulsive or "addictive" behavior. Answer each question "YES" or "NO". Depending on the particular pattern of symptoms:

- 1 - 3 of these symptoms found to be true may be an area of concern and should be openly discussed with a friend or family member.
- More than 3 positive answers would indicate the need to consider more professional consultation and consideration of a 12 - Step support program like those for Sexual Addicts.
- Six (6) or more true answers clearly presents a problem with potentially self-abusive and / or dangerous consequences. Should seek treatment.

1. Were you sexually abused as a child or adolescent? NO YES
2. Do you regularly purchase romance novels or sexually explicit magazines? NO YES
3. Have you stayed in romantic relationships after they became emotionally or physically abusive? NO YES
4. Do you often find yourself preoccupied with sexual thoughts or romantic daydreams? NO YES
5. Do you feel that your sexual behavior is normal? NO YES
6. Does your spouse [or significant other(s)] ever worry or complain about your sexual behavior? NO YES
7. Do you have trouble stopping your sexual behavior when you know it is inappropriate? NO YES
8. Do you ever feel bad about your sexual behavior? NO YES
9. Has your sexual behavior ever created problems for you and your family? NO YES
10. Have you ever sought help for sexual behavior you did not like? NO YES
11. Have you ever worried about people finding out about your sexual activities? NO YES
12. Has anyone been hurt emotionally because of your sexual behavior? NO YES
13. Have you ever participated in sexual activity in exchange for money or gifts? NO YES
14. Do you have times when you act out sexually followed by periods of celibacy (no sex at all)? NO YES
15. Have you made efforts to quit a type of sexual activity and failed? NO YES
16. Do you hide some of your sexual behavior from others? NO YES

17. Do you find yourself having multiple romantic relationships at the same time? NO YES
18. Have you ever felt degraded by your sexual behavior? NO YES
19. Has sex or romantic fantasies been a way for you to escape your problems? NO YES
20. When you have sex, do you feel depressed afterwards? NO YES
21. Do you regularly engage in sado-masochistic behavior? NO YES
22. Has your sexual activity interfered with your family life? NO YES
23. Have you been sexual with minors? NO YES
24. Do you feel controlled by your sexual desire or fantasies of romance? NO YES
25. Do you ever think your sexual desire is stronger than you are? NO YES

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