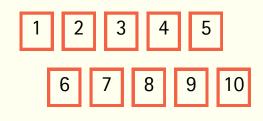
SELF-ASSESSMENT CHECKLIST

Thoughts

Rate your understanding of hypersexuality from 1–10. Shade, circle or tick!



Triggers

Identify the triggers that may influence your hypersexual behaviour.

Self-Care

Write down a list of self-care activities that you have tried, want to try or are intrigued by.

Goals

List three goals you want to achieve in managing your hypersexuality.

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