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The Effects of Sexual Addiction [brochure and video]

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Where to get help



WKU Counseling and
Testing Services

Potter Hall 409
1906 College Heights
Blvd #11024
Bowling Green, KY
42101

Help is near

Website: [http://
www.wku.edu/Dept/
Support/StuAffairs/
COUNS/index.htm](http://www.wku.edu/Dept/Support/StuAffairs/COUNS/index.htm)

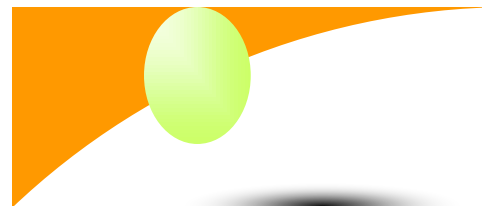
LifeSkills

922 State Street
Bowling Green, KY 42101
(270) 901-5000

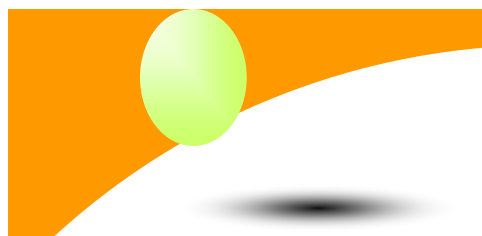
Website: <http://www.lifeskills.com/>

Sex Addicts Anonymous

Website: <http://saa-recovery.org/>



Sexual Addiction



Brandi Smith
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Sexual Addiction

What is Sexual Addiction?

Sexual addiction is defined by individuals reporting being unable to manage their sexual behavior and unable to manage their everyday life. It is also referred to as sexual dependency and sexual compulsivity.



Watching pornography online can be a form of sexual addiction

Sexual addiction is associated with risk-taking. Sex addicts tend to engage in sexual activity regardless of negative and/or dangerous consequences.

25 million Americans visit cybersex sites between 1-10 hours per week. Another 4.7 million in excess of 11 hours per week.

Alarming facts...

Sexual addiction is silently coming to light in today's society. According to the National Council of Sexual Compulsivity 6%-8% Americans are sexual addicts, meaning 18-24 million people. Also, Sexual addiction affects more men than women. However, one in every six women are sexual addicts. Sexual addiction is reported as individuals who cannot manage their lives due to this addiction. It can affect their families, relationships, job, finances, etc. There are several resources out there that sex addicts can benefit from.

Watch for behaviors...

- Compulsive masturbation
- Multiple affairs
- Multiple sexual partners and/or one-night stands
- Consistent use of pornography
- Unsafe sex
- Phone or computer sex
- Prostitution
- Exhibitionism

- Obsessive dating through personal ads
- Voyeurism and/or stalking
- Sexual harassment
- Molestation/Rape



This addiction affects celebrities

Alarming facts...

Treatment of sexual addiction focuses on controlling the

addictive behavior and helping the person develop a healthy sexuality. Treatment includes education about healthy sexuality, individual counseling, and marital and/or family programs for people with sexual addictions

1 out of every 6 women struggles with an addiction to pornography.