

Are you or someone you love  
...struggling with online sexual behavior  
...or abusing sexually oriented materials  
on the internet?

THERE IS HELP....

THERE IS HOPE...

# CYBERSEX FREE

Treatment for recovering from  
Internet Sex Addiction

630-653-1923



A Program of

Life Enrichment Services, Inc.  
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**5 Factors** especially play a part in making the Internet enormously appealing for someone seeking sexual arousal and fulfillment. These are accessibility, isolation, anonymity, affordability, and fantasy.

## 5 Types

### RECREATIONAL CYBERSEX USERS

- “Appropriate recreational users” seem to be able to explore sex on the Internet without any sign of their behavior becoming problematic. A playful distraction; not meaningful.
- “Inappropriate recreational users” may, for example, show a sex-related site they discovered on the Net to a colleague or a friend who is not interested in the information or is even embarrassed by it.

### PROBLEMATIC CYBERSEX USERS

- “Discovery Group” are those who have no previous problem with online sex or any history of problematic sexual behavior. After they do discover the cyberworld, they quickly start making unhealthy choices.
- “Predisposed Group” are those who have had their first out-of-control sexual behavior on the Internet while obsessing over unacted-on sexual fantasies and urges. Without the Net, they might not have developed a sexual addiction problem.
- “Lifelong Sexually Compulsive Group” are those whose out-of-control sexual behavior on the Net is part of an ongoing and severe sexual behavior problem. They feel compelled to engage in computer-driven romantic or sexual activity to the detriment of their personal lives.

## 3 Categories of Cybersex

- Accessing Online Pornography, Audio, Video, and Text Stories.  
Pornographic materials can be found on personal and commercial Web pages and also exchanged via e-mail and discussion or news groups. Thousands of sex-related news groups exist on the Net.
- Real Time with a Fantasy Partner.  
Current technology provides ways to exchange images and files online during a live conversation. Some live vendor sites accept requests for specific sexual behaviors from online users. A fee is common; some sites are accessed free.
- Multimedia Software. Offline, people engage in sexual games, play x-rated movies on a desktop or laptop computer.

## INTERNET SEX SCREENING TEST

Read each statement carefully and answer honestly. If the statement is true or mostly true for you, mark the blank with a “T”. If it is false or mostly false, mark the blank with an “F”.

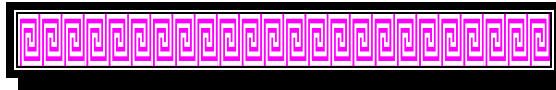
- \_\_\_ 1. I have some sexual sites bookmarked.
- \_\_\_ 2. I spend more than five hours per week using my computer for sexual pursuits.
- \_\_\_ 3. I have joined sexual sites to gain access online sexual material.
- \_\_\_ 4. I have purchased sexual products online.
- \_\_\_ 5. I have searched for sexual material through an Internet search tool.
- \_\_\_ 6. I have spent more money for online sexual material than I planned.
- \_\_\_ 7. Internet sex has sometimes interfered with certain aspects of my life.

- \_\_\_8. I have participated in sexually related chats.
- \_\_\_9. I have a sexualized user name or nickname that I use on the Internet.
- \_\_\_10. I have masturbated while on the Internet.
- \_\_\_11. I have accessed sexual sites from other computers besides my own.
- \_\_\_12. No one knows I use my computer for sexual purposes.
- \_\_\_13. I have tried to hide what is on my computer or monitor so others cannot see it.
- \_\_\_14. I have stayed up after midnight to access sexual material online.
- \_\_\_15. I use the Internet to experiment with different aspects of sexuality such as bondage and anal sex.
- \_\_\_16. I have my own Web site that contains sexually explicit material.
- \_\_\_17. I have made promises to myself to stop using the Internet for sexual purposes.
- \_\_\_18. I sometimes use cybersex as a reward for accomplishing something like finishing a project or enduring a stressful day.
- \_\_\_19. When I am unable to access sexual information online, I feel anxious, angry, or disappointed.
- \_\_\_20. I have increased the risks I take online (for example, giving out my real name and phone number or meeting people offline).
- \_\_\_21. I have punished myself for using the Internet for sexual purposes. For example, I've arranged time-out from the computer or canceled internet subscriptions.
- \_\_\_22. I have met face-to-face with someone I met online for romantic purposes.
- \_\_\_23. I use sexual humor and innuendos with others while online.
- \_\_\_24. I have run across illegal sexual material while on the Internet.
- \_\_\_25. I believe I am an Internet sex addict.

Give yourself one point for each statement you marked "true".

- If your score is 19 or above, it is very likely that you have a problem with your online sex-related activities.
- Scoring between 9 and 19 could indicate that you have some behaviors that may be problematic or that will eventually become problematic.

Important: This is a screening test and not a diagnostic test. Higher scores, however, should prompt you to learn more about your behavior and your reasons for using the Net for sexual activities.



CYBERSEX FREE, an out-patient treatment program of Life Enrichment Services, Inc., was developed to assist the addict as well as family and friends affected by the consequences of cybersex addiction.

CYBERSEX FREE, is directed by Cynthia A. Power, MA, LCPC, CAS, CST, CCGC, CSAT. "Cindy" is a Licensed Clinical Professional Counselor, an AASECT Certified Sex Therapist, and a Certified Addictions Specialist in Sex Addiction through the American Academy of Health Care Providers in the Addictive Disorders. She is also a Certified Sex Addiction Therapist through the Meadows Institute for Trauma and Addictive Disorders.

Although the Internet can enhance the lives of most of its users, the obsessive and compulsive use of cybersex can destroy the lives of those caught in its grip. Any kind of sexual activity can become obsessive and can be used in an addictive manner, but the **accessibility, affordability and anonymity** of the Internet makes online sex a particularly enticing addictive expression. Getting hooked on cybersex can lead to loss of jobs and relationships, as well as health, legal or other concerns.

## There is Help

For more information on sex addiction/cybersex addiction and access to a nationwide information network, see website:

[www.sexhelp.com](http://www.sexhelp.com)

CYBERSEX FREE, is a specialized program of Life Enrichment Services, Inc. For further information:

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