

SEX ADDICTION

What is it ?

A sex addiction causes a person to feel compelled to engage in a sexual activity such as pornography, masturbation, or sex with a partner, even if it disrupts their lifestyle or leads to negative consequences.

7 SYMPTOMS OF SEXUAL ADDICTION

1 Excessive thinking about, planning of, or engaging in sexual activity

2 Obsessive thoughts or fantasies about sex

3 Sexual behavior that becomes dangerous to self or others

4 Feeling unable to control or reduce sexual activity

5 Hiding or lying about sexual acts

6 Cheating in a committed relationship

7 Feeling guilt or remorse after sexual activity

DID YOU KNOW ?

First described in 1970 in Boston by a member of Alcoholics Anonymous, it was only in 1983 that American psychiatrist Patrick Carnes defined sex addiction as a pathological behavior in his book *Out of the Shadows: Understanding Sexual Addiction*.

Various sexual practices found among addicts include compulsive masturbation, pornography, sexual behavior between consenting adults, cybersex, phone sex, strip clubs, paraphilias, or deviant sexual behaviors (fetishism, voyeurism, sado-masochism, exhibitionism, transvestism, non-consensual sex, sexual harassment, frotteurism, sex with minors, etc.).

Source : blakepsycology.com

