



Sexual Addiction/compulsion are behaviors that are rarely about sex, but rather about early childhood trauma. Often it is based in childhood sexual, physical and emotional abuse or neglect. The individual is usually terrified of adult intimacy and uses the sexual acting out (SAO) behaviors as a way to avoid it unconsciously. Therapists often misdiagnose this disorder because of the stigma attached to sexual behaviors.

Viewing the sexual behaviors as windows to the client's past trauma can be very helpful in successfully treating the individual. This requires the therapist and client to be comfortable with talking about and listening to the SAO behaviors without judgment.

Sexual addiction is the persistent and escalating patterns of SAO behaviors despite increasing negative consequences to the self and others. Addiction to sexual activities can be just as destructive as addiction to chemicals. Sex Addicts jeopardize their marriages, partnerships, and family relationships, allow job performance to deteriorate, and endanger themselves and their partners through sexual exposures. Without appropriate treatment, sex addicts cannot control their compulsions despite the negative consequences they experience.

## THE G-SEXUAL ADDICTION SCREENING TEST

- GAY & BI-SEXUAL ADDICTION SCREENING TEST -

1. Were you sexually abused as a child or adolescent?
2. Have you subscribed or regularly purchased/rented sexually explicit magazines or videos?
3. Did your parents have trouble with their sexual or romantic behaviors?
4. Do you often find yourself preoccupied with sexual thoughts?
5. Has your use of phone sex lines, computer sex lines, etc., exceeded your ability to pay for these services?
6. Does your significant other(s), friends, or family ever worry or complain about your sexual behavior? (Not related to sexual orientation.)
7. Do you have trouble stopping your sexual behavior when you know it is inappropriate and/or dangerous to your health?
8. Has your involvement with pornography, phone sex, computer board sex, etc. become greater than your intimate contacts with romantic partners?
9. Do you keep the extent or nature of your sexual activities hidden from your friends and/or partners?
10. Do you look forward to events with friends or family being over so that you can go out to have sex?
11. Do you visit sexual bathhouses, sex clubs and/or video bookstores as a regular part of your sexual activity?
12. Do you believe that anonymous or casual sex has kept you from having more long-term intimate relationships or from reaching other personal goals?
13. Do you have trouble maintaining intimate relationships once the "sexual newness" of the person has worn off?
14. Do your sexual encounters place you in danger of arrest for lewd conduct or public indecency?
15. Have you spent time worrying about being HIV positive & continue to engage in risky or unsafe sexual behavior anyway?
16. Has anyone ever been hurt emotionally by events related to your sexual behavior, e.g., lying to partner or friends, not showing up for event/appointment due to sexual liaisons, etc., (not related to sexual orientation)?
17. Have you ever been approached, charged, arrested by the police, security, etc., due to sexual activity in a public place?
18. Has sex been a way for you to escape your problems?
19. When you have sex, do you feel depressed afterwards?
20. Have you made repeated promises to yourself to change some form of your sexual activity only to break them later (Not related to sexual orientation).
21. Have your sexual activities interfered with some aspect of your professional or personal life, e.g., unable to perform at work, loss of relationship? (Not related to sexual orientation.)
22. Have you engaged in unsafe or "risky" sexual practices even though you knew it could cause you harm?
23. Have you ever been paid for sex?
24. Have you ever had sex with someone just because you were feeling aroused and later felt ashamed or regretted it?
25. Have you ever cruised public restrooms, rest areas and/or parks looking for sexual encounters with strangers?

**+13 YES ANSWERS IS A POTENTIAL PROBLEM**

credit to Patrick Carnes, Ph.D & Robert Weiss, CSW

## THE SEXUAL ADDICTION SCREENING TEST

- HETEROSEXUAL SEXUAL ADDICTION SCREENING TEST -

1. Were you sexually abused as a child or adolescent?
2. Have you subscribed or regularly purchased sexually explicit magazines like *Playboy* or *Penthouse*?
3. Did your parents have trouble with sexual behavior?
4. Do you often find yourself preoccupied with sexual thoughts?
5. Do you feel that your sexual behavior is not normal?
6. Does your spouse [or significant other(s)] ever worry or complain about your sexual behavior?
7. Do you have trouble stopping your sexual behavior when you know it is inappropriate?
8. Do you ever feel bad about your sexual behavior?
9. Has your sexual behavior ever created problems for you or your family?
10. Have you ever sought help for sexual behavior you did not like?
11. Have you ever worried about people finding out about your sexual activities?
12. Has anyone been hurt emotionally because of your sexual behavior?
13. Are any of your sexual activities against the law?
14. Have you ever made promises to yourself to quit some aspect of your sexual behavior?
15. Have you ever made efforts to quit a type of sexual activity and failed?
16. Do you have to hide some of your sexual behavior from others?
17. Have you attempted to stop some parts of your sexual activity?
18. Have you ever felt degraded by your sexual behavior?
19. Has sex been a way for you to escape your problems?
20. When you have sex, do you feel depressed afterwards?
21. Have you felt the need to discontinue a certain for of sexual activity?
22. Has your sexual activity interfered with your family life?
23. Have you ever been sexual with minors?
24. Do you feel controlled by your sexual desire?
25. Do you ever think your sexual desire is stronger than you are?

**+13 YES ANSWERS IS A POTENTIAL PROBLEM**

credit to Patrick Carnes, Ph.D

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**FOR MORE INFORMATION  
ABOUT THESE PROGRAMS,  
PLEASE CALL 248 399.7317**

**OR VISIT MY WEBSITE**

**WWW.JOEKORT.COM**

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## MEN'S SEXUALITY GROUP THERAPY

*in downtown Royal Oak*

This therapy group is designed to help men increase awareness of how their sexuality developed—and how best to integrate it with a healthy, fulfilling life. It will help men resolve inappropriate sexual behaviors that are interfering in their lives.

### The issues we examine and help solve include:

- Examining the negative effects of unresolved family-of-origin issues in childhood, which currently are interfering in one's adult life.
- Addictions (both chemical and behavioral)
- Past and present abuse (sexual, physical, verbal, emotional) and other traumas that make men ashamed of their sexuality.
- Misconceptions about sexual behavior and bad role models (for example, Hugh Hefner's "Playboy Philosophy") that can damage or even ruin your intimate relationships.

### We invite you into our group, if you:

- Behave in sexually compulsive ways and have unsuccessfully tried to stop.
- Have ever suffered overt or covert sexual abuse in childhood and adulthood (such as rape and/or inappropriate sexual behaviors and/or harassment from others).
- Feel driven to seek out new sexual partners.
- Are recovering from any other addictions (such as alcohol, drugs, or gambling).
- Experience sadness and anxiety about Sexually Transmitted Diseases, (STDs), infidelity, bisexuality, or any other sexual issue.
- Want to increase your sexual confidence and self-esteem, and integrate your sex life into your *life* as a whole.

In group, there is talking, crying, laughing, and learning to become not just comfortable with men's sexuality, but proud of it. To do so, we must identify—and modify—any behaviors or attitudes that steer men away from joyous, loving relationships which are also sexually gratifying.

I invite you to join us—and be surprised at how other men in all walks of life are grappling with the same challenges!



Since 1985 Joe Kort has been a psychotherapist, specializing in intimacy and relationship problems with heterosexual and gay and lesbian clients, and offering workshops for couples, singles and Gay men.

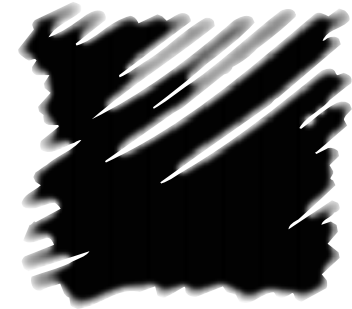
He graduated from Michigan State University with dual majors, in Psychology and Social Work. At Wayne State University, he earned a Master's in Social Work (MSW), then a Master's (MA) in Psychology.

His articles have appeared in The Detroit Free Press, Between the Lines, The Detroit News, The Oakland Press, The Royal Oak Daily Tribune, the Royal Oak Mirror, and other local and national publications. Besides providing therapy for individual and couples, he conducts a number of groups and workshops for gay men. He is adjunct professor at Wayne State University in the School of Social Work Master's Program teaching Gay and Lesbian Studies.

Joe specializes in IMAGO Relationship Therapy for couples and singles. IMAGO is a specialized program designed to help couples improve their communication skills and improve their relationships and prepare singles for healthy relationships. It is based on the principles and communication tools developed by Harville Hendrix in his books, "Getting The Love You Want: A Guide For Couples" and "Keeping The Love You Find: A Guide For Singles".

Joe is also trained in dealing with **sexual addiction and compulsion, childhood abuse of a sexual, physical or emotional nature, depression and anxiety disorders, and men's issues.**

Joe speaks nationally on issues surrounding men, whether gay, bi-attractional or straight, who are struggling with sexual concerns. He also writes about issues involving gay men and lesbians and the special issues they face.



**sexual addiction**

men's sexuality group therapy

**248 399.7317**

[www.joekort.com](http://www.joekort.com)