

Recovery from Sexual Addiction

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Apokata.

The mission of reconciliation, "And, having made peace through the blood of his cross, by him to reconcile (*Apokatalasso*) all things unto himself: by him, I say, whether they be things in earth, or things in heaven." (Col. 1:20)

Services

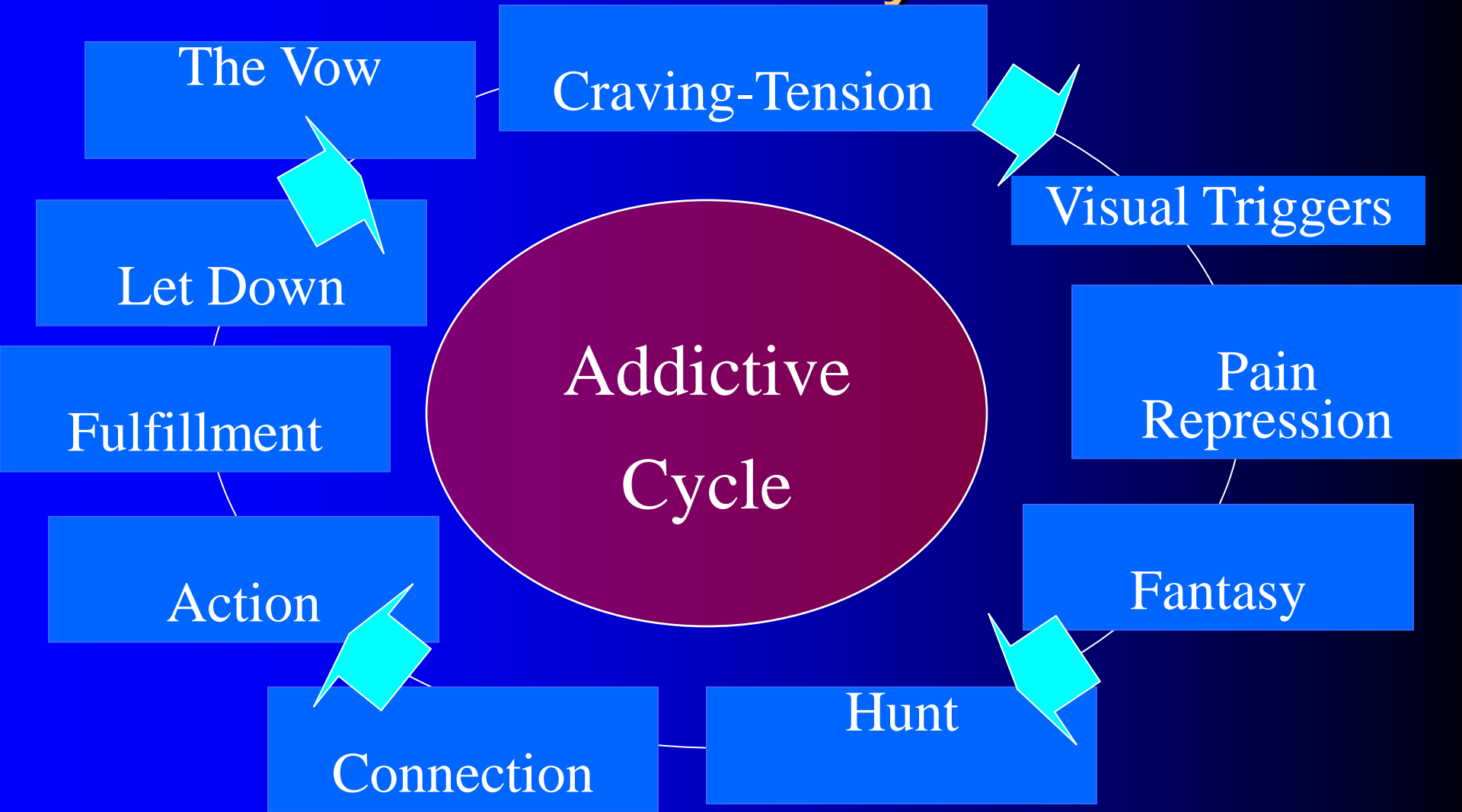
Christian Psychotherapy and Educational Ministry

Objectives

By the end of this seminar you will be able to:

- Increase your awareness of why the addictive cycle is a trap
- Increase hope in recovery through greater control of the addictive cycle
- Identify the level of personal responsibility you have taken for your addiction and determine the next steps to recovery

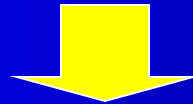
Addiction Cycle



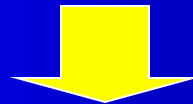
The Addiction

(Modified from Patrick Carnes, Ph.D. & Steven Arterburn, M.S.)

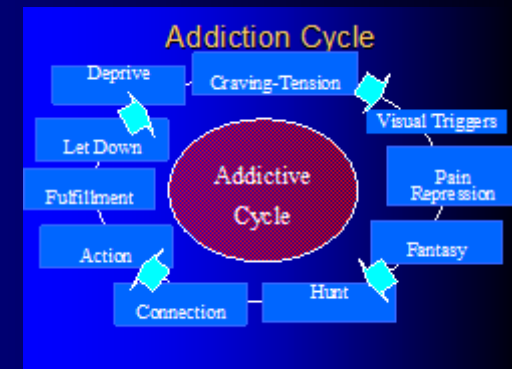
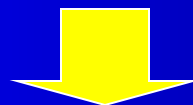
Craving-tension-urge to get emotionally intimate with others



Visual Triggers -Mental-Emotional-

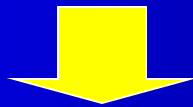


Pain Repression with immediate Sexual Longing

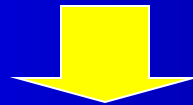


The Addiction

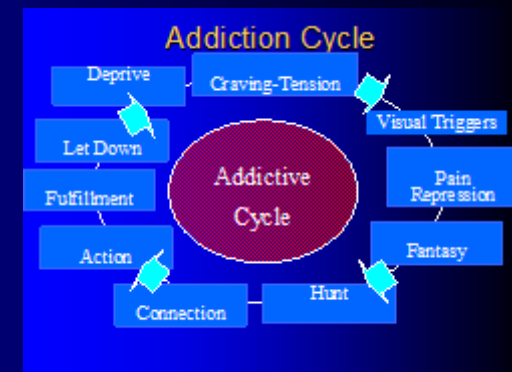
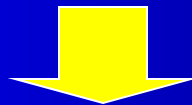
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Fantasy Development-Planning Begins
(The Thrill begins)



The Hunt *(The Intrigue)*

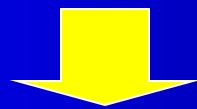


The Addiction

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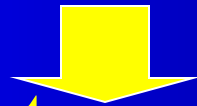
The Connection

“Rush” Altered state of awareness



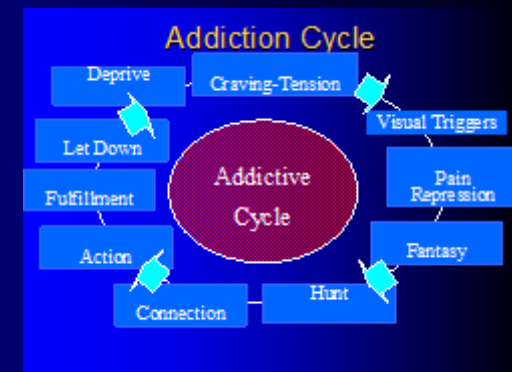
The Act

Under-Control: Impulsivity: Binge



The Fulfillment

Orgasm: Feeling Dissociation

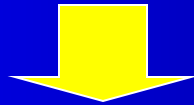


The Addiction

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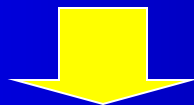
The Let-Down

Self-Blame: Numbness

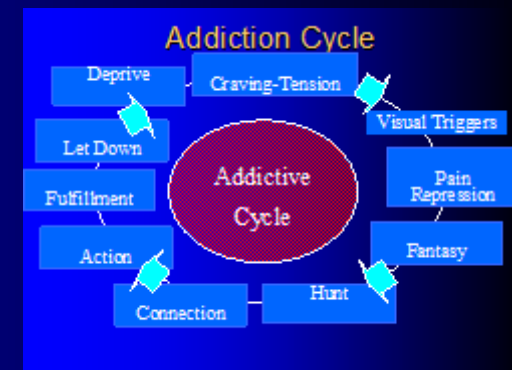


The Vow

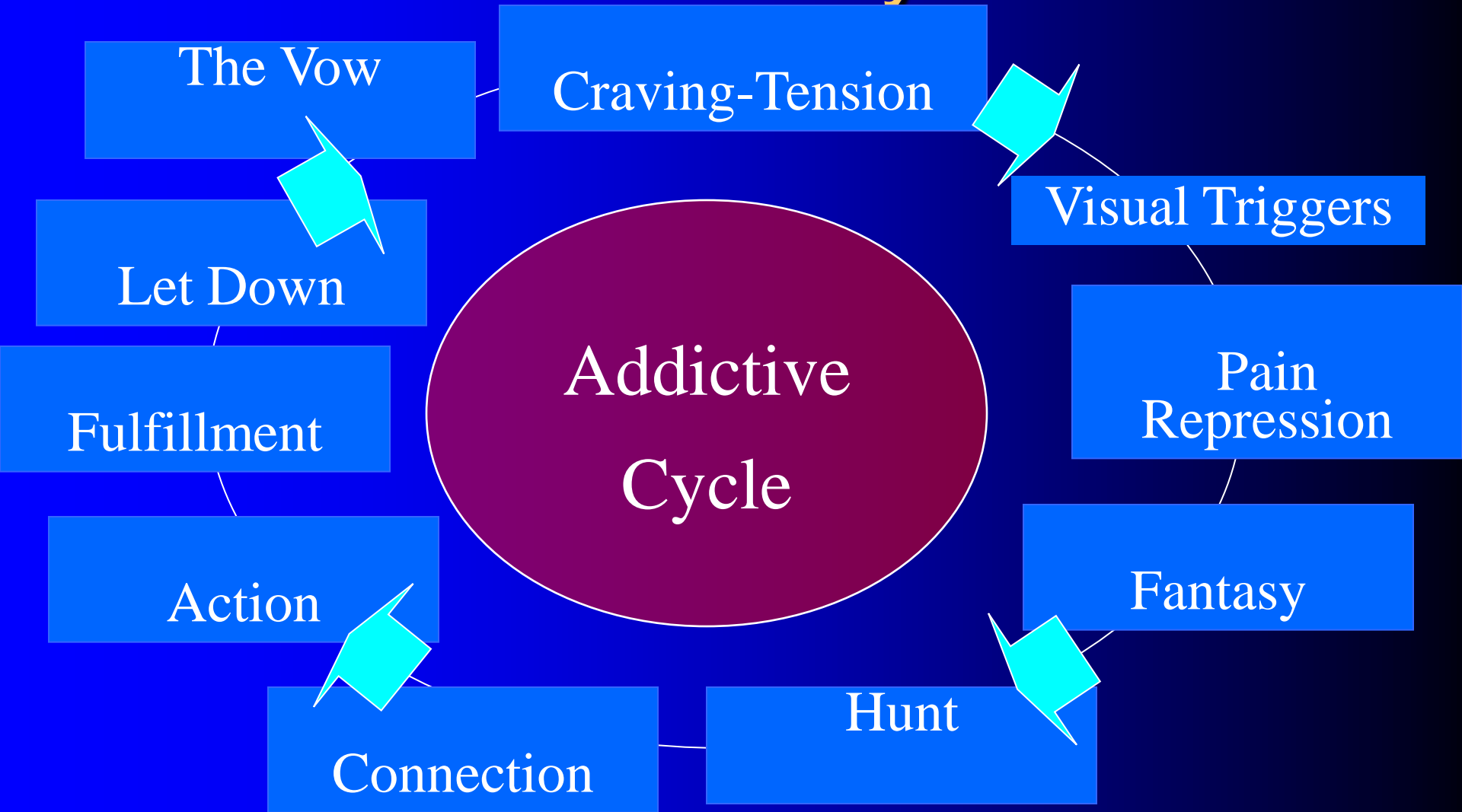
Over-Control: Compulsivity: Rigidity



The Cycle Returns again (Deprivation Sets-In)



Addiction Cycle



Challenges of Recovery

- Addiction is a brain disease
- Addiction has a trauma component
- Addiction can take many forms

Cycle of Abuse and Recovery

Abuse

Early
Compulsive
Behavior

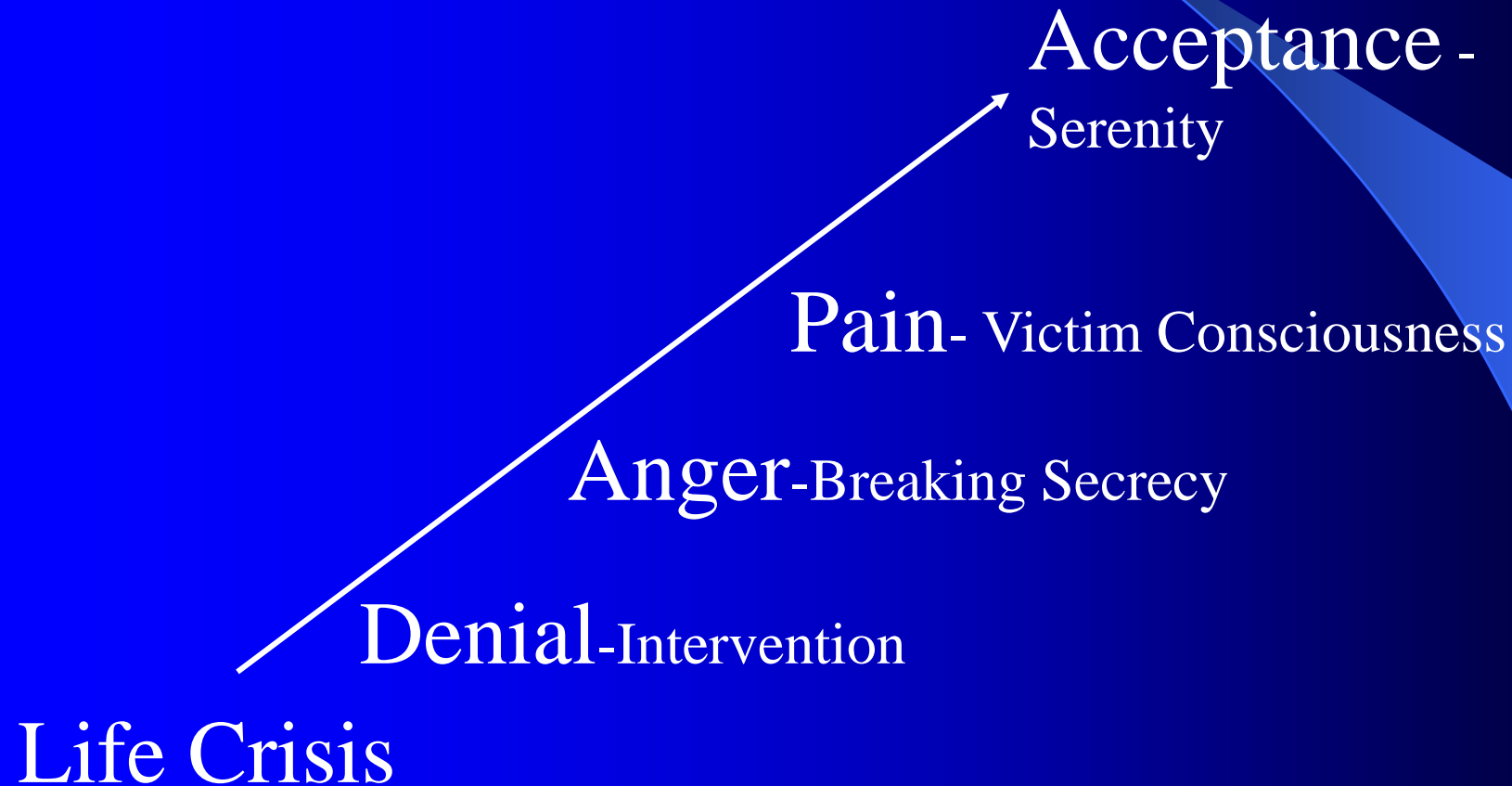
Repression

Addictive
Response

Life Crisis



Cycle of Abuse and Recovery



Cycle of Abuse and Recovery

Cycle of Abuse and Recovery



Cycle of Abuse and Recovery



Stages of Healing

Shock

Grief

Repair

Growth



(Source: Patrick Carnes, PhD;
Melvin W. Wong, PhD)

Cycle of Abuse and Recovery



Growth
Repair → Acceptance -
Serenity

Grief → Pain- Victim Consciousness

Anger-Breaking Secrecy

Shock → Denial-Intervention

Life Crisis

Shock Stage / Life Crisis

I am coming to!

This is painful
but I needed it?

I feel no hope, I have lost
my job, relationships

I feel
physically spent



Grief Stage

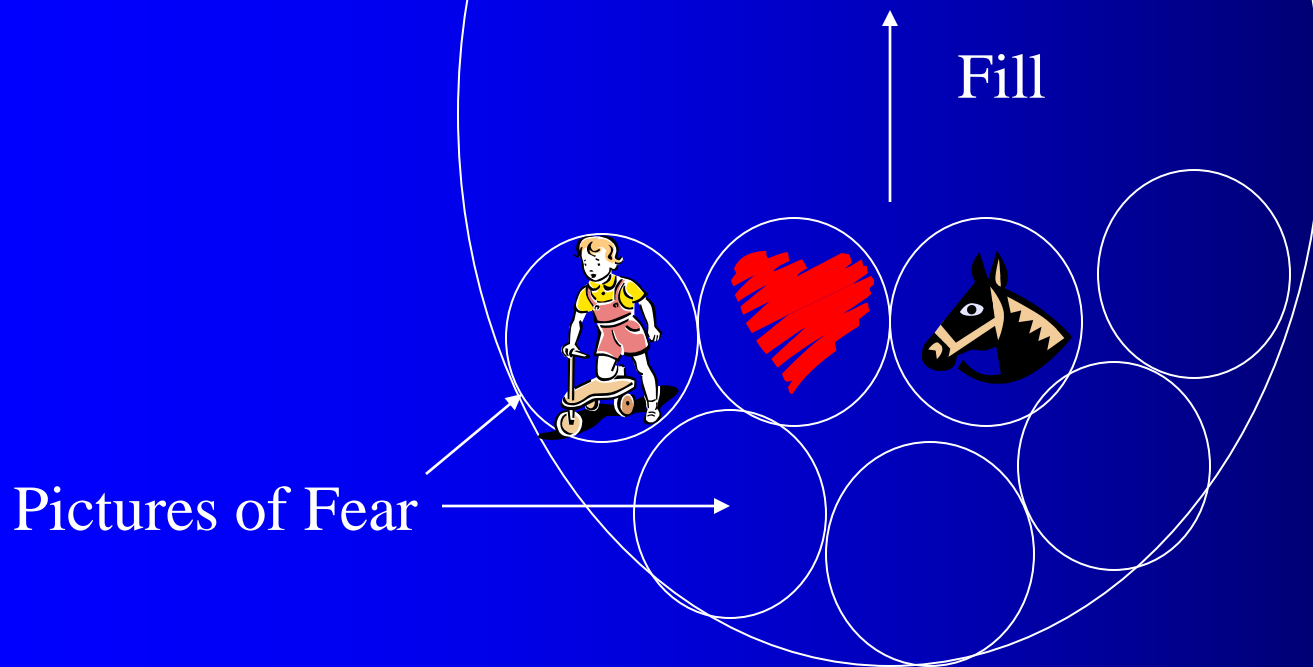
I am sad about
all the time I
spent in
addiction

I am angry at God, angry
at having to stop, angry
I have so little energy

I cry when
I feel lonely,
before I could
not cry



Trauma Egg



Trauma Egg



Family Roles

The Enabler

The Hero

The Scapegoat

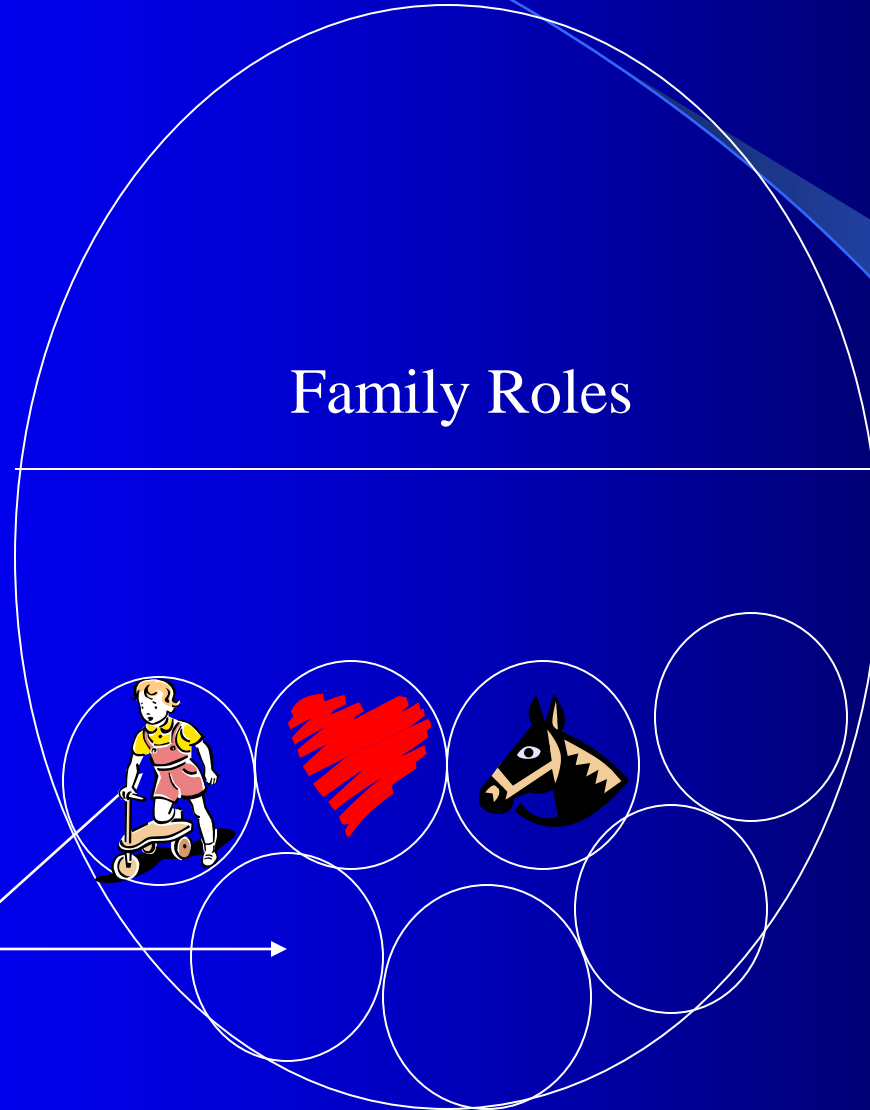
The Lost Child

The Mascot

Family Roles



Pictures of Fear



Family Roles

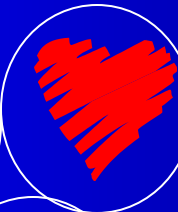
- The Enabler / Co-Dependent
 - The Hero / Responsible
- The Scapegoat / Acting Out
- The Lost Child / Adjuster
 - The Mascot / Placater

Trauma Egg



Family
Mission

Family Roles



Pictures of Fear



Family Mission

- Our Family goal was?
- We were all cooperating to accomplish what?
- Family success meant what?

Repair Stage

I am taking better
care of myself

I can laugh with people, I
don't wake up feeling
afraid

I can finish
what I start.

I am in touch
with
My God
given talents



Growth Stage

I feel connected
to myself and
others

I have
compassion for
people with
problems



I have peace of mind
because I can hold a
job and care for my
wife's needs

I have rebuilt
relationships
by taking
responsibility
for myself

Steps Toward Recovery

Step 1: Admit you have a problem to yourself and others

- Can't stop on my own
- If you confess, you won't be abandoned
- Realize need to talk with someone to break secret

Results:

- Stop trying to fix behavior on your own and you will be helped
- Realize you never had control over the problem

Change and Recovery

After a crisis then comes a paradigm shift

First Order Change

- Control: Try More
- Alienation
- Secret Keeping
- Hides Full Story
- “No one is Hurt”
Addiction is a 1st order problem: The harder you try to control, the worse it gets

Second Order Change

- Powerlessness
- Community Involvement
- No Secrets
- Disclose full Story
- Accepts Self as Hurt

Steps Toward Recovery

Step 2: Ask For Help

- Taking a risk to start recovery
- It's ok to be weak
- Humble yourself and you will be lifted up in God

Results:

- Reduce Guilt
- You will get help
- Peace
- No more hiding in relationships
- God will not abandon you or judge you

Change and Recovery

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Steps Toward Recovery

Step 3: Deal with Loneliness

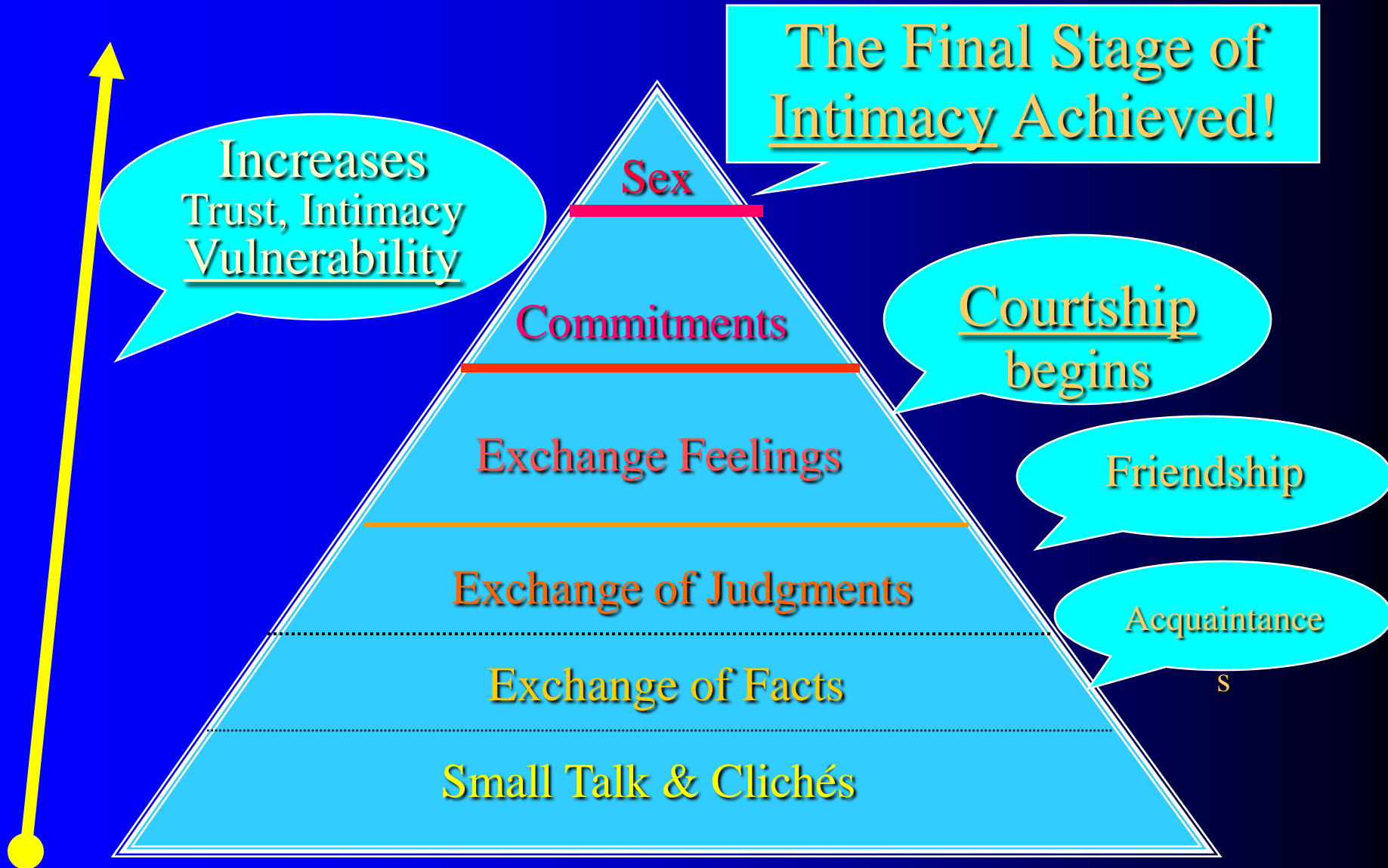
- Develop healthy relationships w/accountability
- Join a support group for sexual addiction
- Seek God for help

Results:

- Loneliness will reduce
- If you feel pain, others will lift you up
- Your need for intimacy will begin to be met

Developing Intimacy Through Effective Communication

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Steps Toward Recovery

Step 4: Address Your Pain

- Therapy and 12 step program to address roots of pain
- Courage to look at pain
- Pain can be resolved

Results:

- Pain that drives addiction will reduce
- The truth begins to set you free

Steps Toward Recovery

Step 5: Manage The Sexual Message Around You

- Avoid triggers of pornography-TV
- Learn to stop escalation of fantasy
- Feed yourself with healthy images and spiritually

Results:

- Reduce exposure=reduced temptation
- Able to receive love and encouragement outside of guilt

Specific Tasks of Recovery

(Copyright © Melvin Wong, Ph.D. 2000)

- *Ideational (Mindset)*
 - *Reduction of Intrusive Thoughts*
- *Behavioral*
 - *Reduce Masturbation & Acting-Outs*
- *Relational*
 - *Increase Male Non-Sexual Friendships*
- *Spiritual*
 - *Increase Pursuit of Holiness-Maturity*

Conclusions

- The addiction cycle is no longer a trap when we work at resolving the underlying pain that drives it
- Understanding the steps in the cycle of addiction provides us with more control to choose
- True recovery requires that I let others into my private world to help me

Self-Help Group Resources

Avenues (Bay Area)

avenueresource.com

SA: Sexaholics Anonymous

sa.org (615)331-6230

SLAA: Sex Love Addicts Anonymous

EA: Emotions Anonymous

(510) 471-8864

CODA: CoDependents Anonymous

(415) 905-6331

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ChristianMentalHealth.com (415) 362-6099

Getting Help

Sex and Love Addicts Anonymous (SLAA)

P O Box 119, New Town Branch, Boston MA 02258 617-332-1945

Sex Addicts Anonymous (SAA)

P O Box 3038 Minneapolis, MN 55403 612-339-0217

Sexual Compulsives Anonymous (SCA)

P O Box 1585, Old Chelsea Station, NY, NY 10011 212-439-1123

National Council on Sexual Addictions, Inc

P O Box 20249, Wickenburg, AZ 602-684-7919

Sexaholics Anonymous (SA)

P O Box 300 Simi Valley, CA 93062 805-581-3343

Resources /Books

- Avenues Workbook *avenueresource.com*
- Facing the Shadow (Patrick Carnes)
- Out of the Shadows (Patrick Carnes)
- Don't Call it Love (Patrick Carnes)
- A Gentle Path Through the 12 Steps (Patrick Carnes)
- In The Shadow of The Net (Patrick Carnes)

Resources / Web

- Gentlepath.com
- Sexhelp.com
- christians-in-recovery.com
- pureintimacy.org

Apokata. CD Resources

- *The Addiction To Pornography*
- *Sex Addiction -Family Development*
- *Sexual Addiction Recovery*
- *Emotional Codependence*
- *Myth or Truth about homosexuality*
- *Gender Identity*
- *Parental Effectiveness In Promoting Healing*
- *Codependency Dysfunctional Family*
- *Obstacle to the Purpose Driven Life*
- *Building A Sound Christian Marital House Seminar*
- *Chinese Culture and Psychopathology*

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