

Love Addiction Test

The following 25 questions are meant to be a simple a guideline for identifying the possible signs of love addiction. Love addiction is not an official diagnosis thus these questions do not provide a diagnosis; however, your affirmative answers may be an indicator that love addiction presents in your relationships. Every love addict's unique pattern plays out in their relationships, which may be reflected in the answers to these questions giving you a quick and effective tool for self-diagnosis. Please note that love addiction is a matter that needs professional attention. If you answer in the affirmative to five or more questions you may have a problem and should seek professional help.

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| Yes | No | 1. | Does your life feel unmanageable due to your sexual and/or romantic behavior or excessive dependency needs? |
| Yes | No | 2. | Do you find yourself trying to deal with or wanting to escape life's problems through the use of sex or "relationships"? |
| Yes | No | 3. | Was there ever a point that you wished you could stop or control your sexual and romantic activities for a given period of time? |
| Yes | No | 4. | Have you or do you have sex regardless of the consequences (e.g. the threat of being caught, risk of pregnancy, the risk of contracting STIs, etc.)? |
| Yes | No | 5. | Do you engage in the practices of voyeurism, exhibitionism, etc., in ways that bring emotional discomfort or pain? |
| Yes | No | 6. | Does your spiritual life feel negatively affected by your sexual and/or romantic life? |
| Yes | No | 7. | Does your sexual and/or romantic behavior affect your reputation? |
| Yes | No | 8. | Do you feel that you would lack your identity if you were not someone's lover, romantic interest, or partner? |
| Yes | No | 9. | Do you feel that life would have little to no meaning without a love relationship or without sex? |
| Yes | No | 10. | Do you feel that you're not "really alive" unless you are with your sexual / romantic partner? |
| Yes | No | 11. | Do you generally believe that the problems in your life result from continuing to remain with the "wrong" romantic or sexual partner? |
| Yes | No | 12. | Do you find yourself in relationships that you believe that you cannot leave? |
| Yes | No | 13. | Do you feel bored in doing everyday activities unless there is someone around with whom you can flirt? |
| Yes | No | 14. | Have you ever had a serious relationship threatened or destroyed because of outside sexual or romantic activity? |
| Yes | No | 15. | Do you find that you have a pattern of repeating unhealthy or toxic relationships? |
| Yes | No | 16. | Do you have a pattern of feeling emotionally dependent on a romantic or sexual interest? |
| Yes | No | 17. | Do you feel desperate about your need for a sexual interaction, the obtainment of a lover or future mate? |
| Yes | No | 18. | Do you feel desperation or uneasiness when you are away from your sexual or romantic partner? |
| Yes | No | 19. | Do you believe that someone romantically or sexually in your life can "fix" you? |
| Yes | No | 20. | Have you ever felt that you were obligated or "needed" to have sex? |
| Yes | No | 21. | Do you get "high" from sex and/or romantic interactions? Do you crash? |
| Yes | No | 22. | Do you feel that you don't want anyone to know about your sexual or romantic activities? |
| Yes | No | 23. | Do you feel you need to hide sexual or romantic activities from others – friends, family, co-workers, counselors, etc.? |
| Yes | No | 24. | Have you had or do you have sex with someone you don't (didn't) want to have sex with? |
| Yes | No | 25. | Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you? |