

LOVE ADDICTION SCREENING QUESTIONNAIRE

(PAGE 1 OF 2)

The following 27 questions are designed to be used as a guideline for identifying signs of love addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that love addiction is not present. Many love addicts have varying patterns and levels of self-awareness, which may impact the way in which they approach and answer these questions. Despite this fact, it has been found that short, to-the-point questions can be an effective tool for self-diagnosis. When answering the questions, please answer "yes" if you've experienced the behavior at any time in your life, not just currently. The diagnosis of love addiction is a matter that needs to be both very serious and very private.

- | | | |
|-----|----|-----------------------------------------------------------------------------------------------------------------------------------|
| Yes | No | 1. Have you ever tried to control how often you see someone romantically? |
| Yes | No | 2. Do you ever feel a rush or "high" from romance, fantasy or intrigue? |
| Yes | No | 3. Do you feel desperation or anxiety when away from your lover or partner? |
| Yes | No | 4. Do you believe that a romantic relationship will make your life bearable or worthwhile? |
| Yes | No | 5. Are you unable to stop seeing a specific person even though you know that person is destructive or hurtful toward you? |
| Yes | No | 6. Do you have difficulty being alone? |
| Yes | No | 7. Do you feel that life would have little or no meaning without a romantic relationship? |
| Yes | No | 8. Do you believe that the best way to get over a previous romantic partner is to meet someone new or start another relationship? |
| Yes | No | 9. Do you have a pattern of repeating toxic or unfulfilling relationships? |
| Yes | No | 10. Does attention to your romantic relationships help you cope with or escape from life's problems? |
| Yes | No | 11. Do you find yourself flirting with or sexualizing someone even if you do not mean to? |
| Yes | No | 12. Do you ever find yourself in relationships you are unable to leave, even after they become hurtful or toxic? |
| Yes | No | 13. Do you feel worried or anxious that others may find out about your sexual or romantic activities? |
| Yes | No | 14. Have you had sex with someone so that they will like you better or love you more? |
| Yes | No | 15. Do you make promises to yourself concerning your sexual or romantic behavior that you find you have trouble keeping? |
| Yes | No | 16. Do you believe that you can "fix" your romantic partner or "make it better"? |
| Yes | No | 17. Do you feel that you're not "really alive" unless you are with your sexual/romantic partner? |
| Yes | No | 18. Has your financial stability, reputation, or standing in the community been threatened by pursuing a romantic relationship? |
| Yes | No | 19. Do you believe the problems in your love life result from continuing to engage with the "wrong" person? |
| Yes | No | 20. Do you often feel an instant closeness and complete connection with a person you just met? |

LOVE ADDICTION SCREENING QUESTIONNAIRE

(PAGE 2 OF 2)

- | | | |
|-----|----|---------------------------------------------------------------------------------------------------------------------------------------------|
| Yes | No | 21. Do you need to be with a partner or "fall in love" in order to feel satisfied or complete? |
| Yes | No | 22. Are you unable to concentrate on other areas of your life because of romantic thoughts or feelings you are having about another person? |
| Yes | No | 23. Have you ever wished you could stop or control your sexual or romantic activities for a given period of time? |
| Yes | No | 24. Do you feel that your life is unmanageable because of your excessive relationship needs? |
| Yes | No | 25. Have you ever thought that there might be more you could do with your life if you were not so driven by sexual or romantic pursuits? |
| Yes | No | 26. Have you ever insisted on maintaining contact with someone even after they have expressed their desire to end the relationship? |
| Yes | No | 27. Do you find yourself repeatedly keeping tabs on past or present romantic partners through social media, mutual friends, etc. |

If you answered Yes to 0 to 3 questions: Scores in this category fall within a range that is common among a general population and therefore it is unlikely that your romantic thoughts, feelings, and urges create significant distress or consequences in your life. Although most people in this range do not seek counseling for love addiction, if you feel your romantic/relational cravings or behavior is creating problems in your life, you might consider having an evaluation from a qualified professional.

If you answered Yes to 4 to 6 questions: Scores in this category fall within a range that is common among individuals who seek support for issues related to their romantic/relational thoughts, urges, or behavior. People with these scores often use romantic relationships to cope with various challenges in their life or they encounter undesirable consequences in relation to their romantic pursuits. You should consider having an evaluation from a qualified professional if you desire to further discuss these issues.

If you answered Yes to 7 or more questions: It is strongly recommended that people with scores in this range seek help for love addiction. People in this category frequently report multiple unsuccessful attempts to regulate their romantic thoughts, urges, and behaviors. They also frequently report that their romantic relationship choices cause significant distress and various undesirable consequences in their personal lives. People with your scores similar to yours are generally advised to strongly consider guidance from a qualified mental health professional in order to address the issues that can arise from love addiction.