

## HYPERSEXUAL BEHAVIOR CONSEQUENCES SCALE

Below are a number of statements that describe various consequences people experience because of their sexual behavior and activities.

As you respond to each statement, indicate the extent to which each item applies to you.  
If you haven't experienced a particular item, indicate the likelihood that you will in the future.

Use the scale below to guide your responses and write a number to the left of each statement.

For the purpose of this survey:

Sex is defined as any activity or behavior that stimulates or arouses a person with the intent to produce an orgasm or sexual pleasure.

Sexual behaviors may or may not involve a partner (e.g. self-masturbation or solo-sex, using pornography, intercourse with a partner, oral sex, anal sex, etc.).

Hasn't happened and is unlikely to happen 1	Hasn't happened but might happen 2	Hasn't happened but will very likely happen 3	Has happened once or twice 4	Has happened several times 5
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1. \_\_\_\_ I have lost a job because of my sexual activities.
2. \_\_\_\_ I have failed to keep an important commitment because of my sexual activities.
3. \_\_\_\_ A romantic relationship has ended because of my sexual activities.
4. \_\_\_\_ I have gotten a sexually transmitted disease or infection because of my sexual activities.
5. \_\_\_\_ I have had legal problems because of my sexual activities.
6. \_\_\_\_ I have been arrested because of my sexual activities.
7. \_\_\_\_ Important goals have been sacrificed because of my sexual activities.
8. \_\_\_\_ I have experienced unwanted financial losses because of my sexual activities.
9. \_\_\_\_ I have emotionally hurt someone I care about because of my sexual activities.
10. \_\_\_\_ I have betrayed trust in a significant relationship because of my sexual activities.
11. \_\_\_\_ My sexual activities have interfered with my ability to experience healthy sex.
12. \_\_\_\_ My sexual activities have interfered with my work or schooling.
13. \_\_\_\_ I have been humiliated or disgraced because of my sexual activities.
14. \_\_\_\_ I have lost the respect of people I care about because of my sexual activities.
15. \_\_\_\_ The way I think about sex has been negatively distorted because of my sexual activities.
16. \_\_\_\_ My sexual activities have negatively affected my mental health (e.g. depression, stress).
17. \_\_\_\_ I have become socially isolated and withdrawn from others because of my sexual activities.
18. \_\_\_\_ The quality of my personal relationships has suffered because of my sexual activities.
19. \_\_\_\_ My self-respect, self-esteem, or self-confidence, has been negatively impacted by my sexual activities.
20. \_\_\_\_ My ability to connect and feel close to others has been impaired by my sexual activities.
21. \_\_\_\_ My spiritual well-being has suffered because of my sexual activities.
22. \_\_\_\_ My sexual activities have interfered with my ability to become my best self.
23. \_\_\_\_ I have become dependent on drug or alcohol because of my sexual activity (DBH)