
Struggling with sexual addiction

What is sexual addiction?

Sexual addiction is a way some people medicate their feelings and/or cope with their stresses to the degree that their sexual behavior becomes their major coping mechanism for stresses in their life. The individual often can't stop this sexual behavior for any great length of time by themselves. The sex addict spends a lot of time in the pursuit of his or her sexual behavior/fantasy or they may have a binge of sexual behaviors.

Why do people become sexually addicted?

This is different for every sex addict but generally speaking there are biological, psychological, and spiritual reasons. The following is a short explanation of each reason why someone can become a sex addict. The biological addict is someone who has conditioned their body to receive endorphins and enkephalins (brain chemicals) primarily through reinforcing a fantasy state with the ejaculation that provides these chemicals to their brain. Psychologically, the need to medicate or escape physical, emotional or sexual abuse can demand a substance, the early addict finds the sex medicine usually before alcohol or drugs. Spiritually, a person is filling up the God hole in them with their sexual addiction. The addiction is their spirituality, it comforts them, celebrates them and is always available and present. Then there is the sex addict who can be two or even three of the above reasons. This is why a specialist in sex addiction is the best route for recovery with sex addiction.

What's the difference between sex addiction and a high sex drive?

A person with a high sex drive is satisfied with sex. It's not about a fix for something; when their partner says "NO" it doesn't make them go off the handle thinking their partner is totally rejecting them and have to leave the house or act out in some other way. If you or someone you love can relate to this the chances are there may be an addiction issue.

What role does pornography play in sex addiction?

Pornography for many sex addicts combined with regular masturbation is the cornerstone for most sex addicts. Many sex addicts have great difficulty getting sober from this combination of behavior. The pornography with fantasy creates an unreal world that the sex addict visits throughout their adolescence and other developmental stages and creates an object relationship that conditions their emotional and sexual self to depend upon these objects and fantasies to meet their emotional and sexual needs hundreds of times before having sex with a real person.