



NSI The NeuroScience Institute

Neurological Tests & Treatments

WHAT IS CONTROLLING YOUR RESPONSES, Impulsive-BEHAVIORS ?

Are You Suffering With Sexual Compulsiveness

- Do you frequently experience remorse, depression, or guilt about your sexual activity?
- Do you feel your sexual drive and activity is getting out of control? Have you repeatedly tried to stop or reduce certain sexual behaviors, but inevitably you could not?
- Are you unable to resist sexual advances, or turn down sexual propositions when offered?
- Do you use sex to escape from uncomfortable feelings such as anxiety, fear, anger, resentment, guilt, etc. which seem to disappear when the sexual obsession starts?
- Do you spend excessive time obsessing about sex or engaged in sexual activity?
- Have you neglected your family, friends, spouse or relationship because of the time you spend in sexual activity?
- Do your sexual pursuits interfere with your work or professional development?
- Is your sexual life secretive, a source of shame, and not in keeping with your values? Do you lie to others to cover up your sexual activity?
- Are you afraid of sex? Do you avoid romantic and sexual relationships with others and restrict your sexual activity to fantasy, masturbation, and solitary or anonymous activity?
- Are you increasingly unable to perform sexually without other stimuli such as pornography, videos, "poppers," drugs/alcohol, "toys," etc.?
- Do you have to resort increasingly to abusive, humiliating, or painful sexual fantasies or behaviors to get sexually aroused?
- Has your sexual activity prevented you from developing a close, loving relationship with a partner? Or, have you developed a pattern of intense romantic or sexual relationships that never seem to last once the excitement wears off?
- Do you only have anonymous sex or one-night stands? Do you usually want to get away from your sexual partner after the encounter?
- Do you have sex with people with whom you normally would not associate?
- Do you frequent clubs, bars, adult bookstores, restrooms, parks and other public places in search of sexual partners?
- Have you ever been arrested or placed yourself in legal jeopardy for your sexual activity?
- Have you ever risked your physical health with exposure to sexually transmitted diseases by engaging in "unsafe" sexual activity?
- Has the money you spent on pornography, videos, phone sex, or hustlers/prostitutes strained your financial resources?
- Have people you trust expressed concern about your sexual activity?
- Does life seem meaningless and hopeless without a romantic or sexual relationship?

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