



Christian Concern

Pure Porn: Championing sexual purity in a pornographic age

Gary McFarlane –

Sex, Porn & Love Addiction Therapist

Sex Therapist

Singles/Couples/Marriage Counsellor

What does the bible have to say about this topic?

That is why I say to run from sex sin. No other sin affects the body as this one does. When you sin this sin it is against your own body. I Cor 6: 18 Living Bible (TLB)

I can do anything I want to if Christ has not said no,^[a] but some of these things aren't good for me. Even if I am allowed to do them, I'll refuse to if I think they might get such a grip on me that I can't easily stop when I want to. I Cor 6: 12 TLB

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For instance, take the matter of eating. God has given us an appetite for food and stomachs to digest it. But that doesn't mean we should eat more than we need. Don't think of eating as important because someday God will do away with both stomachs and food.

But sexual sin is never right: our bodies were not made for that but for the Lord, and the Lord wants to fill our bodies with himself. I Cor 6: 13 TLB

Don't you realize that your bodies are actually parts and members of Christ? So should I take part of Christ and join him to a prostitute? Never! I Cor 6: 15 TLB

Haven't you yet learned that your body is the home of the Holy Spirit God gave you, and that he lives within you? Your own body does not belong to you. I Cor 6: 19 TLB

Poem for Every Person

From: John T. Wood, How do you feel? (A guide to your emotions, 1974)

I will present you parts of myself slowly. If you are patient and tender. I will open drawers that mostly stay closed and bring out places and people and things, sounds and smells, loves and frustrations, hopes and sadnesses, bits and pieces of three decades of life that have been grabbed off in chunks and found lying in my hands. They have eaten their way into my memory.

Carved their way into my heart. Altogether... you or I will never see them... They are me. If you regard them lightly, deny they are important or worse, judge them, I will quietly, slowly, begin to wrap them up, in small pieces of velvet, like worn silver and gold jewellery, tuck them away in a small wooden chest of drawers and close.

Definition of Sex Addiction:

*A pattern of sexual behaviours which pre-occupy your thoughts **and** are out of control. You cannot stay stopped for a sustainable period or consistently **and** it has harmful consequences **and** the behaviour serves a function in your life **and** it is used primarily to anaesthetize some negative feeling state. (The important criteria which makes it an addiction, rather than a love of sex, is that it serves a function).*

Homeostasis exercise: All about trying to recalibrate and get back stability

Sex & Love Addiction defined: https://youtu.be/Sd_28nqNKIA

What is love addiction?

<https://youtu.be/bLZy7he0qjg>

(Some strong language for Christian ears!)

We all want love and affection and to feel special to at least one person. We need attachment and we instinctively seek connection, especially romantic connection. There is nothing dysfunctional about wanting love and affection and connection.

“Love addiction, however, is a compulsive, chronic craving and/or pursuit of romantic love in an effort to get our sense of security and worth from another person. During infatuation we believe we have that security only to be disappointed and empty again once the intensity fades. The negative consequences can be severe and yet the love addict continues to hang on to the belief that true love will fix everything”.

Therefore they get back up after the hurt of rejection, and try the chase again and again, even when love from at least one other, is in front of them. Caused by “Attachment”, mostly set up in childhood, it seeks to fill a perceived void, that will never actually be filled.

Imagine this News Headline:

“Mother of three under 7’s left them in a squalid state as she feed them beans on toast for weeks so that she could spend 12 hours per day, every day, of “screen time” on social media platforms interacting with males”.

It isn’t yet true (or isn’t it)! Such a news story is sure to break soon.

Society says “Tut, tut, tut” about males watching porn images for many hours per day, but no issue with females reading erotic literature and seeking social media interaction for greater hours per day.

As such there is no challenge to women to look again at their compulsive, perhaps addictive sexual behaviours, because it is more low key and prevalent, such that it is normalized – unless someone gets hurt – like children.

These are contradictions that society (which is us!) have bought into.

Mills & Boons

“No harm. Just my bit of space for a wind down and a little self indulgence. This isn’t porn. Just light reading. What on earth could be the matter with these novels”




Fifty shades of Grey

“Most women have read it. No stigma about reading it on the bus and the beach. It isn’t porn after all!”

Yes, it is porn ladies. All the write ups confirm it. Men are not interested in reading the book. Men are visually Stimulated. Women prefer being romanced through reading or the spoken words. There is a difference between the sexes.





“Acting out” is any type of sexual behavior outside of the couple’s sexual relationship.

For example: Porn, Masturbation, Sexting, webcam, massage parlours, prostitutes, Escorts, Public toilet activities, Voyeurism, Up-skirting etc.

It happens after a trigger or intense and intrusive, uncontrolled thoughts.

We do have control over our thought life if we chose to exercise that control, but those very potent biochemicals of Dopamine, Serotonin, Endorphins, Oxytocin, Norephephrine, make it very difficult indeed.

MRI scan of the brain of a person who has injected illegal drugs and those with these biochemicals show the same intense euphoric experience.

Logic, cognitive reasoning goes off-line and emotions, sensations and pleasure in the limbic part of the brain rule the day and take over the decision-making behaviour process.

The Brain and its involvement in Sex Addiction

“We do not see with our eyes, but with our brains”

The structures of the brain, to explain the setting up of neural pathways:

- The Cerebral Cortex
- The Limbic System (the emotional brain, made up of the Amygdala, Hippocampus, the Thalamus, the Nucleus Accumbens)
- The Brain Stem.

The role, function and purpose of Sex, Porn, Love Addiction

Sex is being used for stress relief, tension, anger, loneliness, escapism from the routines of life or reward.

Sex is a symptom of an underlying problem. Sex is not the problem. It is an outlet.

It is for self-soothing more than it is for pure pleasure.

Sex Addiction is not about sex. It is not addiction to porn or sex. It is an addiction to those biochemicals.

Sex is the equivalent of the needle to get the drugs/biochemicals (self-manufactured in the brain), into the body.

It is an attempt to self-regulate the worse excesses of life's issues.

You do not choose the type of addiction and drug of choice. It chooses you.

High sex drive does not necessarily equate to sex addiction.

Child porn viewing does not necessarily lead to child sex abuse or to paedophilia with real children.

SHAME + NARCISSISM = SEX ADDICTION

Shame means hiddenness. Don't be found out. Therefore self-esteem, self-respect and self-value will be affected

Narcissistic damage always underpins the addiction (hand in hand with Shame).

The person is not necessarily a Narcissist, but will have traits of narcissism.

Narcissism and Empathy cannot co-exist together.

Shame

<http://www.brenebrown.com/videos/>

- The presence of shame is a particularly powerful driver for sexual addiction
- Shame means “to hide” and is a hidden companion of Narcissism
- Shame is the painful feeling of being unacceptable. It is a feeling of being inferior
- It is “a wound made from the inside by an unseen hand”. There is something about ‘Attachment’ issues and what happened as a child with the main caregiver
- It comes from a core belief about self and a feeling (which is not necessarily true at all; but is believed and acted upon
- Anger and depression are defences against feeling shame. It disrupts the natural functioning of the self
- Shame emerges out of addiction. Shame causes addiction and compulsivity. It says: “I am not measuring up”
- Shame is a negative affect state. So is loneliness, anxiety, boredom and habit, these negative affect states are the drivers of shame.

Narcissism

Narcissism is the way we conceptualise how we will look after ourselves. In its pathological form, it refers to people who seem incapable of acknowledging or taking sufficient account of the reality of other people and their separate existence. Narcissistic Personality Disorder describes those who exemplify an extreme form of this characteristic.

The primary purpose of Narcissism is to compensate for experience, usually in early childhood, when ordinary expectable needs were not met adequately. The Narcissist denies dependence on others and denies even that others exist except as players in the Narcissist's drama. Other people are required to meet the narcissist's needs for recognition and value, but without relationship being reciprocated.

The narcissist gives nothing, but demands others give everything. Therefore the original horrific experience of unmet need and the shame and vulnerability that goes with it, is denied and defended against.

Traits include being the centre of attention, little interest in others, craves recognition and praise. They are performers and want others to keep on clapping and not stop. Controls and dominates interaction with other, has to be right, cannot admit to ever being wrong and never apologises. Insists on things being done their way, always makes the choices and decisions. Reliance on another is not acknowledged.

Sex and porn addiction are not recognised in DSM 5

Three ways in which sex, porn, love addiction gets set up:

- *Opportunity* induced
- *Trauma* induced
- *Attachment* induced.

Shame + Narcissism are then the hallmark traits

In July 2018 the World Health Organisation confirmed:

“For the first time, compulsive sexual behaviour – commonly called sex addiction – is classified as a mental health disorder on the World Health Organization's International Classification of Diseases list – a decision not without controversy.”

Some Statistics

Figures up to 2013 studies show the following:

12% of all Internet websites are pornographic.

25% of all online search engine requests relate to sex. (ie 68 million requests per day).

35% of all downloads are pornographic.

40 million Americans are regular visitors.

70% of men aged 18 to 24 visit a porn site at least once per month.

Average age of first exposure to Internet porn is 11.

Largest consumer group of Internet porn is men aged 35 to 49.

One-third of all Internet porn users are female.

Most popular day of the week for watching porn is Sunday.

Most popular day of the year for watching porn is Thanksgiving; (likely to be Bank holidays, here in the UK).

In Paula Hall's survey:

- 25% of porn viewers were women
- 36% of women had fetish behaviours and 24% of men
- 54% of women had multiple affairs and 37% of men
- 29% report the problem as having began between age 17 to 25
- For 31% it was between age 11 to 16
- For 8.8% it was under aged 10.

What are the Behaviours?

- Porn viewing, child porn
- Chatlines, phonedlines, sexting, webcam sex
- Visiting prostitutes and escorts
- Multiple partners, swinging and multiple affairs
- Sex in cinemas
- (BDSM) Bondage, discipline, sadism and masochism
- Rape
- Exhibitionism, Voyeurism, fetish practices and paraphilias.

What is happening in our churches?

“Pastors & pornography

- In a Christianity Today survey, 33% of clergy admitted to having visited a sexually explicit web site. Of those who had visited a porn site, 53% had visited such sites “a few times” in the past year, and 18% visit sexually explicit sites between a couple of times a month and more than once a week.
- 51% of pastors say cyber-porn is a possible temptation. 37% say it is a current struggle (Christianity Today, Leadership Survey).
- A survey conducted by Leadership magazine, showed that 40% of pastors have visited a pornographic Internet site, with over 33% doing so within the last 12 months.
- 75% of pastors do not make themselves accountable to anyone for their Internet use. Survey by Leadership magazine with 564 respondents: Pastors and Internet Pornography.
- Almost one in seven calls to Focus on the Family's Pastoral Care Hot Line dealt with Internet pornography. Focus on the Family's website may be found at: PureIntimacy.org.
- In a survey conducted of Southern Baptist pastors, 14.1% confessed to “sexual behavior inappropriate to a minister.” CT Magazine, “Sexual Abuse in Churches Not Limited to Clergy” by Mary Cagney.
- A survey sponsored by the Fuller Institute of Church Growth revealed that 37% of the pastors surveyed confessed to having been involved in “inappropriate sexual behavior with someone in the church.” Printed by H. B. London, Jr., and Neil B Wiseman, Pastors at Risk, Wheaton:Victor, page 22.
- Out of 81 pastors surveyed (74 males 7 female), 98% had been exposed to porn; 43% intentionally accessed a sexually explicit website. National Coalition survey of pastors, Seattle.
- Rick Warren’s (author of the book, Purpose Driven Life) Pastors.com website conducted a survey on porn use of 1351 pastors: 54% of the pastors had viewed Internet pornography within the last year, and 30% of these had visited within the last 30 days.”

What is happening in our churches?

- The incidence of all forms of abuse in a population of pastors is consistent with the findings for all sex addicts. Carnes (1991) found that 81% of sex addicts are sexual trauma survivors, 74% survivors of physical trauma, and 97% survivors of emotional trauma.
- There are reasons why Pastors have more challenges than most in maintaining sexual purity. (See <https://www.clergyrecovery.com/?p=28>)
- There are a number of factors, some unique to pastors, that can contribute to cases of sexual addiction. Six of the most common factors are discussed in this section. (See Article by Mark Laaser “Pastors and Sexual Addiction”).
- See my article on the table outside about “Errors of pastoral workers and Christian counsellors who counsel those with sex addiction behaviours” which I wrote some 5 years ago

Children Learn What They Live

Author: Dorothy Law Nolte

If a child lives with **criticism**, he (she) learns to **condemn**.

If a child lives with **hostility**, he (she) learns to **fight**.

If a child lives with **ridicule**, he (she) learns to be **shy**.

If a child lives with **shame**, he (she) learns to feel **guilty**.

If a child lives with **tolerance**, he (she) to be **patient**.

If a child lives with **encouragement**, he (she) learns **confidence**.

If a child lives with **praise**, he (she) learns to **appreciate**.

If a child lives with **fairness**, he (she) learns to **justice**.

If a child lives with **security**, he (she) learns to **have faith**.

If a child lives with **approval**, he (she) learns to **like himself (herself)**.

If a child lives with **acceptance** and **friendship**, he (she) learns to **find love** in the world.

Developmental History from Childhood

Many view the phase of childhood from birth to age 6 as a critical time of sensitivity, during which time, templates are created which shape future interpersonal interactions.

Many people experience some type of wounding during their early development and learn to numb their pain by self-soothing with one or more compulsive behaviours. As adults, they may continue to struggle with the compulsive misuse of alcohol, drugs, spending, food, sex, relationships, or the Internet.

All addictions feature a very complex emotional and biochemical process that have origins in childhood trauma and the deprivation of authentic intimacy and bonding during development.

Socially induced pathology appears between the ages of 4 to 5 and 8 to 9.

The onset of male sexual imprinting is from ages 3 to 4 and peaks at 8 to 9, with an upper tail at about age 13.

Sexual Map & Sexual Template

A love map is an individual's unique erotic signature.

You have developed a sexual template from quite a young age and practices coming out of that template has resulted in you now having an evolved sexual map of desires and likes (whether they are in the range of acceptability or not).

That sexual map was evolving from childhood.

Sexual imprinting can be demonstrated by pushing a key into play-doh and removing it. A similar effect has taken place on the brain from repeated behavioural practices before puberty.

The Kairos Centre Changement Recovery Programme

History taking over 3 to 4, (50 minute sessions) of some 260 questions

Feedback over 2 sessions examining the psychodynamic history to endeavour to hypothesize about:

- How it may have got set up in childhood
- Purpose, role and function the behaviour serves
- Childhood development
- Sexual map, imprinting and template
- Our partnership in the Recovery Programme
- Overview of the programme
- Sobriety now starts here!

Consider whether any “trauma” (unprocessed issues set up in childhood to the developing brain) should first be worked with using eg. EMDR (Eye Movement Desensitization Reprocessing), before a Recovery Programme.

The Couple Recovery Plan

Responsibilities of NAME

To take personal responsibility for ending addiction in my life and not allow any excuses, obstacles or challenges to distract me from this responsibility.

To make the transition to a healthy lifestyle a top priority that I am doing for myself, motivated by myself, regardless of what happens to our marriage/relationship.

To accept that recovery does not mean that our relationship will continue.

To ensure I have made a full and honest disclosure to enable my partner to make an informed decision about the future of our relationship.

To accept that a healthy decision can not be made about the future of our relationship until both of us have emerged from the shock of disclosure.

To invest the next six months to developing new life management skills and learning how to effectively use them.

To make decisions based on long-term health, not short-term advantage.

To encourage my partner in her healing efforts. Not to hijack or manage those efforts, but to support her management of them.

Not to seek/assign blame for the problems in our relationship but rather, to acknowledge that there are problems and work together to solve them.

To not allow a single compulsive urge to go unchallenged. I may not be able to control these urges, but I will never allow them to evolve into destructive action without putting up a conscious fight.

To ensure there are no hidden relationships, accounts, magazines, telephones, files etc.

To accept all consequences of all my decisions and behaviour. I understand that it doesn't matter if the consequences are reasonable or just. Just as I have chosen to engage in the behaviour; others have the choice of how they will respond. I am responsible for my actions.

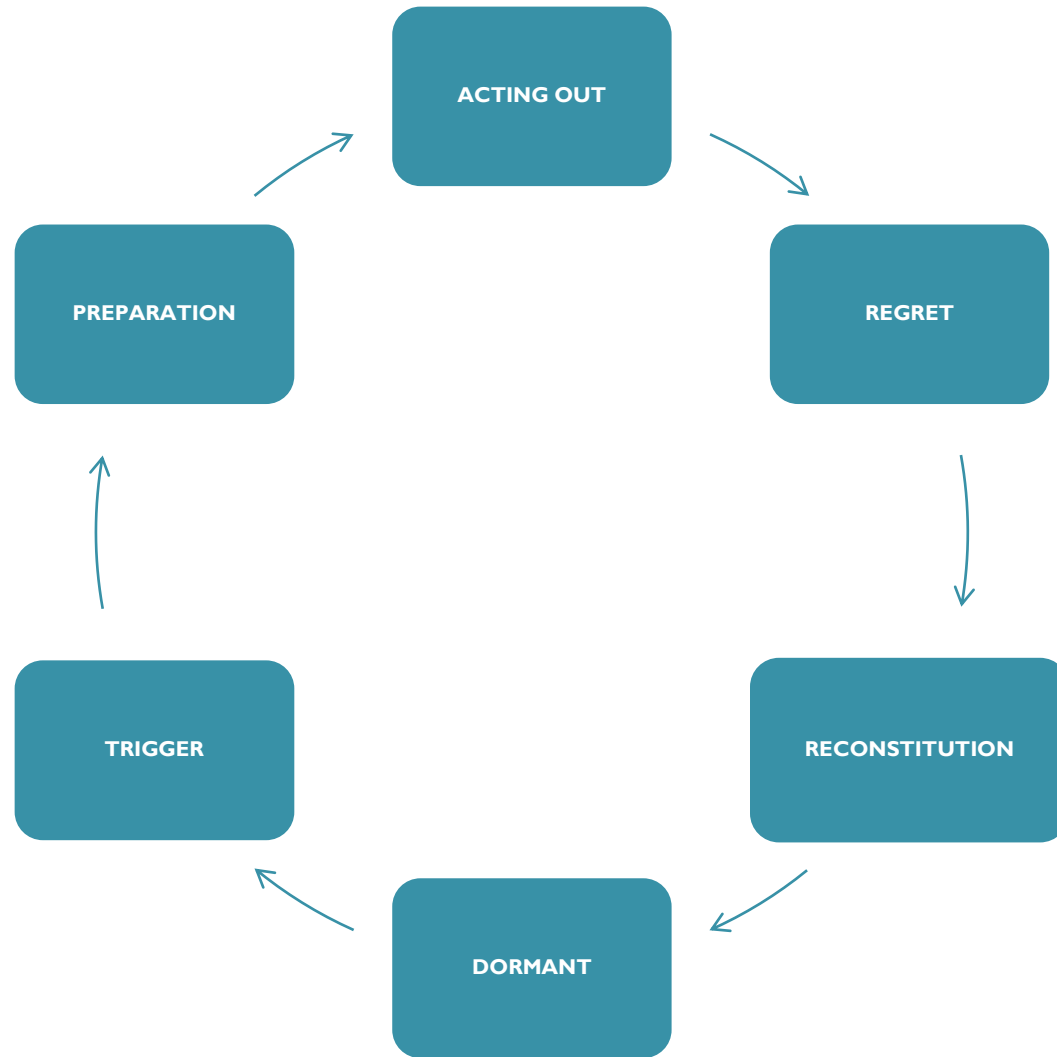
To keep mindful that my partner is imperfect and deserves understanding and patience. That she will make mistakes--some in direct contradiction to what is healthy.

To respect and maintain my partners boundaries.

Signed: _____

Date: _____

The Cycle of Sex Addiction



“Acting out” begins with the eyes, often from objectification

R = Recognise

A = Acknowledge

I = Investigate

N = Non-identification

“The 3 Second Rule”

Bounce eyes

Porn blockers

- Covenant eyes
- Netnanny
- xxxChurch
- K9.

What I Wish I'd Known Before Watching Porn

An article by Lauren Dubinsky: Founder of the 'Good Women Project'

I wish that 10 years ago someone had educated me on pornography. What it is, what it does and what it reaches in and destroys in the hearts, minds and bodies of men and women.

I wish that someone would have told me that researchers have *suggested it sabotages your sex life.*

I wish someone would have explained how *dopamine*, the chemical that is released every time you experience pleasure, drives you to return to what provided that feeling before.

I wish someone would have told me that the kind of pornography you're most turned on by is usually linked to a corresponding hurtful event in your life, further injuring your brokenness.

I wish someone would have told me pornography would normalize things. I wasn't emotionally or physically ready to handle in my relationships with men, making me feel like I had no options or control over my sex life, filling me with much regret and physical pain.

What I Wish I'd Known Before Watching Porn (Cont'd)

I wish someone would have told me I would begin to objectify men, build up images in my mind and think of sex day in and day out, to the point where I couldn't remain focused on anything else.

I wish someone would have told me it would make me feel less valuable to men and bring up insecurities for *years* in the bedroom.

I wish someone would have pointed out pornography *can establish your sexuality completely apart from real-life relationships*, causing huge problems in your intimacy with real significant others.

I wish someone would have explained what "sexual anorexia" was and that countless young men are unable to get erections because they've been watching porn since they were around 14 years old.

I wish someone would have told all the men I've dated that *the porn they are watching is keeping them from being turned on by me*, ultimately destroying our relationship.

Sex & the Internet

Has sex addiction behaviours escalated or is it my imagination?

Let's look at a timeline of developing technology in relation to sexual acting out.

DATE	TECHNOLOGICAL ADVANCEMENT
Pre-Historic period	Cave men drawings on walls!
Pre-1860	Erotic drawings, sometimes taking the form of paintings and Art. Sexual expressions were very private and hidden, behind closed doors. Erotic writings available to the elite classes. Other cultures have drawings depicting sexual poses.
1860s – 1970s	Bathhouses, still photography images of the human body available with the advent of the camera, initially in black & white. Porn magazines and newspapers portraying nudity available and 8mm film projector moving images and under the counter explicit porn material.
1977 - 1990	Video (VHS or Beta), phone sex, soft core porn on cable TV in the privacy of the home. Adult and Escort adverts in magazines, newspapers and yellow pages.
1990 - 2004	Online bulletin board ads, proliferation of porn websites, prostitutes, Chat room, interactive sex through webcams, cybersex, online hook ups with sexual partners. 2 nd life virtual world of your interactive creation.
2004 - Present	Sexting, virtual games and use of console and equipment for long distance stimulation, teledildonics, live video streaming from smart phones, smartphones with GPS to locate sex partners, lap dance clubs, social networking sites used for sexual outlets.
	Technological advancements lead to sexual behavior escalation with increased access, affordability, availability, privacy and normalizing of behaviours without serious stigma.

TECHNOLOGICAL ADVANCEMENT	How long to reach an audience of 50 million users
Radio	38 years
TV	13 years
The World Wide Web (WWW)/Internet	4 years
Social networking	16 months
Smart phone Apps	9 months

Harmful Consequences

Please identify any harmful consequences caused by your addictive compulsive behaviour. Please list actual situations and circumstances. Try to write out the total cost of your addiction and the potential future costs if you do not get it sorted out.

- Financial** Money spent on escorts or sexual services
Websites and webcams
Taking people to dinner / gifts of money / expensive presents
Subscription costs for telephone and websites
Include the cost of alcohol and entertaining in pursuit of sexual adventure
Lost promotions at work which have meant a smaller salary
Not fulfilling your work potential and therefore less income
Money that could have been spent on your partner or children
- Health** Stress due to acting out or recovering from acting out
Risk of body lice
Genital warts
HIV exposure
Other sexually transmitted infections
Activation of health worries
Hang over from accompanying alcohol or recreational drug use
- Personal Development** Loss of important occupational or recreational goals through acting out
Not fulfilled your potential
Huge amounts of wasted time that could have been put to better use
Damaged self-image
Loss of personal dignity
- Relationships** Impaired parenting / being involved in sexual pursuits and neglecting family commitments
There is a serious impact on your partner
Your partner leaves you
S/he cannot bear it any longer
Divorce
Loss of friendships
Disinterest in friendships
Not able to sustain an intimate relationship
- Self-image** You feel bad about yourself
You feel guilty much or most of the time
You experience yourself as bad and worthless
Contemplation of suicide as the right way out
You are filled with shame
- Legal and Social Consequences** You are arrested or fearful of being arrested
You get picked up for kerb crawling
There is a fear that you are going to wind up in the papers
You are afraid that you will lose your position in society
Loss of respect if others knew
Press exposure
Lawsuits and divorce made more complex by knowledge of your sexual behaviour
- Physical Dangers** Getting knocked over the head
Getting mixed up with a dangerous man or woman
Taking great personal risks

Other harmful consequences

pre-contemplation

No intention of
changing behaviour

contemplation

Aware a problem exists
No commitment to action

preparation

Intent upon
taking action

action

Active modification
of behaviour

maintenance

Sustained change -
new behaviour replaces old

relapse

Fall back into old
patterns of behaviour

Upward Spiral - Learn from each relapse

Transtheoretical Model of Change

Prochaska & DiClemente

Hollywood Greats

12 Step Groups:

- SA (Sexaholics Anonymous)
- SAA (Sex Addiction Anonymous)
- SLAA (Sex & Love Addiction Anonymous)
- Celebrate Recovery
- Clicktokick.com
- Circles UK
- Other world wide online groups.

Hollywood Greats (Cont'd)

Benefits:

- Group therapy
- Undermine shame
- Camaraderie support by exchanging phone numbers for daily check in
- A sponsor to work the steps
- An Accountability Partner
- Support long after therapy is ended .

Rate the risks you're taking with your addiction when you're not able to keep it hidden (Part 2)

<i>What is the risk of the following happening if you are found out (with 1 being low and 10 being high)</i>	1	2	3	4	5	6	7	8	9	10
Hurting people you love										
Losing your partner										
Having less contact with your children or other family members										
Losing friends										
Losing your home										
Losing your job										
Reducing your disposable income										
Damaging your self esteem										
Wanting to end your life										

Looking back at your answers to the two questionnaires (if you are not found out & if found out) – how does this make you feel? How do you feel emotionally – scared? upset? embarrassed? ashamed? stupid? guilty? And how do you feel physically – sick? knotted up? tearful? tense? The actual and potential consequences of sex addiction are huge and never worth the momentary buzz you get from acting out.

Some people have found it helpful to make a note of the feelings this exercise evokes somewhere where they'll see it whenever they're tempted to act out. For example on a post-it note stuck to the computer screen or typed into their phone or written onto the back of a business card to be kept in their wallet. Next time you want to act out, dig out these feelings and ask yourself if it's worth it.

Examine the consequences of your addiction, if, or perhaps when, it becomes known.

Pillar 1 "I Am Ready to Change"

I am ready to change. I have lived the way I have lived for too long. When I began this journey long ago my choices were just that, choices. Now they have grown into an addiction that controls me to the point that I feel I have no control. This process has affected my thinking, my feelings, and my being. Those close to me whom I love the most have also been impacted to the point that the life we once had has almost been destroyed.

But now, I am ready to change and I commit to pay what ever price is necessary to accomplish this. I have already seen the power of a single choice in my addiction. Now I employ that same power except I employ it for the purpose of growth and positive change. I will begin the change now and I will heal.

Pillar 2 "My Brain Can Change"

My brain can change. My brain can be my best friend. It can also be my worst enemy. If I do positive things in my life it is because of the neural circuitry that exists in my brain. If I do negative things in my life it is because of the neural circuitry that exists in my brain. Although my brain does not exist in a vacuum it does work systemically with my body, my spirit, and my soul. With the addiction that I have allowed my brain to develop, my brain has taken control over me. Now I am taking the control back. I will form better and healthier neural pathways in my brain. A neural pathway is a network of neurons that are responsible for behavior throughout my brain and body. Now I take control to develop healthier pathways in my brain and body. As I learn more about my brain I will become more and more in control. My brain is changing even as I read this pillar of healing. My brain can change and I will heal.

Female Partners

- Support
- Inner, middle, outer circle of support
- COSA (a 12 Step Recovery Group)
- Disclosing secrets
- The Couple Recovery Plan (counter-part for partners)
- Pinch and Crunch
- Grief loss cycle
- Support and psycho-Ed work.

“Fatal Attraction” DVD

Men in the doghouse!

Compromise of our Core Emotional needs and trashing your Values

Perhaps over 90% of the couples in conflict that I see is over attempts to get Core emotional needs met. Not necessarily sexual needs at all.

Amazing how we would never contemplate compromising our “Values”. Yet for all individuals, when “acting out” including reading erotic novels and polluting the couples marriage bed, causes and must by the behavior, mean compromising, trashing and tearing up their values!

Top 3 Core Emotional Needs

Myself

Acceptance - deliberate and ready reception with a favourable positive response

Affection - to communicate care and closeness through physical touch

Appreciation - to communicate with words and feelings a personal gratefulness for another

Approval - expressed communication; to think and speak well of

Attention - to take thought of another and convey appropriate interest and support; to enter into another's world

Partner

Top 3 Core Emotional Needs (Cont'd)

- | | | |
|--------------------------|--|--------------------------|
| <input type="checkbox"/> | Comfort (empathy) - to come alongside with word, feeling and touch; to give consolidation with tenderness | <input type="checkbox"/> |
| <input type="checkbox"/> | Encouragement - to urge forward and positively persuade toward a goal | <input type="checkbox"/> |
| <input type="checkbox"/> | Respect - to value and regard highly; to convey great worth | <input type="checkbox"/> |
| <input type="checkbox"/> | Security - confidence of harmony in relationships; free from harm | <input type="checkbox"/> |
| <input type="checkbox"/> | Support - come alongside and gently help carry a load | <input type="checkbox"/> |
-

My Top 5 'Values'

	Scale of importance to you?	H	M	L
TECHNICAL EXCELLENCE	being at the forefront of technical development			
ACCOMPLISHMENT	a sense of having done something well			
COMPETENCE	a feeling of being effective			
CONTENTMENT	having peace of mind			
CREATIVITY	being creative in some form or medium			
CULTURE	taking an interest in art, music and literature			
ECONOMIC SECURITY	having a regular income			
ENJOYMENT	having lots of fun and laughs			
ESTEEM	making an impact and gaining admiration			
FITNESS	keeping in good physical condition			
FREEDOM/ FLEXIBILITY*	having lots of different job opportunities			
FRIENDSHIP	having close friends at work			
INTEGRITY	being able to act in accordance with own principles; being clear and consistent in dealing with others			
PERSONAL GROWTH	continuing to learn			
POPULARITY	being liked by most people			
POWER	having control and influence over others			
FAITH	having and practising strong faith through behaviour and belief			
SECURITY	freedom from anxiety about the future			
SELF CONFIDENCE	operating in a way which confirms the value of my contribution			
STATUS	having prestige and being looked up to			
STRONG CONVICTIONS	having firm principles			
TAKING RISKS	having opportunities to speculate, gamble, take chances			
UNIQUENESS	being a non-conformist			
WEALTH	making as much money as possible			
WINNING	being first in a competitive situation			
EXPERIENCE	having a lot of experience in the job			
TEAMWORK	feeling part of an effective team			
PERFECTIONISM	never making mistakes			
STABILITY	being part of a solid lasting enterprise; having a predictable place			
HONESTY	being able to say what you think			
CONTRIBUTION	being part of and adding value to a larger enterprise			
ANY OTHERS?				

Attachment Theory

The Four Attachment types:

1. Secure Attachment
2. Avoidant
3. Ambivalent / Anxious
4. Disorganised.

Identifying Triggers

Triggers come in all shapes and sizes. Some are unavoidable and in your face and others can hit you like a steam train when you're completely unaware.

Broadly speaking there are two types, *emotional* and *environmental* triggers. In other words, things that are going on inside of you, and things that are happening on the outside.

Triggers are often linked to the unmet needs in the dormant phase. For example, if you discovered that one of the things you get from acting out is a way of avoiding feeling lonely, and enjoying a feeling of being affirmed and wanted, chances are that being rejected by a friend or partner, or finding yourself alone and bored is likely to be a trigger.

A Poem by Portia Nelson

Published in her book: There's a Hole in My Sidewalk The Romance of Self-Discovery

Verse 1

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost...
I am helpless. It isn't my fault. It takes forever to find a way out.

Verse 2

I walk down the same street. There is a deep hole in the sidewalk. I pretend I
don't see it. I fall in again. I can't believe I am in the same place.
But it isn't my fault. It still takes a long time to get out.

Verse 3

I walk down the same street. There is a deep hole in the sidewalk. I see it there.
I still fall in... it's a habit... but, my eyes are open. I know where I am. It is *my*
fault.
I get out immediately.

Verse 4

I walk down the same street. There is a deep hole in the sidewalk.
I walk around it.

Verse 5

I walk down another street.

A Goodbye Letter to Sex Addiction by a male client

“Dear Sex Addiction,

You have existed in my life...you have been the thing I have treasured in my heart in secret like rubies hidden deep within a fathomless cavern, only findable and reclaimable by me and me alone. 2002 marked pain, isolation from good friends, I had just lost my best friend... Dad was rude, disrespectful and unkind to Mum, which aroused hatred towards him in me and I felt alone. Each morning waiting for the school bus I was taunted and made to feel ashamed as the bullies raised a new round of relentless questioning of my sexuality that I wasn't even ready to consider for myself. In these dark times you were my only friend, the soother of my pain.

...you have been my go-to strategy for dealing with pain, hardship, rejection, fear and anxiety, even at the cost of hurting those that I love and even myself....as I dug deeper I found an array of even more exciting gems, those that were more beautiful and intoxicating than I could have imagined; sapphires, diamonds and emeralds...I hadn't even planned on searching for.

Yet it seemed the deeper I dug, the less you fulfilled the promises you made to me. The very gems that intoxicated me had become toxic, not only directing the desires of my heart but controlling them beyond all logical reasoning. By 2006 we had been on this journey for barely four years, and yet it was as though you had been in my life since my first steps...

You were potent, you were persuasive, and you began to eat away at truth day by day, desensitizing me to what you really were and corrupting my God given soul. I had thought my mining was harmless, free and innocent – a luxury just for me, but instead I was trading away my soul for a lie that you would fulfil me, that you would make me happy and feel the euphoria I sought.

...saying a final goodbye is hard. ...I had reached a new low in my cavern, as realisation washed over me and flushed the gemstone illusion from my mind. I had hit rock bottom and an ultimatum, requiring me to decide between my marriage and my addiction..... You would have had it that I keep you at the side line, ready when needed, but the truth is that I no longer need you. Yes I have no need for your soothing anymore, I have recovery, and I have healing... The truth is the darkness of the mine has been shattered and a burning flame has illuminated the reality of what you are.

If I had continued in my addiction, I would have walked a path of increasing isolation from friends, family and God. I would have added to the burden, the pain and the shame and the guilt already in my life. Those “colourful gems” would have washed and drained all the colour and enjoyment out of the world around me, as I would have sunken deeper and deeper into the mire and spiralling desperation of Sex Addiction. My world would have ended in disaster, complete and total isolation, maybe even my death.....”

A Goodbye Letter to Sex Addiction by a female “Love addiction” client

“Dear Sex and Love Addiction,

It’s time for us to part, forever. Goodbye, so long, be gone, don’t look round I’m not wavering, cheerio, it is done.

It is finished; I understand you, I see you for what you are, I don’t need or want you.

We can no longer be friends because you are a tedious distraction and a liar.

You might offer some saturation in happy woozy oozy feelings, but right next to that you bring confusion, isolation, longing, pining, which can never be met.

You remind me of what I seek - unity with the Divine and then snatch that from me, into the embrace of want and lust. If I have to part from the dizzy wooziness so be it, no regrets. It comes with too big a price.

You have wasted so much of my time, damaged my body.....I have behaved like an unfeeling, all consumed, callous bitch.

Nothing else mattered. I tricked and conned people, I stole their hearts, I lied, I hurt them and honestly sometimes I didn’t care. When I did care it was unbearable. Crippling guilt- you forgot to mention that would be an outcome!.....

I am in control of my life not you. I feel free, I feel like I get to choose.

My love for people is bigger not smaller, my capacity is not diminished. I give up the soothing and stroking you offered because they were poor coping methods. They created problems and they held in feelings of anxiety that were ready to leave me. Goodbye anxiety. Goodbye shame and narcissism too, you can all move out together.

I know there was a tender little girl that was seeking for a need to be met and I honour her efforts. This addiction saw me through some harsh times, it provided fun and humour, risk and adventure.

All these things are still in my capacity and I hold on to the good stuff....”.