



Comparing Addictive and Healthy Sexuality

Addictive Sexuality

Feels shameful
Is illicit, stolen or exploitive
Compromises values
Draws on fear for excitement
Re-enacts childhood abuses
Disconnects from oneself
Creates world of unreality
Is self-destructive and dangerous
Uses conquest or power
Is seductive
Serves to medicate and kill pain
Is dishonest
Becomes routine
Has secretive, double life
Is grim and joyless
Demands perfection

Healthy Sexuality

Adds to self-esteem
Has no victims
Deepens meaning
Uses vulnerability for excitement
Cultivates sense of being adult
Furtheres sense of self
Expands reality
Relies on safety
Is mutual and intimate
Takes responsibility for needs
Brings legitimate suffering
Originates in integrity
Presents challenges
Integrates most authentic parts of self
Is fun and playful
Accepts the imperfect