



## Newsletter December 2002

### Featured Article by Jef Gazley, M.S.

#### *Patrick Carnes PHD & Robert Weiss LCSW*

The Male Sexual Screening Addiction Test (G-SAST) is designed to assist the assessment of sexually compulsive or "addictive" behavior. The G-SAST provides a profile of responses which help to identify men with sexually addictive disorders. 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.

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

Yes No 2. Have you subscribed or regularly purchased/rented sexually explicit magazines or videos?

Yes No 3. Did your parents have trouble with their sexual or romantic behaviors?

Yes No 4. Do you often find yourself preoccupied with sexual thoughts?

Yes No 5. Has your use of phone sex lines, computer sex lines etc. exceeded your ability to pay for these services?

Yes No 6. Does your significant other(s), friends, or family ever worry or complain about your sexual behavior? (not related to sexual orientation)

Yes No 7. Do you have trouble stopping your sexual behavior when you know it is inappropriate and/or dangerous to your health?

Yes No 8. Has your involvement with pornography, phone sex, computer board sex, etc. become greater than your intimate contacts with romantic partners?

- Yes No 9. Do you keep the extent or nature of your sexual activities hidden from your friends and/or partners? (not related to sexual orientation)
- Yes No 10. Do you look forward to events with friends or family being over so that you can go out to have sex?
- Yes No 11. Do you visit sexual bath houses, sex clubs and/or video bookstores as a regular part of your sexual activity?
- Yes No 12. Do you believe that anonymous or casual sex has kept you from having more long term intimate relationships or from reaching other personal goals?
- Yes No 13. Do you have trouble maintaining intimate relationships once the "sexual newness" of the person has worn off?
- Yes No 14. Do your sexual encounters place you in danger of arrest for lewd conduct or public indecency?
- Yes No 15. Have you spent time worrying about being HIV positive, and continue to engage in risky or unsafe sexual behavior anyway?
- Yes No 16. Has anyone ever been hurt emotionally by events related to your sexual behavior, e.g. lying to partner or friends, not showing up for event/appointment due to sexual liaisons, etc., (not related to sexual orientation)?
- Yes No 17. Have you ever been approached, charged, arrested by the police, security, etc. due to sexual activity in a public place?
- Yes No 18. Has sex been a way for you to escape your problems?
- Yes No 19. When you have sex, do you feel depressed afterwards?
- Yes No 20. Have you made repeated promises to yourself to change some form of your sexual activity only to break them later? (not related to sexual orientation)
- Yes No 21. Have your sexual activities interfered with some aspect of your professional or personal life, e.g. unable to perform at work, loss of relationship? (not related to sexual orientation)
- Yes No 22. Have you engaged in unsafe or "risky" sexual practices even though you knew it could cause you harm?
- Yes No 23. Have you ever paid for sex?
- Yes No 24. Have you ever had sex with someone just because you were feeling aroused and later felt ashamed or regretted it?
- Yes No 25. Have you ever cruised public restrooms, rest areas and/or parks looking for sexual encounters with strangers?

## **Featured Therapist: Jef Gazley, M.S.**

Jef Gazley has practiced psychotherapy for twenty-six years, specializing in Love Addiction, Hypnotherapy, Relationship Management, Dysfunctional Families, Co-Dependency, Professional Coaching, and Trauma Issues. He is a trained counselor in EMDR, NET, TFT, and Applied Kinesiology. Jef received his B.A. in Psychology, History, and Teaching from the University of Washington, and his Masters in Counseling from the University of Oregon. Jef is State Certified in General Counseling, Marriage/Family, and Chemical Dependency. He is dedicated to guiding individuals to achieving a life long commitment to mental health and relationship mastery. His private practice locations are Scottsdale and Tempe, Arizona. Jef's hobbies include music, and a love for all sports (he's an expert fencer). His favorite readings are history, biographies, and Russian authors. Jef resides in Scottsdale, Arizona with his partner, Jan, three cats and a dog. **He is available from 1PM to 5PM on Sunday. He accepts audiovisual, telephone, chat, and e-mail modalities.**

## **Upcoming Events**

The **free online chat session** will be on December 1st, 2002 and will be hosted by Dr. Judith Allen. The January 5<sup>th</sup> 2003 chat session will be hosted by Jef Gazley, M.S.

## **December Contest Winner**

Congratulations to James T. He is our December winner. Enjoy James.

## **Featured Hypnosis Audiotape**

### **Sleep Tape - Beach**

Imagine yourself on a secluded white sand beach in total relaxation! Palm trees are swaying in a gentle breeze, and waves are rolling onto the beach in a hypnotic rhythm. Stop anxiety attacks. This hypnotic tape sleep aid uses beach guided imagery and background music from "Peaceful Pond" by Dean Evenson (BMI) (c) 1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S. ©1998

**Price: \$15.00 ea.**

[http://www.asktheinternettherapist.com/hypnosis\\_sleep\\_tape\\_beach.asp](http://www.asktheinternettherapist.com/hypnosis_sleep_tape_beach.asp)

## **Special Note**

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.

## **Remove**

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

*Happy Holidays!*

*We believe better health  
begins with better Mental Health.*  
Jef Gazley M.S.  
[www.asktheinternettherapist.com](http://www.asktheinternettherapist.com)