

## **Sexual Addiction – Breaking It Down...**

### **Addictive Behavior of Sexual Addiction**

Multiple adultery – Illicit relationships – Sex with self (masturbation) – Sexual Fantasy - Pornography – Promiscuity – Internet Chat Rooms – Phone sex – Exhibitionist – Exotic dancing – Serve as an escort/prostitution – Swapping (couples) - Intentional provocative dress – Sexual encounters/Sexual relationships with women - Secret double life – High-risk situations – Predator

### **Characteristics that Fuel Sexual Addiction**

Lust – Being lusted after – Control, power over others – Rebelliousness – Selfishness - Extreme justification – Blame game – Resentful – Revengeful – Self centered - Self-destructive – Pride – Jealousy – Female competition – Non-committal in relationships - Isolation

### **Core issues of Sexual Addiction**

The need to be nurtured – Fear of Intimacy – False Intimacy – Lack of self worth - The need to be in control – Rage – Self hate – Escape – Loneliness – Shame – Inability to make commitments – Spiritual bankruptcy

### **Core**

Sexual abuse  
Emotional abuse  
Verbal abuse  
Physical abuse  
Abandonment