



L.A.S.T. - LOVE ADDICTION SCREENING TEST

*Adapted from Pia Mellody, Patrick Carnes,
and SLAA's "40 Questions for Self Diagnosis"*

The following 25 questions are designed to be used as a guideline for identifying signs of love addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that love addiction is not present. Many love addicts have varying patterns which can result in very different ways of approaching and answering these questions. Despite this fact, we have found that short, to-the-point questions can be an effective a tool for self-diagnosis. We understand that the diagnosis of love addiction is a matter that needs to be both very serious and very private. We hope that these questions will prove helpful.

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| Yes | No | 1. Have you ever tried to control how often you would see someone romantically? |
| Yes | No | 2. Do you ever get "high" from romance, fantasy or intrigue? |
| Yes | No | 3. Do you feel desperation or uneasiness when away from your lover or romantic partner? |
| Yes | No | 4. Do you believe that a romantic relationship will make your life bearable? |
| Yes | No | 5. Are you unable to stop seeing a specific person even though you know that person is destructive to you? |
| Yes | No | 6. Do you have difficulty being alone? |
| Yes | No | 7. Do you feel that life would have little or no meaning without a love relationship? |
| Yes | No | 8. Do you replace ended relationships immediately? |
| Yes | No | 9. Do you find that you have a pattern of repeating bad relationships? |
| Yes | No | 10. Does attention to your romantic relationships help you to cope with or escape from life's problems? |
| Yes | No | 11. Do you find yourself flirting with someone even if you do not mean to? |
| Yes | No | 12. Do you ever find yourself in relationships you are unable to leave? |
| Yes | No | 13. Do you feel that you don't want anyone to know about your romantic activities? |
| Yes | No | 14. Have you had sex with someone so that they will like you better or love you more? |
| Yes | No | 15. Do you make promises to yourself concerning your romantic behavior that you find you cannot follow? |
| Yes | No | 16. Do you believe that someone can "fix" you or "make it better"? |
| Yes | No | 17. Do you feel that you're not "really alive" unless you are with your romantic partner? |
| Yes | No | 18. Have you ever threatened your financial stability, reputation, or standing in the community by pursuing a love relationship? |
| Yes | No | 19. Do you believe that the problems in your love life result from continuing to remain with the "wrong" person? |
| Yes | No | 20. Do you often feel an instant closeness and complete connection with people you just met? |
| Yes | No | 21. Do you need to fall in love in order to feel like a "real man" or a "real woman"? |
| Yes | No | 22. Are you unable to concentrate on other areas of your life because of romantic thoughts or feelings you are having about another person? |
| Yes | No | 23. Have you ever wished you could stop or control your romantic activities for a given period of time? |
| Yes | No | 24. Do you feel that your life is unmanageable because of your excessive relationship needs? |
| Yes | No | 25. Have you ever thought that there might be more you could do with your life if you were not so driven by romantic/relationship pursuits? |

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