

TWELVE QUESTIONS FOR SELF-ASSESSMENT

1. Do you keep secrets about your sexual or romantic activities from those important to you? Do you lead a double life?
Yes _____ No _____
2. Have your needs driven you to have sex in places or with people you would not normally choose?
Yes _____ No _____
3. Do you find yourself looking for sexually arousing articles or scenes in newspapers, magazines or other media?
Yes _____ No _____
4. Do you find that romantic or sexual fantasies interfere with your relationships or are preventing you from facing problems?
Yes _____ No _____
5. Do you frequently want to get away from a sex partner after having sex? Do you frequently feel remorse, shame, or guilt after a sexual encounter?
Yes _____ No _____
6. Do you feel shame about your body or your sexuality, such that you avoid touching your body or engaging in sexual relationships?
Do you fear that you have no sexual feelings, that you are asexual?
Yes _____ No _____
7. Does each new relationship continue to have the same destructive patterns which prompted you to leave the last relationship?
Yes _____ No _____
8. Is it taking more variety and frequency of sexual and romantic activities than previously to bring the same levels of excitement and relief?
Yes _____ No _____
9. Have you been arrested or are you in danger of being arrested because of your practices of voyeurism exhibitionism, prostitution, sex with minors, indecent phone calls, etc.?
Yes _____ No _____
10. Does your pursuit of sex or romantic relationships interfere with your spiritual beliefs or development?
Yes _____ No _____
11. Do your sexual activities include the risk, threat, or reality of disease, pregnancy, coercion or violence?
Yes _____ No _____
12. Has your sexual or romantic behavior ever left you feeling hopeless, alienated from others, or suicidal?
Yes _____ No _____

References

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- Manning, J. C. (2006). The effects of pornography on marriage: Dealing with a spouse's sexually addictive and compulsive behaviors. *Sexual Addiction & Compulsivity*. Special Issue: Sexual Addiction and the Family, 13(2-3), 131-165.
- Sexaholics Anonymous. Retrieved January 27, 2009 from: www.sa.org
- Zaiss, C. (2002). *True partnership: Revolutionary thinking about relating to others*. San Francisco. Berrett-Koehler.

Sexual Addiction



“Once I got married, the first time, I wanted it all the time. And I masturbated quite a bit, you know. I mean, we had sex all the time but that wasn't enough. And it got to the point where I masturbated four, five, six times a day and wanted to go home and have sex with my wife” – 34 year old recovering sex addict (Inaba & Cohen, 2007, p. 351).

Sexual Addiction

What is Sex Addiction (SA)?

Sexual Addiction is marked by sexual behavior over which the addict has little control and little choice. It can include masturbation and pornography, along with serial affairs, phone sex, visits to strip shows or topless bars, some compulsive sexual behavior has legal repercussions including prostitution, sexual harassment, sexual abuse, exhibitionism, child molestation, rape and incest (Inana & Cohen, 2007, p.350) .



“Early on we came to feel disconnected from parents, from peers, from ourselves. We tuned out with fantasy and masturbation. We plugged in by drinking in the pictures, the images, and pursuing the objects of our fantasies. We lusted and wanted to be lusted after. We became true addicts: sex with self, promiscuity, adultery, dependency, relationships, and more fantasy. We got it through the eyes, we bought it, we sold it, we traded it, we gave it away, we were addicted to the intrigue, the tease, the forbidden. The only way we knew to be free of it was to do it” (Inana & Cohen, 2007, p.350).

Inaba, D. S., & Cohen, W. E. (2007). Uppers downers all arounders. Medford, Oregon. CNS.

Sex in the Media:



Feeding the stereotypes and myths

- TV Show “Nip/Tuck”: Character contracts HIV, revealing a dangerous lifestyle
- Movie “I Am A Sex Addict”: Character portrayed having multiple partners/prostitutes/ shows a lot of bar scenes linking SA with risky behavior
- Novel “Choke”: Character suffering from Sex Addiction finds partners at SAA meetings, connecting those with SA to manipulators
- Movie “Blades of Glory”: Charter Chaz Michael Michaels claims to suffer burden of SA, illustrating negative connotations

These depictions of sex addiction in pop-culture reveal it to be bad. The numbers of those with this serious addiction is most likely inaccurate due to societal fears of coming forward.



The Hot & Steamy Facts:

- As of 2007 over 4 million online pornographic sites were visited regularly by **40 million** Americans
- **70 %** of these visits were made during **working hours**
- 10% are addicted and spend up to **eight hours** a day watching pornography online. That is **4 million** Americans
- The online porn industry is estimated to take in **\$57 billion** per year world wide



- **\$12 billion** of that in the United states
- Some studies say about **3%-6%** of the population have a **sexual addiction**

- **80%** of which are male
- Compulsive behavior in men generally **starts in the teens** (Inana & Cohen, 2007, p.350).

Inaba, D. S., & Cohen, W. E. (2007). Uppers downers all arounders. Medford, Oregon. CNS.