

Are You Addicted to Sex?

Ten signs that point to a problem...

1. A pattern of out-of-control behavior
2. Severe consequences due to sexual behavior
3. Inability to stop despite adverse consequences
4. Persistent pursuit of self-destructive or high-risk behavior
5. Ongoing desire or effort to limit sexual behavior
6. Sexual obsession and fantasy as a primary coping strategy
7. Increasing numbers of sexual experiences because the current level of activity is no longer sufficient
8. Severe mood changes around sexual activity
9. Inordinate amounts of time spent in obtaining sex, being sexual, or recovering from sexual experiences
10. Neglect of important social, occupational, or recreational activities because of sexual behavior



SOURCE: *Don't Call It Love: Recovery from Sexual Addiction* by Patrick Carnes

Criteria for Sexual Addiction

1. Recurrent failure (pattern) to resist sexual impulses to engage in specific sexual behavior (Loss of control).
2. Frequent engaging in those behaviors to a greater extent or over a longer period of time than intended (Loss of control).
3. Persistent desire or unsuccessful efforts to stop, reduce, or control those behaviors (Loss of control).
4. Inordinate amount of time spent in obtaining sex, being sexual, or recovering from sexual experiences.
5. Preoccupation with the behavior or preparatory activities (Preoccupation).
6. Frequent engaging in the behavior when expected to fulfill occupational, academic, domestic, or social obligations (Adverse consequences).
7. Continuation of the behavior despite the knowledge of having a persistent or recurrent social, financial, psychological, or physical problem that is caused or exacerbated by the behavior (Adverse consequences).
8. Need to increase the intensity, frequency, number, or risk of behaviors to achieve the desired effect, or diminished effect with continued behaviors at the same level of intensity, frequency, number, or risk (Tolerance).
9. Giving up or limiting social, occupational, or recreational activities because of the behavior (Adverse consequences).
10. Distress, anxiety, restlessness, or irritability if unable to engage in the behavior (Withdrawal).

SOURCE: *Facing the Shadow* by Patrick Carnes

