

# 5 QUESTIONS

TO ASSESS PROBLEMATIC SEXUAL BEHAVIOR

1 **COMMITMENT** – Are you **keeping your promises?**

2 **VALUES** – Are you **OK with what you are doing?**

3 **RESPONSIBILITY** – Are you **protecting others?**

4 **NEGATIVE CONSEQUENCES** – Is everything **OK?**

5 **CONTROL** – Are you **in control of yourself?**



**SEXUAL BEHAVIOR THAT CONFLICTS**  
with your commitments, values, responsibility to others or  
self-control is problematic sexual behavior. Find support.

 **SASH**

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