

OH NO

**A MAN'S JOURNEY TO COMBAT & RECOVER FROM
NEGATIVE SEXUAL BEHAVIORS**

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The Problem

We distort God's gift of sexual intimacy as a result of:

- Immature developmental factors
- Bad choices
- Our own cluelessness

The Problem

This leads to:

- An inability to experience meaning
- Relational dissatisfaction
- Limited identity formation
- A violation of God

It Begins With You

On a biological level, sexuality is a powerful instinct that seeks expression. We must be intentional about dealing with this influential force within us.

How we define our sexuality and ourselves influences our goals, capabilities, and choices. Often the predicaments we find ourselves in are a result of self-fulfilling prophecies.

The Struggle

Like Paul in Romans 7, we often:

1. Do the things we don't want to do.
2. Don't do the things we should.

To help those who struggle in the area of sexuality, you must first have empathy for this chief human dilemma. The humility of your own imperfections creates an openness, patience, grace, and caring concern others can feel.

Dealing with Sexuality

To honestly manage this area of our life and help others with theirs, one must:

1. Overcome their unwillingness to deal with the issue.
2. Become aware of how the God-given gift of sexuality is often simplified, trivialized, and abused.
3. Face their history, their mentors, their first experiences, and their initial definitions.

Dealing with Sexuality

4. Examine their other developmental experiences that influence how their sexuality fits into their identity formation.
5. Accept how sexuality is connected to the deepest areas of their identity.
6. Recognize how their motivations, thoughts, emotions, way of relating, and physical development all interact with their sexuality.

Preparing for Temptation

1. Know God's standards through regular communication with God (prayer and reading His Word).
2. Be aware of previous experiences.
3. Accept what can and can't be controlled.

Steps for Managing Sexuality

To help an individual manage their sexuality, encourage them to:

1. Take ownership and responsibility for their own sexual development and what is occurring within them.
 - a. They must define and label their current pattern of behaviors (pattern, misuse, addiction).
 - b. Then they can accept “what is” so they can let go of “what should be” and begin working toward “what will be.”
2. Acknowledge and remember their history.

Steps for Managing Sexuality

3. Recognize and integrate their sexual experiences into all of who they are.
4. Reclaim the aspects of their sexuality that have been split off from the rest of their identity.
 - a. Facing their traumatic history, whether directly sexual or not, allows an individual to come to terms with their pain so they can discover and utilize their strength.

Steps for Managing Sexuality

- b. They must open themselves completely to their emotional world.
 - c. They must also look at what they need and want from their relationships.
- 5. Understand the need for Recovery 1 and Recovery 2 interventions and how they work together.

Recovery 1

Recovery 1 – Recognizing and being aware of what is really going on.
This includes:

1. Recognizing the need for support.
 - a. Negative sexual behavior most often occurs when an individual is isolated.
 - b. What was hidden now needs to be in the open and accountability developed.

Recovery 1

- c. A partner can help by:
- Growing their own identity.
 - Setting boundaries in the relationship.
 - Reengaging in a positive and mutually beneficial manner.

Recovery 1

2. Developing a healthy identity that can deal with relationship disruptions.
3. Meeting healthy needs directly so negative need fulfillment is not pursued.
4. Seeking a full confession for what's being struggled with.

Recovery 1

5. Recognizing the importance of sobriety.
 - a. By its nature, addiction is numbing. Sexual misbehavior will limit an individual's ability to access certain areas within their emotional responsiveness.
 - b. 90 days of sobriety will allow them to feel the rawness of losing this negative coping style. This will help them learn to manage their issues in a more productive way.
6. Looking at addiction's consequences and costs.

Recovery 1

7. Identifying the triggers that make seeking sexual release more likely.
8. Understanding the biological side of sexuality and how it hijacks the brain.
9. Recognizing the different ways individuals fight the change process.

Recovery 1

10. Understanding how the addictive sexual behaviors tie into impulse needs.
 - a. With impulse needs, an individual becomes emotionally “now” driven.
 - b. They also become hypersensitive to certain biological sensations.

Recovery 1

- c. If not combated, impulse needs can lead to fantasy.
 - In fantasy, people say the right things, the individual feels accepted, loved, and powerful, and they don't have to deal with the differences between them and others.
 - As the fantasy is repeated, sexual stimulation may become more narrowed in expression, and orgasm becomes an end in itself.

Recovery 2

Recovery 2 – Creating identity structures previous left underdeveloped.
This includes:

1. Creating a sense of self beyond being simply sexual.
2. Dealing with past trauma. This includes:
 - a. Doing grief work regarding normal losses.
 - b. Letting go of shame from self-imposed trauma.

Recovery 2

3. Developing positive forms of self-expression that compete with the old negative ones.
4. Setting healthy goals and realistic boundaries.
5. For men, recognizing and letting go of a fear of women.
 - a. Sexualizing women helps males express their sexual instinct while not being destabilized by what their own insecure identities cannot digest.

Recovery 2

- b. A person demonstrates they're afraid when they:
- Get defensive
 - Avoid
 - Pretend
 - Get angry
 - Get anxious
 - Numb themselves

Recovery 2

- Dominate
- Diminish through sexualization
- Seek to control

6. Developing supportive relationships with same-gendered individuals to decrease isolation and increase accountability.
7. Developing specific emotional skills including:
 - a. Emotional regulation.

Recovery 2

- b. Self-awareness and emotional labeling.
 - c. Awareness of another's emotions.
 - d. Managing what others are expressing through sensitive responses.
8. Developing a positive sexual expression.
 9. Forgiving oneself and others for past negativity.

Recovery 2

10. Recognizing that one can never again treat sexuality casually.
11. Developing other ways to find and express love.
12. Recognizing the severity of sexual consequences.

More Resources (visit our booth)

- Bull
- Being God's Man
- Basic Warrior Training
- The Campfire Gang
- Living Better
- The Heroic Man's Journey

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