

Sex & love addiction

Sex and Love Addiction, often sensationalised in the press and very misunderstood, in its simplest form can be understood as an avoidance of intimacy.

People who suffer from this condition avoid intimacy by hiding in chaos, in shame or in isolation. Some may look available, but they choose a partner who isn't. Others seem to have a partner who is wonderful in every way, yet still they are persistently unfaithful.

The slow process of getting to know somebody and building a relationship, with all of its uncertainty and potential to feel vulnerable generates profound fear in a sex or love addict that is usually connected, consciously or otherwise, to childhood experience. The person may not experience it as fear though, instinctively altering it so that it becomes sexualised or dramatised, or turns it to obsession or invites rejection.

People who suffer from Love Addiction struggle with their relationships in polar patterns of all or nothing – of being commitment shy to being desperately and painfully 'in love', so much so that your friends are fed up hearing you on the subject of your 'love'. At CHARTER we do a huge amount of work with Love Addiction, carefully working to redress these patterns so that you can begin to enjoy healthy and happy relationships.

People with sex and relationship problems tend to suffer in silence. Society doesn't really have an honest way of thinking about the sex addict. He or she is usually envied and imagined to be leading a freewheeling life full of pleasure and exciting choices. But anybody leading that kind of life wouldn't be an addict. Addiction takes away choice and replaces it with compulsion and obsession. At CHARTER we work with sex addicts like we work with all of our clients. We approach it for what it is: a manifestation of addiction with specific difficulties which in themselves

demand a particular approach, but one which many of our clients will, to an extent, identify with.

How can CHARTER help?

Sometimes we meet a family affected by the fallout of a sex addiction, when the pain of betrayal tears at the fabric of the family relationships. Often divorce proceedings are threatened and everyone is at breaking point. At other times people come for help before they get found out, or when a partner is suspicious. Sometimes it's the partner who seeks help.

We can help at any point in this process, and will work with you to establish a status quo in your life and your relationship so that you can both feel safe enough to do the work that will allow you to make any decisions from a considered and adult position.

We will help you to put bottom lines in place so that you stop acting out and begin to do the essential therapeutic work that aids the healing process, understanding why you do what you do, how you came to this point, and how to be accountable for your actions in a healthy way.

We can provide support through therapy, workshops and treatment, with the possibility of referral where appropriate, for you and for your family, including any children you may have, to ensure a whole-hearted recovery process from this painful and behavioural addiction that strikes right at the heart of all that matters most.

At CHARTER we have devised a particular method of working with sex and love addiction that mirrors our success in treating eating disorders as the relational patterns follow the principles so it can manifest as sexual or love anorexia, bulimia and overeating.

If you think you suffering sex and love addiction then give us a call, we can help

Call 020 7323 4970

www.charterharleystreet.com