

# Compulsive Sexual Behaviour

Compulsive sexual behaviours can be a potentially destructive twist on a normal life-enhancing activity, and are defined by the person's motivation. Individuals who suffer from this addiction display a lack of ability to control or postpone sexual feelings and actions; with the need for arousal often replacing the need for closeness and intimacy.

As sexual preoccupation increases in terms of energy and time, the person follows a routine or ritual, leading to acting out on desires which is then followed by feelings of denial then shame, despair and confusion. Ritualised behaviours may range from frequenting the same bars and clubs, using sex workers, pornography and/or Internet materials that build over time.

For individuals who suffer from this addiction, the sense of being 'out-of-control' can lead to constriction of lifestyle, social withdrawal, mood difficulties and hopelessness. Frequently, they may also suffer from substance dependency, depression and anxiety, suicidal thoughts, difficulties managing the demands of work, and often-intense feelings of aloneness.

## **A particular cycle of behaviours and emotions include:**

- Preoccupation: continual fantasies about sexual prospects or situations. This can trigger an episode of sexually 'acting-out'
- Ritualisation: a preferred sexual activity or situation is often stereotyped and repetitive
- Compulsion: continual engagement in sexual activity despite the negative consequences and the desire to stop
- Despair: guilt or shame over the inability to control behaviour or feel remorse
- Other behavioural problems, particularly chemical dependency, gambling and eating disorders

## **South Pacific Private's approach to treating compulsive sexual behaviour**

There are many factors that fuel disorder or addiction, so at South Pacific Private we tailor a treatment plan based on an individual assessment of your needs. During this assessment, our aim is to understand how your compulsive sexual behavior has been formed, by exploring your family history of coping, genetic factors, personality and underlying emotions that may interact to produce a compulsion-prone individual. In some cases, people have used compulsive sexual behaviour as means of coping with difficult emotions.

## **Benefits of our treatment programs**

Each of our programs is designed to help you learn how to:

- explore the issues around your behaviour and understand why you feel the way you do
- identify the behaviours and personal beliefs that are complicating your life
- communicate better and improve the important relationships in your life
- gain perspective on family dynamics
- cope better with anxiety or distress
- practice mindfulness: the self-awareness of your thoughts, feelings and physical wellbeing
- be better at understanding your thought processes, to recognise and correct distortions in your thinking and to change debilitating personal beliefs

**For treatment options, other resources,  
or a complimentary assessment:**

**phone** 1800 063 332  
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