

13 Ways to Know If You Are Addicted to Pornography?

Warning Signs

- 1. Do you keep secrets about your activities from those around you?***
- 2. Do you keep excuses at the ready for inevitable questions?***
- 3. Do you find yourself looking for sexually arousing articles or scenes in newspapers, magazines or other media?***
- 4. Do you find that romantic or sexual fantasies interfere with work?***
- 5. Do you find you would rather seek out porn rather than face problems?***
- 6. Do you frequently want to get away from a sex partner after having sex?***
- 7. Do you frequently feel remorse, shame, or guilt after a sexual encounter?***
- 8. Do you need the print or video images in order to engage in sex?***
- 9. Do you fear that you have no sexual feelings, that you are asexual?***
- 10. Is it taking more variety and frequency of sexual and romantic activities than previously to bring the same levels of excitement and relief?***
- 11. Have you ever been arrested or are you in danger of being arrested because of your practices of voyeurism, exhibitionism, prostitution, indecent phone calls, etc.?***
- 12. Has your behavior ever left you feeling hopeless, alienated from others, or suicidal?***
- 13. Has anyone told you that you might have a problem?***