

Diagnostic Criteria for Sexual Addiction

Presence of five or more of the following:

1. Sexual obsession and fantasy is a primary coping strategy.
2. Sexual behavior is central organizing principle of daily life.
3. Inordinate amounts of time spent in obtaining sex, being sexual, or recovering from sexual experience.
4. Amount, extent, or duration of sexual behavior often exceeds what person intended.
5. Severe mood shifts around sexual acting out.
6. Escalating pattern of increasing amounts of sexual experience.
7. Persistent pursuit of self-destructive or high-risk sexual behavior.
8. Persistent desire or efforts to limit sexual behavior.
9. Inability to stop behavior despite adverse consequences.
10. Pattern of out of control sexual behavior for two years.
11. Pattern of alternating excessive control and out of control behavior over five years.
12. Severe consequences due to sexual behavior.
13. Presence of clear hierarchy of sexual acting out behaviors.
14. Important social, occupational, or recreational activities sacrificed or reduced because of sexual behavior.
15. Presence of any three of the following associated conditions:
 - extreme sexual shame
 - depression
 - other addictions
 - has been or is currently victim of sexual abuse
 - has been or is victim of emotional or physical abuse
 - secret or "double life" due to sexual behavior
 - sexualizing of nurturing
 - few or no non-sexual relationships
 - suicidal ideation or attempt
 - presence of sex-negative behavior
 - excessive reliance on denial
 - presence of co-dependent personality disorder