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## **Definition of Cybersex Addiction**

- Compulsive sexual thoughts and/or behavior leads to increasingly serious consequences, in both the addict's internal and external worlds. The consequences may include severe depression, often suicidal ideation, low self-esteem, shame, self-hatred, hopelessness, despair, helplessness, intense anxiety, loneliness, moral conflict, contradictions between ethical values and behaviors, fear of abandonment, spiritual bankruptcy, distorted thinking, remorse and self-deceit.
- The persistent visiting of electronic sites that titillates and satisfies the erotic needs of an individual.
- These sites might be on Websites, Chat-rooms with Web cams, streaming video material, live sex shows and/or SMS messages.

## **Incidence of CSA**

- Reuters stated – 6.5% of male Internet users are compulsive Cybersex fans. Their online fantasy lives are so intense that off-line relationships may suffer.
- These sufferers engaged in Cybersex on average 5.7 hours/week (Porn sites and sex chat rooms)
- Reported reasons as stress relieving, not entertainment.
- Engaging in Cybersex actions that would not be attempted in real life.
- Reported reduced real time sexual activity with an offline partner, further alienating real life and fantasy lives.
- In a period of two years the sexual sites grew with more than 27% (from 22 m – 28 m in 2001)

## **Profile of the CSA**

- 70 – 75 % have thought of suicide
- Suffer from dysfunctional/broken relationships (40 % experience severe marital relationship problems, frequently absent, resulting in loss of time as parental role model).
- Their partners might develop own addictions and compulsions, psychosomatic problems, depression or other emotional difficulties.
- 72 % physically abused as children
- 81 % sexually abused
- 97 % emotionally abused

## **Profile of the CSA**

- Healthy adults use sexuality as an integrated life experience. Includes sex with partners, self or as part of exploring new relationships. It is a pleasurable act of choice. For CSA's the sexual behavior is driven, compulsive and hidden. They use sex to cope, to handle boredom, anxiety, to feel important, wanted or powerful. (Sexual addiction is defined by feelings and activities surrounding sex. Not because of any particular sexual act.
- Secrecy is a hallmark – wrapped in a web of lies and manipulations, hiding from those close to them.

Dr Elmari Mulder Craig is a well-known sexologist, relationship and marital therapist, psychotherapist, public speaker, and published author  
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