

Internet Abuse Test

1. You find yourself spending an excessive amount of time in online chat rooms, particularly in the rooms having to do with sex or sexuality, or in private rooms engaged in sexual conversations and/or cybersex. You may also find yourself spending a lot of time in general chat rooms as well.
2. You tend to find yourself gravitating towards one or more individuals with whom you have regularly scheduled, or unscheduled, but desired contacts with.
3. You find yourself becoming more depressed or lonely as you spend more time online.
4. You have made numerous attempts to have contact with individuals on the Net, either by phone, in writing, or meeting in person.
5. You find yourself hiding information from your spouse, significant other, friends, or family, regarding the amount of time and/or your activities on the Internet. In other words, you find yourself being secretive about the nature and the extent of your use.
6. You initially find yourself excited when accidentally you come upon a stimulating situation on the Internet, but now actively seek it out each time you log onto the Net.
7. You find yourself constantly having thoughts about using the Internet for purposes of making sexual connections and/or fulfilling your social and interpersonal needs
8. You find the anonymity of online interactions to be more stimulating and satisfying than your real-time relationships.
9. You find it difficult to stop logging onto the Internet and feel compelled to do so on a daily basis.

10. You experience guilt or shame about your use of the Internet.
11. You engage in masturbation fantasy or active masturbation while on line, perhaps to the exclusion of sex with your partner or spouse.
12. You find that those significant individuals in your life, including spouse, friends or family are becoming troubled with the amount of time and/or energy you are devoting to the Internet. For example your husband, wife, or children, or other significant persons in your life are complaining about your absence due to the excessive amount of time you're spending on the Net.

Score _____ (3 - 5 = warning; 6 or more = probable Internet abuse problem)