

Problem Sexual Behavior Quiz: Check each answer based on any of the below symptoms you identify with.

1) Do you spend a lot of time involved in pursuing or engaged in sexual activity?

2) Do you feel that your sexual behavior is out of control?

3) Do you feel shame or a high degree of guilt after engaging in some or all of your sexual activities?

4) Are you emotionally isolated?

5) Do you keep some or all of your sexual activities a secret from others?

6) Do you tend to behave impulsively or react on a 'hair trigger'?

If you checked 4 or more of the above answers, you may be suffering from problem or out of control sexual behavior. To find out more about how I can help, please call or e-mail me at 512-374-0100 or scott@scottkampschaeferlcsww.com