

Resources

Organizations

National Council on Sexual Addiction & Compulsivity (NCSAC), (770) 989-9754, www.ncsac.org

Sex Addicts Anonymous, (713) 869-4902, www.sexaa.org

Sexabolics Anonymous, (615) 331-6901, www.sa.org

Sex and Love Addicts Anonymous, (781) 255-8825, www.slaafws.org

Sexual Recovery Anonymous (SRA), (212) 340-4650, www.sexualrecovery.org

Sexual Addicts Learning to Trust (SALT), (757) 631-0099, www.soughtout.org

Setting the Captives Free, www.settingcaptivesfree.com/home



Other Resources:

www.sexhelp.org

www.healthymind.com

www.cybersexualaddiction.com

[www.victoriapoint.com/
internetaddiction/](http://www.victoriapoint.com/internetaddiction/)

www.addictionresearch.com



If you are in doubt about where to turn for assistance, please call the **Regent University Psychological Services Center at (757) 352-4488.**

References:

- Carnes, Patrick (2004). *Sex Addiction Q & A*. www.sexhelp.com/sa_q_and_a.cfm
- Crooks, R., & Baur, K. (2002). *Our Sexuality* (8th ed.) Pacific Grove, CA: Wadsworth.
- Finlayson, A.R., Sealy, J., & Martin, P.R. (2001). The Differential Diagnosis of Problematic Hypersexuality. *Sexual Addiction & Compulsivity*.
- Goodman, A. (1998). *Sexual Addiction: An Integrated Approach*. Madison, CT: International Universities Press Inc.
- Weiss, D., Ph.D. *FAQ's: Sex Addiction*. Abstract retrieved March 14, 2004, from <http://www.sexaddict.com/FAQ.html>
- Weiss, D., Ph.D., & Contributing Female Sex Addicts. (2000). *She Has a Secret: Understanding Female Sex Addiction*. Fort Worth, TX: Discovery Press.

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Help for Sexual Addiction



Secret Addiction ...

Hope:

All behavior falls along a continuum, with the possibility of extremes on either end. Apart from sexual dysfunctions and paraphilia's, there is a professional debate within our culture as to whether certain sexual behaviors can be addictive. Although perspectives vary, even among Christians, if left unaddressed, an individual's struggle may become unmanageable. However, Christ offers grace, hope and freedom from unwanted behaviors...

"For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death"

(Romans 8:2, New American Standard Bible)

Some suggest freedom means complete abstinence from unwanted behavior. Others view struggle as part of a Christian's sanctification process, to become more Christ like. Either way, the struggle of sexual addiction is real for Christians and non-Christians alike. This brochure provides the perspective that hypersexuality or sex addiction is a problematic condition and discusses some of the complexities suggestive of sexual addiction.

Behavior Patterns that may Indicate Sexual Addiction:

Dr. Patrick Carnes (2004) identifies the following points:

- Acting out: a pattern of out-of-control sexual behavior...
- Experiencing severe consequences due to sexual behavior, and an inability to stop despite these adverse consequences.
- Persistent pursuit of self-destructive behavior
- Ongoing desire or effort to limit sexual behavior
- Sexual obsession and fantasy as a primary coping strategy

- Regularly increasing the amount of sexual experience because the current level of activity is no longer sufficiently satisfying
- Severe mood changes related to sexual activity
- Inordinate amounts of time spent obtaining sex, being sexual, and recovering from sexual experiences
- Neglect of important social, occupational, or recreational activities because of sexual behavior

Considerations:

Biological:

"Someone who has conditioned his or her body to receive endorphins and enkephalins (brain chemicals) primarily through reinforcing a fantasy state with" orgasm "that provides these chemicals to their brain

Psychological:

The need to medicate or escape physical, emotional or sexual abuse can demand a substance, the early addict finds the sex medicine usually before alcohol or drugs

Spiritual:

A person is filling up the God void in them with their sexual addiction. The addiction is their spirituality, it comforts them, celebrates them and is always available and present.

Then there is the sex addict who can fall into several of the above categories" (Weiss, 2004, FAQ's section, ¶ 2) .



Cognitive/Emotional Aspects:

"Sexual preoccupation takes up tremendous amounts of energy. Emotions leading up to acting out behavior include: Loneliness, depression, anxiety and worthlessness.

As this increases for the sex addict, a pattern of behavior (or rituals) follows, which usually leads to acting out (e.g., flirting, searching the net for pornography, or other behaviors). When the acting out happens, there is a denial of feelings usually followed by despair and shame or a feeling of hopelessness and confusion" (Sex Addicts Anonymous, 2003, What is Sexual Addiction section, ¶ 3).

Psychological Disorder?

- Sex Addiction is not classified as a Mental Disorder in the Diagnostic Statistical Manual.
- Some sexologists believe it is not distinctive from other compulsive behaviors.
- If an individual was given this label it could negate individual responsibility allowing for "uncontrollable" compulsions to victimize others. (Crooks & Baur, 2002)

Prevalence:

- An estimated 3-6% of the population are affected by sexual addiction (Finlayson, 2001; Goodman, 1998; and Carnes, 2004)