

**Pathways Institute for Impulse Control**  
**415-267-6916**

**SEXUAL BEHAVIOR QUESTIONNAIRE**

1. Do you keep secrets about your sexual or romantic activities from those important to you? Do you lead a double life?
2. Have your needs driven you to have sex in places or situations or with people you would not normally choose?
3. Do you find yourself regularly looking for sexually arousing articles or scenes in newspapers, magazines, on the internet or other media?
4. Do you find that romantic or sexual fantasies interfere with your relationships or are preventing you from facing problems?
5. Do you frequently want to get away from a sex partner after having sex?
6. Do you frequently feel remorse, shame, or guilt after a sexual encounter?
7. Do you feel shame about your body or your sexuality?
8. Is it taking more variety and frequency of sexual and romantic activities than previously to bring the same levels of excitement and relief?
9. Have you ever been arrested or are you in danger of being arrested because of your practices of peeping, showing your genitals to others, prostitution, sexual desire for or activity with minors, indecent phone calls, bumping into others in public, etc.?
10. Does your pursuit of sex or romantic relationships interfere with your spiritual beliefs or development?
11. Do your sexual activities include the risk, threat, or reality of disease, pregnancy, coercion, or violence?
12. Has your sexual or romantic behavior ever left you feeling hopeless, alienated from others, or suicidal?
13. Do you masturbate daily or more?
14. Do you regularly spend time on sexual “chat” sites on the internet?
15. Have you regularly arranged for casual sexual encounters or “hook-ups”?
16. Have you paid for sex or sexual activity (or traded sex for drugs)?
17. Have you been involved in affairs?
18. Do you engage in sexual behaviors you don’t fully understand or feel comfortable with?
19. Do you feel out of control regarding your sexual behaviors?
20. Have you promised yourself or others to stop sexual behaviors only to find yourself engaging in them again?

**\*If you have answered YES to any of these questions you could benefit from a professional evaluation. Please contact Pathways Institute for Impulse Control for information about treatment. All inquiries are strictly confidential.**

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