



BRIGHT LIGHT
relationship counselling

Sexual Addiction



When you don't talk...
...there's a lot of stuff that ends up not getting said.

What is sexual addiction?

Sexual addiction describes any sexual activity that feels 'out of control'.

Having a very high sex drive does not make you a sex 'addict'. Taking part in specific sexual activities, having many partners, looking at pornography, or engaging in cyber-sex, for example, does not make you a sex addict. It is whether or not you are in control of the choices you are making about sex.

What is relevant is if you think you are engaging in any sexual activity that you feel you are no longer in control of and that is likely to result in harm to you and or others – a partner, or partners, or family and friends. Being 'sexually addicted' is not defined by the activity itself but by the possible negative effect it is having on your quality of life, how you function at work – at home – and on the people around you.

If you are worried then as a start, see if you recognize the statements below as fitting with how you are feeling.

Your behavior is out of control. If, for example, you:

- Believe that there may be severe consequences if you continue, but carry on anyway.
- Persistently pursue destructive high risk sexual activities, want to stop, but are unable to do so.

- Need more and more of the sexual activity in order to experience the same level of high followed by feelings of shame and depression.
- Experience intense mood swings around repeated sexual activity.
- Spend more and more time planning, engaging in, or regretting and recovering from sexual activities.
- Neglect social or work commitments in favour of the sexual activity.
- Repeatedly try to stop and stay stopped for a while, only to start up again.

Some or none of the above may fit with how you are feeling about what you do, but the important thing is to talk to us if you're worried. We offer support in a safe and confidential environment to help you recognise which activities are causing you and others problems. We will carefully assess your individual needs and how we can meet them, often through lots of discussion because we understand that this is often a complex issue where many other factors could contribute to your experience.

Sexual addiction help for your partner

If you are worried about your partner, you can talk to us in complete confidence. We can help you alone or as a couple, to explore your feelings and out of control activities and look at how it is impacting on

your relationship. We will support each of you to find a positive way forward – so that you are in control of and get the best out of your relationships.

What do we do?

In a session lasting about an hour a sex therapist meets with you and those close to you that you wish to bring. Our aim is not to take sides, blame, or provide simple answers. Discussion may focus on present day problems, sometimes it is useful to talk about people's past experiences and deeper values.

We acknowledge the importance of people's different beliefs, cultures, contexts and life experiences and bring these into our sessions.

Call us on 0131 556 1527

We value each person enquiring about our services and you can expect a warm professional welcome when you contact us. Visit our website for full details of all our services. www.bright-light.org.uk

Sexual addiction and the law

If you are concerned about the law then you need to know that when a serious crime has been committed your counsellor cannot collude with you by being silent. The law insists that confidentiality cannot be offered where a serious crime has taken place. In particular this means that he or she is legally forced to inform the authorities when a sexual act has been carried out on a minor.

That means someone under eighteen years of age. It does not matter in which country it took place. It does not matter if they appeared to consent. This covers face to face sex, cyber-sex and child pornography. Where a person is already in the justice system and wants sex addiction treatment, Bright Light may require consent to consult with the authorities.

How much time will it take?

Sometimes it doesn't take much to help with a sexual addiction and sometimes they are more complex and it can take longer to find solutions that work. Sessions often start weekly or fortnightly and then reduce to monthly. We try to be flexible to suit your needs.

How do I make an appointment?

You can refer yourself or be referred by another agency. Just call and talk to us.

We will invite you to come in for a welcome meeting which will help us clarify your needs and goals. You will be asked to pay £29 to book this initial meeting.

After that, sessions with our professional counsellors usually last an hour and we ask you for a contribution of £60 to help cover our costs. If you feel you can't afford this, please speak to us in confidence and we can agree an affordable amount. We will not turn you away.



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askus@bright-light.org.uk

www.bright-light.org.uk

Opening hours

Mon-Thu 9am–9pm

Fri 9am–5pm

Sat 9am–5pm



RELATIONSHIPS **SCOTLAND**

Bright Light is a Member
of Relationships Scotland



COSCA

Counselling & Psychotherapy
in Scotland

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CONFIDENTIALITY

Everyone who works at Bright Light is bound by a code of confidentiality and will not give your name or any information about you to anyone outside Bright Light without your permission. The only time we would break this code is if a child is at risk or we believe an adult is at risk of serious harm or where we are legally obliged to do so.

CONTRIBUTIONS

As a not-for-profit agency Bright Light asks for a contribution to the cost of therapy. We will provide a sliding scale so that you are able to decide how much you can contribute to the wellbeing of the charity. If you have to cancel an appointment, please give us 48 hours' notice.

Bright Light is a company limited by guarantee with charitable status SCO11989
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