

SEXUAL ADDICTION – FACT OF FANTASY

HOW SERIOUS IS THIS PROBLEM REALLY?

“Sexual Addiction” – Is it REAL?

“Sexual Addiction” – Is it A PROBLEM?

“Sexual Addiction” – Is it REALLY AN ADDICTION?

IS IT REAL? Society - Businesses – Churches – Families - Men

IS IT A PROBLEM?

STATISTICS:

National Coalition for the Protection of Children & Families:

- Approximately 40 million people in the United States are sexually involved with the Internet
- 2.5 billion emails per day are pornographic
- Twenty percent of men and 13% of women admitted to accessing pornography at work
- For every 10 men in church, 5 are struggling with pornography
- According to 2004 IFR research, U.S. porn revenue exceeds the combined revenues of ABC, CBS, and NBC (6.2 billion).
- Porn revenue is larger than all combined revenues of all professional football, baseball and basketball franchises.

(<http://www.icarecoalition.org/stat.asp>)

Statistics on Pornography, Sexual Addiction and Online Perpetrators:

- The total porn industry revenue for 2006: \$13.3 billion in the United States; \$97 billion worldwide
- More than 70% of men from 18 to 34 visit a pornographic site in a typical month
- 51% of pastors say cyber-porn is a possible temptation. 37% say it is a current struggle
- 47% percent of families said pornography is a problem in their home

(<http://www.safefamilies.org/sfStats.php>)

Internet Pornography Statistics: 2003:

- 90% of 8-16 year olds have viewed porn online (most while doing homework)¹
- Average age of first internet exposure to pornography is 11 years old¹
- Largest consumer of internet pornography 12-17 age group¹

(<http://www.internetfilterreview.com/internet-pornography-statistics.html> - September, 2003)

HOW DID WE GET HERE? –

While Sexual Addiction has been a part OF OUR SOCIETY FOR CENTURIES - THE CHANGE IN OUR SOCIETY THE 60's SET THE STAGE:

- (1) The Sexual Revolution of the 60's changed our whole way of thinking and opened the door to pursuing “**pleasure or feelings**”...If it “**Feels Good**” it must be alright and therefore **pursue it**.
- (2) This mindset opened the door to a whole generation with an attitude of “**entitlement**”.
- (3) This set the stage for Addictive Society today...Especially Sexual Addiction.

IS IT REALLY AN ADDICTION?.....

UNDERSTANDING ADDICTION:

What is addiction:

Defining Addiction – “*Addiction is a persistent, compulsive dependence on a behavior or substance.*”

-<http://medical-dictionary.thefreedictionary.com/addiction>

WHAT HAPPENS TO DEVELOP AN ADDICTION?

“If I do something that makes me feel good, I am likely to do it again. If I keep doing it, and it keeps making me feel good, I will probably make it a habit. Once I have made a habit of it, it becomes important to me and I will miss it if it is taken away. In other words, I have become attached to it. - Addiction and Grace by Gerald G May

DIAGNOSIS: The diagnosis of addiction is based on FIVE CRITERIA---

- 1) Loss of Willpower
- 2) Harmful Consequences
- 3) Unmanageable Lifestyle
- 4) Tolerance or Escalation of use
- 5) Withdrawal Symptoms upon quitting

CAUSES OF SEXUAL ADDICTION:

SECONDARY CAUSES:

Inconsistent parental nurturing and love definitely can contribute to sexual addiction. It destroys a child's natural desire for intimacy and makes them suspicious of the 'good times.'

A sense of parental betray when they need to feel emotional and spiritual love and support can make a person susceptible to turning to sex to find security.

Insufficient parental teaching and modeling can leave a child without a solid foundation of love and respect. When they are taught that intimacy brings pain then they soon learn it is safer to withdraw emotionally from others. Substitutes are needed to meet needs for intimacy.

Stress can contribute as youth seek to escape or avoid stress by use of sex. Often this is modeled by their parents and passes from generation t generation.

Early sexualization by sounds, sights and touches that are inappropriate can cause a child to assign an improper place to sex in life.

Child abuse is a major contributor to sexual addiction in adults. Research has shown that a very high correlation exists between childhood abuse and sexual addiction in adulthood. 97% of sex addicts have been emotionally abused as a child, 83% have been sexually abused and 71% have been physically abused.

ROOT CAUSE:

"Remember, sexual addiction itself isn't the problem, although it can cause multiple problems. Sex addiction is just a symptom of a far deeper problem. Cures don't come by treating symptoms!.....Sex addiction is a byproduct of loneliness, pain and the need to be loved and accepted. It is a substitute for these, a counterfeit way to meet legitimate, real needs.

EMOTIONALLY for the sex addict sex isn't really about sex, they just use sex. Sex is involved as a means to an end but is not the end itself. It is really about emotional intimacy – lack of it, need of it, fear of it and the drive to attain it. The addiction provides an illusion of affirmation, a veneer of control and connection in a 'safe' environment.

PHYSICALLY sex activates the natural opioids and dopamine producing intense pleasure and euphoria which accentuates the addiction.

SPIRITUALLY sex feeds the delusion that fulfilling comfort, love and security can be experienced on a strictly human level apart from God. That can't happen. All addicts and addictions are basically self-centered and demanding. Real spiritual needs can't be met in that way. Only in humility and real submission to God can our deepest spiritual needs be met.

Four Core Beliefs of a Sex Addict

(From Patrick Carnes – “Out of the Shadows”)

1. I am basically a bad, unworthy person.

This one hits right at the core of our self-esteem. The addict tends to believe deep down that he is fundamentally flawed. He may have had some experiences in his life that tell him he is bad. Perhaps he was abandoned by his parents when he was young. Maybe she was told that she would never amount to anything.

2. No one would love me as I am.

This belief is another reflection of our self-esteem. It seems to me that it is usually a learned response, probably from our parents or early friends. It is based largely out of fear. The idea behind this one is "I want to be loved and known intimately, but I am afraid that people who really got to know me would abandon me."

We are all afraid of rejection. And we are more afraid of being rejected by those who mean the most to us. The more we value a person, the more afraid we are of having them know us. If we lose the friendship of an acquaintance, we have lost little. If we lose the friendship of our life's partner, we have lost much. To this end we hide a part of our life from them. We want them to be proud of us... we want them to think well of us.

3. My needs are never going to be met if I have to depend on other people.

Somewhere along the line we were taught that our needs would not be met. We have many different kinds of needs: emotional, physical, intellectual, spiritual and sexual. At some point, though, we learned that we could not trust our parents or our friends to meet one or more of those groups of needs.

With this in mind, you can see how a person would come to start relying on his/her own methods for meeting those needs. We are taught by our parents how to meet needs, but if our parents are sick or if we're never taught, how do we learn to meet those needs? Answer: we do whatever we can.

4. Sex is my most important need.

I can hear the question: "How in the world can a person believe that sex is her most important need?" This isn't a conscious belief, but rather a subconscious belief. The evidence bears it out.

Consider that an addict will take money that was destined for rent, and use that to pay for a prostitute. An addict will skip work to meet a lover. When a fix is needed, nothing else is allowed to get in the way. Life, health, job, family, relationships, and everything else get pushed to the side.

WHAT NEEDS TO HAPPEN:

- 1) 12 Step Recovery Group
- 2) Counseling
- 3) Support/Therapy Group
- 4) Inner Healing
- 5) Accountability

- *For as he thinks in his heart, so is he.* - Proverbs 23:7 (New King James Version)

DEEP INNER HEALING: *Proverbs 4:23 (New Living Translation)* - **Guard your heart above all else, for it determines the course of your life.**

“I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.” – Deuteronomy 30:19