

Impossible to conquer this problem on yourself because it involves more than just quitting the addiction.

### **Motivation and personal responsibility**

Many sex addicts have a low motivation for treatment because of the high shame level. Sexual addiction may not even be recognised. Society applauds sexiness but deplores perversion, being unwilling or unable to recognise a link between them. It is essential for the sex addict to really want healing if treatment is to be successful.

### **Confession and Repentance**

Taking personal responsibility means a full confession and genuine repentance. This is central in recovery from sexual addiction, even more so than with other addictions. True repentance is not remorse, or simply felling sorry. It means that sin (acting out) is no longer an option, and must be turned away from.

### **Process**

As with all addiction, recovery involves a process. Many sexual addicts find that hard to accept, and want to quickly get the whole shameful problem behind them. This involves the treatment processes of assessment, intervention, the Twelve Steps, and the stages of crisis and decision, shock, grief, repair and growth. Recovery for the Christian, highly committed to recovery, need not take that long, but at least a two-year period to be considered.

### **Celibacy Contract**

An agreement not to touch pornography, and to enter into a celibacy contract for at least three months is recommended at this stage. Such a contract enables the addict to get into a clear frame of mind where he or she can respond more effectively to therapy. A preventive program and maintaining a daily journal are also recommended.

### **Twelve-Step Program**

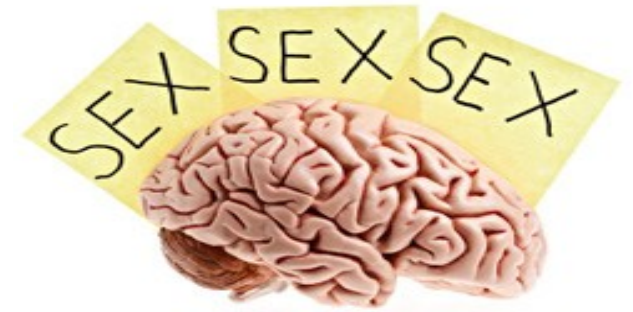
The best program is Sexaholics Anonymous (SA). It has a firmer and more spiritual approach, a better biblically based definition of sexual sobriety (sex only within marriage, and not with oneself, and for singles no sex at all), and rightly names the addiction as lust.

### **Overcoming Sexual Lust**

As obsession and compulsion to sexual lust is the real problem in sexual addiction, overcoming lust is a major part of recovery.

*Stop practising the compulsion, stop feeding the obsession, participate in the SA program, admit powerlessness, surrender, bring the inside out, trust, use the literature of the SA program, go to work on other defects, learn to give instead of take, get a SA sponsor, make friends in the program, carry the message of your recovery and find a prayer partner in your Church.*

For more information please go to our website at <http://christ-education.blogspot.com.au>



## **Sexual Addiction**

Sexual Addiction includes compulsive masturbation, pornoholism, compulsive fornication, multiple affairs, visiting prostitutes, compulsive sex in marriage, exhibitionism, voyeurism, paedophilia, a good deal of homosexuality, bestiality, sadism, masochism, fetishism, indecent phone calls, transsexuals, molestation and many more.

Sexual addiction is a pathological relationship with the mood altering experience of sex, which has severe life-changing consequences. It is engaging in uncontrollable obsessive and compulsive sexual behaviour, which causes severe stress to the addict and their families. A sick relationship is made a substitute for healthy, normal relationships. The addiction is to lust rather than sex. It is a disease as well as a moral failure.

People who are sexually addicted have lost control. Their life has become unmanageable and they are powerless to deal with it. They are vulnerable and are unable to stop, and they need intervention in their lives. They live double lives, and outwardly you may not know what they struggle with, but then they have this

dark area of their life, of pornography or masturbation, or they run out on a regular basis once a day, once a week, or once a month, they will go and make an anonymous contact, because they are not looking for a relationship, they are working for a fix to numb the inner pain of insecurity, fear, loneliness, and inadequacy. Instead of handling stress correctly, they will run out and get a quick fix - sex. They are riddled with self-hatred, guilt and shame, and repressed anger.

Sexual addiction is complex and recovery from it is complex and lengthy. Sexual addiction is a sin.

*“For this is the will of God, your sanctification: that each of you should know how to possess his or her own vessel in sanctification and honour, not in passion of lust, like the Gentiles who do not know God. (1 Thessalonians 4:1-3)*

## Underlying Causes

### Dysfunctional Family

It has been found that sexual addicts come from dysfunctional families (current family and family of origin) especially chaotically enmeshed families.

### Inadequate Sex Education

Most children receive inadequate sex education. It is the parent's responsibility to provide this and it should be progressive from an age of three years, and it should be given appropriate to the child's age.

### Childhood Abuse

In a Carnes study, which was carefully undertaken, it was found that sex addicts had experienced childhood abuse as follows:

- 81 % had been sexually abused as a child.
- 72 % had been physically abused.
- 97 % had been emotionally abused.

### The Dysfunctional Society

Society promotes sexual deviation almost everywhere you look, in the form of pornography in magazines, television and video, women's dress, the beaches, advertising of brothels, sex shops, women in general advertising. Prevailing attitudes since the sexual revolution of the 1960's with its consequent lowering of moral standards, resulting in promiscuous sex, affairs, divorce and the like, have largely shaped the way people think about sex.

### The Dysfunctional Church

The Church generally has failed badly in not addressing the sexual issues that so many are struggling with. The bible is full of references to sexuality but for some reason they are not spoken of in the church. This leads to many growing up and believing that there is something wrong or dirty about sex. This, in turn, produces the sexual shame that is a fertile ground for sexual addiction.

### Pornography

Pornography, freely available in most places, must be considered a major underlying factor in sexual addiction.

### Stress

It is becoming increasingly clear to the author

that poor management of stress is a major underlying factor contributing to addiction. The stress in young people is a definite factor leading to sexual addiction. Likewise the stress of divorce, loss of spouse, occupation, and study can all lead to sexual addiction.

### Lust

Lust predominates in most cases of sexual addiction. When lustful thoughts are allowed to dominate a person's mind, including that of a Christian, unclean, immoral, and degrading acts soon follow. Lust is what springs up from within our fallen nature. Jesus made that clear when he said, *What comes out of a person defiles. For it is from within, from the human heart, that evil intentions come: fornication... adultery... licentiousness (Mark 7:20-23).*

### Demonic Factors

The Scripture does not refer to the spirit of lust, and the spirit of masturbation, and the like, about which some make a major issue. We see no need to “deliver” people from such a “spirits” but rather that they confess and renounce the workings of the flesh. However, demonic factors may be present in rare cases, and if this is discerned, they need to be dealt with.

## Steps for Recovery

### Seek professional help

It is important for sexual addiction to seek the help of a Christian Counsellor. It is nearly