

## Lust Questionnaire Findings

Results of Survey Conducted at July 2007 International Convention

Following are the results of the lust questionnaire distributed in July 2007 in Adelphi, MD. SA members participated on a voluntary basis and submitted their questionnaires anonymously.

A total of 176 SA members participated in this survey.



### Q1. Respondent gender

Male	Female
158 <sup>1</sup>	18
90% <sup>2</sup>	10%

### Q2. Marital status

Married	Single	Other	Not given
94	55	25	2
53%	31%	14%	1%

### Q3. Main acting out and fantasy

Same Sex	Opp. Sex	Both	Not given
40	119	13	4
23%	68%	7%	2%

### Q4. Length in SA (in years)

Avg	Max	Min
5.8	22.2	.003

### Q5. Length of physical sobriety (in years)

Avg	Max	Min
3	21.9	0

### Q6. No. of relapses from physical sexual sobriety?

Responses ranged from zero to countless

### Q7. Length of lust sobriety (in years)

Avg	Max	Min
1.6	16.5	0

### Q8. Want to stop lusting?

Yes	No	Not given
171 (97%)	4 (2%)	1 (1%)

### Q9. Ways you lust or are tempted to lust

a. Pornography/media-based lust	b. Lust after other people	c. Romantic/sexual fantasy	d. Lust after myself
120 (68%)	138 (78%)	134 (76%)	50 (28%)
e. Provoke lust in others by words, dress, or actions		f. Other	
64 (36%)		47 (37%)	

### Q10. What do you want in lust recovery?

a. Stop all in #9	b. Lust free (no temptations)	c. Free not to lust/choose not to lust when tempted	d. Want to stop only specific behaviors
95 (54%)	70 (40%)	130 (74%)	9 (5%)

### Q11. How do you interpret the Third Tradition?

(The only requirement for SA membership is the desire to stop lusting and become sexually sober.) I think the membership requirement means. . .

a. Want to stop acting out physically only	b. Want to stop both willful lusting and physical acting out	c. Don't have to stop anything. I'm a member if I say I'm a member	d. Other
9 (5%)	153 (87%)	9 (5%)	44 (25%)

### Q12. Do you personally think people are sober if, though not physically acting out, they still resort to:

a. Willfully using pornography or other media-based lust material or literature		b. Willfully lusting after other people		c. Willfully resorting to romantic or sexual fantasy	
Yes	No	Yes	No	Yes	No
36	138	42	127	51	121
20%	78%	24%	72%	20%	69%
d. Willfully lusting after themselves		e. Willfully provoking others to lust by words, dress, or actions			
Yes	No	Yes	No		
38	127	40	124		
22%	72%	23%	70%		

### Q13. For me, the phrase "progressive victory over lust" means that I will steadily progress toward the point that:

a. I might willfully lust but won't be compelled to act out physically	b. I will continue to be tempted to lust, but will be free not to lust	
6 (3%)	138 (78%)	
c. I will not be tempted to lust		d. Own interpretation
28 (16%)		46 (26%)

### Q14. Where are you actually at in lust recovery today?

a. I sometimes willfully resort to lust but don't act out with myself or others	b. I sometimes willfully resort to lust and stimulate myself, but not to the point of orgasm	
43 (24%)	22 (13%)	
c. I am not willfully resorting to lust, though tempted		d. I am not tempted anymore
76 (43%)		1 (1%)

<sup>1</sup> Number of responses out of 176 total respondents

<sup>2</sup> Percentage of total responses