

# CYCLE OF ADDICTION

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

## Wounds

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

## 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.*

## Triggers

- Emotions – **BLAHST-O**
  - Bored
  - Lonely
  - Angry
  - Hungry
  - Stressed
  - Tired
  - Overwhelmed
- 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

- Clothing/apparel
- Makeup
- Grooming
- Shoes
- Perfume
- Laughter
- Texting
- Personal/intimate conversation
- Eye contact/smiling
- Fantasizing
- Taking off wedding ring
- Flirting/innuendos
- Touching
- Driving
- Drinking
- Dancing
- Being/acting needy/helpless
- Being/acting independent

#1

Wounds

Belief System

Shame

#2

Trigger

Preoccupation/  
Obsession/  
Fantasy

#3

#4

Ritualization

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

Despair

#6

Compulsion/  
Acting out  
Behavior

#5

#7

Shame

Guilt

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