



Compulsive sexual behavior is not the result of a diminished moral capacity or a lack of faith. It is rooted in addiction!

How do you know if you or someone you love might be a sex addict?

Diagnostic Criteria for Sex Addiction

The following criteria have been established as indicators of sex addiction.

1. **Loss of Control**—Recurrent failure to resist sexual impulses.
2. **Compulsive Behavior**—More extensive/longer sexual acting out than intended.
3. **Efforts to Stop**—Ongoing, but unsuccessful, efforts to stop, reduce, or control behavior.
4. **Loss of Time**—Inordinate time spent obtaining sex, being sexual, or recovering from sexual experiences.
5. **Preoccupation**—Feeling preoccupied with sexual behavior and/or preparatory activities.
6. **Inability to Fulfill Obligations**—Acting out takes significant time away from obligations: occupational, academic, domestic, or social.
7. **Continuance**—Continuation of behavior despite consequences:
8. **Escalation**—Tolerance - More frequency or intensity of behavior is needed over time to obtain the desired result.
9. **Losses**—Deliberately limiting social, occupational, or recreational activities to keep time open for acting out.
10. **Withdrawal**—Distress, restlessness, or irritability if unable to do behavior (withdrawal)

A minimum of 3 of the above 10 are needed for sex addiction to be considered present. Many sex addicts have 5 signs, while over 50% have 7.

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