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Sex Addiction

What Is Sexual Addiction?

Sex addiction is a compulsive obsession with sexual behaviors that interferes with normal living. Sex addicts may prioritize sex over family, friends or work.

Is My Loved One A Sex Addict?

While there is no one defining characteristic of sexual addiction, a sex addict may display one or more of the following characteristics:

- compulsive relationships
- exhibitionism
- prostitution
- dangerous sexual practices
- indecent phone calls
- child molestation
- voyeurism
- compulsive masturbation
- incest
- obsession with pornography
- rape and violence

Sex Addicts Anonymous suggests the following twelve questions as a tool for individual assessment:

- Does this person keep secrets about his/her sexual or romantic activities from those important to him/her? Does this person lead a double life?
- Is this person driven to by needs to have sex in places or situations or with people he/she would not normally choose?
- Does this person frequently look for sexually arousing articles or scenes in newspapers, magazines, or other media?



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- Do romantic or sexual fantasies interfere with this person's relationships or prevent him/her from facing problems?
- Does this person frequently want to get away from a sex partner after having sex? Does he/she frequently feel remorse, shame, or guilt after a sexual encounter?
- Does this person feel shame about his/her body or sexuality, such that he/she avoids touching his/her body or engaging in sexual relationships? Does this person fear that he/she has no sexual feelings, that he/she is asexual?
- Does each new relationship this person engages in continue to have the same destructive patterns, which prompted him/her to leave the last relationship?
- Is it taking more variety and frequency of sexual and romantic activities than previously to bring this person the same levels of excitement and relief?
- Has this person ever been arrested or is he/she in danger of being arrested because of his/her practices of voyeurism, exhibitionism, prostitution, sex with minors, indecent phone calls, etc.?
- Does this person's pursuit of sex or romantic relationships interfere with his/her spiritual beliefs or development?
- Does this person's sexual activities include the risk, threat, or reality of disease, pregnancy, coercion, or violence?
- Has this person's sexual or romantic behavior ever left him/her feeling hopeless, alienated from others, or suicidal?

I Know That My Loved One Is A Sex Addict ““ Now What?

Many individuals have approached their loved one regarding his/her sex addiction, with no success. It may be helpful when talking with your loved one, to have a third party present that is professionally trained and knowledgeable about sex addiction.

Call us at 800-561-8158 today and tell us about your situation, learn more about how to initiate an intervention and **what to expect** from the process.