

THE **FINAL**  
**FREEDOM**

4TH EDITION



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## **DEDICATION**

This book is dedicated to my lovely wife, Lisa, who has accompanied me on my journey to the final freedom, and to all those who take this brave journey for themselves.

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## INTRODUCTION

The final freedom is a place beyond the guilt and shame of the history of sexual addiction. It is a place we reach after hard work and humility, where we begin to see the light of becoming human. The feeling of becoming human is what we experience after we are aware of our sexual addiction--and it is quite a miracle to behold.

I have participated in this great journey to the final freedom personally, and I admire and applaud countless others who are on their own journey. For me, the journey was difficult. It was full of many days of hard work and fear of the addiction itself. But the process of admitting I was sexually addicted was the first step of hope on a long road to a place of living free.

Traveling this journey required being humble and honest. I needed to "thaw out" my feelings and allow others through what I call "the glass wall" that protected me. The journey required telling all, so that I could be freed from the lie, "If you really knew me, you wouldn't love me." I had to be honest

about the abuses, neglects and abandonments in my past. I bravely searched into my family tree and found others who were afflicted with this same addiction--only during their generation it was yet to be labeled or identified as treatable.

All of this had to be accomplished so I could now experience friendship, serenity, intimacy--and the psychological and spiritual stability--that are part of the wonderful journey toward the final freedom.

Your journey will uniquely be yours alone. It may prove to be just as intense, and just as rewarding. But it will be worth every step.

Though this journey is the most difficult in the beginning as you arrest your thoughts and behaviors and begin to live life honestly, it will become easier as you share the load with others who care enough to embark on such a brave trip with you.

This book is written to help the brave-hearted person who dares to take the journey to understand the addiction they have, for whatever reason they have it. It is my intent that this book serve as only one tool in a process, which may require many, for you to reach your final destination. I hope the following pages make your recovery easier, and help you reach the final freedom.

Douglas Weiss, Ph.D.



## IT'S TIME TO HEAL

In the 1930s, the American culture began to deal with alcohol as an addiction. Alcoholics Anonymous was formed and The Twelve Step Program was created. In the 1970s we began to address drug addiction in relation to this. In the 80s, the medical profession studied addictions to food and gambling. Today we appear to be at the start of a serious movement looking into sexual addiction and its recovery. There is an openness to address it that we haven't experienced before--and yet there are still misconceptions. For example, it is interesting to me that a culture such as ours will put almost any type of sexual behavior on television, but will add a disclaimer warning "not for young audiences" on a show that talks straight about sexual addiction. What a contradiction! (I actually experienced this as a guest on talk shows dealing with sexual addiction).

Looking beyond this contradiction, the medical and psychological communities are finally opening up to the reality of sexual addiction. Sexual addiction and other addictive behaviors have been observed for as long as recorded history.

It took quite a while for people to progress from seeing alcoholics as drunks who can't hold their liquor, to persons who have a disease that is now treatable. Currently, it is almost vogue to be recovering from "something," whether it be alcohol, drugs or shopping!

I believe we are in the early stages of understanding sex addiction in our culture. In one television studio audience where I was a guest, when asked if they had heard of sex addiction, 25 percent of the people raised their hands. At a speaking engagement in a major university, I asked how many had heard of sex addiction. Again, I received a 25 percent show of hands. So I believe we are making a lot of progress in sex addiction awareness.

Because I believe sex addiction transcends cultures, I want to broaden the concept of sex addiction as being merely an American phenomenon to being known as a worldwide reality. Years ago, I placed a home page on the Internet. I offered information about sex addiction and ways to obtain books and additional material. The response was incredible! And still is. I receive tens of thousands of visitors every month from almost every nation in the world.

There are sex addicts in almost every country. This is not an American problem but a worldwide problem. Fortunately, just like alcoholism, it can be treated, and people can be restored to sanity no matter what language they speak or in what culture they live. We live in an exciting time when people are seeking help for their addiction--and for the first time, help is available.

What this may mean to you as you read this book is simple. When you go to a Twelve Step Meeting for sexual addiction in a large town and see only six people there, you don't have to be concerned. In the 1930s Alcoholics Anonymous began

exactly the same way. Things changed then, and they are changing now. The groups may be small now, but they won't stay that way.

Many who start this journey toward sex addiction recovery are pioneers. As pioneers, we are the first to taste the fruit of recovery from sex addiction, before the rest of the culture does. And we get to pave the way for others in how to deal with those who don't understand. Because as a pioneer, you may often be misunderstood by others who have not yet come to understand the plight and the prevalence of sex addiction, and the devastation it can cause.

As I see it, you are starting to move toward--a pioneer along on your journey toward freedom from sexual addiction. Few have gone before you, but many will come after you. As a pioneer, you are the future leader of this movement. As you get thirty or ninety days of recovery behind you, and then eventually years of recovery, you will have gained experience and understanding of a disease that very few understand including those in the professional field. Many, I believe, who are starting their recovery from sex addiction today will be tomorrow's future experiential experts in this freedom movement. The current possible misunderstandings of what you are doing today will make sense to others years from now--and the journey will have been worth it for your sake and countless others.

I personally started my journey thirty-two years ago, and I am thankful that I did. I not only have been given the gift of many years of sobriety without relapse, but I, by grace, have been able to expose the topic of sex addiction and freedom from it to millions of people. I didn't know this was my future when I was working on my early recovery and healing from past sexual abuse, neglect and abandonment issues.