



Breaking the Cycle:  
Free Yourself from  
Sex Addiction,  
Porn Obsession,  
and Shame

# THE WORKBOOK

33 Exercises

**GEORGE N.  
COLLINS, MA**



# Breaking The Cycle Free Yourself From Sex Addiction

## Porn Obsession And Shame

**Patrick Carnes**

## **Breaking The Cycle Free Yourself From Sex Addiction Porn Obsession And Shame:**

*Breaking the Cycle* George Collins, Andrew Adleman, 2011-10-01 In *Breaking the Cycle* sex addiction specialist George Collins offers a powerful no nonsense program for helping readers identify their unhealthy sexual patterns overcome sex addiction and start living more productive lives

### **Breaking the Cycle: Free Yourself from Sex Addiction, Porn**

**Obsession, and Shame - the Workbook** George Collins, 2018-07-27 Anyone who has struggled with sex addiction knows that living with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography strip clubs massage parlors prostitutes phone sex or chat rooms have made you feel trapped this book can help you find a way to break free. This workbook is the companion to *Breaking the Cycle Free Yourself from Sex Addiction Porn Obsession and Shame* written by former sex addict George N Collins. It will walk you through 33 exercises to help you overcome sex addiction and regain control of your life

**Sex Addiction** My Ebook Publishing House, 2016-11-22 *Sex Addiction Free Yourself from Sex Addiction Porn Obsession and Shame* is your one stop source for obtaining tools based on research that will allow you to better understand sex addiction how to recover from sex addiction and how to maintain sex addiction recovery. There is hope to become and stay free. Anyone who has struggled with sex addiction knows that living with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography strip clubs massage parlors prostitutes phone sex or chat rooms have made you feel trapped this book can help you find a way to break free. This book is the ultimate guide to achieve the quality of life you deserve and break the sex addiction cycle for good. This is a book for those who have longed to break the sex addiction cycle as well as for those who are in relationships with individuals struggling with sex addiction. Celebrate the joy of breaking free from sex addiction and maintaining healthy intimacy with *Sex Addiction Free Yourself from Sex Addiction Porn Obsession and Shame*

**Sex Addiction 101** Robert Weiss, 2015-10-27 The number of affordable easy links to pleasurable sexual online content is on the rise. Activity increases with the accessibility of technology. So too has sex addiction. People struggling with sex porn and love addiction typically have little understanding of this incredibly complicated disease. *Sex Addiction 101* covers everything from what sexual addiction is and how it can best be treated to how it affects various subgroups of the population such as women, gays and teenagers. The book also provides sex addicts with strategies to protect themselves from the online sexual onslaught. *Sex Addiction 101* is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes Weiss has become the face of and driving force behind understanding and treating sex addiction. This book should be a core title in every addiction collection

*Always Turned On* Robert Weiss, Jennifer Schneider, 2015-01-04 Technology has significantly changed our world. Sexual imagery and encounters can now be accessed anywhere anytime using portable electronic devices. Users can generate a stream of graphic pornography a wide variety of virtual sexual activities and casual

anonymous or paid for sexual encounters with a click or a tap We now have greater access to highly stimulating sexual content and potential sexual partners with much less built in accountability Porn addicts are especially vulnerable to the lure of digital technology and the seemingly endless array of stimulation it provides Research suggests that cyber porn addicts spend at least eleven or twelve hours per week online viewing porn Today all forms of sex addiction are technology driven from porn websites to webcams to casual sex hook up apps via smartphones Sex addicts organize their lives around the pursuit of sexual activity with self or others spending inordinate amounts of time viewing and masturbating to porn or planning pursuing and engaging in sex acts At the same time they neglect important relationships work and personal responsibilities Overwhelming feelings of guilt shame and remorse invade when the acting out ends While it's complicated recovery is possible Always Turned On shows readers how to turn those temptations off while providing practical long term solutions for recovery

**Routledge International Handbook of Sexual Addiction** Thaddeus Birchard, Joanna Benfield, 2017-09-11 The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s It has also captured the attention of the media where there has been much debate over whether it can truly be described as an addiction What is certain is that many people struggle with out of control sexual behaviour which takes over their lives and has harmful consequences for their relationships careers and finances The Routledge International Handbook of Sexual Addiction brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives A series of presentations of sexual addiction are outlined including internet sexual addiction and the relationship between paraphilic and sex addiction The handbook considers both individual and group treatment strategies drawing on a wide range of approaches including cognitive behavioural therapy mindfulness and 12 step programmes The book studies sex addiction in specific populations including women adolescents and men who have sex with men Finally it considers some of the alternative discourses surrounding the concept of sexual addiction This is the first comprehensive reference book to bring together global viewpoints on advances in research theory and practice in one volume This handbook provides an essential guide for academics and students of psychotherapy counselling nursing addiction sexualities social work and health and social care as well as professionals in practice and in training working with sexual addiction and related issues

**Conquering Masturbation** Benjamin Oye, 2024-12-09 Conquering Masturbation Steps Toward Wellness and Self Control is an essential guide for anyone seeking to break free from the grip of compulsive masturbation This powerful book explores the physical psychological and relational impacts of the behaviour offering historical cultural and religious insights Packed with practical strategies expert advice and a wealth of resources it empowers readers to reclaim control build healthier habits and embrace a more fulfilling life Discover the keys to personal growth and well being with this transformative guide

**Internet Infidelity** Sanjeev P. Sahni, Garima Jain, 2018-01-24 This volume

discusses the phenomenon of internet infidelity by looking at the psychological social legal and technological aspects involved in such behaviour The rise of social media as well as technological advancements that create real experiences online have made it possible for people to engage in multiple kinds of online relationships These create concerns about regulating such activities via national and international law as well as psychological and social concerns of understanding the overall impact of such behaviour Therefore this volume which includes perspectives from across the world asks and addresses some fundamental questions Does internet infidelity amount to cheating How is virtual infidelity different from actual infidelity What are the social interpersonal and psychological impacts of internet infidelity Do people in different cultures view online infidelity differently What are the myths associated with online infidelity What are the various intervention measures or therapeutic techniques for treating people who are addicted to cybersex or pornography The legal dimensions of internet cheating are equally important since adultery is considered as a criminal offence in some countries As yet there is no universally accepted definition of internet infidelity and legal perspectives become very important in understanding the phenomenon This volume includes grand theory approaches as well as detailed case studies and provides unique and multidisciplinary insights into internet cheating It is ideal for marital therapists counsellors criminologists legislators and both researchers and students

**Total Sex Addiction Recovery - a Guide to Therapy** Dorothy Hayden,2013-03-07 This new book by Dorothy Hayden sheds new light on sexual addiction and its many forms of treatment It is a comprehensive guide that adds practical strategies and therapy tools for how to address sufferers from sexual addiction This book is a must have for clinicians as it provides effective tools on how to address individuals couples and groups struggling with this condition Overall the blend of academic and real life case studies throughout each chapter will help readers move in their journey toward recovery Dr Kimberly S Youngfounder and director the Center for Internet Addiction Recovery and author of Tangled in the Web Understanding Cybersex from Fantasy to Addiction Great stuff Solid information for those who are looking for real help from this insidious issue A comprehensive overview of sexual addiction and treatment modalities Its staying on MY short list of recommended books for our clients here at Compulsion Solutions George N Collins Director Compulsion Solutions Author of Breaking the Cycle Free Yourself from Sex Addiction Porn Obsession and Shame Co author of A Couples Guide to Sexual Addiction

**Summary of George Collins & Andrew Adleman's Breaking the Cycle** Everest Media,2022-05-28T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Think about your own behavior Is there someone who might discover what you re up to and say This is your last chance Could there be a problem with the law such as being arrested with a prostitute 2 The difference between addiction and compulsion is simply language We all have an addiction to certain beliefs and we all have a compulsion to do something If you re reading this book you re probably a sex addict 3 If your home was weighed down with alcohol drugs fighting divorce changing environments porn overparenting lack of parenting or abandonment then these situations most likely led to an

imbalance in your life You probably developed coping strategies to deal with your fear shame pain self doubt and anger 4 Anyone who has suffered as a child can become a sex addict For some the coping mechanism is eating For others it is sex addiction **Overcoming Sex Addiction** Thaddeus Birchard,2017-04-21 Overcoming Sex Addiction is an accessible self help guide which uses the principles of cognitive behaviour therapy to help those with problematic or unwanted patterns of sexual behaviour It is designed for those who are not yet ready to seek professional help or who live in a place where little help is available and can be used in conjunction with general psychotherapy Written by a leading expert in the field the book offers an insight into the origins of sex addiction before going on to explain the cycle of addiction and how to break it The book has a do it yourself week by week programme of action to tackle compulsive sexual behaviour and provides extensive advice on relapse prevention to help the reader move forward in recovery Overcoming Sex Addiction will provide clear informed guidance for sex addicts and those professionals working with them *HEALING FROM SEX ADDICTION* Dr. Grace Thornwell, Breaking Free from Shame and Reclaiming Your True Self Are you tired of feeling trapped in the cycle of sex addiction pornography or compulsive behavior Do you crave a life of freedom peace and self love but don t know where to begin Healing from Sex Addiction is your comprehensive guide to breaking free from the chains of addiction and rediscovering the vibrant empowered person within you This groundbreaking book offers science based strategies emotional insights and practical tools to help you overcome the addictive behaviors that have held you back Through the compassionate guidance of Dr Grace Thornwell you ll explore not just the behaviors themselves but the deep emotional needs past trauma and neurological processes that fuel addiction This is more than a self help book it s a roadmap to self awareness healing and lasting transformation Imagine living a life where you no longer feel controlled by compulsion or guilt Picture yourself enjoying authentic intimacy building trusting relationships and feeling whole again Healing from Sex Addiction offers you a clear path forward whether you re struggling with sex addiction yourself supporting a loved one or simply seeking a deeper understanding of the addiction cycle You deserve a life free from shame and this book shows you exactly how to begin that journey today Start your recovery now Click the Buy Now button to unlock the tools and wisdom you need to overcome addiction build emotional resilience and reclaim your true self Your future self will thank you *Don't Call It Love* Patrick Carnes,2013-12-18 Dr Patrick Carnes is a creative pioneering and courageous human being His books are changing the lives of thousands I lost three marriages all because of affairs I became suicidal because of multiple intense involvements I spent money on sex when I needed it for children s clothes I lost promotion opportunities and a special scholarship because my co workers found out about my sex life Every day they face the possibility of destruction risking their families fiances jobs dignity and health They come from all walks of life ministers physicians therapists politicians executives blue collar workers Most were abused as children sexually physically or emotionally and saw addictive behavior in their early lives Most grapple with other addictions as well but their fiercest battle is with the most astounding prevalent secret disorder in America sexual

addiction Here is a ground breaking work by the nation s leading professional expert on sexual addiction based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder This essential volume includes not only the revealing findings of Dr Carne s research with recovering addicts but also advice from the addicts and co addicts themselves as they work to overcome their compulsive behavior Positive hopeful and practical Don t Call It Love is a landmark book that helps us better understand all addictions their causes and the difficult path to recovery

**Out of the Shadows** Patrick Carnes,2001 *Out of the Shadows* Third Edition     **In the Shadows of the Net** Patrick J Carnes,David L. Delmonico,Elizabeth Griffin,2009-07-30 The much anticipated second edition of the breakthrough book about recovering from online sexual addiction As the Internet becomes a more powerful imposing force in our lives indeed becoming difficult to avoid the potential for related problems also increases This includes troubles of a sexual nature When accessing porn no longer requires even a trip to the store when we can view and participate in sexual activities anonymously when younger and younger children are being exposed to sex online when virtual interactions take over limiting and even destroying real time relationships we are in crisis Compulsive online sexual behavior is a real and growing problem Yet the situation is not without hope For those who are seeing signs of significant online problems in themselves or a loved one this updated second edition of *In the Shadows of the Net* provides answers understanding and tools for recovery With the latest statistics discussion of recent technologies and devices and new thinking on developing a healthy relationship with the Internet and avoiding relapse this book offers authoritative professional advice for achieving lasting healthy change and healing     **The Sexual Addiction** Patrick Carnes,1983 A guide to understanding both the sexual addiction and the Twelve Steps as a means of recovery     *In the Shadows of the Net* Patrick Carnes,2001 *In the Shadows of the Net* Hardcover

**Hooked** Nathan J. Prescott,2025-09-10 Discover a Path to Lasting Freedom and Renewal Many struggle silently trapped in a cycle they feel powerless to break This compassionate guide sheds light on the often misunderstood world of porn and sex addiction revealing the hidden forces that keep individuals caught in compulsive behavior Every chapter invites you to explore profound truths about how addiction grips the mind body and relationships What if you could recognize the signs early and chart your own course toward healing This book offers not just understanding but practical tools for self assessment and change From deciphering your personal triggers to learning healthy coping mechanisms you ll find a comprehensive roadmap designed to help you reclaim control over your life Repairing the emotional damage addiction inflicts on intimacy and trust isn t easy but it s possible With insights on rebuilding connection and communicating openly with partners the journey toward renewed relationships becomes a realistic and hopeful endeavor Through honest conversations and proven strategies you can foster authentic bonds and rediscover genuine closeness Filled with expert advice on therapy mindfulness lifestyle changes and community support this book also acknowledges the vital role that partners and loved ones play in recovery It embraces the complexity of healing addressing relapse co occurring challenges

and the importance of self compassion as you move forward Your story does not have to be defined by addiction With courage and clarity step into a future where purpose trust and freedom shape every day This is not just a guide it s a lifeline for those ready to transform their lives and emerge stronger than ever before **Breaking Free** Russell Willingham,2010-08-28

Leading readers through self diagnosis and step by step through the stages of recovery Russell Willingham reminds us of all the resources Christians have at their disposal for dealing with sexual addiction **The Sex Addiction Cure** Josh

David,2014-07-16 You re About to Discover How to Break Free From your Sex Addiction Get to know all the things about Sex Addiction and the surroundings In The Sex Addiction Cure you will learn what being sex addicted means what to do if you are addicted to sex and how to see the signs and symptoms Also it provides steps to break the cycle Get ready to find out how to get in control of your sex addiction and live a life with less worry Here Is A Preview Of What You ll Learn When You Get The Sex Addiction Cure Today What Is Sex Addiction What Causes Sexual Addiction What Are the Signs of Addiction What Are the Risk Factors of Sexual Addiction How Is Sexual Addiction Diagnosed How to Break Sexual Addiction Some Tips and Treatments Many FAQs on Sex Addictions Get Your Copy Today To order The Emotional Abuse Guide click the BUY button and get your copy right now Tags Addiction Addictions Sexual Erotica Help Cycle Break Free Recover Heal Overcome Cure Healthy Life

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