

QUIZ: AM I HYPERSEXUAL DUE TO TRAUMA?



Read the statements and check any boxes that describe your behaviors. This quiz is not a diagnostic tool but can serve as a starting point for understanding your relationship with hypersexuality and trauma. Call Icarus Behavioral Health at 505.305.0902 for an assessment.

- DO YOU ACT ON SEXUAL URGES MORE FREQUENTLY THAN YOU'D LIKE?
- IS SEX YOUR GO-TO COPING TOOL FOR STRESS OR ANXIETY?
- ARE YOU UNABLE TO CONTROL URGES, EVEN IF THEY CAUSE ISSUES?
- DO YOU HAVE UNSAFE SEX DESPITE THE CONSEQUENCES?
- DO YOU FEEL GUILTY AFTER SEX BUT CONTINUE THE REPEATED BEHAVIOR?
- HAS SEX DISRUPTED YOUR RELATIONSHIPS, WORK, OR RESPONSIBILITIES?
- DO YOU HAVE SEX TO AVOID YOUR SADNESS?
- DO YOU FEEL DISCONNECTED OR DETACHED DURING SEXUAL ACTS?
- DOES SEX MAKE YOU FEEL RELIEVED OR EMOTIONALLY NUMBED?
- HAVE YOU EVER EXPERIENCED A TRAUMATIC EVENT?



IS IT TIME FOR PROFESSIONAL HELP?

- **0-3 Checks** | Low risk of hypersexuality due to trauma. Maintain your self-awareness and seek professional help if you see additional red flags later.
- **4-6 Checks** | Moderate risk of hypersexual behaviors. Explore your behaviors further with a licensed therapist or counselor.
- **7-10 Checks** | High risk hypersexuality; seek help from a therapist, as your sexual activities may endanger your mental health + other facets of your life.