

# Lesson 13:

## Female Addicts

*“You are not the only one struggling with this addiction. Dr. Patrick Carnes has stated many times that 50% of all sex addicts are female.”*

Ryan Butterfield

### **Female Sexual Addiction is Increasing**

To females who are struggling with sexual addiction, specifically to those with addiction to internet pornography, you need to know that you are not alone. Dr. Patrick Carnes continues to say that 50% of all sex addicts are female.

But the question is not what he believes, or others believe. The real question is...what do you believe? What do you believe about yourself? What do you believe about the opportunity for you to live a life of freedom from addiction? What do you believe others, most importantly God, will believe about you if you disclose this secret and face the addiction head on. There is hope.

**Many women who once thought,  
“I will take this secret to the grave with  
me,” are now living in freedom.**

They are enjoying true intimate relationships with others for the first time in their lives. That same freedom is possible for you.

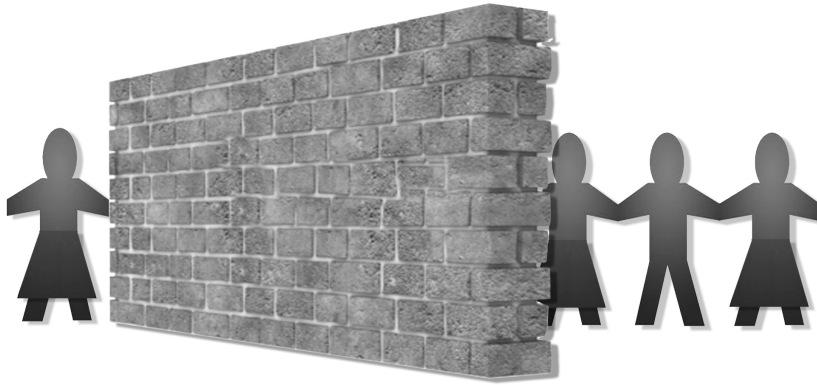
Just like with males, sexual addiction for females is not about sex. It's an intimacy disorder despite the gender. So, the driving forces underneath the addiction are very similar regardless of the visual or emotional component of the pornography that appeals to the individual.

The healing for a female sex addict requires the same work that is required for a male sex addict. It's about understanding what hurts in your life the pornography is medicating, facing those hurts and filling the void with true intimacy instead of a surrogate.

How a female goes about doing that work versus a male can be different at times. Receiving help from a trained therapist is important for anyone wanting to find a lasting freedom. That journey begins by stepping way out of your comfort zone and telling someone else that you are struggling.

***Roughly 9.3 million  
females  
view pornography  
every year.<sup>10</sup>***





**1. Have you ever thought that you were the only female struggling with sexual addiction? If yes, explain what that was like?**

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**2. Do you feel any “extra” shame for being a female and struggling with sexual addiction? Explain.**

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**3. Why do you think many females feel more shame about their sexual addiction than their male counterparts?**

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**4. Do you believe there is a double standard when it comes to male and females and sex? Explain.**

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**5. What do you believe others think about female sex addicts?**

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**6. What do you believe about other females who struggle with sex addiction?.**

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**7. What do you believe God thinks about females struggling with sex addiction?**

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**8. Have you disclosed your struggle with porn/sex addiction to anyone else? Why or why not?**

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**9. What part of pornography appealed to you the most?**

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**10. How did your acting out behavior progress/change over time?**

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**11. Were you more involved in visual pornography or written? Explain.**

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**12. How have your online behaviors changed your offline behaviors?**

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**13. Does your church family know that you struggle with sexual addiction? Why or why not?**

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**14. Describe the prevalent attitude your church family has about sex addiction?**

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