

SEXUAL ADDICTION FOR MEN

Definition of Sobriety

We can only speak for ourselves. Thus, *for the sex addict*, any form of sex with one's self or with partners other than the 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. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that 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.



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

Many of us felt inadequate, unworthy, alone, and afraid. Our insides never matched what we saw on the outsides of others.

Early on, we came to feel disconnected—from parents, from peers, from ourselves. We tuned out with fantasy and masturbation. We plugged in by drinking in the pictures, the images, and pursuing the objects of our fantasies. We lusted and wanted to be lusted after.

We became true addicts: sex with self, promiscuity, adultery, dependency relationships, and more fantasy. We got it through the eyes, we bought it, we sold it, we traded it, we gave it away. We were addicted to the intrigue, the tease, the forbidden. The only way we knew to be free of it was to do it. “Please connect with me and make me whole!” we cried with outstretched arms. Lusting after the Big Fix, we gave away our power to others.

This produced guilt, self-hatred, remorse, emptiness, and pain, and we were driven ever inward, away from reality, away from love, lost inside ourselves.

Our habit made true intimacy impossible. We could never know real union with another because we were addicted to the *unreal*. We went for the “chemistry”, the connection that had the magic, *because* it bypassed intimacy and true union. Fantasy corrupted the real; lust killed the love.

We took from others to fill up what was lacking in ourselves. Coning ourselves time and time again that the next one would save us, we were really losing our lives.

The Solution

We saw that our problem was three-fold: physical, emotional, and spiritual. Healing had to come about in all three.

The crucial change in attitude began when we admitted we were powerless, that our habit had us whipped. We came to meetings and withdrew from our habit. For some, this meant no sex with themselves or others, including not getting into relationships. For others it meant “drying out” and not having sex with the spouse for a time to recover from lust.

We discovered that we *could* stop, that not feeding the hunger didn't kill us, that sex was indeed optional! There was hope for freedom, and we began to feel alive. Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others.

All this was scary. We couldn't see the path ahead, except that others had gone that way before. Each new step of surrender felt it would be off the edge into oblivion, but we took it. And instead of killing us, surrender was killing the obsession! We had stepped into the light, into a whole new way of life.

The fellowship gave us monitoring and support to keep us from being overwhelmed, a safe haven where we could finally face ourselves. Instead of covering our feelings with compulsive sex, we began exposing the roots of our spiritual emptiness and hunger. And the healing began.

Through working the 8 Principles and the 12 Steps on a daily basis, we become willing to submit to the process of recovery and develop accountability partners and sponsors. We attend the weekly Open Share Group, commit to a daily quiet time in the Celebrate Recovery Bible, and learn about our area of recovery. We will begin to understand and identify the root of each core issue and be willing to experience grief, forgiveness, and acceptance.