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 o	r
with people you would not normally choose?	•
1 1 2	
YesNo	
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 interfe	
with your relationships or are preventing you from fac-)-
ing problems?	
YesNo	
5. Do you frequently want to get away from a sex part	-
ner 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 sexuali	tv
such that you avoid touching your body or engaging is	
	11
sexual relationships?	
Do you fear that you have no sexual feelings, that you	l
are asexual?	
Yes No	
7. Does each new relationship continue to have the sa	me
destructive patterns which prompted you to leave the	lagt
	iasi
relationship?	
Yes No	
8. Is it taking more variety and frequency of sexual an	ıd
romantic activities than previously to bring the same	
levels of excitement and relief?	
YesNo	
9. Have you been arrested or are you in danger of beir	ıg
arrested because of your practices of voyeurism exhib	i-
tionism, 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	r
reality of disease, pregnancy, coercion or violence?	
Yes No	
12. Has your sexual or romantic behavior ever left you	1
feeling hopeless, alienated from others, or suicidal?	
Yes No	

References

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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 prosti-

tution, 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

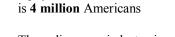
- TV Show "Nip/Tuck": Character contracts HIV, revealing a dangerous lifestyle
- Movie "I Am A Sex Addict": Character portrayed having multiple partners/prostitutes/ shows a lot of bar scenes linking SA with risky behavior
- Novel "Choke": Character suffering from Sex Addiction finds partners at SAA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

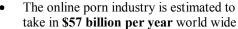
These depictions of sex addiction in pop-culture reveal it to be bad. The numbers of those with this serious addiction is most likely inaccurate due to societal fears of coming forward.



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 America







- \$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.