CYCLE OF ADDICTION

(...specific to sex addiction but similar to all addictions)

Core Beliefs of Addict

1. I am a bad, unworthy person. (Shame)
2. No one would love me as I am.
3. No one will meet my needs/nurture me.
4. Sex (or an intense relationship) is my most important need/way I feel loved.

God isn’t good enough, doesn’t love me enough, won’t or isn’t powerful enough to meet my needs.

Wounds
- Childhood Attachment Injuries
- Emotional, Physical, Sexual Abuse and Neglect

Belief System

Shame

Preoccupation/Obsession/Fantasy

Ritualization

Steps from Trigger to Acting Out are the addict’s Rituals—these may build for hours, weeks, or months...

- Clothing/apparel
- Makeup
- Grooming
- Shoes
- Perfume
- Laughter
- Texting
- Personal/intimate conversation
- Eye contact/smiling
- Fantasizing

Trigger

Triggers
- Emotions – B L A H S T - O
  - B ored
  - L onely
  - A ngry
  - H ungry
  - S tressed
  - T ired
  - O verwhelmed
- Stressors/problems
- Fight with partner
- Music/particular song
- Specific person
- Hair/body parts
- Memory
- Criticism
- Smells
- Movie/TV show
- Location/place
- Disappointment
- Money anxiety

Rituals
- Taking off wedding ring
- Flirting/innuendos
- Touching
- Driving
- Drinking
- Dancing
- Being/acting needy/helpless
- Being/acting independent

Wounds

Despair

Compulsion/Acting out Behavior

Guilt

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