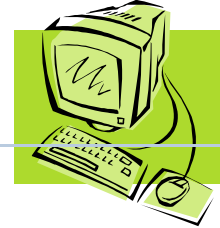


SIGNS AND SYMPTOMS OF SEXUAL ADDICTION

Signs of sexual addiction can include:

- Hiding ones sex life from spouse or significant other.
- Spending large amounts of time thinking about or participating in sexual behavior.
- Spending large amounts of money on sexual activities.
- Routinely participating in sexual behavior that violates your value system.
- Becoming bored with sexual behavior that used to be fulfilling.
- Reduced sexual contact with spouse due to getting sexual needs met elsewhere.
- Routinely asking a spouse to participate in sexual behavior that is offensive to them.
- Becoming angry and agitated if sexual opportunities are limited.
- Compulsive masturbation.
- Unsuccessfully trying to reduce sexually compulsive behavior (breaking promises to self or others to modify sexual behavior).
- **Sex becomes addictive when the sexual behavior causes harm, yet the individual continues to behave in ways that clearly violates their value system. Sexually compulsive behaviors and obsessions can range from unwanted fantasies to rape and often includes pornography and masturbation.**



SEXUAL ADDICTION damages marriages and relationships, exposes couples to STD's, destroys finances, can cause spiritual alienation, problems at work, and depression or low self-esteem.

SEXUAL ADDICTION IMPACTS BOTH THE ADDICT AND THE SPOUSE AND BOTH TYPICALLY NEED SOME FORM OF TREATMENT. TREATMENT CAN INCLUDE INDIVIDUAL THERAPY, COUPLES THERAPY, AND SUPPORT GROUPS. TO LEARN MORE INFORMATION, CONTACT SAUL SELBY MA, LADC AT BACHMANN AND ASSOCIATES 651-379-0444.

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