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SEX ADDICTION SCREENING TEST

Individuals struggling with sexual addiction present with a variety of symptoms. The **PATHOS** test provides a simple test to determine if additional screening is may be helpful. If you, or a loved one, answer **affirmative to two or more questions**, you or your loved one may be struggling with sexual addiction.

1. Do you often find yourself preoccupied with sexual thoughts? (**P**reoccupied)
2. Do you hide some of your sexual behavior from others? (**A**shamed)
3. Have you ever sought help for sexual behavior you did not like? (**T**reatment)
4. Has anyone been hurt emotionally because of your sexual behavior? (**H**urt others)
5. Do you feel controlled by your sexual desire? (**O**ut of Control)
6. When you have sex, do you feel depressed afterwards? (**S**ad)

Answering yes to two or more of these questions does not diagnose you as struggling with a sexual addiction. It simply means a consultation session with a trained therapist should be considered. If you did answer affirmative to two or more questions, or you did not or are unsure, and would like to schedule an appointment, please contact us.