

Cybersex Questionnaire

by Eric Griffin-Shelley, Ph.D.

Do you know how to use a computer? \_\_\_\_Yes \_\_\_\_No

Do you rent or own a computer? \_\_\_\_Yes \_\_\_\_No

Do you use a computer at work? \_\_\_\_Yes \_\_\_\_No

Do you have access to the Internet? \_\_\_\_Yes \_\_\_\_No

At home? \_\_\_\_Yes \_\_\_\_No

At work? \_\_\_\_Yes \_\_\_\_No

How many hours per week do you spent online? \_\_\_\_\_hours/week

At home? \_\_\_\_\_hours/week

At work? \_\_\_\_\_hours/week

Do you spend more time on the computer or on the Internet than you intend? \_\_\_\_Yes  
\_\_\_\_No

Do you feel ashamed or guilty about any of your computer or Internet activities? \_\_\_\_Yes \_\_\_\_No

How often per week are you tempted to act out with the computer? \_\_\_\_\_/week.

How often per week are you tempted to act out with the Internet? \_\_\_\_\_The same amount as with the computer or \_\_\_\_\_/week.

How often per week do you act out with the computer? \_\_\_\_\_/week.

How often per week do you act out with the Internet? \_\_\_\_\_The same amount as with the computer or \_\_\_\_\_/week.

Do you visit free pornography sites? \_\_\_\_ Yes \_\_\_\_ No

Are you a paying member of adults sites? \_\_\_\_ Yes \_\_\_\_ No

Do you have sexual websites “bookmarked” or have you saved their addresses \_\_\_\_\_ anywhere?  
\_\_\_\_ Yes \_\_\_\_ No

Do you visit chat rooms with adult or pornographic topics or discussion? \_\_\_\_ Yes \_\_\_\_ No

Do you visit newsgroups with adult or pornographic topics or discussion? \_\_\_\_ Yes \_\_\_\_ No

Do you use intriguing, flirting, or overtly sexual instant messages (I.M.'s) with people that you met on chat rooms? \_\_\_\_ Yes \_\_\_\_ No

Do you use anonymous communication to engage in sexual fantasies online? \_\_\_\_ Yes \_\_\_\_ No

Do you not consider online sexual or romantic “affairs” a violation of your spousal or partnership commitment?  Yes  No

Do you engage in “cybersex,” i.e., sexual exchanges with someone who is also online?  Yes  No

Have you moved from “cybersex” to phone sex?  Yes  No

Have you arranged to meet someone for a sexual encounter whom you met online?  Yes  No

Do you ever fantasize about someone that you met online while having sexual contact with your off-line partner?  Yes  No

Have you ever been caught viewing sexual material on your computer or on the Internet?  Yes  No

Do you have multiple relationships with people online?  Yes  No

Are these relationships sexual in any way?  Yes  No

Do you use pornography on computer discs or C.D.'s?  Yes  No

Negative Consequences:

Has anyone (family, friends, coworkers, boss, or employer) complained about your use of the computer or the Internet? \_\_\_\_Yes \_\_\_\_No

Has the use of the computer and/or Internet for adult sexual material negatively effected your:

Use of leisure time? \_\_\_\_Yes \_\_\_\_No

Friendships? \_\_\_\_Yes \_\_\_\_No

Couples relationship? \_\_\_\_Yes \_\_\_\_No

Family relationships? \_\_\_\_Yes \_\_\_\_No

Work? \_\_\_\_Yes \_\_\_\_No

Productivity? \_\_\_\_Yes \_\_\_\_No

Do you experience a "high" when engaged in computer or Internet sexual activities? \_\_\_\_Yes  
\_\_\_\_No

Do you find that you are preoccupied with computer or Internet sexual activities? \_\_\_\_Yes  
\_\_\_\_No

Do you find that you are obsessed with computer or Internet sexual activities? \_\_\_\_Yes  
\_\_\_\_No

Have you developed a tolerance for computer or Internet sexual activities? \_\_\_\_Yes \_\_\_\_No

Have you attempted to cut back on your computer or Internet sexual activities? \_\_\_\_\_ Yes  
\_\_\_\_\_ No

Have you lost control of your computer or Internet sexual activities? \_\_\_\_\_ Yes  
\_\_\_\_\_ No

Do you feel compelled to engage in computer or Internet sexual activities? \_\_\_\_\_ Yes \_\_\_\_\_ No

Have you experienced withdrawal when you cannot engage in computer or Internet sexual activities?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

Have you experienced cravings for computer or Internet sexual activities? \_\_\_\_\_ Yes \_\_\_\_\_ No

Do you feel physically dependent on engage in computer or Internet sexual activities? \_\_\_\_\_ Yes  
\_\_\_\_\_ No

Do you feel psychologically dependent on engage in computer or Internet sexual activities?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

Do you experience a personality change when you are engaged in computer or Internet sexual activity? \_\_\_\_\_ Yes \_\_\_\_\_ No

Do you keep your computer or Internet sexual activities secret? \_\_\_\_\_ Yes \_\_\_\_\_ No

Have you engaged in online fantasy activity that would be illegal if it were carried out?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

Do people on your off-line world know what you do online? \_\_\_\_\_ Yes \_\_\_\_\_ No

Do people on your online world know what you do off-line? \_\_\_\_Yes \_\_\_\_No

What positive efforts have you made to manage your computer and Internet use?

Do you limit your time and activity in any way? \_\_\_\_Yes \_\_\_\_No

How?

Do you use any blocking software like Net Nanny? \_\_\_\_Yes \_\_\_\_No

Which one(s)?

Do you use a special Internet Service Provider (I.S.P.)? \_\_\_\_Yes \_\_\_\_No

Which one?

Do you use online "S" Fellowships? \_\_\_\_Yes \_\_\_\_No

Which ones?

Do you use online recovery communities like AOL' "Addiction and Recovery"?  
\_\_\_\_Yes \_\_\_\_No

Which ones?

Do you use listserves? \_\_\_\_Yes \_\_\_\_No

Which ones?

Do you protect yourself from unwanted pornographic spam?  Yes  No

How?

Have you ever needed a period of abstinence from the computer or Internet?  
 No

Yes

Why?