

SEXUAL ADDICTION RESOURCES

www.pureintimacy.org – Focus on the Family’s website (Dr. James Dobson) – much great information about intimacy, sexual addiction and sexuality in general

www.newlife.com – New Life Ministries site, workshops, seminars, podcasts, online counseling, support groups, resources, bookstore, links (Christian perspective)

www.settingcaptivesfree.com – Pure Life Ministry’s website, free courses and resources to help gain freedom from sexual and other addictions

www.everymansbattle.com – New Life’s website, workshops, resources, chat rooms, downloads, weekly newsletter all to help sexual addicts from a Christian perspective

www.purelifeministries.org – Pure Life Ministries website, live-in and at home program, weekend events, help for wives, articles, links and resources (Christian perspective)

<http://www.promisekeepers.org/alli16> - much good information from a Christian perspective on understanding and defeating sex, alcohol and other addictions, links to organizations and groups that can help

www.sexaddict.com – Heart to Heart Ministries website, telephone and on-site counseling, spousal help, links and resources (Christian perspective)

www.sexhelp.com – online tests for sexual addiction and other information

<http://healthy mind.com/s-index.html> - by an Virginia doctor, contains information on what sexual addiction is, links to 12-step groups and links to professional counselors

<http://www.christiananswers.net/love/supportgroups.html> - many good resources and links from a Christian perspective for addicts, wives, friends, abuse victims and anyone battling with sexual issues

<http://www.porn-free.org/> - stories, articles and links about pornography and sexual addiction for Christians as well as non-Christians, info for addicts, spouses, family and friends

http://www.porn-free.org/support_groups.htm - list of links to many local and national support groups for sexual addicts or those who care about them

<http://www.thisisawar.com/AddictionSex.htm> - signs and characteristics of sex and love addicts, list of 12 step programs and other links

FILTERS & ACCOUNTABILITY SOFTWARE

www.besafehome.com – Friends and Family Program software, Internet filter, keeps pornographers, hackers, viruses, trojans and spammers from invading your home.

http://www.covenanteyes.com/ - excellent and affordable web site that records every web site, chat room, etc., your computer visits and sends a weekly list of sites that seem 'dangerous' to an accountability partner. It's like having a friend watching over your shoulder every minute you are on the computer.

http://www.pkfamily.com/ PK Family is a Nationwide Internet Service Provider specifically designed to offer its subscribers fast, reliable access to everything on the Internet, except the inappropriate R and X-rated material.

http://www.filterreview.com/ this site reviews and tells about all filters available.

MOVIE, GAMES & MUSIC REVIEW

http://www.christiananswers.net/spotlight

http://www.screenit.com

http://www.gospelcom.net/preview/

RESIDENTIAL TREATMENT CENTERS:

Stonegate,

Larkspur, Colorado

Dr, Henry Schaumburg (author of "False Intimacy")

10 day intensive counseling program

\$4200 per person/couple; \$4800 for unmarried or divorced (2 rooms)

www.stonegateresources.com

Bethesda

(based on "Faithful and true")

Woodmont Hills Church

Nashville, Tenn

4 day intensive counseling program \$1675

www.bethesdaworkshops.org

New Liberty

New Life Ministries, Dr Steven Arterburn (author of "Everyman's Battle")

10 day intensive counseling program, \$4,000 plus food

www.everymansbattle.com

Pure Life Ministries

Steve Gallagher (author "At the Altar of Sexual Idolatry," "Out of the Depths of Sexual Sin")

6-12 month program \$650 with \$150 refundable upon completion

www.purelifeministries.org

ORGANIZATIONS FOR SEX ADDICTS

12 STEPS TO VICTORY OVER SEXUAL ADDICTION (based on 12 steps of Alcoholics Anonymous)

1. Admitted I am powerless over my compulsiveness and that my life had become unmanageable (Rom 7:17-18; Ps 116:1-9; Jeremiah 9:23-24; II Cor 12:9)
2. Come to believe that Jesus Christ through the Holy Spirit could restore me to sanity (Phil 2:13; Prov 28:26; Rom 5:8; Ps 30:2-3; Mt 8:1-3; Mk 9:24)
3. Made a decision to turn my will and life over to the care of Jesus Christ (Rom 12:1; Prov 3:5-6; Gal 2:19-20; Ps 40; Mt 11:28-30)
4. Made a searching & fearless moral inventory of myself. (Lam 3:40-41; Ps 139:23; Mt 7:1-5)
5. Admitted to Jesus Christ, to ourselves and another human being the exact nature of my wrongs. (James 5:16; I Jn 1:9; Ps 32:1-5; Gal 6:2-3)
6. Am entirely ready to have Jesus Christ remove these defects of character. (James 4:7-10; Jer 10:23; Heb 12:1-2; Hosea 10:12; Micah 7:18-20)
7. Humbly ask Jesus Christ to remove my shortcomings and sins. (I Jn 1:9; Isa 1:18-19; Isa 66:2; Ps 32:1-2)
8. Make a list of all persons I had harmed and became willing to make amends to them all. (Luke 6:31; Mt 5:23-24; 6:14-15)
9. Made direct amends to them all except when to do so would injure them or others. (Mt 5:23-24; Mk 11:24; Heb 12:1; II Cor 5:19; Col 1:20-21)
10. Continue to take personal inventory and, when I am wrong, promptly admitted it. (I Cor 10:12; Ps 19:12, I Cor 10:12; Ps 26:2-3; Gal 6:4-5; I Tim 1:19)
11. Seek through prayer and meditation to improve my conscious contact with Jesus Christ, praying for the knowledge of His will for me and the power to carry that out. (Col 3:16; Prov 2:3-5; Ps 1:2; James 5:13; Rom 8:26; Col 3:16)
12. Have a spiritual awakening as a result of these steps and try to carry this message to others, and to practice these principles in all of life (Gal 6:1; I Pt 3:15; Isa 61:1; Ps 96:1-4; Gal 6:1; II Cor 1:3-4)

which 12 step group is best for me (or my partner)?

Approximately 20 years ago a number of people in different areas of the country had the same idea at roughly the same time, namely: "My sexual behaviors are out of control, and I wish there were some 12-Step meetings like AA where I could go for sexual recovery. I know, I'll just start one!" This explains why we now have 5 separate 12-Step group programs for sex addicts (SA, SAA, SLAA, SCA, SRA). There are 3 organizations for partners of sex addicts (S-Anon, COSA, Co-SLAA), two for couples (RCA, SA-Couples), and one for sex workers). The following is a guide for making your way through the thicket of possible resources.

SA—Sexaholics Anonymous (Website: www.sa.org). This 12-Step program is the strictest in its definition of sexual sobriety. Masturbation is discouraged, as is homosexual sex. Sobriety is defined as "No sexual behavior outside of a committed marital relationship between a man and a woman." Members are primarily heterosexual men, along with some heterosexual women. Sexual offenders often discover that the strict boundaries of SA are helpful for their recovery. SA is most popular in Southern California and throughout the southern United States. Lists of meetings and other information may be obtained by contacting: SA International Central Office: PO Box 111910, Nashville, TN 37222. Telephone: 615-331-6230, fax: 615-331-6901, email: saico@sa.org.

The partner program to SA is **S-Anon** (as AI-Anon is to AA) for mates and families

SAA--Sex Addicts Anonymous (www.sexaa.org). This program is open to both heterosexual and homosexual men and women who want to learn to abstain from self-defined "bottom-line behaviors" such as compulsive Internet sex, use of prostitutes, massage parlors, and the like. Masturbation is optional, as SAA members are encouraged to develop their own abstinence plan with feedback from sponsors and group members. SAA began in the Minneapolis area, although the headquarters are now located in Houston. So if you live in the Midwest or Texas, SAA might be your first place to start looking for a meeting. SAA meetings are also common in California. SAA International Service Organization: 713-869-4902; PO Box 70949, Houston, TX 77270. The 12-Step partner program for SAA is **COSA** (see Organizations for wife or family members)>

SLAA—Sex and Love Addicts Anonymous (www.slaafws.org). This program is similar to SAA in that both heterosexual and homosexual men and women are welcome to attend. More women tend to attend SLAA because of the emphasis on "love addiction," defined as a pattern of painful or obsessive romantic relationships. Members are encouraged to set appropriate behavioral boundaries with the help of sponsors and group members. This program is helpful for both sex addicts and those who consistently involve themselves in abusive, non-nurturing relationships. SLAA is popular on the East Coast of the United States, especially in New England and Pennsylvania. SLAA meetings are also commonly found in the San Francisco area, in the Pacific Northwest, and in Southern California.; SLAA National Organization: 781-255-8825; PO Box 338, Norwood, MA 02062-0338. The partner program to SLAA is **Co-SLAA**. (see Organizations for wife or family members)

SCA—Sexual Compulsives Anonymous (www.sca-recovery.org). This 12-Step program is primarily attended by gay and bisexual men and some women. In a fashion similar to SAA and SLAA, SCA members develop their own sexual abstinence plans, with group support and guidance from sponsors. There is no formal partners program connected to SCA. SCA meetings are most commonly found in Los Angeles, New York, and Atlanta. SCA National Organization: 800-977-HEAL; PO Box 1585, Old Chelsea Station, New York, NY 10011

SRA—Sexual Recovery Anonymous (www.sexualrecovery.org). This 12-Step program began in Canada during the last decade and from there became popular in the New York area and elsewhere. SRA has a strict definition of abstinence for sex addicts (no masturbation), which is similar to Sexaholics Anonymous (SA). However, SRA is considered to be much more "gay-friendly" than SA, and defines healthy sex as that which occurs between committed partners who are abstaining from self-destructive sexual patterns. SRA National Organization: 212-340-4650; PO Box 73, Planetarium Station, New York, NY 10024 SRA, in Canada: 604-290-9382, or write: PO Box 72044, Burnaby, BC V5H4PQ SRA for partners has some meetings in the New York Area (<http://sexualrecovery.org/sra-anon.htm>).

ORGANIZATIONS FOR COUPLES

SA for Couples. Similar to RCA, with an emphasis on heterosexual couples healing from their intimacy struggles in accordance with the more strict SA sexual guidelines. Contact S-ANON in your local area for possible meetings, especially in Los Angeles and in Tennessee/Georgia.

RCA—Recovering Couples Anonymous (www.recovering-couples.org). Both members of a couple attend these 12-Step meetings. Both heterosexual and homosexual couples are welcome: "The only requirement for membership is that you are a couple seeking to restore a caring, committed and intimate relationship. RCA National Headquarters: 314-830-2600; PO Box 11872, St. Louis, MO 63105

ORGANIZATIONS FOR WIFE OR FAMILY MEMBERS

The 12-Step partner program for SAA is **COSA** (Codependents of Sex Addicts). The National contact number for COSA is 763-537-6904. Or write to: COSA National Service Organization; Post Office Box 14537; Minneapolis, MN 55414; Website: www.cosa-recovery.org; Email: info@cosa-recovery.org

The partner program to SA is **S-Anon** (as Al-Anon is to AA). S-Anon helps wives and other family members to learn how to set appropriate boundaries, and to focus on their own issues while supporting one another. For information about existing meetings or how to start a new meeting, contact: S-Anon International Central Office; PO Box 111242, Nashville, TN 37222; 615-833-3152; Email: sanon@sanon.org Web site: www.sanon.org; S-Anon (national): 615-833-3152 (www.sanon.org); S-Anon (CA): 818-973-2235

The partner program to SLAA is **Co-SLAA**. There are Co-SLAA meetings available in the Boston, Philadelphia, and San Francisco metropolitan areas, but not in Los Angeles.

RCA—Recovering Couples Anonymous (www.recovering-couples.org). Both members of a couple attend these 12-Step meetings. Both heterosexual and homosexual couples are welcome: "The only requirement for membership is that you are a couple seeking to restore a caring, committed and intimate relationship. RCA National Headquarters: 314-830-2600; PO Box 11872, St. Louis, MO 63105

ABUSE CHECKLIST

Behind each line write the age you were abused, who did it and how often

SEXUAL ABUSE

Suggestive flirtatiousness

Propositioning

Inappropriate holding, kissing

Fondling of sexual parts

Masturbation

Oral sex

Forceful sexual activity

Other

PHYSICAL ABUSE

Shoving

Slapping, hitting

Scratches, bruises

Burns

Cuts, wounds

Broken bones, fractures

Damage to organs

Permanent injury

Other

EMOTIONAL ABUSE

Neglect

Harassment, malicious tricks

Blackmail

Unfair punishments

Cruel or degrading tasks

Cruel confinement

Abandonment

other

WARNING SIGNS OF SEXUAL ADDICTION

Dr Patrick Carnes, one of the world's leading experts in sexual addiction, suggests there are ten possible **warning signs**:

- Feeling that your behavior is out of control.
- Being aware that there may be severe consequences if you continue.
- Feeling unable to stop your behavior, despite knowing the consequences.
- Persistently pursuing destructive and/or high-risk activities.
- Wanting to stop or control what you're doing & taking active steps to limit your activities.
- Using sexual fantasies as a way of coping with difficult feelings or situations.
- Needing more and more sexual activity in order to experience the same high.
- Suffering from intense mood swings around sexual activity.
- Spending an increasing amount of time planning, engaging in or regretting and recovering from sexual activities.
- Neglecting important social, occupational or recreational activities for sexual behaviour.
- Compulsive masturbation that may recur several times a day. The pleasure of orgasmic release is often used to alleviate mental symptoms like anxiety, depression or stress-related fatigue.
- Compulsive collecting of erotic and pornographic magazines, videos and Internet material and their constant use as a source for sexual arousal.
- Constant, uncontrollable use of electric sex services as a source of sexual arousal. These include sex phone lines and sex services in the Internet.
- Constant changing of sexual partners, being on a constant lookout for new partners.
- Relationships last only for a short period of time and are focused on sexual, self-centered pleasure, not on the relationship itself.
- Compulsive, recurring sex with prostitutes.
- Recurring anonymous sex: sex with a stranger in some unusual place such as in a public lavatory or the parking lot.
- Having dangerous sex. For example, a married person may have several simultaneous affairs and finds the possibility of getting caught sexually arousing.
- Attending sex bars, clubs or erotic massage parlours constantly.
- Compulsive sexual peeping with the intention of becoming aroused, sometimes also simultaneous masturbation.
- Recurring flashing with the intention of becoming aroused. Flashing may entail direct exposure of body parts or exceptionally revealing clothing.
- Touching strangers or acquaintances with the intention of becoming aroused. The physical contact is staged to look accidental.
- Recurring sexual violence, such as rape.
- You or your friends and family feel that you are too concerned with or even compulsive about your sexual desires.
- You feel compelled to have sex when you are stressed, anxious or depressed.
- After a compulsive sex experience the feelings of pleasure and satisfaction last for a very short time and you soon feel the need to repeat your actions.
- Your sexual experiences have led to serious problems (e.g. the threat of break-up, divorce, venereal diseases, other mental problems or sexual violence).

STRONGHOLDS OF ADDICTION

STRONG HOLD	DESCRIPTION	THE LIE	THE TRUTH
HOPELESS	Loss of self-esteem No purpose or direction Total loss of hope that things will ever change sense of inadequacy	<i>I am a victim & helpless I will never change, its hopeless I am different & so is my problem, so it won't work for me</i>	I am a victor in Christ I am the righteousness of God in Christ The trust sets you free regardless of the problem or person
GUILT	Depressed and bitter Discontented & grieved Sense of worthlessness Denial & dishonesty	<i>I deserve to be punished & condemned I cannot face the awful truth about myself I am a product of my past</i>	There is no judgment in Christ In Christ I am a new creation I am a product of the cross
SELF-HELP	Behavior oriented Judgmental Weary and tired Trying to earn acceptance through performance	<i>If it is going to be it is up to me God helps those who help themselves If I change my behavior, it will change me as a person</i>	Only God can change me God helps those who give up and trust Him If I change my beliefs, it will change my behavior
INSECURITY	Worried and anxious Feels forsaken and without support Absence of meaningful relationships Unable to receive love & avoids intimacy	<i>I am unworthy to be loved & accepted I need someone to validate me as a person I need someone or something to be secure</i>	I am loved and accepted by God I am one with Christ., He is in me and I am in Christ I am eternally secure in Christ who will never forsake me.

CORE BELIEF 1: SELF IMAGE: I AM BASICALLY A BAD, UNWORTHY PERSON

SEXUAL ADDICT	COADDICT	12 STEP PROGRAMS
<p>INTERIOR WORLD Addicts conclude from their family experiences that they are not worthwhile persons. Feelings of inadequacy and failure predominate. Addicts often see humiliation and degradation as justified or deserved. The desperate struggle around sexual compulsivity absolutely confirms this belief and enhances feelings of low self-worth. Addicts are committed to hiding the secret reality of their addiction at all costs because of their unworthiness. Yet the addiction guides almost all behavior and decisions.</p>	<p>INTERIOR WORLD Coaddicts grow up in families in which their self-worth is in constant jeopardy. Feelings of inadequacy and failure parallel the addict's sense of unworthiness. Not believing there are any options, co-addicts tolerate abusive, humiliating and degrading behavior. Co-addicts are obsessed with sex since sex is the proof of love.</p>	<p>FOR ADDICT & COADDICT The program provides the understanding that each member is basically a good person. All learn to separate themselves as individuals from their addiction which is destroying their lives. When addicts and co-addicts admit the addiction's power, hope emerges from connecting with others and with a Higher Power.</p>
<p>EXTERIOR WORLD Addicts create a front of 'normalcy' to hide their sense of inadequacy. They may even appear grandiose and full of exaggerated self-importance. As consequences to behaviors emerge, the front contrasts with actions that seem to be degrading or self-defeating or both. Others see decisions or behaviors as irrational, incomprehensible, or even self-destructive, but not 'normal.'</p>	<p>EXTERIOR WORLD Self-righteous contempt often masks the co-addict's inferior fears. Aggressive, critical, controlling behavior switches with compliance and enabling. Either position shares a martyrdom role in which the coaddict is being 'victimized.'</p>	<p>NEW BELIEF I am a worthwhile person deserving of pride.</p> <p>KEY STEPS 1,2,3</p>
<p>FAMILY & FRIENDS Close friends and family members become angry and frustrated with the addicts' egocentricity, especially when there is insensitivity to others. Not knowing the interior world of an addict, they are troubled by what looks like destructive or curious behavior that does not fit the image the addicts project.</p>	<p>ADDICT RESPONSE TO CO-ADDICT Addicts are in a self-serving double bind in the relationship. When coaddicts are critical and judgmental, addicts use this to justify abusive, compulsive behavior. When co-addicts are submissive and compliant, addicts feel burdened, exploited and critical. These feelings also serve as a rationale for addictive behavior.</p>	<p>INTEGRATED WORLD Addicts and co-addicts have a new sense of pride. Power of the secret world is broken. Identity and integrity return. They no longer need to hide and can become open to each other and to others.</p>

-From "Out of the Shadows" by Patrick Carnes

CORE BELIEF 2: RELATIONSHIPS: NO ONE WOULD LOVE ME AS I AM

SEXUAL ADDICT	COADDICT	12 STEP PROGRAMS
<p>INTERIOR WORLD Addicts believe that everyone would abandon them if the truth were known. They have a constant fear of being dependent on others. Addicts perceive their sexual behavior as so bad that everyone becomes their 'fault.' Addicts assume responsibility for all the pain in loved ones. Honest guilt and remorse cannot be expressed because that would require honesty about behavior. Addicts become progressively more isolated.</p>	<p>INTERIOR WORLD Co-addicts in relationships reflect their basic distrust of others' love and care for them. To be in a relationship engages the three co-addictive fears: lose their identities in the relationship, forced to deny what they know to be true, and that meeting their needs would have a price. To tell others the painful 'secrets' would guarantee abandonment. To be honest with the addicts would sacrifice the safety of being self-righteous or compliant. Coaddicts, like addicts, assume that they are responsible for all the pain in loved ones.</p>	<p>FOR ADDICT & COADDICT The fellowship of the program surrounds participants with people who have suffered in the same way. They no longer feel unique. They trust and are trusted with personal secrets. They have the opportunity to assess their strengths and weaknesses, as well as to take stock of their own values and behavior. Their new vulnerability allows them the hope of depending on others outside the program. They rediscover the fundamental human processes for restoring relationships through amends and forgiveness.</p>
<p>EXTERIOR WORLD Addicts create the image of being in charge of life and in no need of help. They appear unaffected by any problem, but will often do extreme or indulgent things as if making up for something. No explanation is offered, however. Some addicts may continue to be charming and sociable, but all addicts become 'unreachable' personally as they close off all avenues of vulnerability.</p>	<p>EXTERIOR WORLD Co-addicts go to extreme lengths to appear self-sufficient. They seem unaffected by any problems and will expend intense energy to conceal problems. In fact, they will take on many extra responsibilities, being all things to all people. In general, they often seek relationships in which they can dominate or nurture so they can be intimate with minimum risk. This self-sufficient exterior protects the family secrets. Also, the internal belief that the co-addicts are responsible for everything is acted out.</p>	<p>NEW BELIEF I am loved and accepted by people who know me as I am.</p> <p>KEY STEPS 4,5,8,9</p>
<p>FAMILY & FRIENDS Significant persons in the addicts' lives start to feel pushed away, useless, neglected and unnecessary. They become confused at seemingly generous gestures, but in the absence of any personal warmth or presence. Anger and hurt accumulate with a sense of abandonment in reaction to the addicts' contradictory behavior.</p>	<p>ADDICT RESPONSE TO COADDICT Addicts rely on co-addicts to pick up the pieces – especially as powerlessness and unmanageability increase. Yet addicts may start to be critical of co-addicts' efforts when they assume extra responsibility. Internally, addicts start to feel progressively more useless and without places in the co-addicts' lives. Addicts feel unneeded, especially when co-addicts are busy nurturing others, such as children. The co-addicts' involvements serve as further justification for compulsiveness.</p>	<p>INTEGRATED WORLD Addicts and co-addicts develop a realistic sense of their strengths and weaknesses, of their personal self-worth, and of the limits of their impact on others. They take a new responsibility for their behaviors, their behavior becomes more and congruent with their values. They learn that mistakes can be accepted, amends made, and forgiveness received. Addicts and co-addicts can become responsive and responsible members of the human community.</p>

-From "Out of the Shadows" by Patrick Carnes

CORE BELIEF 3: NEEDS: MY NEEDS ARE NEVER GOING TO BE MET IF I HAVE TO DEPEND ON OTHERS

SEXUAL ADDICT	COADDICT	12 STEP PROGRAMS
<p>INTERIOR WORLD Addicts feel unloved and unlovable, which means other people cannot be depended on to love them, so their needs will not be met. The resulting rage becomes internalized as depression, resentment, self-pity; and even suicidal feelings. Because they have no confidence in others' love, addicts become calculating, strategizing, manipulative and ruthless. Rules and laws are made for people who are lovable. Those who are unlovable survive in other ways.</p>	<p>INTERIOR WORLD Co-addicts' desperate need for love and nurturing exceeds any one person's ability to respond. They make perfectionist demands on all aspects of the addicts' behavior in a misdirected attempt to guarantee satisfaction of all their needs. When they are disappointed by the addicts' failure to meet the impossible demands, rage becomes internalized, resulting in despair, self-pity, and resentment. These down times alternate with periodic hope and exhilaration that things will change. Co-addicts' conniving manipulation and criticism are based on the assumption that if the addicts met the high standards, needs would be met. Addicts become the co-addicts' source of self-worth and good feelings. The conviction that the co-addicts will have to pay for the love and care pervades all relationships. To be affirmed with no requirements goes beyond the co-addicts' experience.</p>	<p>S</p>
<p>EXTERIOR WORLD Addicts rage about unmet needs in the past prevents the possibility of expressing needs now because they anticipate being rejected. Addicts appear not to want or need anything. They are purposely unclear about their intentions in relationships and are thus seductive in behavior, i.e., they try to be affirmed or cared for without expressing that they need it so they will not risk rejection. Addicts make extensive efforts to show how respectable and law-abiding they are.</p>	<p>EXTERIOR WORLD Martyrdom accompanies the co-addicts' systematic efforts to make themselves indispensable. In exchange, co-addicts expect addicts to furnish proof of care and love. Failure to do so results in further efforts to reform the addicts or in self-righteous punishment and rejection. Co-addicts do not communicate personal needs, only disappointment in unmet expectations. Preoccupation which addicts often results in the denial or tolerance of addicts' behavior. Co-addicts 'keep score' of what is owed in the relationship. The more coaddicts do for the addicts, the more they expect in return.</p>	<p>NEW BELIEF My needs can be met by others if I let them know what I need.</p> <p>KEY STEPS 6,7</p>
<p>FAMILY & FRIENDS Those who are close start to see the double life, the Jekyll and Hyde, in the addicts' worlds. The addicts' ups and downs remain difficult to understand. Worse, distrust and disbelief in the addicts begin. Things appear to be so smooth, yet the intuition is that they are not. Inconsistencies between the addicts' public and private lives confirm these intuitions.</p>	<p>ADDICT RESPONSE TO COADDICT Addicts fail to perceive co-addict's needs. Partially, their failure stems from the addictive preoccupation and sexualization of all needs. The co-addicts' behavior, however, also obscures the issues in the relationship. Addicts grow resentful of the coaddicts' expectations, yet also feel a sense of failure for not meeting them – which no one person could do. Co-addictive judgments simply document what addicts already fear to be true. Yet addicts remain assured that coaddicts will not leave while they are co-addictively preoccupied – as long as they are still judging, they are still there.</p>	<p>INTEGRATED WORLD By taking more responsibility for themselves, addicts and co-addicts see their roles in having their needs met. Addiction or co-addiction is unnecessary for dealing with anxiety or pain. To be dependent on others is acceptable. When disappointed, appropriate anger invites further human connection, as opposed to rage, which keeps others out.</p>

-From "Out of the Shadows" by Patrick Carnes

CORE BELIEF 4: SEXUALITY: SEX IS MY MOST IMPORTANT NEED

SEXUAL ADDICT	COADDICT	12 STEP PROGRAMS
<p>INTERIOR WORLD Addicts confuse nurturing and sex. Support, care, affirmation and love are all sexualized. Absolute terror of life without sex combines with feelings of unworthiness for such intense sexual desires. Sexual activity never meets the need for love and care, but continues to be seen as the only avenue to meeting those needs. Addicts have a high need to control all situations in an effort to guarantee sex. Yet there is a secret fear of being sexually out of control. Addicts promise themselves to stop or limit sexual behavior because of this fear.</p>	<p>INTERIOR WORLD Co-addicts believe sexual attention proves they are lovable. Sex becomes a trade-off for love. Therefore, co-addicts have a great fear of being unattractive and sexually inadequate. When addicts are sexual with others, co-addicts feel total personal rejection, adding to their sense of unloveability. Given the stakes, co-addicts have difficulty exploring or enjoying their own sexuality. Exploitive experiences foster deep resentment and rage, which further validate all the co-addictive core beliefs.</p>	<p>FOR ADDICT & COADDICT Addicts and co-addicts learn the power the addiction had in their lives. They discover they do not need the addiction to survive, but they do need the program consistently because of the addicton's power. By recognizing their powerlessness and unmanageability, addicts and co-addicts start tolive new lives that focus on human relationships as opposed to sex. Program members continue to learn about this process through teaching others.</p>
<p>EXTERIOR WORLD Sexual obsession pervades lifestyle and behavior. Addicts make maximum effort to ensure all possible sexual opportunities. Addicts at all levels of behavior feel the need to control sexual access, protect their 'supply.' Seeking degrading or humiliating sexual experiences simply extends internal feelings of unworthiness. Addicts publicly profess extreme sexual propriety, however about some sexual matters. Cover-ups, lies, and deceptions are made to conceal personal sexual behavior.</p>	<p>EXTERIOR WORLD Because sex is a trade-off for love, co-addicts may find themselves being sexual when they do not wish to be or, worse, participating in sexual behavior that is degrading and humiliating,. Co-addicts may also dress or act seductively to get attention. Efforts to control the addicts' sexual obsession include the use of sex to manipulate addicts to prevent them from being sexual with others. Sexual attitudes of the co-addicts can continue the external themes of self-sufficiency, self-righteousness and martyrdom.</p>	<p>NEW BELIEF Sex is but one expression of my need and care for others.</p> <p>KEY STEPS 10,11,12</p>
<p>FAMILY & FRIENDS The addicts' protestations of high sexual morality obscure the impact of sexual obsession on friends and families. Close family and friends tend to reject suspicions of sexual compulsivity because of the addicts' 'values.' As evidence of powerlessness over behavior and unmanageability mounts, these persons become confused, not knowing what to believe. In addition, they do not wish to intervene in something so personal. Since they don't feel close enough to become involved, they choose the other option, which is to withdraw.</p>	<p>ADDICT RESPONSE TO COADDICT Addicts feel confused by the coaddicts' contradictory signals about sex. Often addicts misinterpret the coaddicts' need for relationship as sexual overtures and then totally fail to understand the co-addicts' feelings of being exploited. Addicts are ashamed when sexual feelings are not returned, since that confirms that their sexual intensity is bad. Also, there are feelings of resentment about the coaddicts' efforts to control and judge the addicts' sexual behavior, all of which perpetuates the3 addiction cycle of the addicts.</p>	<p>INTEGRATED WORLD Addicts and coaddicts find what their obsession could never discover: a deep and personal sense of self-worth and value. They can be affirmed and loved, as well as loving and affirming. They learn that rewarding and varied sexual experience within the context of significant relationships adds nurturing to one's life. Living the program assures them that sexual obsession does not direct their lives.</p>

-From "Out of the Shadows" by Patrick Carne

