

The PATHOS Assessment

Answer **Yes** or **No** to each question.

Preoccupied – Do you often find yourself preoccupied with sexual thoughts?

Ashamed – Do you hide some of your sexual behavior from others?

Treatment – Have you ever sought therapy for sexual behavior you did not like?

Hurt others – Has your sexual behavior ever created problems for you or your family?

Out of control – Do you feel controlled by your sexual desire?

Sad – When you have sex, do you feel depressed afterwards?

Understanding Your Results

If you answered “**Yes**” to **three or more questions**, it may indicate that your sexual behavior is moving into unhealthy or compulsive patterns.

This does not define you — but it may be a signal to take action and seek support.

If you answered “**Yes**” to **fewer than three**, but you still feel distress about your behavior, you may also benefit from resources and support.

Next Steps & Resources

If your results raise concern, consider taking these next steps:

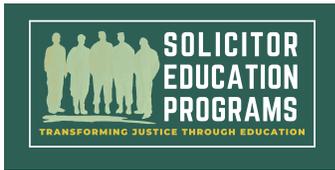
Local Support:

180 Ministries (Columbus) — Faith-based recovery and accountability for men.

SEP Family Support Group — For spouses, partners, and family members navigating the discovery of a loved one’s behaviors.

Peer Support:

Sex Addicts Anonymous (SAA) — Fellowship and support groups, locally and online.



Professional Help:

A licensed counselor or therapist specializing in sexual compulsivity or trauma-informed care.

Emergency Help:

If you ever feel that your behaviors put you or others in danger, call 911 or the **National Sexual Assault Hotline at 1-800-656-4673**.

Final Note

Taking this assessment is an important first step in **recognizing patterns and seeking change**. SEP integrates tools like PATHOS into its broader mission to reduce demand, prevent reoffending, and build safer communities through accountability, education, and support.