

Stages of Sex Addiction

1

Preoccupation:
Obsession with sexual
thoughts

2

Ritualization:
Engagement in
preparatory
behaviors

3

Sexual Activity:
Engaging in the act

4

Guilt and Shame:
Negative emotions
post-activity

5

Despair:
Realization of the
addiction's impact



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First Step For People In Relationships With Sex Addicts

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