



*Brothers, if someone is caught in a sin...
restore him gently (Gal. 6:1)*

What is Sexual Addiction?

The term sexual addiction conjures up many dark images and carries a lot of stigma. Yet like alcoholism, there are many different profiles for those trapped in unhealthy, compulsive patterns of sexual behavior. From the functional alcoholic maintaining his professional success as the CEO of a large company to the socially outcast “bum,” addiction behavioral patterns range from chronic and daily use to intermittent episodes of bingeing with periods of abstinence in between.

Sexual addiction, like any other addiction, involves patterns of thinking, feeling, and behaving that cause guilt, shame, and damage to one’s self and to one’s interpersonal relationships. The common denominator? A lifestyle in which sex begins to predominate one’s thoughts, feelings, and/or external behaviors, eventually crowding out other healthy, God-intended experiences of life, love, and spiritual aliveness.



Sexual addiction
overshadows every part of
life.

The Signs of Sexual Addiction



Three or more of these
symptoms signals the
need for help.

Some of the signs of sexual addiction include the following:

- Failed attempts to cut back or stop sexual behaviors
- Escalation or progression of behaviors
- Failure to stop despite negative consequences
- Significant feelings of guilt, shame, helplessness
- Excessive time, energy, and financial resources spent engaging in or planning sexual behavior
- Illegal behaviors or violation of the rights of others
- Believing that sex is the answer to one’s problems (either acquiring sex or ridding oneself

of sexuality)

Sex: It’s Just the Tip of the Iceberg

Theologians and psychologists agree that we are designed for relationship. Inappropriate sexual behavior is a counterfeit for true, healthy intimacy. For the sexual addict, many healthy, non-sexual relational needs and desires have been channeled into his sexuality. Just as the alcoholic uses alcohol to control their feelings, so the sexual addict uses sex to overcome boredom, to celebrate success, and most prominently, to cope with feelings of hurt, fear, anxiety, failure, depression, loneliness, and shame. And sexual behaviors are just the tip of the iceberg: the negative emotions and life assumptions that lie beneath the surface must also be identified and addressed in the path of recovery, the process of restoring integrity.

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Restoring Integrity: The Pathway to Abundant Living

The process of recovery is a challenging yet good journey into coming alive spiritually and relationally. It entails growing in both self-understanding and self-control. Because the issues that underlie addiction are both behavioral and deeply relational, addictions must be addressed in the context of authentic relationships. Honest confession, social support, spiritual encouragement, and education about sexuality, emotions, communication, and spirituality are critical to changing the behavioral patterns of the addicted individual. **Restoring Integrity**, a men's recovery group at Ebenezer Counseling Services, exists as a Christian resource to men who desire to transform their behaviors and underlying patterns of thinking and feeling that keep them from true living, from true intimacy



Restoring Integrity—A recovery group facilitating personal transformation for men overcoming sexual addiction.



*Honesty, Strength, and Purity
in the Lives of Men*

- ⚓ The mission of **Restoring Integrity** at Ebenezer Counseling Services (ECS) is to promote spiritual transformation in men who are recovering from sexual addiction in a confidential environment through relational support, accountability, and education.
- ⚓ **Restoring Integrity** men's groups meet weekly at various times at both ECS office locations, including early morning and evening meetings.
- ⚓ **Restoring Integrity** groups are limited in size, and all participants are screened prior to entry to help ensure a conducive environment for recovery and group process.
- ⚓ **Restoring Integrity** group facilitators are supervised by licensed mental health professionals or themselves are licensed counselors.
- ⚓ **Restoring Integrity** addresses the spiritual aspects of change and addiction recovery from the perspective of historical, biblical Christianity. However, all men are welcome regardless of their faith background.
- ⚓ For more information about fees, locations, and times of meetings, call Ebenezer Counseling Services at (865) 670-0988 or visit www.ebenezercounseling.com.



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