

Love Addiction Self-Assessment (LASA)

Please respond to the following questions with a "Yes" or "No" answer.

Yes	No	1.	Have you ever tried to control how often you would see someone romantically?
Yes	No	2.	Do you ever get "high" from romance, fantasy or intrigue?
Yes	No	3.	Do you feel desperation or uneasiness when away from your lover or sexual partner?
Yes	No	4.	Do you believe that a romantic relationship will make your life bearable?
Yes	No	5.	Are you unable to stop seeing a specific person even though you know that person is destructive to 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 love relationship?
Yes	No	8.	Do you replace ended relationships immediately?
Yes	No	9.	Do you find that you have a pattern of repeating bad relationships?
Yes	No	10.	Does attention to your romantic relationships help you to 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?
Yes	No	13.	Do you feel that you don't want anyone to know 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 cannot follow?
Yes	No	16.	Do you believe that someone can "fix" you 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.	Have you ever threatened your financial stability, reputation, or standing in the community by pursuing a love relationship?
Yes	No	19.	Do you believe that the problems in your love life result from continuing to remain with the "wrong" person?
Yes	No	20.	Do you often feel an instant closeness and complete

		connection with people you just met?
Yes	No	21. Do you need to have sex, or “fall in love” in order to feel like a “real man” or a “real woman”?
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 and 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 and romantic pursuits?

If you answered “Yes” to 0 – 3 questions – you’re probably not love addicted

If you answered “Yes” to 4 – 6 questions – you may have a problem

If you answered “Yes” to 7 or more questions, you may want seek professional help from someone trained in the treatment of sex and love addiction to understand and overcome your compulsion.

Adapted from Patrick Carnes, Ph.D., Pia Mellody, and Sex and Love Addicts Anonymous’ “40 Questions for Self Diagnosis”