



# Addressing Sex Addiction

*Sex addiction is caused by various biological, psychological, and social factors. It has been proven to be one of the strongest addictions. Sex addiction can lead to anxiety, depression, and substance abuse, as well as negatively impact the individual's professional life, relationships, or financial status. Overcoming sex addiction is possible.*

*Take the first steps to overcoming sex addiction today.*

## Symptoms of Sex Addiction

- Allow sex to take priority over obligations and responsibilities, such as work and family
- Desire to reduce sexual activity but unsuccessful
- Spend large amounts of time in sexually related activities (viewing pornography, searching for new partners, etc.)
- Preoccupied by sexual thoughts
- Escalate scope of sexual activities
- Increase in sexual activity, related activities, or number of sexual partners without intent
- Crave sex persistently

## Keys to Overcoming Sex Addiction

### Motivation to Change

Many factors may cause a person to choose to seek help for sex addiction. Accepting that there is a problem is the first step, and it may be that an individual does not reach this step on their own but through the efforts of other people or the threat of negative consequences. True help and healing is only possible with self-motivation and willingness to address the issue at hand.

### Find the Right Solution

The first step to getting help is to meet with a professional who will conduct an evaluation. An evaluation is important in determining the severity of the addiction and then deciding which type of treatment is best. There are a variety of treatment options, for example: inpatient programs, outpatient programs, the 12-step program, and community help groups.

### Social Support

Accountability is crucial in a person's recovery process and in their longterm commitment to addressing sexual addiction. One cannot go through the healing process alone and needs others to stand alongside of them to hold them accountable when they struggle. It is sometimes helpful for others to remind the individual of the negative impacts that their addiction has had not only on themselves, but also on those around him/her.