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

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 that 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 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.

- 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?