

SCA DC NEWSLETTER

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By SCA Metro DC Intergroup

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My Story

By Doug P.

My name is Doug and I'm sexually compulsive. I have a 30 year obsessive/compulsive, alcoholic history, one that eventually landed me in prison for 3 years. Bottom lines have included exhibitionism, voyeurism, using prostitutes, and eventually assault. I became an artist at split living early in my youth, being an honor student in high school, respected church member, scholarship college student, and respected military officer. I held the highest and most sensitive security clearances, all the while acting out in criminal ways. I married twice. Because I was so clever at balancing the two worlds, I would never have admitted that a problem was out of control. I even became arrogantly proud that I could handle it all. I ignored the self-loathing and personal disgust I felt each time I caved in an acted out "just one more time – for stress relief." It almost became a game for me; I was arrested several times for misdemeanors that I beat either by getting sharp lawyers and relying on my community stature, or by paying off witnesses. I thought I was in control, I had no idea this monster had me; I truly hated what I was doing but totally convinced I was hurting no one. I became exhausted; I disappeared in a fantasy world.

It came apart with an arrest I couldn't get out of. This one cost me my military career and I was discharged just 3 months before being eligible for retirement. I rebounded, still with family intact. I completed an alcohol program that didn't tame my arrogance. It took me 3 programs and 6 years to finally get a sobriety going there. Two years later (as if I hadn't lost enough already), I caught a felony sexual assault charge from earlier years that finally came out. Till then I was in therapy and dabbled in SAA, but these programs didn't work well because I wouldn't be honest about what I had done. I learned a hard lesson: complete honesty is THE ONLY cornerstone to build recovery on. For me at the time, this meant revealing criminal behavior that would be prosecuted. I also learned that therapy, etc., cannot be effective until all legal matters are settled – one can't talk about things still in litigation. I received probation on the felony charge, but – now get this – my self-image (the fake one I wore so proudly) was so damaged by sustaining a felony (my God, this can't be me!), I got roaring drunk and was arrested on a misdemeanor exposure charge less than 30 days after sentencing. At that the judge threw the book at me and I was prison-bound. That cost me my home, all my financial resources (totally), all my material possessions, and my family.

continued on page 2

Cybersex Addiction

Are you addicted to internet porn? What can you do?

If you meet three or more of the following criteria, you may be addicted to internet sex:

- The need for increasing amounts of time on the Internet to achieve satisfaction and/or significantly diminished effect with continued use of the same amount of time on the Internet.
- Use of the Internet as a way of escaping problems or relieving feelings of helplessness, guilt, anxiety or depression.
- Feelings of restlessness or irritability when attempting to cut down or stop Internet use.
- Lying to family members or friends to conceal the extent of involvement with the Internet.
- Giving up or reducing important social, occupational, or recreational activities because of Internet use.
- Risking the loss of a significant relationship, job, educational or career opportunity because of excessive use of the Internet.
- Two or more withdrawal symptoms developing within days to one month after reduction or cessation of

continued on page 2

NEWS

One tool that can help in cybersex addiction or for one's recovery in general is to participate in **DC SCA's Blog site**. Members have found this site as a way to remain connected while at work and between meetings. If you are interested in becoming a member of the blog site, email dcscablog@verizon.net.

Our next **SCA Social Event** is on Saturday, March 25. Come and bowl with other fellow SCA members – it is metro accessible. Please call Randy M. at 703-203-0233 ASAP if you want to attend.

Please welcome Doug P. and Jim S. as assistant editors of the newsletter. Please contact Rod F. at rodf@rodandtom.com if you would like to share your story or contribute in other ways to the DC SCA newsletter.

My Story continued

Now I'm back again, 6 years out of prison. I like the man I am becoming, an honest man. I will always regret hurting people I love, but am willing to make amends possible, then let God handle it from there. All this mess is just what it took, tragic though it was. I like me as an honest man. I discovered that it is never "over" – society teaches us that we can destroy our lives. Wrong. At mid-life I am rebuilding but not starting over. I found that within the offender was a good heart; experience and capabilities that could still be leveraged. True, some opportunities are closed to me now, but it's a big and beautiful world and there's room for all of us. I reconnected with God. I finally got the whole truth of me out – to family, friends, even co-workers. I found acceptance and faith from friends and family (ex-spouse included – but couldn't save the marriage) except one daughter who will not talk to me, a small price to pay all considered, and I am grateful for what I have left. I am able to find good professional employment. I have 9 years alcohol sobriety this month, and am counting 30 days sexual sobriety, although I have only recently started counting. I've been in the SCA program for several years, but like my alcohol recovery, it has taken me till now to really "get it." I have a sponsor I'm grateful for. Most of all: I am free of my demons. You don't have to live with them if you face them and call them by name.

Cybersex continued

Internet use (i.e., quitting cold turkey), which cause distress or impair social, personal or occupational functioning, including: tremors, anxiety, and voluntary or involuntary typing movements of the fingers.

- Use of the Internet to relieve or avoid withdrawal symptoms.

Some Practical Steps to Reduce Dependency on Internet:

- Some require complete abstinence from ALL computer use for a period of time
- Remove all bookmarks
- Clean all stored information
- Throw out disc of stored information/images
- Print out a list of all internet activity from computer and give to sponsor / therapist
- Unsubscribe to newsletters
- Move computer to open area-home and at work
- Not use internet
- Arrange for accountability regarding internet at work
- Add net safety tools
- Join recovery on-line groups (such as DC SCA's Recovery Blog – see news section for more info)
- Use of computer ONLY when partner/family members are around
- Work on social communication and/or couples communication
- Address the Sexual Anorexia of Cybersex
 - Practice healthy sexuality
 - "Practice the Opposite"
 - Stress reduction