

SEX ADDICTION RECOVERY

- 1. Addiction Pattern**
- 2. Addictive Behaviors**
- 3. Addiction Triggers**
- 4. High Achiever Behaviors**



This is a great opportunity for you to look at your sex addiction head on. You must understand how your sex addiction works in your life.

It is imperative to know your life pattern of sex addiction. For example, you may have a pattern of cheating on your partners, watching pornography most nights before bed, going on hook up sites when you are stressed or feel lonely, or you flirt with others to feel them out if they are “available.”

You need to be keenly aware of your sexually addictive behaviors. This is extremely important. Think of all the sexual behaviors that you are addicted to, where once you start you cannot stop. For example, pornography, masturbation, sex clubs, public restrooms, some public parks, dating apps, sexting, cybersex, and paying for prostitutes to name a few. Think about what behaviors you find addictive; the behaviors that make you feel ashamed and guilty, and especially behaviors you feel a need to keep secret.

Also, and so important, know your triggers. Triggers are people, places, or things that in some way, for some reason, ignite in you the flame or urges and cravings to go act out in one of your sexually addictive behaviors. Triggers could be a conversation that sets you off, a public park or bathroom that reminds you of an experience, a phone number in your phone, a TV commercial could spark your craving. Old places you visit, and certain people can certainly trigger your addiction to screaming in your head.

Then, you must know what activities or behaviors to begin practicing in your life that will make you a healthy, spiritually grounded individual. What behaviors will provide you with some peace, sobriety, and joy; behaviors that will make you a better version of yourself. These could simply be praying, meditating by the beach, walking your dog, gardening, reading an uplifting book, visiting a friend, helping someone, writing/journaling, going to church, a 12-step meeting, being honest, and so many more. These are behaviors you can practice in time and master.

Remember, not to look at what you are running from, always look at what you are running to. The High Achiever Behavior list will become your focus as you recreate your life and rebuild from the ashes of your sex addiction.

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