

Is your behavior unhealthy?

Sometimes it's hard to know when it comes to sex and porn. If you're honest with yourself, these questions can help you discern the answer. Do you:

- 1.** Always have to be in a romantic relationship, whether it's good or safe?
- 2.** Find yourself preoccupied with sexual thoughts?
- 3.** Gain sexual pleasure watching others naked or engaging in sex acts?
- 4.** Masturbate compulsively?
- 5.** Worry that you watch too much porn?
- 6.** Miss work or family gatherings because you're masturbating or watching porn?
- 7.** Frequent prostitutes?
- 8.** Hide some of your sexual behavior from others?
- 9.** Have sexual behavior you regret?
- 10.** Hurt anyone emotionally because of your sexual behavior?
- 11.** Feel controlled by your sexual desire?
- 12.** Become depressed after having sex?

If you answered YES to three or more of these questions, you may benefit from a more extensive assessment by a Certified Sexual Addiction Therapist at Kavod Center.



nothing is taboo here

When you are ready to talk, Kavod Center has compassionate therapists, with decades of experience, ready to listen. We treat a range of issues and the trauma they can leave behind:

- Poor communication
- Lack of trust
- Loveless, sexless relationship
- Infidelity
- Excessive use of porn and social media
- Emotional distance or indifference
- Work and money issues
- Love and relationship addiction
- Workplace sexual boundary violations
- Anonymous or paid sexual hook-ups

**individual, couples,
and group therapy**

Trust Kavod Center to help you get past the struggle and on to the healing



Healthy Relationships, Intimacy, and Sexuality

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