

# AM I ADDICTED TO PORN?

## A 20 Question Self-Help Test for Women

As a sex addiction specialty psychotherapist, I've been working with women since 2006 to support them to deal with problems with relationships, sexuality and pornography. I've also researched hundreds of additional case studies, mostly from women under age 30 describing the negative effects related to their porn use. These are the top 20 most common frequently cited symptoms from women. Take the test and an honest look at your results, preferably talking them over with someone that you trust.

### Answer Yes or No

1. I am not as or not at all attracted to real partners or find a to partner – I choose porn instead, and stay isolated.
2. I don't enjoy sex without pornography – in-person sex is boring.
3. I'm using more disturbing, violent pornography that is outside my value system – but I use it anyway.
4. I'm desensitized – I seek more and more stimulation, more extreme input, and constant novelty in porn.
5. I've lost sensitivity in my genitals during sex – I have less feeling, less pleasure – pleasure comes more from a “mental push” or fantasy, rather than connection and touch, real-time.
6. I use a vibrator or other sex toys too much, causing problems.
7. I have “Premature Orgasms” – orgasms that happen because of mental desire, but no significant physical arousal; a fast orgasm that feels premature – my physical excitation is low and the quality of my orgasm is mediocre; it's a physical release that doesn't feel great – just a body-reflex orgasm rather than something building more gradually.
8. I feel insecure and competitive with women or couples I see in porn, and have changed my appearance to fit the “standards” of porn (e.g., anal bleaching, waxing, labial surgery, breast surgery, etc.). Or, I am obsessing about doing this.
9. I'm dependent on porn use to relax, get sleep every night, get up every day deal with stress.
10. I over-focus on sex, and don't have the urge for non-erotic touch, cuddling and closeness.
11. I've absorbed extreme sexual fantasies from the outside in, based on pornography, and then look for this in real life to act it out.
12. I have flashbacks during sex of porn images that intrude on my ability to be present to a partner.
13. I can't be present mentally, concentrate, or focus in everyday life due to fantasies from porn.
14. I see men and/or other women in life as sex objects (like porn images); I don't enjoy their real beauty and complexity as individuals.
15. I binge on porn, and it interferes with my health, time, relationships, social life, school/work, or other important areas of life.
16. I feel irritable when I can't get porn or feel separated from my “source” of porn (like phone, tablet, laptop, etc.).
17. I feel pressured by porn to try sexual behaviors that are uncomfortable, against my values, or cause injury – or pressured by porn-influenced male or female partners.
18. I act fake during sex; pretending to be like a porn performer during sex as opposed to being myself. I don't know how to act during sex except what I've seen in porn.
19. I feel shame yet continue to use porn, or porn-influenced sexual behaviors.
20. I have tried to stop using porn but I can't.