

7 Signs of Sex Addiction

While it's perfectly healthy for people to enjoy having sex often, a compulsion for constant sexual contact could be considered an addiction. When sex addiction develops, it can have a negative impact on someone's relationships, physical & mental health, routines, life quality, safety, and more.

Since having sex is perfectly normal and it's considered beneficial to have an active libido, how do you know when the fine line has been crossed and an addiction has formed? If you think you or a loved one is struggling with an addiction to sex, read on to learn about the signs and possible next steps.

What is Sex Addiction?

According to Healthline.com, sex addiction is "a compulsive need to perform sexual acts to achieve the kind of fix that a person with alcohol use disorder gets from a drink." Sex is a very healthy thing to practice, so an addiction to it is currently not defined as a mental disorder. However, the International Statistical Classification of Diseases and Related Health Problems (ICD-10) can still diagnosis sex addiction.

An addict is always desperate to have sex; so whether they're at home with friends or at work, they will find a way to do sexual acts regardless of possible consequences. Because of this constant craving, these individuals tend to substitute sex for love and care more about the act of intercourse than the person they're having it with.

Of course, sex addiction can have an effect on romantic relationships among others. And since it can also be a signal of a deeper mental struggle, it's important to know what to look for in order to handle sex addiction in the most appropriate way.

How To Know If You're Addicted to Sex

How can you tell when enjoying sex becomes an addiction? Here are some signs that you or a loved one may want to seek help when it comes to a craving for sexual activity:

1. Consistent sexual thoughts
2. Is secretive about their activities
3. Excludes other parts of life
4. Has multiple sexual partners
5. Has guilty feelings and thoughts after having sex
6. Engages in phone sex, porn, frequent masturbation, etc.
7. Is unable to stop behaviour despite danger or consequences

While sex addiction may not be considered as dangerous of an addiction compared to alcohol or substance abuse, it is still important to seek help for these issues before physical, mental, or relationship problems begin to occur.

Sex Addiction Treatment Options

Like any abuse disorder, there are many treatment methods for you or a loved one to try if you are dealing with a sex addiction. Here are some options:

- 1-on-1 counselling with a trained sex addiction professional
- Support groups with other addicts
- In-patient therapy programs
- Cognitive Behavioural Therapy
- Medication options
- Self-help books

To find out which option is best for you or your loved one, it's best to start with doing some research and finding a local professional in sexual addiction. If you have any questions about sex addiction signs or treatment, please **call Lifeskills Australia** on 1800 870 080 or email us at info@lifeskillsaustralia.com.au to make an appointment with our sexologist for support.



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