

# Seeking Treatment for Sex Addiction

## Objective

To help determine if you are ready to seek treatment for a sex addiction.

## You Should Know

Many people suffer from a behavioral addiction without realizing it and may experience serious consequences in their lives. Not everyone understands what a behavioral addiction entails, which can keep people from seeking treatment. Sex addiction is one of the most common behavioral addictions. This disorder is characterized by a person's desire to compulsively and excessively take part in certain sexual activities. They begin to experience problems in their personal and professional lives. This is the strongest indicator of a sex addiction.

There are different types of sex addiction:

- 1. Pornography Addiction** – An addiction to pornography involves watching and/or reading porn compulsively or obsessively.
- 2. Voyeurism** - Individuals compulsively watch others without their knowledge. Individuals will masturbate while watching people engage in intimate activities.
- 3. Exhibitionism** - Exhibitionists compulsively reveal their genitals to others.
- 4. Paying for Sex** - Some individuals pay for sex to the point where they spend all their money for this purpose and continue to do so after getting caught.
- 5. Sex for Trade** – Individuals compulsively offer sex for trade to others, accepting money or other payments in exchange for sex.
- 6. Fetishists or Sadomasochists** - Individuals become aroused from specific experiences or by using certain objects. It becomes an addiction when a person forces it upon others or allows it to consume their lives.
- 7. Intrusive Sex** - Touching someone without their consent in order to bring about sexual arousal.
- 8. Exploitive Sex** - Gaining sexual pleasure from forcing others into a sexual situation.

If you suspect you have a problem with sexual behavior, it can be a difficult decision to actually seek treatment. Your thoughts about treatment may be conflicting and influence your choice to seek treatment. The worksheet on the next page will help you consider the benefits and drawbacks in seeking treatment.

## Thinking About Seeking Treatment

Directions: Use the table below to create a list of the benefits and drawbacks of seeking treatment. Answer these questions as honestly as you can.

<p>What are the benefits of starting treatment?</p> <ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li></ol>	<p>What are the drawbacks of starting treatment?</p> <ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li></ol>
<p>What are the benefits of NOT starting treatment?</p> <ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li></ol>	<p>What are the drawbacks of NOT starting treatment?</p> <ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li></ol>

## Think About It

Looking back at what you have written, what stood out for you in terms of benefits and drawbacks to seeking treatment? What surprised you?

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Which of the reasons you listed were most convincing for you? Why?

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What is your next step in your pursuit of treatment?

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If your decision is not to seek treatment at this time, how will you know when it is time to start treatment?

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How helpful was this exercise? \_\_\_\_\_

(**1** = not very helpful, **5** = moderately helpful, **10** = extremely helpful)

Is there something else you can do to help you with your concerns?

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