

Identifying the Impact of Sex Addiction

Objective

To recognize how your values are negatively impacted by sex addiction

You Should Know

People who experience difficulties managing their sexual behavior are often faced with consequences that negatively impact their lives. For example, in the pursuit of frequent sexual gratification, significant relationships might be sacrificed. It's important to review the different aspects of your life and consider how your problematic sexual behavior might be impacting them.

Sex addiction may lead to psychological distress and can result in impaired social, occupational, or other types of functioning.

These are some of the potential mental and emotional side effects of sex addiction:

- Less time spent engaging in hobbies or with friends and loved ones
- Loss of productivity at work and home
- Financial problems related to overspending
- Loss of employment due to absences, accessing restricted content at work, sexual harassment

Sex addiction not only affects the person who is addicted. It can have a far-reaching impact on the people the person loves the most, affecting the healthy functioning of close relationships. Social isolation may result because of the emotional damage inflicted on loved ones.

These are some of the potential relational side effects of sex addiction:

- Loss of trust because of dishonesty, deceit, and denial
- Difficulty in achieving intimacy because of violations of trust or because sexual partners are viewed as sexual objects
- Failed relationships
- Legal problems if the behaviors escalate to illegal activities

Identifying Your Values

This worksheet is designed to help you better understand the most important aspects of your life and how your sexual behavior may be impacting each category.

Directions: Below are a list of values and goals that people typically find important. For each item, consider 1) how important it is in your life, 2) the relationship between your sexual behavior and that value, and 3) how your actions related to each item have been consistent or inconsistent with how important it is to you.

Value	Importance in your life (0 not important - 10 very important)	Relationship between sexual behavior and values	Actions consistent or inconsistent with values
<i>e.g. Family</i>	<i>10 (very important)</i>	<i>I have not been the family man I used to be because of my sexual addiction.</i>	<i>My actions are inconsistent because I have not been visiting my parents.</i>
Family of Origin			
Romantic Relationship			
Parenting			
Social Activities			
Work			
Education			

Think About It

Looking back at what you have written, what patterns can you identify?

What, if anything, surprised you?

Which of your values are most impacted by your sexual behavior?

What steps will you take to help your actions be more consistent with your values?

How helpful was this exercise? _____

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

What could you do differently to make progress in effectively identifying the impact of your sexual behaviors on your values?
