

Cybersex Self Test

Written by Dr. Kimberly Young

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Cybersex Self Test

Answer "yes" or "no" to the following statements:

1. Do you routinely spend time in sex chat rooms and instant messaging with the sole purpose of finding cybersex?
2. Do you feel preoccupied with using the Internet for cybersex?
3. Do you frequently use anonymous communication to engage in sexual fantasies not typically carried out in real-life?
4. Do you anticipate your next online session with the expectation that you will find sexual arousal or gratification?
5. Do you move from cybersex to phone sex or even real-life meetings?
6. Do you hide your online interactions from your significant other?
7. Do you feel guilt or shame from your online use?
8. Did you accidentally become aroused by cybersex at first, and now find that you actively seek it out when you log online?
9. Do you masturbate when having cybersex or looking at online pornography?
10. Do you feel less interest with your real-life sexual partner only to prefer cybersex as a primary form of sexual gratification?

If you answered "yes" to any of the above questions, you may be addicted to cybersex. With the availability of adult sites and sex chat rooms, more and more people like yourself have come to realize their initial curiosity has turned into an addiction.

Help is available. Please read Dr. Young's book, [Tangled in the Web: Understanding Cybersex from Fantasy to Addiction](#) or her
ebooklet,

[Getting Web Sober: Help for Cybersex Addicts and Their Families](#)

that provides a step-by-step recovery system for online sex addicts and their partners. You may also contact Dr. Young personally through her

[Counseling Services](#)

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