

Sex Addiction Recovery

Recovery Journey - Fai Seyed Aghamiri 2022-07-26

Are you or a loved one caught up in the destructive cycle of porn/sex addiction? This guide and workbook will be your first step towards learning the best, research and evidenced based recovery techniques. To prevent future relapses, a sex addict needs to be actively involved in their recovery. This book provides a step by step explanation of what recovery entails along with worksheets to assist a sufferer's journey to effective recovery and enduring sobriety. The author encourages the reader to approach recovery holistically and provides an accurate portrayal of suggested techniques that are based on current research and brain science. Dr. Fai Seyed is one of the few sex addict specialists in Australia and the author of multiple academic articles that have been published in international journals in addition to the number one Amazon best seller *Reclaim Your Life*. She has extensive therapeutic experience and has assisted adolescents, adults, couples, and families through a variety of life's issues as a skilful and empathic professional counsellor and psychotherapist. Originating from Stockholm, Sweden, Dr. Fai has completed a PhD on sex addiction and how it affects the general health of intimate female partners. She works as the principal therapist and director of House of Hope Counselling and Psychotherapy Centre and resides in Brisbane, Australia.

Reclaim Your Life - Fai Seyed Aghamiri 2020-10-06

If you or your loved one is stuck in the vicious cycle of porn/sex addiction and tired of living a double life, then reading this Guide to Holistic Recovery from Sex Addiction will be the first step you take towards finding optimal, lifelong solutions. This book explains simply how sex addiction is considered a chemical imbalance which impacts the brain in a similar way to other addictive substances, such as heroin. The author

gives an honest representation of this condition based on the latest research and brain science, while encouraging the reader to build compassion and understanding towards sex addicts. The author emphasises that sex addiction is not about simply liking sex too much - rather craving it too much. The reasons why some people become dependent on sex are explored and a path to recovery is given in this book, which also includes honest stories told by addicts and their partners. She has practiced both in the UK and Australia, having graduated from the Karolinska Institute of Stockholm, Sweden, as an accomplished dental/oral surgeon. Now as a skilled and empathic professional counsellor and psychotherapist, Dr Fai Seyed has been supporting adolescents, adults, couples and families through a wide range of life's challenges. Currently Dr Fai is writing a PhD on sex addiction and its impact on intimate partners' overall wellbeing. She lives in Brisbane, Australia, and practices as the principal therapist and director of House of Hope Counselling and Psychotherapy Centre.

Sex Addiction 101 - Ronnie Cermeno 2021-02-12

People with symptoms of sexual addiction are generally afraid of truly intimate relationships. They repeatedly and compulsively try to connect with others through highly impersonal, non-intimate behaviors: masturbation, empty affairs, frequent visits to prostitutes, voyeurism, and the like. For simplicity and clarity, the exercises in this workbook are divided into five basic sections, each designed to walk recovering sex addicts through a different phase of healing. - Section one gets readers started on the pathway to recovery, helping them develop a personalized definition of and plan for sexual sobriety. - Section two helps sex addicts better understand the various facets and nuances of their addiction. - Section three focuses on relapse prevention, in particular the

development of coping skills that can help recovering sex addicts stay sober no matter what. - Section four starts readers on the "next step" of healing by identifying and addressing the underlying issues that drive their addictive behavior. - Section five addresses life in sobriety, including dating and developing a happier, more well-rounded life.

Sex Addiction - Paula Hall 2019-02-04

Sex Addiction: A Guide for Couples and Those Who Help Them is a practical book that provides empathic support, guidance, information and pragmatic strategies for couples who want to survive sex and porn addiction - whether that's together, or apart. Sex and porn addiction devastates couple relationships, and unlike the impact of infidelity, there is no 'before' to get back to and no 'after'. This book adopts the metaphor of a boat, presenting addiction as the tidal wave that devastates the relationship, leaving both crew members fighting for survival. There's guidance to ensure each partner makes it safely back to shore and advice on surveying the damage to your relationship and deciding if you want to save it and set sail again. You'll find practical advice for both the partner and the addicted partner, including first-hand accounts of couples that have already undertaken the journey. There are exercises to do alone, and many to share together, to help you understand what's happened, consider your future, and if you choose to stay together, begin the task of rebuilding trust and intimacy. Sex Addiction is not only a practical guide for couples, but also for the therapists who support them. This book will be a companion to Paula Hall's previous books on sex addiction and builds on the already known frameworks and models used, but it is also written to stand alone.

Thirty Days to Hope & Freedom from Sexual Addiction - Milton S. Magness 2011

A concise thirty-day guide to healing from sexual addiction

Letters to a Sex Addict - Wendy Conquest 2013-09-10

Sudden changes in routine, bizarre and inexplicable shifts in behavior, in the bedroom and out. Emotional distance and excuses for lack of connection. These are all telltale signs that something is very, very wrong. For a sex addict's spouse or partner, these changes and

fluctuations are upsetting and crazy making, leading to thoughts that they have done something wrong, aren't good enough or that there is some other reason for the inconsistent, bewildering behavior. For many, sex or porn addiction is farthest from their minds or too scary to consider. Inspired by a career of working with sex addicts and their partners/spouses, Wendy Conquest's collection of letters fuses fiction and nonfiction to astounding results. Diving deeply into the psyches of those whose lives are shattered by betrayal and the resultant feelings of hurt, rage, resentment and despair, this book directly mirrors a partner's experiences from multiple perspectives. Each letter explores a different facet of the relationship dynamic, the addict's illness, and the partner's thoughts and feelings throughout all the stages of this devastating experience. This powerful book is for men and women experiencing the trauma of infidelity caused by their partner's sexual addiction and the fallout that occurs. This informative book was written for anyone needing to understand what is happening to them, that they are not alone, that there is help and that there is recovery. In addition, this book is for addicts to better understand what is happening for their partner, why healing is taking so long and what they can do to help their spouse. Therapists, ministers, counselors, pastors and doctors will be better able to relate to people whose partners are unfaithful. This book is a must read for anyone doing couples work when pornography use or affairs are present to assess how much damage has occurred for the spouse and the relationship. These insightful, gut-wrenching, yet hopeful letters create a well-rounded picture that delivers clarity, understanding and a path of healing. Letters to a Sex Addict: The Journey Through Grief and Betrayal will help those affected to regain sanity and clarity and peace of mind.

Stop Sex Addiction - Milton S Magness 2013-03-15

Compulsive sexual behavior is often difficult to face. Sex addiction results in countless negative consequences and hurts many people. Relationships, marriages, families, and careers are destroyed. Anyone afflicted with sex addiction, as well as the people who love them, can find help within this book. Milton Magness, D. Min., MA, LPC, CSAT, is the founder and director of Hope & Freedom Counseling Services in

Houston, Texas. He is a licensed professional counselor and a certified sex addiction therapist.

Cruise Control - Robert Weiss, MSW 2013-02-21

Cruise Control is the premiere book on the growing problem of sex addiction in gay men. This second edition explores how technology has impacted the instant ability to "meet up" and the implications of being in recovery in a committed relationship. Accessible resource for achieving sex addiction recovery including a "30 day test" and a dating plan.

Out of the Shadows - Patrick Carnes 1994

Provides information about sexual addiction, and discusses how the Twelve Steps program can be used as a means of recovery.

Sex and Love - Eric Griffin-Shelley 1991-04-30

2. What is a Sex and Love Addiction? Definition of Addiction, The High, Tolerance, Dependence, Craving, Withdrawal, Obsession, Compulsion, Secrecy, Personality Change, Getting It All Together: Diagnostic Criteria.

3. The Disease Concept of Addictions: Competing Theories of Addictions, The Disease Model of Addiction, The Disease of Sex and Love Addiction, Severity of Sex and Love Addictions. 4. Short-Term Treatment and Recovery: Twelve-Step Programs - H.O.W., Bottom Lines and Triggers, Secrecy, Why Me?, Masks and Attitudes, Relapse and Relapse Prevention. 5. Long-Term Treatment and Recovery: Self-Affirmation, Support Systems, Families, Boundaries, Nurturing and Discipline, PTSD, Healthy Intimacy.

Total Sex Addiction Recovery - A Guide to Therapy - Dorothy Hayden 2013-03-07

"This new book by Dorothy Hayden sheds new light on sexual addiction and its many forms of treatment. It is a comprehensive guide that adds practical strategies and therapy tools for how to address sufferers from sexual addiction. This book is a must-have for clinicians as it provides effective tools on how to address individuals, couples, and groups struggling with this condition. Overall, the blend of academic and real-life case studies throughout each chapter will help readers move in their journey toward recovery."—Dr. Kimberly S. Young—founder and director, the Center for Internet Addiction Recovery and author of

Tangled in the Web: Understanding Cybersex from Fantasy to Addiction
 "Great stuff! Solid information for those who are looking for real help from this insidious issue. A comprehensive overview of sexual addiction and treatment modalities. It's staying on MY short list of recommended books for our clients here at Compulsion Solutions." George N. Collins, Director Compulsion Solutions Author of "Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame" Co-author of "A Couple's Guide to Sexual Addiction"

My Secret Life With a Sex Addict - Emma Dawson 2004-03-05

Are you worried your spouse is a sex addict? You're not alone, there are estimated to be 16,000,000 people who exhibit this addiction. This book offers you a path out after discovery all the way to recovery. Emma Dawson was worried and when she confronted it, she found out her worst fears were real. Her husband was a sex addict. He'd had dozens of affairs and worse... His behavior was destructive, persistent and escalating. She felt trapped, alone, afraid and more... But now... after education and support, she realized she was not alone. Her desire to help others who are currently in or suffering the devastating effects of loving a sex addict inspired her to write this book. Let her experience help you! Emma sought to educate herself about sex addiction. She learned that its potential for devastation is at least as strong as that of other, more familiar addictions, such as drug, gambling or alcohol addiction. These addicts are attempting to manage feelings of anger, loneliness and emptiness. Those who are in a relationship with such an addict will find them to be selfish, needy and preoccupied. Click on the cover of *My Secret Life with a Sex Addict* - from discovery to recovery to preview the book for free.

Sex Addiction: The Partner's Perspective - Paula Hall 2015-08-20

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. *Sex Addiction: The Partner's Perspective* has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self

help exercises to give partners a much needed sense of stability and control. Like its sister book, *Understanding and Treating Sex Addiction*, it includes case examples and survey results revealing the reality of life for partners of sex addicts. *Sex Addiction: The Partner's Perspective* is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives – whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

Understanding and Treating Sex Addiction - Paula Hall 2012

Sex addiction is on the increase - in the media as well as in the therapy room. But while more and more people seek help for their compulsive sexual behaviours, there is still confusion and debate about whether the condition even exists. *Understanding and Treating Sex Addiction* explains why an increasing number of people are inadvertently finding their lives devastated by their sexual behaviours. It explores the latest scientific understandings and research into why pornography, cyber sex, visiting sex workers, fetishes and multiple affairs can come to control some people's lives to the point that they can't stop. It explains how sex addiction is not a moral issue, as some assume, but a health issue that we as a society need to start taking seriously. Throughout the book are the revealing statistics from the UK's latest survey on sex addiction.

Three hundred and fifty people who struggle with this condition have bravely and candidly shared their experience for the benefit of their fellow sufferers and those who choose to help them. This book contains support and advice for both the clinician and for those who suffer from sex addiction. As well as practical guidance and techniques for stopping compulsive behaviours and preventing relapse, there is also a thorough exploration of the deeper underlying causes and how these must be addressed.

The Storm of Sex Addiction - Connie A. Lofgreen 2012-09

From one of the country's most capable and insightful therapists comes an unprecedented examination of this burgeoning illness. In *The Storm of Sex Addiction: Rescue and Recovery* Connie Lofgreen elevates the conversation and presents the most accessible and readable primer on sex addiction extant. She skillfully educates, bringing clarity to concepts with thought-provoking and helpful explanations and stories. Lofgreen explains the dynamics and roots of the disorder and provides practical information and compassionate guidance to anyone affected by sex addiction, especially the addicts and families whose lives it shatters. Lofgreen does more than sound the alarm; she describes the hopeful option of treatment and outlines the components necessary for predictable recovery. She envisions a new era of valuing authentic intimate relationships over reckless sexual consumption and exploitation. Lofgreen makes a clarion call for awareness of sex addiction as the public health issue it truly is and presents strategic initiatives to respond. *The Storm of Sex Addiction* is an informative and useful resource—a must-have for people who want to understand the illness, its treatment, and prevention. Lofgreen understands the challenge, answers the crucial questions, and offers constructive solutions.

Sex Addiction 101 - Robert Weiss 2015-10-27

The number of affordable, easy links to pleasurable sexual online content is on the rise. Activity increases with the accessibility of technology. So, too, has sex addiction. People struggling with sex, porn, and love addiction typically have little understanding of this incredibly complicated disease. *Sex Addiction 101* covers everything from what

sexual addiction is and how it can best be treated, to how it affects various subgroups of the population such as women, gays, and teenagers. The book also provides sex addicts with strategies to protect themselves from the online sexual onslaught. *Sex Addiction 101* is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes, Weiss has become the face of and driving force behind understanding and treating sex addiction; this book should be a core title in every addiction collection.

Sex Addiction - Jake Roberts 2015-04-05

Sex Addiction Get on the Road to Recovery and Learn to Live and Love Life Again The book, *Sex Addiction: Get on the Road to Recovery and Learn to Live and Love Life Again*, is about getting free from the bondage of sex addiction. You will discover the common signs and symptoms of sex addiction, what causes it and the devastating effects this compulsive behavior brings on a person's life and relationships. You will also discover steps on how to overcome this addiction and how to avoid relapse while you are on your recovery program. The book focuses on important aspects such as key behaviors in addressing this addiction. Honesty is the most vital element to recovery from sex addiction. Recognizing that you have a problem and that you need help is the first step in your journey to freedom. Sex addiction is a weakness - and being truthful about your weakness will open doors for you to bring change into your life. Receiving love and support from people who love you will help you overcome and mature. -Sex addiction is a real problem but there is a solution to this dilemma. It is not the end of the world when you discover that you have sex addiction. For sex addicts, there is still hope: to enjoy life and meaningful relationships, to have a healthy attitude towards sex, to grow mature and stable emotionally, mentally and intimately. The book also features a picture of what a healthy, intimate relationship will look like after recovery from sex addiction. It can be a full life of freedom - no more secret activities, no more secret thoughts, no more secret desires. You can enjoy emotional and physical sensations without the guilt and shame that comes with sex addiction.

And you do not have to fear that the claws of this monster can get back at you. You can be on the road to recovery and be forever free from its devastating effects - to learn to live again and love life again!

Overcoming Sex Addiction - Thaddeus Birchard 2017-04-21

Overcoming Sex Addiction is an accessible self-help guide which uses the principles of cognitive behaviour therapy to help those with problematic or unwanted patterns of sexual behaviour. It is designed for those who are not yet ready to seek professional help or who live in a place where little help is available and can be used in conjunction with general psychotherapy. Written by a leading expert in the field, the book offers an insight into the origins of sex addiction, before going on to explain the cycle of addiction and how to break it. The book has a do-it yourself week-by-week programme of action to tackle compulsive sexual behaviour, and provides extensive advice on relapse prevention to help the reader move forward in recovery. *Overcoming Sex Addiction* will provide clear, informed guidance for sex addicts and those professionals working with them.

Sex Addiction - Robbie Dyer 2022-01-06

Discover How to finally overcome sex addiction once and forever so that you can live a more fulfilling life with your loved ones and yourself! In *Sex Addiction Recovery*, you will learn specific step-by-step strategies to help you overcome any desire or urge related to Sex Addiction. While many books will tell you to use your will to stop your addiction, they're dealing with the SOURCE of the problem. Sex addiction can be a variety of factors, such as having certain emotions trigger your urge and desire to your sex addiction (like being depressed, sad, bored, or tired), or it could be certain thinking patterns that you've conditioned in the past. The important thing to understand is that sex addiction is a HABIT and that thousands of people have overcome it, including me. If you follow these steps, you will be free from sex addiction disorder in no time and no longer have any desire to indulge in whatever your addiction is related to sex, porn, strip clubs, prostitutes, phone sex, and so on. More than that, you won't feel the guilt, self-pity, and depression after indulging in these kinds of activities and be able to feel free and happy.

You're well on your way to freeing yourself from this addiction, feeling energetic, proud, healthy, and happy for life! Here Is A Preview Of What You'll Learn. Affected Life Facets Social, Medical and Financial Symptoms Facing the Addiction Acting out Time, Energy, Relationships, Health Shame shift Best Practices for Recovery And Much, much more! Download your copy today! Take action today and download this book today. Be one of the few who do versus the many who don't, and take action now and get this awesome book and see how your life begins to change when you overcome your sex addiction completely. This is the book you've been waiting for, so don't postpone it anymore. Download this book now!!

The Circle of Life - K. J. Nivin 2009-12-01

The Circle Of Life - The Process of Sexual Recovery Workbook (Revised: July. 2011). We discuss and work through the 12 Step recovery process. This is a stand alone workbook for working the 12 Steps for Sexual Addiction. Volume 1 is the first and only workbook for The Circle of Life series for sex addiction. Two more volumes exist for recovery from Alcoholism and Compulsive Debting/Spending. Sex addiction is a disease of the body, mind, and spirit. You may believe differently but this is the experience of many of us who are on the road to happy destiny (recovery

from sex addiction). Our strength is the result of being sponsored through the 12 Steps. Our hope is in recovery from this addiction by witnessing the success of those who have gone before us. The Circle Of Life workbook was developed to help with the basics of recovery. A strong emphasis is placed on obtaining and utilizing a 12 Step program sponsor. We stress attending sexual addiction support meetings and developing a support system. The intention of this workbook is to work through the 12 Steps with a sponsor to develop an understanding of a Higher Power who will keep us sober (God as we understand God - our own concept). This workbook does not address formal religion or dogma. This process of recovery, we believe through our own experience, is spiritual in nature and change through guidance of a power greater than ourselves becomes the key to recovery. The first three chapters give information on our addiction, seeking help for recovery from sex addiction, the feelings that are associated with coming into sexual sobriety, and withdrawal from active sexual compulsive behavior. Chapters four through twelve are dedicated to working the 12 Steps. It is possible to recover from sex addiction. Recovery is possible if one has the capacity to be honest - honest with themselves and honest with their recovering friends.

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