**Karly Merkle post to week six discussion one**

**Week 6 Discussion 1**

**The Pros and Cons of Addiction**

Hyper sexuality (Sex Addiction)

            The reason as to why I choose this topic is because my last name falls under Letter M and therefore I choose the behavior that has addictive potential in sex. Hyper sexuality is described as a proposed diagnosis for individuals who engage in sex and think about sex through many different fantasies more than normal (Kızılok, 2021). These fantasies and urges will begin to grow and eventually cause that person to engage in more acts of sexual behavior. Those acts can be porn, masturbation, sex for pay, and multiple partners (Kavur et al., 2020). Since they begin to focus more on these fantasies other things around them begin to decrease and can eventually lead them to feel distress in areas of life including work and relationships.

            Those that suffer from hyper sexuality often have a hard time being in a committed relationship since over time there ideas and fantasies become more advanced. The desire for needs and wants based on sexual acts will eventually cause a person to isolated only so that they can engage more in this behavior. This behavior would most categorize as compulsive sexual behavior (Kavur et al., 2020). It was added within the World Health organization international classification of disease. Since there are many different risks that could occur since the individual can engage in many different sexual acts, this is a cause for possible transmission of sexual diseases. When researching this behavior it is often looked at as a problem for regulating behavior (Kızılok, 2021). Other experts and researchers wonder if this behavior derives from a higher sex drive or if it stems from impulse control problems. Either way the behavior is being looked at through an experts eye can indicated that is a compulsive behavior disorder. Since some many experts argue the validity of this behavior, the number of people that are affected is also under scrutiny. It is most important to know that sexual behavior is normal, a sign of a healthy part of life and many people enjoy being active with multiple sexual partners (Kızılok, 2021). Another area that can is normal among those that enjoy sexual activities is those that like to have different sexual experiences.

            Often times many people seek out different sexual experiences and fantasies, the part that become an issue or concern is when the hyper sexuality becomes problematic andd the person begins to feel distress or puts them at risk of harming themselves or someone else. The causes behind hypersexual behavior are not well understood. Children and adolescence may engage in an increased or developmentally inappropriate sexual behavior as a result of traumatic experience, stressors, or mental illness (Kavur et al., 2020). This does not apply to every child or adolescent but it could occur during those times. Since this can and cannot occur in children there is not true definition among children with hyper sexuality. Research has observed that those that have been sexually abused children may display increased sexual behaviors and high-risk sexual behavior is associated with socio-demographic factors (Kavur et al., 2020). The factors can include sometimes; family dysfunction, and stressors within the family dynamics.

            When dealing with individuals that have increased sexual desire or that may have sexual addiction can often lead them to see the behaviors and try to get help. The reality of the situation may hit them but then they are back to the real world and will cause certain triggers to take place. The triggers that can take place would be guilt or shame, the person may often feel this way and after they have engaged in one of the sexual activities they have fantasied about (Kavur et al., 2020). One way that can treat sexual addiction is the use of rehabs. Since this falls under the bracket of addiction there are resources for those to try to stop the behavior. Many programs focus of sexual addiction programs is to air out our greatest sexual joys and discoveries, but the struggles and pain as well (Kavur et al., 2020). Many therapists now specialize in treating those with sexual addiction and support groups have now sprung up through out the nation.

            The more support group or resources that can be provided to those with sexual addiction can begin to feel more comfortable with there addiction and want to make a change.

Reference

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Kızılok, G. E. (2021). Sexual Addiction: Definition, Etiology and Treatment. Current Approaches in Psychiatry / Psikiyatride Guncel Yaklasimlar, 13(3), 394–411. https://doi-org.proxy-library.ashford.edu/10.18863/pgy.791954