

Internet Sex Addiction Assessment (ISAS)

Please respond to the following questions with a "Yes" or "No" answer.

Yes No	1.	Do you spend increasing amounts of time online focused on sexual or romantic intrigue or involvement?
Yes No	2.	Are you or have you ever been involved in multiple romantic or sexual affairs in chat rooms, online hook-up sites or BBS?
Yes No	3.	Do you not consider online sexual or romantic "affairs" to be a possible violation of spousal or partnership commitments?
Yes No	4.	Have you had failed attempts to cut back on the frequency of online sexual and romantic involvement or interaction?
Yes No	5.	Does your online use interfere with work (e.g., tired or late due to previous night's use, online while at work, etc.)?
Yes No	6.	Does your online use interfere with primary relationships (e.g. minimizing or lying to partners about online activities, spending less time with family or partners)?
Yes No	7.	Do you have an intense engagement in collecting internet pornography?
Yes No	8.	Do you engage in fantasy online acts or experiences which would be illegal if carried out (e.g. rape, child molestation)?
Yes No	9.	Do you have decreased social or family interactive time due to online fantasy involvement?
Yes No	10.	Are you being secretive or lying about the time spent online or about the type of sexual/romantic fantasy activities carried out online?
Yes No	11.	Do you engage with sexual or romantic partners you have met online, while also involved in marital or another primary relationship?
Yes No	12.	Have you had increasing complaints and concerns from family or friends about the amount of time spent online?
Yes No	13.	Do you frequently become angry or extremely irritable when asked to give up online involvement to engage with partners, family or friends?
Yes No	14.	Is your primary focus of sexual or romantic life increasingly related to online activity (pornography, hook-up sites, chat rooms, etc.)?

If you responded "Yes" to 1 - 3 of these symptoms, this may be an area of concern and should be openly discussed with a trusted friend or family member. More than 3 positive answers would indicate the need to consider more professional counseling with someone trained in the treatment of sex addiction and consideration of a 12-step support program for sex addicts.

Adapted from the Sexual Recovery Institute.