

## **Discussion Questions #5**

### ***An Intimacy Disorder***

1. Why does someone say they can take care of their addiction by themselves and don't need therapy or a recovery group?
2. Explain how this comment applies to you, "It was your own best thinking that got you here."
3. Why isn't sex or pornography the core of the problem, but an attempt to solve the problem?
4. Do you think the problem with sexual addiction is sexual acting out behaviors?
5. What is the actual struggle with those dealing with sexual addiction?
6. What does it mean to be distracted by the symptoms that manifest themselves sexually?
7. What is the only way to heal relational issues?
8. Do you believe that, as a sex addict, you have a general feeling of not being good enough?
9. Do you believe that because of your flaws no one will love you as you are?
10. How are your needs going to be met if you have to depend upon others?
11. As a sex addict, what do you believe is your most important need?
12. How does someone reach a point of believing that they are not good enough, unworthy?
13. How do experiences early in life convince us that relationship with others is dangerous and hurtful?
14. How do we respond when we decide that people can't be trusted or meet my needs?
15. How can we try to experience the joy of connection and the pleasure of relationship from the safety of emotional isolation?
16. How is sexual acting out a surrogate - an attempted solution?
17. Why is it impossible to change yourself outside of relationships with others?
18. How do you view the importance of relationship?
19. What role have relationships played in your life so far?
20. What role do you think relationships have for you in recovery?
21. Which relationships have been the most hurtful for you?
22. What unhealed wounds do you still carry from relationships?