

Sex Addiction

Compulsive sexual behaviors refer to excessive sexual thoughts and desires that can't be controlled. This intense focus on sexual fantasies and urges often causes distress and problems in relationships and other areas of an individual's life. They may participate in these sexual experiences to a degree that they feel it's beyond their control.

- Masturbation
- Sexual arousal via text
- Multiple sexual partners
- Use of pornography
- Paying for sex

Complications

1. Lack of healthy relationships
2. Decrease work performance
3. Financial problems
4. Health consequences due to pregnancy or sexually transmitted infections
5. Risk of substance abuse
6. Mental health struggles
7. Problems with the law



Should I seek help?

Seeking help from a professional can be difficult due to how personal the matter is. Getting the right treatment can help the individual gain control of their relationship and livelihood.

Ask yourself...

- Can I manage my sexual impulses?
- Am I distressed by my sexual behaviors?
- Are my sexual behaviors hurting my relationship?
- Are my sexual behaviors affecting my work?
- Are my sexual behaviors getting me into legal problems?
- Do I try to hide my sexual behaviors?