

**ADDICTIVE SEXUALITY VERSUS HEALTHY SEXUALITY**

<b>ADDICTIVE SEXUALITY</b>	<b>HEALTHY SEXUALITY</b>
Feels shameful	Adds to self-esteem
Compromises values	Deepens meaning
Is illicit, stolen, or exploitive	Has no victims
Draws on fear for excitement	Uses vulnerability for excitement
Reenacts childhood abuses	Cultivates sense of being adult
Disconnects one from oneself	Furthers sense of self
Creates world of unreality	Expands reality
Is self-destructive and dangerous	Relies on safety
Uses conquest or power	Is mutual and intimate
Is seductive	Takes responsibility for needs
Serves to medicate and kill pain	May bring legitimate suffering
Is dishonest	Originates in integrity
Becomes routine	Presents challenges
Requires double life	Integrates most authentic parts of self
Is grim and joyless	Is fun and playful
Demands perfection	Accepts the imperfect