



Love Addiction Quiz

The following 25 questions are meant to be a simple checklist to guide you in trying to decide if you have a problem with love addiction. It is not a tool to provide a definitive diagnosis and there is no current official diagnosis for love addiction. Taking this quiz will help to identify areas that could be a problem in need of therapeutic intervention. Love addicts have a distinct pattern of getting involved in and out of relationships. This pattern may be reflected in the answers you provide to these questions giving you quick and effective insight as to whether or not you have a love addiction problem. Love addiction is a matter that needs therapeutic intervention. If you answer *Yes* to five or more questions you may have a problem and should seek professional help.

1. When considering all of your choices of whom you engaged in a relationship and with whom you chose to have sex partners 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 unsuccessfully cope problems you have by escaping through the use of sex or “relationships”?

Yes No

3. Was there ever a time that you wished you could stop or control your sexual and romantic activities, but were not able to do so?

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. Has your sexual and/or romantic behavior affected your reputation or do you fear it will?

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?

Yes No