

INDICATORS OF SEXUAL ADDICTION



INDICATORS

1. Out-of-control sexual behavior (inability to stop)
regardless of severe consequences of that behavior
regardless of on-going desire or effort to limit sexual behavior
2. Sexual obsession and fantasy used as a primary coping strategy
3. Increase in amounts of sexual experience because current level of activity is no longer sufficient
4. Severe mood changes around sexual activity
5. Inordinate amounts of time spent in obtaining sex, being sexual, or recovering from sexual experience
6. Important social, occupational, or recreational activities sacrificed or reduced because of sexual behavior

SEXUAL ACTING OUT

	general population		addicts	
	<i>male</i>	<i>female</i>	<i>male</i>	<i>female</i>
fantasy (preoccupation)		=>		=>
seduction		=>		=>
voyeurism (masturbation, porn)	<=		<=	
intrusion	<=		<=>	
exhibitionism	<=		<=>	
trading sex		<=>		=>
anonymous sex	<=		<=	
paying for sex	<=		<=	
pain exchange		<=>		=>
exploitation	<=		<=	

Adapted from Patrick J. Carnes, with permission, 10/94