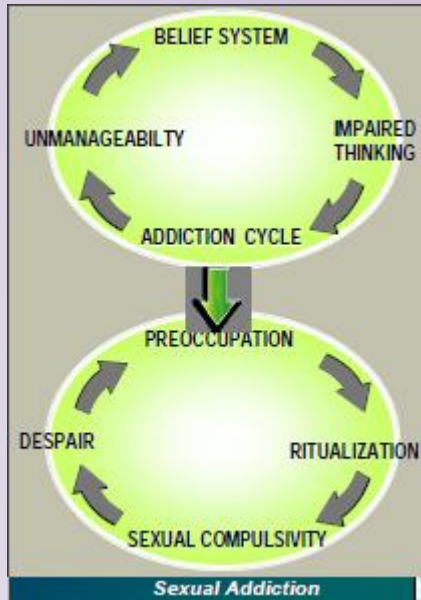


## The Sexual Addiction Cycle



Often the problem starts with erroneous beliefs that “sex is my greatest need” and that I “can’t get my needs met in direct, conventional ways”. This leads to acting out in repeated patterns of predictable sex behavior when stressed or “triggered”, which results in a guilt-ridden existence and unmanageable despair. This cycle of behavior must be met with 1<sup>st</sup> order behavior changes and accountability so as to prevent relapse, but even more important, with 2<sup>nd</sup> order change to address the inner wounds, distorted thinking, and lingering unmet needs that can eventually lead one back to old ways of coping.

## Take the PATHOS Test to See Where You Stand

1. Do you often find yourself preoccupied with sexual thoughts? [**P**reoccupied]
2. Do you hide some of your sexual behavior from others? [**A**shamed]
3. Have you considered seeking help for your sexual behavior? [**T**reatment]
4. Has anyone been hurt emotionally due to your sexual choices? [**H**urt others]
5. Do you feel controlled by your sexual desire? [**O**ut of control]
6. When you have sex, do you feel depressed afterwards? [**S**ad]

A positive response to just one symptom would indicate a need for additional assessment. However, having two or more indicates the strong possibility of sexual addiction.

The “Sexual Addiction Cycle” is from *Out of the Shadows* by Dr. Patrick Carnes

Jeff VanZant, M A, LMHC, CSAT  
Hwy 99 & 168<sup>th</sup> St. Lynnwood, WA  
(206) 679-4 .. 3 ... 2 ... one ... your  
*countdown* to recovery!

Call today for a **free 15 minute phone consultation** or to set up a private counseling appointment

Visit: **Brighthearts.com** to access additional brochures and other resources

Are you or someone you love suffering from a

## Sexual Addiction?

*Sexual addiction is real and can be distinguished from random moral lapses or narcissistic, recreational hedonism. Sex addicts lead a double life, often concealing their behaviors from spouses, family, and coworkers.*

Sexually addicted individuals have deep-seated deficits in their development and the majority have experienced some form of abuse. A hijacked brain and “thinking errors” contribute to continuing behavior patterns in which they engage in choices that are contrary to their inner values. Unfortunately, unchecked this behavior rarely is self-correcting without help from others ... but ... **there is hope.**

## The 4-sided Recovery Foundation

As the survey results of recovering individuals below indicates, the most helpful interventions for those recovering from a sexual addiction are, first and foremost, a connection with a loving and forgiving God (87%) followed by SA – focused 12 step groups, a strong support network, and individual therapy. If obtained from someone trained in the dynamics of sexual addiction, treatment can complement and help reinforce external, stop-gap changes with core, long-term transformation and build a successful foundation for recovery.

Type of Treatment	Helpful
Inpatient Treatment	35%
Outpatient Group	27%
After Care (Hospital)	9%
Individual Therapy	65%
Family Therapy	11%
Couples Therapy	21%
12-Step Group (SA based)	85%
12-Step Group (Other)	55%
Sponsor	61%
Partner Support	36%
Higher Power	87%
Friends' Support	69%
Celibacy Period	64%

“... For I have the desire to do what is good, but I cannot carry it out.”  
Rom 7:18b



### What are the Tell-tale Signs?

Common syndromes include:

- 1) A pattern of Compulsive Behavior
- 2) Feeling Out of Control
- 3) Inability to Stop or Decrease Sex
- 4) Inordinate Time & Resources Used
- 5) Constant Preoccupation of Thought
- 6) Inability to Fulfill Obligations
- 7) Continuance Despite Consequences
- 8) Escalation in Risk or Intensity
- 9) Relational & Occupational Losses
- 10) Social Withdrawal/ Isolation

### How is Outpatient Treatment Different from Regular Counseling?

Accomplishing several specific tasks has proved to be imperative to successful SA recovery. The first 7 of these tasks include:

- 1) Breaking through denial
- 2) Understanding addiction
- 3) Surrendering powerlessness
- 4) Limiting damage
- 5) Establishing sobriety
- 6) Achieving physical integrity
- 7) Developing a culture of support

SA treatment uses the latest assessment tools as well as targeted reading, written, and verbal assignments to achieve these tasks.

