**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 dreams.
21. I have trouble stopping my sexual behavior when I know it’s 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 afterwards.
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 counselling from a certified sexual addiction therapist. For more information and resources visit [www.puredesire.org](http://www.puredesire.org).

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