

What is Sex “Addiction”?

A “pathological” mood-altering (medicating) relationship with a sexual or romantic *experience*, where an individual has lost the ability to choose “yes” or “no” and continues to engage in behaviors in spite of negative consequences (legal, occupational, emotional, physical, financial, relational, spiritual). *Patrick J. Carnes.*

Some Questions:

- 1) Do you ever think your sexual or romantic desires are stronger than you are?
- 2) Do you regularly purchase romance novels or sexually explicit magazines?
- 3) Do you often find yourself preoccupied with sexual thoughts or romantic daydreams?
- 4) Do you ever feel bad - guilt, shame - about your sexual behavior?
- 5) Have you ever worried about people finding out about your sexual activities?
- 6) Have you made efforts to quit a type of sexual activity and failed?
- 7) Do you find yourself having multiple romantic relationships at the same time?
- 8) Has sex or romantic fantasies been a way for you to escape your problems?
- 9) Do you feel depressed after sex?
- 10) Has your sexual activity interfered with your family life?

OFFENSIVE BEHAVIORS:

Obscene Phone Calls.
Peeping / Flashing. Employee-Employer Sex. Touching Others.
Molestation /Rape.
Strip Clubs/Escorts/Prostitutes.
Affairs . Cybersex



Anna M. Valenti-Anderson
LCSW, LISAC, CSAT

- Board Member of the **Society for the Advancement of Sexual Health (SASH)**, the only organization dedicated specifically to helping those who suffer from out of control sexual behavior since 1987.
- **Certified Sex Addiction Therapist & Supervisor** through the International Institute for Trauma and Addiction Professionals.
- **EMDR** (eye movement desensitization and reprocessing) and other therapeutic models (psychodrama, Gestalt, Cognitive-Behavioral, breath work, targets used in DBT).
- Licensed **Clinical Social Worker**
- Licensed Independent **Substance Abuse Counselor**
- NAADAC, The Association for Addiction Professionals
- NASW, the National Association of Social Workers
- **Clinical Social Work & Psychotherapy Organization**

*Sexuality / Relationships
Trauma / Addiction
Individual / Group / Couples / Family
Wknd Intensives | 6-wk Program*



2400 E. Arizona Biltmore Cir
Bldg. 4, Ste 2430
Phoenix, AZ 85016
www.SANEResources.org
www.annavalenti.com

(623) 695-0064

Self Awareness, Nurturing and Empowerment

NEED SEX?

1. Have you ever thought about **CUTTING DOWN** on your use of - or thinking about - sex? *"Maybe I should limit it to once a week or not do so much."*
2. Have you ever experienced being **ANNOYED** by another's talking about your use of - or thinking about - sex? *"Why are they making such a big deal?"*
3. Have you ever felt **GUILTY** or ashamed about your use of - or thinking about - sex? *"I better not tell anyone."*
4. Have you ever used sex to get your **EMOTIONS** settled or numb out guilt, shame, pain, fear or loneliness? *"I just need to go online one more time and I'll feel better."*

“I use sex and relationships to feel good. It’s like a high for me.”

What is “Cybersex”?

- Downloading and printing porn.
- Chat, newsgroups, setting up meetings or participating in real-time sex.
- Exchanging porn, stories and erotic email or file sharing.
- Paying for sex (escorts, strip clubs, hotel movies, magazines) while online.

Some Questions:

- 1) Have you spent more money or time online for sexual material than you planned?
- 2) Has Internet sex sometimes interfered with certain aspects of your life?
- 3) Have you tried to hide what's on your computer or monitor so others can't see it?
- 4) Do you use sexual humor and innuendo with others while online?
- 5) When you are not able to access sexual information online, do you feel anxious, angry, or disappointed?
- 6) Do you hide your on-line interactions from your significant other, friends or family?
- 7) Do you feel guilt or shame, or depressed after your on-line use?
- 8) Were you accidentally aroused by cybersex and now actively seek it out when you log on-line?
- 9) Have you masturbated while on-line?
- 10) Do you spend less time with your real-life partner, friends or family; preferring online sexual gratification to human relationships?

One of every seven calls to the “Pastoral Care Hotline” is related to Internet pornography.

What is Co-Sex “Addiction”?

A “pathological” need to maintain the status quo, which protects the addict and/or addiction, and results in extreme behaviors in order to assume responsibility for the others’ thoughts, feelings and behaviors. *Anna Valenti-Anderson.*

Some Questions:

- 1) Has a family member or friend been in jail or other legal trouble as a result of his or her sexual behavior, or do you fear that this kind of thing will happen?
- 2) Has sex (for example, thinking about it, doing it, talking about it, worrying about it) played an all-consuming or dominant role in your relationship?
- 3) Has your involvement with another person or their sexual behavior ever affected your relationship with your children, your friends, co-workers or family members?
- 4) Have you avoided speaking with others (friends, a professional) about your sexual behaviors or feelings?
- 5) Have you been afraid that you are "frigid" or "not with it" sexually?
- 6) Have you been afraid to be alone with your partner?
- 7) Have you been afraid to upset your partner for fear of his or her reaction; that he or she will leave you?
- 8) Have you compared your appearance with others (co-workers, friends, celebrities)?
- 9) Have you covered up your real feelings by pretending you don't care?
- 10) Have you engaged in sexual behavior with your partner and then felt uncomfortable, disturbed, or ashamed?

(623) 695-0064

What is Sexual “Anorexia”?

A “pathological” obsession with avoiding sex that results in extreme physical, mental, and emotional preoccupation. *Anna Valenti-Anderson.*

Some Questions:

- 1) Do you resist or avoid any sexual activity, initiative or behavior?
- 2) Do you persist in resisting sexual contact even though it is self-destructive or harmful to your relationship?
- 3) Do you use extreme efforts to avoid sexual contact or attention – clothing, self-mutilation, distortions of body appearance?
- 4) Do you have rigid, judgmental attitudes toward your or others’ sexuality?
- 5) Do you feel shame and self-loathing about sexual experiences, body perceptions, and sexual attributes?
- 6) Has your avoidance of sex affected your work, hobbies, friends, family and primary relationship?
- 7) Are you preoccupied with avoiding sexual contact and the sexual intentions of others?
- 8) Do you feel despair about your sexual adequacy and functioning?
- 9) Do you avoid intimacy, dating and relationships out of fear of sexual contact?
- 10) Do you feel distress, anxious, restless, or irritable because of sexual contact or potential sexual contact?

“I CAN’T STAY SOBER BECAUSE I KEEP RUNNING IN TO PROBLEMS IN MY RELATIONSHIPS.”