

Stop Sexual Addiction Tip Sheet

- Make life-style allowances that nourish recovery behavior.
- Do away with your stash. Do away with the porn, the "little black book", the videos, the Net favorites, etc.
- Have a 1-900-number block put on the telephone.
- Install an Net filter on the computer
- Go to Sexaholics Anonymous (SA) or Sex Addicts Anonymous (SAA); acquire a sponsor.
- Add more structure to your life. Make certain that somebody knows where you are at all times, so that you'll be less likely to act out in privacy and isolation.
- Change your "entertainment" behavior. Do away with the premium channels on cable. Watch TV and films with somebody else and see only G rated films for the time being.
- Don't run to slippery places like strip clubs, massage parlors, adult bookshops, or bars.
- Distinguish what your additional addictions are and refrain from them too. Most sex addicts have additional addictions like alcoholism/drug addiction, gambling addiction, eating disorders, work addiction, or spending addiction.
- Acquire a spiritual program of recovery.
- Discover fresh skills to combat urges and cravings to engage in the compulsive behavior.
- Consider abstinence as a "one day at a time" job. Don't consider it as ceasing forever. Do what you have to do now to not engage in the compulsive sexual behavior. Tomorrow do the same thing.

- Substitute distorted feelings about your need for sex with a truthful perspective about sexuality.
- Stay busy. Distract yourself with fit alternatives.