

## Definition of Sobriety

For the Sex Addict, any form of sex with self or with partners other than their spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust.

For the L&R addict, the aim of recovery cannot be complete avoidance of all forms of romance and relationships. Rather they must learn the difference between healthy and unhealthy relationships and to foster the healthy ones and eliminate the unhealthy ones. Acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

## Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

\*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to Celebrate Recovery Ministry Leader.

# LOVE & RELATIONSHIP ADDICTION & SEXUAL ADDICTION FOR WOMEN



**WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS**

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

**Central Church- Henderson Campus  
1001 New Beginnings Drive  
Henderson, NV 89011  
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## The Problem

As women, sexual addiction and L&R addiction is unique. We are trapped in a “people addiction”. For SA, our behavior ranged from sex with self, phone sex, cyber sex, and pornography. We engaged in promiscuity, illicit relationships, and/or adultery. For some of us it was exotic dancing, escort services and prostitution. We used our bodies, intentionally dressed provocatively, and performed for others, creating an illusion that gave us a false sense of self-worth. We were addicted to the intrigue, the tease, and the forbidden. We jeopardized our relationships, jobs, morals and values; we even neglected our children. All the while, we rationalized our sexual behaviors. We asked ourselves, “What will a little fantasy hurt,” or “What they don’t know, won’t hurt them.” As we lived a double-life, we became disconnected from reality making true intimacy with another impossible. We carried this behavior from relationship to relationship and even into our marriages.

For L&R rather than getting hooked on a sexual relationship the L&R addict is hooked on the attachment to another person who has responded to her with attention. It is the attachment, the sense of belonging, of being needed, that is paramount. Sex need not be involved. The attention paid by the other person need not even be of a positive nature, as long as it is there.

Why? We were running; running from love; running from pain; pain from shame, self-hate, and multiple forms of abuse. We lacked self-worth and feared intimacy. We tried to connect; we tried to escape. We felt abandoned. We had a need to be in control and have power over others. Spiritually, we were bankrupt. We have learned to numb our feelings and to cope with our inadequacies by reaching out for a cure that would ultimately destroy us. This unhealthy belief system was not in line with the plan God had for our sexuality.

## The Solution

The goal of recovery is to achieve and maintain sobriety. Stopping and staying stopped are the goals. Staying sober is more complicated with “people” addictions. The aim of recovery cannot be the complete avoidance of all forms of romance and relationships. Rather, we must learn the difference between healthy and unhealthy behavior. We must eliminate the unhealthy, while promoting the healthy behavior through:

- Working the 8 Principles and the 12 Steps on a daily basis,
- Avoiding people, places and things that tempt your addiction.
- Being willing to submit to the process of recovery.
- Being ready to develop accountability partners and a sponsor as I share my fears and hurts, and face my own defects and work through these feelings.
- Attending the weekly Open Share Group.
- Completing a CR Step Study.
- Committing to a daily quiet time in the Celebrate Recovery Bible and reading about this area of recovery.
- And as I understand the root of each core issue I identify with being willing to experience grief, forgiveness, and acceptance.