

10 Indicators of Sexual Addiction



- 1 - A pattern of out of control behavior
- 2 - Severe consequences occurring due to sexual behavior.
- 3 - Inability to stop despite adverse consequences.
- 4 - Persistent pursuit of self-destructive or high-risk behavior.
- 5 - Ongoing desire or effort to limit the sexual behavior.
- 6 - Sexual obsession and fantasy as primary coping strategy.
- 7 - Increasing amounts of sexual experience because current level of activity is no longer sufficient.
- 8 - Severe mood changes around sexual activity.
- 9 - Inordinate amounts of time spent in obtaining sex, being sexual, or recovering from sexual experience.
- 10 - Neglect of important social, occupational, or recreational activities because of sexual behavior.

Dr. Patrick Carnes, Dont' Call it Love

Resources on Sexual Addition:

"Every Man's Battle" Workshops are held nationwide for men who wish to recover their sexual integrity. CALL 1-800-NEW-LIFE for information about upcoming events in your area.

Books: Every Mans Battle by Steve Arturburn & Fred Stoker
Addicted to Love by Steve Arturburn
Don't Call it Love by Patrick Carnes

Counseling: Is available for sexual addition call 1-800-NEW-LIFE for a referral in your area.

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