



Newsletter August 2002

Featured Article Provided By Terre Buck, M.A.

Patrick Carnes Ph.D. & Sharon O'Hara MA

The Women's Sexual Screening Addiction Test (W-SAST) is designed to assist the assessment of sexually compulsive or "addictive" behavior. Answer each question yes or no. Depending on the particular pattern of symptoms:

- 1- 3 of these symptoms found to be true may be an area of concern and should be openly discussed with a friend or family member
- More than 3 positive answers would indicate the need to consider more professional addiction and consideration of a 12 step support program like those for Sexual Addicts
- 6 or more true answers clearly presents a problem with potentially self abusive and/or dangerous consequences. Should seek treatment.

Women's Sexual Addiction Screening Test (W-SAST)

Yes No 1. Were you sexually abused as a child or adolescent?

Yes No 2. Do you regularly purchase romance novels or sexually explicit magazines?

Yes No 3. Have you stayed in romantic relationships after they become emotionally or physically abusive?

Yes No 4. Do you often find yourself preoccupied with sexual thoughts or romantic day dreams?

Yes No 5. Do you feel that your sexual behavior is normal?

- Yes No 6. Does your spouse [or significant other(s)] ever worry or complain about your sexual behavior?
- Yes No 7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?
- Yes No 8. Do you ever feel bad about your sexual behavior?
- Yes No 9. Has your sexual behavior ever created problems for you and your family?
- Yes No 10. Have you ever sought help for sexual behavior you did not like?
- Yes No 11. Have you ever worried about people finding out about your sexual activities?
- Yes No 12. Has anyone been hurt emotionally because of your sexual behavior?
- Yes No 13. Have you ever participated in sexual activity in exchange for money or gifts?
- Yes No 14. Do you have times when you act out sexually followed by periods of celibacy (no sex at all)?
- Yes No 15. Have you made efforts to quit a type of sexual activity and failed?
- Yes No 16. Do you hide some of your sexual behavior from others?
- Yes No 17. Do you find yourself having multiple romantic relationships at the same time?
- Yes No 18. Have you ever felt degraded by your sexual behavior?
- Yes No 19. Has sex or romantic fantasies been a way for you to escape your problems?
- Yes No 20. When you have sex, do you feel depressed afterwards?
- Yes No 21. Do you regularly engage in sado-masochistic behavior?
- Yes No 22. Has your sexual activity interfered with your family life?
- Yes No 23. Have you been sexual with minors?
- Yes No 24. Do you feel controlled by your sexual desire or fantasies of romance?
- Yes No 25. Do you ever think your sexual desire is stronger than you are?

Featured Therapist: Judy Lewis, D.V.M.

Judy Lewis, was born in Lubbock, Texas. She graduated from Oklahoma State University with a B.S. in Animal Science and a Doctor of Veterinary Medicine. She moved to Scottsdale, Arizona, where she practices, in 1984. She is the owner of the North Ranch Animal Hospital. This is a full service companion animal veterinarian hospital with two full time veterinarians and a technical staff of five. She is a member of the Arizona Veterinary Medical Association and the American Veterinarian Medical Association. She served a 6 year term on the Board for the Arizona Veterinary Medical Association and also served a 5 year term on the Board for the Paradise Valley Emergency Animal Clinic.

Judy has been married for 20 years and has 3 boys. Two are twins that are 9 years old and the other child is 13. She has two Golden Retrievers, 1 Cat, 1 Python, and a Gecko. She is an accomplished athlete and holds a black belt in Okinwan Kempo. She was the World Champion in Kochiki (full contact fighting). She enjoys boating, wakeboarding and bass fishing. She likes weight training, yoga, hiking, and traveling overseas. **Judy is on Arizona time which is Mountain Standard Time. At the present time she is able to take e-mail and chat sessions.**

Upcoming Events

The **free online chat session** will be on August 5th, 2002 and will be hosted by Judy Lewis, DVM, our NetVet. The September chat session will be hosted by Deborah Stengel, R.N., our nurse and will be held on September 2nd., 2002.

August Contest Winner

Congratulations to Stephanie H. She is our August winner. Enjoy Stephanie.

Featured Mental Health Videotape

Co-Dependence Video

Are the feelings of others more important than your own? Do you tend to suppress your feelings? Do you place the unhealthy needs of your alcoholic teen or spouse before your own? Are you an enabler? When is help really help? You may be subject to the tendency of co-dependence . This informative self-help video gives insight to the symptoms and origins of co-dependence and allows you to master it. Let this self-help

video be your first step toward better health and wellness! By Jef Gazley, M.S. ©1998
Price: \$49.99 ea.

<http://www.asktheinternettherapist.com/codependence.asp>

Special Note

Check out our **new Virtual e-mail** function on the home page. This allows for instant e-mail sessions with any of our qualified staff.

Be sure to utilize our **free** discussion boards. These chat rooms are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

Hypnotic tapes are now available in cd format or audiotape cassette upon request. We are also in the process of recording the videotapes in digital so we may offer dvd format. These should be available in September or October. Watch for them.

Remove

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place remove in the subject.

*We believe better health
begins with better Mental Health.*

Jef Gazley M.S.

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