



Recommended Resources for Pornography and Sexual Addiction

Educational Resources

Sexual Addiction: Faithful and True Ministries: Mark and Debra Laaser, <http://www.faithfulandtrueministries.com> Phone: 952-746-3882. Offers intensive workshops for men struggling with sexual addiction and their wives as well as great resource material.

<http://www.purelifeministries.org> Offers materials, seminars, and support for both men and women sexual addicts.

<http://www.sexhelp.com> Offers resources and self-tests to help you figure out if you have a sexual addiction as well as how to deal with it.

Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed, by Debra Laaser.

10 Lifesaving Principles for Women in Difficult Marriages by Karla Downing gives women biblical and practical tools to deal with the dynamics of all types of difficult marriages.

Living and Thriving in a Not-So-Perfect Marriage is an audio study by Karla Downing designed to give women biblical and practical tools to deal with all types of difficult marriage dilemmas.

When Love Hurts: 10 Principles to Transform Difficult Relationships gives people biblical and practical tools to deal with the dynamics of difficult relationships and would be helpful for men dealing with wives who are sex addicts.

Transforming Difficult Relationships is an audio study by Karla Downing designed to give people biblical and practical tools to deal with all difficult relationships.

Twelve Step Recovery

Celebrate Recovery is a Christian recovery program offered by some churches. Some of the programs include small groups for wives of sexual addicts and men struggling with sexual addiction. Those that aren't big enough for separate groups may have a group for addicts with various addictions and codependents. www.celebraterecovery.com

Codependents of Sex Addicts <http://www.cosa-recovery.org> This is for the spouse/partner or family member who is struggling with the addict's behavior.

Sex Addicts Anonymous <http://saa-recovery.org>

Sexaholics Anonymous <http://www.sa.org>

Porn Addicts Anonymous <http://www.pornaddictsanonymous.org>

Sex and Love Addicts Anonymous <http://www.slaafws.org> This is often where women find other women struggling with the root of their sexual addiction which is love hunger that leads to bad relationship choices.

Tech Mission Safe Families- <http://www.safefamilies.org/sfStats.php>

Professional Counseling

Counseling is a very important part of dealing with a sexual addiction for the spouse and the addict. Find a counselor who understands and treats this issue. You can call and ask what the person's experience is and whether they understand Twelve Step Recovery as well as sexual addiction. The husband and wife may need individual as well as marital counseling.

Treatment Centers – There are treatment centers and programs that treat sexual addictions. It takes some work to find them, but intensive treatment is sometimes necessary.