



# Are You Kidding Yourself?

## How to Know If You are Addicted or Not

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### KEY ELEMENTS OF THE ADDICTED PATTERN

1. Porn has been around for a long time and the PMO cycle deeply entrenched.
2. Need for extreme privacy has increased – secrets are the norm.
3. Constant lies cover your tracks and activities. Lying is part of your addiction.
4. Justification and minimization of effects porn/sexual fantasy is having on you or others.
5. Increased “edgier” sexual material is part of the addiction. The draw is darker. The frequency may be increasing.
6. Deterioration of your personal values and boundaries has begun or is clear.
7. Personal faith and relationship with God have faltered or faded over time.
8. The addictive hold pushes you to continue not counting the cost of the relationships you could jeopardize. You no longer count the cost.
9. Attempts to quit are well-meaning but short-lived. The acting out cycle continues. You have a history of many attempts to stop.
10. Feel guilt and shame over your repeated failures. Despair and discouragement set in.
11. Acting outside the marriage with others is on the horizon or if not already experienced.
12. Denial that you are a sex addict – that’s other guys not YOU. You compare to others worse to make yourself feel good.