



How many people have problems with Cybersex?

Estimates are that about 15% of people in the United States - men and women - using the Internet for sexual purposes have problems with their cybersex activities.

About 9 million of these users are sexually addicted and another 15 million use cybersex in risky ways and show signs of compulsivity.

Some of these cybersex users were already having preexisting problems with sex addiction before they went on the Internet for sexual purposes, but for others their Internet sexual activity was the first time they showed any signs of sexual addiction.

Seventy percent of all Internet adult content sites are visited during the 9-5 workday.

Internet sex is very powerful and potentially very destructive. The comparison has been made that cybersex is like the crack cocaine of the Internet.

The danger lies in how easily available and quickly addictive it is even for people with no sexual or addictive problems prior to their cybersex involvement.

There is hope and help available for all people who are struggling with the destructive effects of sex addiction.

I offer professional, ethical, compassionate, research based therapy services to help sex addicts and their families recover from the destructive and potentially devastating effects of sex addiction.

Please visit my website. I include Internet resources and a reading list to help you learn more about these topics.
www.ShariCohn.com



Shari Cohn
MSSW, LCSW, SC
CSAT-Certified Sex
Addiction Therapist

Helping Individuals, Couples and Families Recover From Internet Sex Addiction

- Therapy for Internet Sex Addiction/Cybersex Addiction
- Therapy for Partners/Spouses and Families of Sex Addicts

Research based, focused therapy helps people who are struggling with sexual addiction and compulsivity to develop the life competencies to be successful in recovery.

Support and services for spouses/partners and families of sex addicts are critical to assist healing from the negative consequences of sex addiction.

In my Certified Sex Addiction Therapist training, I was taught by Dr. Patrick Carnes, therapist, researcher and author of the classic books on sex addiction: Out of the Shadows and Don't Call It Love.

I have provided specialized psychotherapy and sex therapy services to the Madison, Wisconsin area for over twenty years.

- Certified Sex Addiction Therapist (CSAT)
- Licensed Clinical Social Worker
- Wisconsin Accredited Outpatient Clinic
- Insurance Accepted-Most Standard plans. Some HMO's and PPO's.
- Society for the Advancement of Sexual Health
- American Association of Sex Educators, Counselors And Therapists
- Academy of Certified Social Workers
- EMDR Level 2 Certified

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**Chat Rooms...Cybersex...
Online Affairs...
Cyber Romance...
Internet Sex...
Online Pornography...**

**Harmless Fun? Or A
Serious Problem For You
Or Someone You Know?**



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**Reclaiming Sexuality...
Reclaiming Your Life
One Step at a Time**

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Signs That Sexual Curiosity On The Internet Has Become Internet Sexual Addiction

- Continuing internet sexual activities in spite of serious destructive **consequences** to your life i.e. risking your health, family and job, isolating yourself from people who care about you, compromising your values and spiritual beliefs.
- **Out of control** Internet sexual behavior with repeated unsuccessful attempts to cut down or stop the behavior.
- **Obsessive** thinking about and **compulsively** acting out Internet sexual behaviors.
- Increased **tolerance**. More intense and varied sexual stimulation is needed for the same arousal effect.

What Are Negative Effects of Internet Sex Addiction on Partners and Families?

On Partner/Spouse:

- Loss of love and attention.
- Fear of or reality of spouse being fired from job, arrested or jailed due to inappropriate online sexual activity.
- Financial instability.
- Possible breakup of marriage/relationship.

On Children:

- Loss of parental affection and attention.
- Accidentally finding parents' inappropriate sexual material on computer. Children may start a pattern of using this material sexually.
- Witnessing parent masturbating at computer.
- Loss of parent if parent is arrested/imprisoned due to inappropriate sexual activities.
- Loss of financial support if parent loses job or is jailed due to problematic sexual activities.

Examples of Cybersex Addiction/ Internet Sex Addiction

- You get aroused as you hear the computer boot up and you anticipate the hours of sexual activity to come.
- Your repeated online romances seem more exciting to you than your spouse or partner and you spend increasingly more of your time in your online sexual affairs.
- You feel irritable when you are not on the Internet involved in sexual activities and focus your attention on when and how you can go back online.
- Your child is researching a topic for school and stumbles upon your stash of online sex sites including the fetish sites you have been into to increase your arousal. Your child is traumatized by the images. Your child is excited by the images and starts to use them as you do.
- You lie about and hide the extent of your online sexual or romantic involvement.
- Your online sexual activity leads to sexual contact off line in spite of your marriage or committed monogamous relationship.
- You download illegal pictures for your sexual arousal such as those of children being sexually abused.
- You try to stop or decrease your use of the Internet for sexual activities but you just can't stop.
- You are supposed to be caring for your baby. instead, you are so caught up with your online sexual activities that you don't realize your child has been crying for you.
- You risk your job by repeatedly viewing, downloading and even masturbating to pornography at work.

What makes Cybersex so powerful?

The Internet can be a great resource for accurate sexual information, a worldwide network for people to explore and learn about their sexuality, and a marketplace for individuals and couples to confidentially access material to enhance their sexuality.

For all the reasons that the Internet can be positive and useful, it can also be dangerous for people who either already have problems with sexual compulsivity/addiction or people who are vulnerable to developing problematic sexual behaviors.

The "Triple A Engine" of the Internet- **affordability, anonymity** and **accessibility** - makes cybersex risky.

- **Affordability** eliminates financial restrictions.
- **Anonymity** reinforces acting sexually without intimacy.
- With 24/7 **accessibility**, real time and real life limitations lose their meaning.

Internet sex addicts live in fantasy separated from the reality of their lives.



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