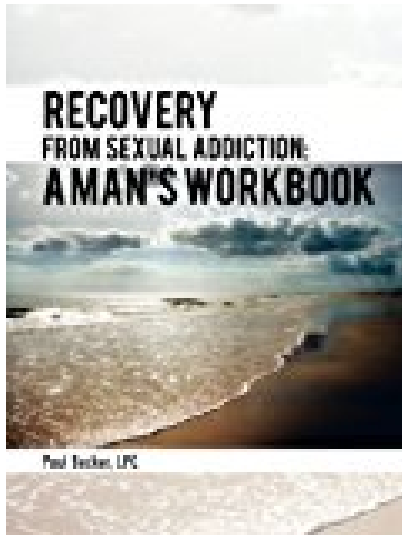


Recovery From Sexual Addiction A Mans Workbook



BOOK DETAILS

- Author : LPC Paul Becker
- Pages : 148 Pages
- Publisher : AuthorHouse
- Language : English
- ISBN : 1477202129

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BOOK SYNOPSIS

This companion workbook to, *Recovery from Sexual Addiction: a Man's Guide*, helps men learn how to achieve a high level commitment to change their behavior and thinking. The exercises are structured for use in either independent counseling or group therapy. Men are introduced to insights on how to move out of isolation into a more fulfilling life. Readers will learn about the Addicts Life Scale, a simple yet insightful tool that illustrates how one's mood is directly related to destructive acting-out behaviors. Once a man becomes aware of his mood levels, he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting-out behaviors. Exercises are geared at helping men examine their most personal issues, including: • the nature and origin of sexual addiction, • the roles of anger, anxiety, isolation, and depression in sexual addiction, and • how to cultivate self-awareness and improved attitude. Ultimately, readers will discover the satisfaction that comes from improved relationships with their spouses, children, other men, and God. Paul Becker's unique *Recovery From Sexual Addiction* series includes a core book, client workbook, and a clinician guide. The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long-term recovery. The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr. Patrick Carnes.

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