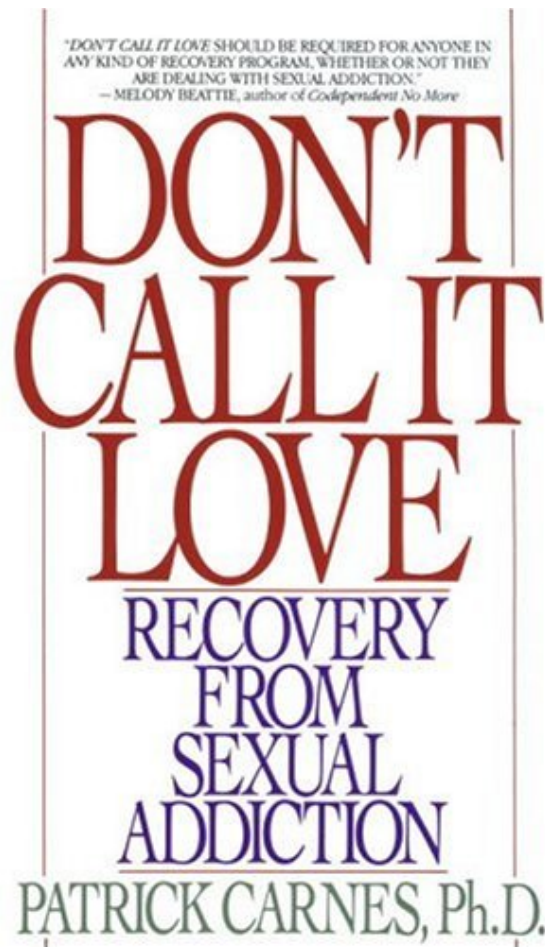


# DON'T CALL IT LOVE: RECOVERY FROM SEXUAL ADDICTION BY PATRICK CARNES



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"DON'T CALL IT LOVE SHOULD BE REQUIRED FOR ANYONE IN  
ANY KIND OF RECOVERY PROGRAM, WHETHER OR NOT THEY  
ARE DEALING WITH SEXUAL ADDICTION."

— MELODY BEATTIE, author of *Codependent No More*

# DON'T CALL IT LOVE

RECOVERY  
FROM  
SEXUAL  
ADDICTION

PATRICK CARNES, Ph.D.

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From Publishers Weekly

In Carnes's diagnosis, sexual addiction is marked by compulsive, self-destructive behavior and takes many forms, such as child abuse, sadomasochism, reliance on erotic fantasy as a coping mechanism, obsession with one individual, anonymous sexual encounters or cycles of disastrous affairs alternating with sexual binging. Behavior therapist Carnes ( *Out of the Shadows* ) and fellow researchers targeted some 1000 sexual addicts and their "co-dependent" partners through surveys and interviews. Those who suspect that they may be sexually addicted, or know someone who is, should read this clear, helpful, well-organized guide. It shows that sexual compulsives come from all walks of life, and its advice-giving testimonies by recovered and recovering persons, combined with the author's clinical insights, point the way toward healing twisted relationships and reclaiming healthy sexuality.

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#### Most helpful customer reviews

142 of 149 people found the following review helpful.

My husband's secret revealed..I needed answers..I found them here!!

By D. Thomas

Easily, I could say that Patrick Carne's books on sexual addiction has saved my marriage and my husband's

life and maybe my own as well. My first read was "Out of the Shadows" and it softened my angry heart after hearing my husbands confession of being with around 100 women over the past 5 years of our 17 year marriage and all sexual encounters were UNPROTECTED sex. I found out the hard way. How could all these powerful, crippling emotions that I was feeling be tamed?? How could I ever forgive this scum of the earth!! READ this book and you can do the impossible!!

It answers my questions without having to continually confront my husband with the awful thoughts of how he could be such a hypocrite all our married years!! What was he doing? Is he comparing me to his many different women when we had sex? Will he do it again? Will he always lie?? Is he really a good person deep down?? etc. All the questions have been answered and then some and I saw my own behaviors make the situation even worse without my knowing. I was a coaddict and codependent at different times. In only 4 months of my recovery and 18 months of his recovery we are happier than I ever thought possible!! This book takes you step by step as to what you can expect with building a healthy relationship with a recovering sex addict!! It is very detailed and gives advice from recovering addicts! It speaks in easy to understand language. It recognizes problems that can arise and gives you answers as to what to do if they happen to you!!

This was my fifth book on looking for answers to sexual addiction..Out of the Shadows was first, Secret Wars..second..Love, Sex and Infidelity, His Needs/Her Needs, and finally, with MUCH relief to my quest..DON'T CALL IT LOVE!! After reading this book I don't feel the need to read anymore on the subject of sexual addiction. I have more hope than I ever thought possible. The communication, Openess and honesty are first and foremost in reestablishing our relationship that was always crippled from the start of our marriage because he thought getting married would fix his problem!! It doesn't! It affects everyone around you and even the children!

If you are a sex addict or spouse, family member, friend, etc. of a sex addict..READ this book!! You will not be disappointed at all!! No book has done such a good job at laying it all out there and still keep it in healthy context for anyone to read! I saw my whole marriage and all the frustration of it take shape and form and how it brought out the worst in each of us..Now it is bringing out the very best in us with the 12 step program and this book!! Patience and understanding is most helpful and if you don't have it now you will get it from this book!! Good Luck to you and God Bless!!

0 of 0 people found the following review helpful.

My go to resource for outlining realistic recovery from sexualized behaviors not in our own best interest  
By Steven P. Spinella

I'm surprised I haven't already reviewed this book. I recommend it frequently since so many people are sexually compulsive, especially in the days of internet porn. I mainly work with people in Christian ministry and sexual compulsions are a common challenge because it is a quiet behavior, mainly involving fantasy and sexual climax unless and until more public behaviors emerge (all addictions are progressive because the same level of stimulus does not give the same level of escape over time, leading to a need to escalate frequency, intensity, and so forth.)

This book is a little overwhelming for some in ministry because it addresses a whole range of sexualized behaviors, but the beauty of it is that it provides a clear road map of what recovery and escape looks like, based on tracking the journeys of 200 people in recovery. (Compulsions is an easier word to accept than addictions for many. The point in either case is that we do things not in our own best interest and continue to do so over time.)

There are many takeaways I find very valuable, including a realistic timeline--1 year minimum to get over the worst part, 3 years to get to a point where there is not just recovery but also growth, and 5 years to recovery if all goes well. Of course, relapses happen, but the journey remains the same. Each step forward



makes escape a more realistic possibility.

Many just don't have the commitment to read this book. I recommend it more than less explicit, smaller, gentler guides.

0 of 0 people found the following review helpful.

Learned so much about addiction

By iaktug

This book is exceptional. It has taught me so much that I wish it was mandatory reading at school. Although it focuses on a particular type of addiction, it is very informative about the emotional patterns and sources of all types of addiction. It touches all aspects, genetics, childhood, co-addicts, modern society demands and accepted behaviors, patterns, and of course recovery. It may appear long, but it is very readable and occasional small repetitions can be skipped easily. I usually don't read fiction and loathe psychology as a "science" but I found this book extremely insightful. Very highly recommended.

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