

Healthy Sexuality in Recovery: What Does it Look Like?

- when we start the program, it's all about what we shouldn't be doing
- not having experience with healthy dating, if I get that far, what is healthy sexuality?
- what do you do when your sex life began in an unhealthy way?
- overcoming tendency to constantly taking in relationships
- taking time off dating to develop relationship with oneself and one's Higher Power
- praying with your partner, and for your partner
- learning to invite Higher Power into decision-making process regarding sexual conduct (even if it feels counter-intuitive)
- working on your recovery enough to be present for your partner
- learning to be present during sex and not fantasize or engage in euphoric recall
- being honest about your addiction and your program with your partner, so they are entering into the situation with eyes open
- figuring out whether or not your sexual expectations are coming from an addictive place
- confusing anorexia with healthy sexuality
- being honest with your partner about how often you want to have sex with them
- learning to be who you are outside the bedroom as well as in the bedroom
- defining healthy masturbation
- masturbating when your partner is not being sexual so that you don't cheat on them
- learning that orgasm isn't the only reason to have sex
- appreciating intimacy as much as sexual pleasure
- appreciating the journey of sex as much as getting to the 'destination'
- slowing down your mind and body when you feel triggered or simply aroused
- collapsing the partitions of the compartmentalized life of the addict
- allowing your Higher Power to bring you things you didn't expect
- learning about "tantra" and expanding your concept of sex and sexuality