

“Integrity Redeemed: Setting Captives Free from Porn and Sexual Addictions”

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Sexual addiction is a multi-faceted problem that requires a multi-faceted solution.

I. SA: A Spiritual Problem “My people have committed two sins: 1) They have forsaken God, the fountain of Living Water. 2) They have dug out broken cisterns that can hold no water.” *Jeremiah 2:13*

II. SA: A Thinking Problem

Negative false core beliefs about self, others and God. My own best thinking got me here.

III. SA: A Shame-Based Disorder

Flawed sense of self. Despair, hopelessness, depression. Grandiosity, perfectionism

IV. SA: A Brain Disorder

“Addiction is a brain disease expressed in the form of compulsive behavior.” - *Alan I. Leshner, MD*

Sex addicts have a virtual pharmacy at their disposal to be used at any moment.

V. SA: An Intimacy Disorder

Sexual Addiction isn't about sex. It's a desperate search for love, touch, acceptance & affirmation. Sex is a false substitute for genuine intimacy.

VI. Criteria for Sexual Addiction

1. Loss of Control. Clear behavior in which you do more than you intend or want.

2. Compulsive behavior. A pattern of out of control behavior over time

3. Efforts to Stop. Repeated specific attempts to stop the behavior which fail.

4. Loss of Time. Significant amounts of time lost doing and/or recovering from the behavior.

5. Preoccupation. Obsessing about or because of the behavior.

6. Inability to Fulfill Obligations. The behavior interferes with work, school, family, friends, hobbies, and spirituality.

7. Continuation Despite Consequences. Failure to stop the behavior even though you have problems because of it (social, legal, emotional, financial, and physical).

8. Escalation. Need to make behavior more intense, more frequent, or more risky.

9. Losses. Losing, limiting, or sacrificing valued parts of life such as hobbies, family, relationships, and work.

10. Withdrawal. Stopping behavior causes considerable distress, anxiety, restlessness, irritability, or physical discomfort.

VII. The Ten Types of Sex Addiction (Patrick Carnes)

VIII. Arousal Template: One's psychosexual history that establish patterns and connections which have formed neurochemical and emotional templates related to sexuality.

"The Madonna and the Whore" (Wife and Pornography and/or infidelity partners)

IX. Addiction Interaction: "MESS" Addictions to: Money, Eating, Sex, Substance or Spirituality

X. TRAUMA: FIGHT, FLIGHT, FREEZE, FEED, FORNICATE

Carnes found eight different trauma responses are typically manifested by victims; The Post Traumatic Stress Index was developed.

"Wounds from the Past" and Shame are at the top entry point to The Addiction Cycle.

XI. The Trauma Egg, Psychodrama, and Experiential Therapy

"Trauma must be healed experientially." Dr. Bessel van der Kolk

XII. EMDR, Somatic Experiencing®, Brain Spotting, Brain State Technologies

XIII. Disclosure is the first step in the long process of rebuilding trust.

WHAT TO DISCLOSE:

Nature of the acting out (pornography, affairs, prostitutes, same sex or opposite sex, etc.)

How much and how long acting out has occurred?

Consequences of acting out, especially health issues (also job loss, pregnancy, etc.)

Identity of acting out partner(s) if they are known to the spouse

If acting out has occurred in the couple's home or in their bed

HOW TO DISCLOSE TO A SPOUSE:

Have a plan! Clients should work with a therapist to write their disclosure.

Be considerate of his wife's schedule.

Be humble! Take full responsibility and apologize sincerely for their actions and the pain they've caused.

Tell the whole truth at once. **NO PIECEMEAL DISCLOSURES!**

POLYGRAPHS. "Trust but Verify."

XIV. Spouses/Partners

- 1) **Partners no longer referred to as "Co-Addicts".**
- 2) **Partners must do their own therapy and recovery work.**
- 3) **"Trust is built over TIME + PROVEN EXPERIENCE".**
- 4) **"Facing Heartbreak" by Stephanie Carnes; "Intimate Deception" By Sheri Keffer**

XV. Sexual Addiction Recovery Plan (Facing the Shadow, Carnes)

1. Break through denial
2. Understand Addiction (Sexual Addiction & Addiction Interaction)
3. Surrender to the lengthy journey of recovery
4. Limit damage from acting out behaviors
5. Establish Sobriety. (Be clear about what sobriety is)
6. Physical integrity and Self Care.
7. Be faithful and active in a culture of support (church, 12 steps, group and individual therapy)

XVI. Biblical Battle Plan for Healing and Recovery of Pornography and Sex Addiction

- 1) Genesis 3. We are “naked and ashamed”, and in hiding.
- 2) Jeremiah 2:13. Desperate attempt to make life work apart from God
- 3) I Kings 9-11. Solomon’s demise
- 4) Psalm 51. David’s confession and repentance
- 5) I Corinthians 10:13. God always provides a way of escape.
- 6) Romans 13:14. Make no provision for the lust of the flesh.
- 7) II Corinthians 10:4-5. Taking every thought captive.
- 8) Romans 8:1. No condemnation in Jesus Christ
- 9) I John. Walk in the light, not darkness. Confess and be cleansed.
- 10) I Peter 5:5-11. “Humble yourself under God’s mighty hand.”
- 11) Nehemiah (whole book). “What do you want?”

XVII. Internet Accountability and Filters: *Covenant Eyes*®

XVIII. Sex Addiction Recovery Resources

MULTI-DAY INTENSIVE WORKSHOPS ARE CRUCIAL FOR TREATING SEX ADDICTION.

WWW.INTEGRITYREDEEMED.COM Jim Cress. **4 Day Sex Addiction Recovery Workshops**
(For men, spouses/partners, and couples)

WWW.ONSITWORKSHOPS.COM (Experiential Trauma Healing Workshops)

WWW.IITAP.COM. List of CSATs. International Institute for Trauma & Addiction Professionals.

WWW.SEXHELP.COM. Sex Addiction Screening Test (SAST) (SDI; PTSI-R)

12 Step Groups: SAA-Recovery.org; SA.ORG; SANON.ORG; Celebrate Recovery;
“Conquer Series”: <https://conquerseries.com>;

READING SUGGESTIONS:

Carnes, Patrick, *Contrary to Love, Don’t Call It Love; Out of the Shadows; Facing the Shadow; Shadows of the Cross* (Cashwell, Johnson-Carnes, Carnes)

Carnes, Stephanie, *Mending a Shattered Heart: A Guide for Partners of Sex Addict, Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts*

Clinton, Tim & Laaser, Mark, *The Fight of Your Life*

Corley, Deborah & Schneider, Jennifer, *Disclosing Secrets: When, to Whom & How Much to Reveal*

Earle, Ralph & Laaser, Mark, *The Pornography Trap*

Ferree, Marnie C., *A L.I.F.E. Guide: Women Living in Freedom Everyday*

Ferree, Marnie C., *No Stones: Women Redeemed from Sexual Addiction*

Keffer, Sheri. *Intimate Deception*

Laaser, Debra, *Shattered Vows*

Laaser, Mark, *Healing the Wounds of Sexual Addiction; A L.I.F.E. Guide: Men Living in Freedom Everyday*

Maltz, Wendy & Maltz, Larry, *The Porn Trap*

Schaumburg, Harry, *False Intimacy*

Struthers, William, *Wired for Intimacy: How Pornography Hijacks the Male Brain*