

Wrong Beliefs

WRONG BELIEFS

1. I am a bad, unworthy person.
2. No one would love me as I am.
3. My needs are never going to be met if I have to depend on others.
4. Sex is my important need.

15 SIGNS OF SEX ADDICTION

1. Recurrent failure to resist sexual impulses in order to engage in specific sexual behaviors.
2. Frequently engaging in those behaviors to a greater extent or over a longer period of time than intended.
3. Persistent desire or unsuccessful efforts to stop, reduce, or control those behaviors despite promises to stop.
4. Inordinate amounts of time spent in obtaining sex, being sexual, or recovering from sexual experiences.
5. Preoccupation with sexual behavior or preparatory activities.
6. Frequently engaging in the behavior when expected to fulfill occupational, academic, domestic, or social obligations.
7. Continuing behavior despite knowing of having a persistent or recurrent social, financial, psychological, or physical problems that is caused by the behavior.
8. Need to increase intensity, frequency, number, or risk level of behaviors in order to achieve the desired effect.
9. Giving up or limiting social, occupational, or recreational activities because of the behavior.

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15 SIGNS OF SEX ADDICTION (CONT)

10. Distress, anxiety, restlessness, or irritability if unable to engage in the behavior.
11. Escalating amounts of time spent on porn use.
12. Loss of awareness and time while viewing porn.
13. Lying, keeping secrets of the extent of porn use.
14. Spending money on porn instead of necessities.
15. Increased sexual objectivation of strangers.