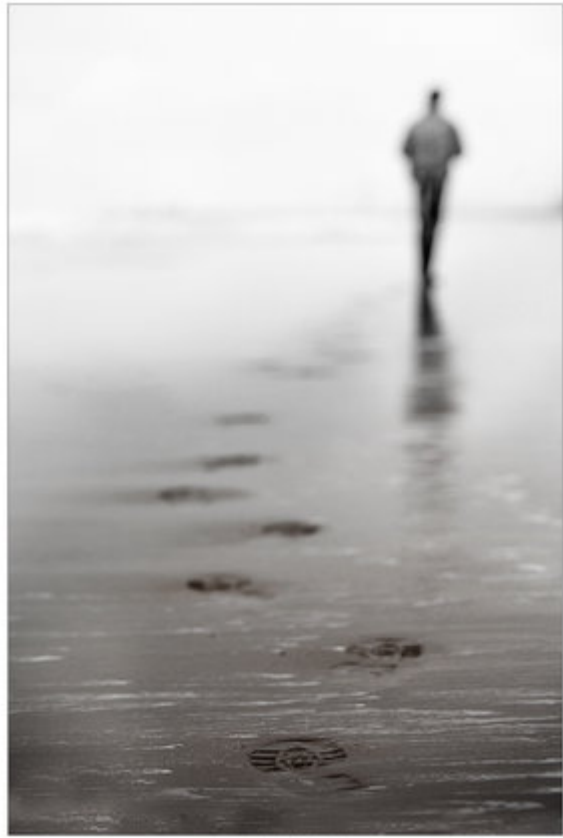


"How did I get there again?"

**Sexual addiction always
brings significant negative impact
– for oneself,
for loved ones,
and for others.**

**Understanding how and why
you get there
is an essential requirement
for change.**

*That understanding
can be painful –
but it's necessary for healing.*



Identifying the “SUD’S” – Seemingly Unimportant Decisions

***Very often, sexually addictive behaviors
seem to “just happen” –
unplanned, unintended, and unwanted.***

***Learning to retrace your steps,
and identify the “seemingly unimportant decisions”
leading to that unwanted destination
will help you take control of your life,
and avoid similar results the next time.***