

Sex Addiction



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Many things can become addictive, including sex and love. Addiction is much more than a bad habit. When we are addicted, controlling what we're doing is an ongoing challenge.

- ▶ Do you feel powerless and out of control?
- ▶ Is your sexual behaviour causing you or others harm?
- ▶ Are your relationships suffering?
- ▶ Are you tormented by compulsive sexual thoughts?
- ▶ Do you feel shame or self-loathing?
- ▶ Is your life becoming unmanageable?

the first step is acknowledgement, the second is asking for help

Our specially trained Therapists will help you identify and change the painful behaviours that are harming your life, including

- ▶ affairs
- ▶ cybersex
- ▶ obsession
- ▶ anger
- ▶ guilt and shame
- ▶ pornography

If you're feeling concerned, email or call

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