

SELF-ASSESSMENT CHECKLIST

Thoughts

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

1 2 3 4 5

6 7 8 9 10

Triggers

Identify the triggers that may influence your hypersexual behaviour.

Goals

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

Self-Care

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