

Quit Sex Addiction Today Affirmations



As the sex addict absorbs himself or herself in this material, he or she gets false messages about others. Different than the myths of porn, the lives of healthy individuals don't center on sex. Sex is a crucial part of life, but it's auxiliary to loved ones, to careers and to spirituality. The sex addict misplaces his or her perspective about sex as a subset of closeness.

It's clear from the clinical research that extended exposure to pornography tends to lead an addict to act out sexually. What is sustained and nurtured in the mind tends to sooner or later be acted out in life. Acting out may range from more porn to masturbation to introducing sex acts from porn into your marriage relationship to having an affair.

I'm a worthwhile and lovable human.

I'm not my actions. I'm the actor. My actions might be great or foul. That doesn't make me great or foul.

I'm loyal, forgiving, and gentle to me.

I today choose to love, to accept, to embrace, and to totally appreciate myself unconditionally.

Once we recognize the harm that sex addiction can cause and face the fact we're suffering from this dependency, recovery is something we're willing to fight

through. If we believe porn is harmless or that we don't have an addiction, these steps will seem pointless. But, if you understand you've an addiction issue and are willing to work.