

Human sexuality



**ASSIGN
BUSTER**

Sexual AddictionAmber MeyersHuman SexualityAmerican Public
UniversityProfessor Diane LewisSexual AddictionSexual Addiction is a
controversial issue for many people.

Some professionals swear that sexual addiction does not exist, and if it did, it should be a positive thing, not a negative. While other professionals argue sexual addiction is a real problem today, and must be recognized, studied, and treated. The first article I have studied regarding sexual addiction was a case study done by Patrick Carnes PhD.

Dr. Carnes surveyed over 600 sexually addicted individuals currently receiving treatment or have recently completed treatment for sexual addiction (anonymous 1988). Dr. Carnes, a specialist in sexual addiction, reported his findings to a group of other professionals such as sexologists and mental health experts.

His findings were types of addicts and patterns of recovery for the sexually addicted individuals (anonymous 1988). Dr. Carnes finding were astounding. Among Dr. Carnes findings, he found that child hood abuse and sexual addiction were related and ultimately, childhood abuse was related to sexually addicted adults (anonymous 1988). Dr.

Carnes reported, ??? Eighty three percent of those surveyed reported having been sexually abused as children??? (anonymous, 1988). The abuse was described as either physical or mental abuse with mental abuse being higher than physical, but not by much. Obviously some of these sexually addicted people being surveyed came from dysfunctional families, therefore, many of them also report having other types of addicts inside their families as well,

such as alcoholics or drug addicts. Overall the profile found most common for a sex addict, according to Dr. Carnes study proved that most sexually addicted individuals are, ??? Professionals with collage or graduate degrees with another form of addiction of some type??? (anonymous 1988). Overall this article and Dr.

Carnes study was basically to help treat sexual addiction in the future. This article also did a fairly good job at giving the readers and understanding that sexual addiction takes years to recover, most people are living normal lives three years after the beginning of treatment (anonymous 1988). Although sexual addiction happens mostly in people with some form of childhood abuse it occurs in educated normal everyday people too. The second article I found pertaining to sexual addiction was found in USA Today, by Marco R. Della Cava. This article firmly states that due to society, ??? we??? use things such as drinking and sex for solutions to everyday stress and anxiety (Della Cava 1989).

Dr. Carnes also stated in this article too, ??? We are a very addictive culture??? (Della Cava 1989). These statements in my opinion as the reader, suggests sexual addiction occurs because sex is so popular in the media.

This article describes the general characteristic of a sex addict. It also states a few statistics about typical sex offenders, but doesn't state how the study was conducted in order to conclude the findings. It was interesting however to learn that even women are becoming more common to have sexual addiction. The article described one woman's experience with her own addiction, ??? I lived two lives, for ten years I managed to be a wife and

mother, and also have liaisons with people three or four times a week. My husband had no idea??? (Dell Cava 1989). This article also describes other professional??™s views of sexual addiction. Some of the other people mentioned in this article do not believe sexual addiction exists, and if it does, in other countries it may be considered healthy (Dell Cava 1989).

I found it interesting to be able to hear all points of view regarding sexual addiction. In this article they stated opinion of professionals??™ believing in sexual addiction or disagreeing with it, while also stating some victims??™ opinions of sexual addiction. This article in my opinion did a good job at relaying information about sexual addiction from all sides of sexual addiction; the side that agrees it is a problem, the side that doesn??™t see it as a problem, and the people that suffer from sexual addiction. One of the most interesting points I thought was stated by Ed Armstrong, ??? We chose to call it addiction because it implies an unmanageable condition??? (Dell Cava 1989). So in my opinion as the reader, he believes it is only a problem because people don??™t know how to manage it. Overall, both articles described people with sexual addiction being everyday educated people with troubled childhoods.

42 percent earned more than \$30, 000 a year, 58 percent were college graduates, equally revealing: as children 74 percent had been sexually abused, 91 percent emotionally abused (Della Cava 1989). Dr. Carnes article revealed that, ??? 83 percent of people surveyed reported being sexually abused as children, with 73 percent being physically abused, and 97 percent being emotionally abused??? (anonymous 1988). At the same time these people with a sexual addiction surveyed were also educated professionals

with college degrees or graduate degrees. ??? 65 percent of these people admit to having another form of addiction also???, such as; alcoholism, chemical abuse, eating disorders, compulsive working, spending and gambling as co addictions (anonymous 1988). The article in USA Today by Marco R. Della Cava is not based on a particular study. This article basically gives brief information from a few different professionals about sexual addiction.

??? Sexual Addiction Can Lead to Destruction,??? describes some of the points of views of other regarding sexual addiction. Such as one woman??™s statement describing her addiction, ??? It??™s something you later feel terrible about, there is a sense of emptiness, and sex is used to fill that emptiness??? (Della Cava 1989). Dr. Carnes??™ article, ??? Sexual Addiction Study Results Released,??? describes direct observations and results of a survey of 600 individuals facing sexual addiction. As the reader of both articles, the non-scholarly article did a better job at explaining personal feelings whereas the scholarly article just stated the facts of what Dr.

Carnes found in his study. In my opinion, Dr. Carnes??™ article would be more useful in gaining statistics about studies that have been done to evaluate and find out information about people who are addicted to sex. The article by Marco R.

Della Cava would be helpful if you are just trying to gain a basic understanding about sexual addiction. It would also be a useful article for readers to understand some of the different views people have of sexual addiction, but does not provide exact studies about sexual addiction. In

conclusion both articles provided some very interesting information. Sexual addiction can occur in educated normal men and women. Even though many of these people are viewed as normal, they have a big problem that can affect the way they live healthy and happy lives. In order to understand the people that are addicted to sex Dr.

Carnes performed a study of 600 people who are currently or have recently been in a sexual addiction program. This study provided professionals some knowledge to help them treat sexually addicted individuals by bringing to light the evidence that most people that are addicted to sex have had some kind of negative childhood experiences, and have some other type of co-addiction that needs to be dealt with as well. The non-scholarly article by Marc R.

Della Cava was written to inform the readers the opinions of people from every side of sexual addiction, from the experts that agree that sexual addiction is a problem, to the experts that believe it doesn't exist in a negative form, while also giving the reader the feelings of what some sex addicts go through. It gave basic descriptions of sex addicts and basic views of how society also views sex addiction. Although both articles were written a while ago, I picked both of them to gain a better insight at how sexual addiction was not just a modern topic, but a topic that has been researched and talked about for many years. I think it would be beneficial to read an article about a modern study of sexual addiction and see how far research has come since the late 1980's and also to see if Dr. Carnes research did in fact help treatment for sex addicts. References Sexual Addiction Study Results Released. (1988).

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[com/docview/1026708228accountid= 8282](http://search.proquest.com/docview/1026708228accountid=8282). Marco R.

Della Cava, (1989). Sexual Addiction Can Lead to Destruction. USA Today, Life; Pg. 5D.