

10 Most Important Things For Recovery from Sex Addiction

1) **Remember that you are NOT alone.**

It is estimated that roughly 18 Million Americans struggle with sex addiction and as many as 80 million (1 in 3 adults) struggle with some form of addiction (alcohol, food, drugs, sex, gambling, gaming, or other compulsive behaviors.

Despite this we are still plagued with:

2) **Shame: it is the #1 enemy for a sex addict.** The “shame cycle” which we focus on in our course, needs to be rooted out by self care, love and self-acceptance.

There is a distinction between guilt and shame. Guilt is feeling badly for a wrong action. SHAME is believing that YOU're personhood at the core is wrong. Tip: “I should have vs. I wish I would have”. If you have made a mistake, say to yourself “I wish I would have done ‘X’ differently”, instead of “I should have done ‘X’ differently. Some people's greatest mistakes were there biggest blessings in that they were exactly what was needed to take breakthrough to a better level of existence.

You are a human being who is not better or worse, not more or less worthy of love, joy and peace.

- 3) **Addiction is a disease**, a mental, physical, and spiritual malady. ALL addiction involves behaviors, and reward systems in the brain. It has been conclusively proven that through some mix of behavior and heredity, the brain chemistry and thinking of an addict is significantly altered.
- 4) **It will take time** to rewire your brain to change behavior and feel better. Give yourself a break, and be kind to yourself. Take action but do not beat yourself up or stop seeking recovery when you fall.
- 5) **Stay the course**. Although not always necessary, many times relapse can be exactly what is needed to finally break into recovery. Always get back up

- 6) **There is no shame in getting help.** Seeking guidance from a therapist who is familiar with addiction is very helpful. Just as helpful, if not more so (and it's free) is joining a 12 step fellowship like Sex Addicts anonymous or SLAA. This is a body of people, from all walks of life (I have worked with regular blue collar guys and sports stars and CEOs alike) who share a common issue, and a common solution. It works, it really does. **Do the 12 steps to the best of your ability WITH A SPONSOR. Then help someone else, when your sex addiction goes from something that ruined your life, to a non issue.**

- 7) **Understand that it is a condition that you will need to continue to treat for the rest of your life.** Some people are diabetic, and many others suffer from chronic maladies. You have addiction, it is chronic and fatal, unless you "take your medicine" (treat it through a 12 step group, therapy, and helping others). You may find that your addiction has become your greatest asset.

- 8) **Love yourself: Treat yourself like you would treat someone that you loved dearly. I realized that:** if someone were to talk to my child or another family member the way that I talk to myself (in my head), I would GO OFF on them. So why is it okay for me to talk to myself that way? **IT ISN'T OKAY!** At some point in time, there was a 2-3 year old loveable and innocent you, who needed nothing more than safety, love, care, and respect. You are now going to learn to become THE WORLDS most loving and caring parent to that little child inside. Whenever you hear the "critical parent" voice, thank it for sharing, and step in with your new "Loving Parent" voice, and take care of, soothe, and be there for that little you.

- 9) **Start with a bottom line set of behaviors that you will NOT engage** in with your sponsor. For most this is no sexual relations outside of a loving commied relationship, no pornography, and sometimes no masturbation. It can include no dating more than one person at a time, or acting out in other ways.

- 10) **Recovery is done ONE DAY, even ONE HOUR, at a time. If I would have gotten hung up upon on how difficult it was going to be to not pick up a drink or drug for the REST OF MY LIFE, I would not have been able to stay sober for nearly 18 years. Same goes for 7 years of being free from sex addiction. 6 from compulsive eating, and 5 Years from being free from compulsive work. ODAAT. One. Day. At. A. Time.**

