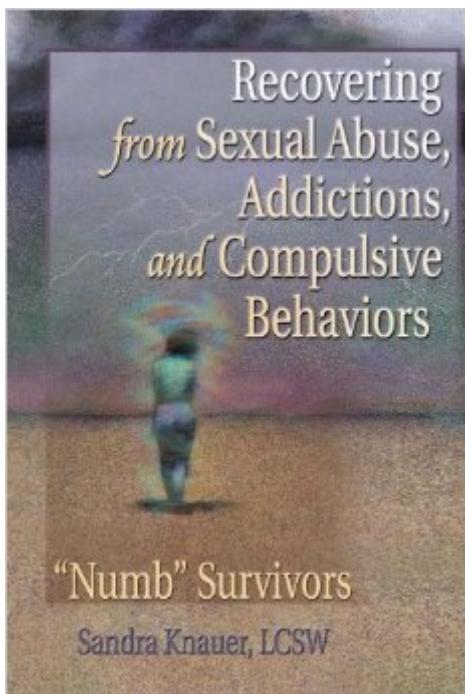


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# Recovering From Sexual Abuse, Addictions, And Compulsive Behaviors: &#147;Numb&#148; Survivors



## **Synopsis**

Explore the connection between sexual victimization, addiction, and compulsive behaviors! This book demonstrates clearly what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse. Anyone who has been sexually abused is likely to have one of the addictions or compulsive behaviors described herein. The information in Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships. Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction.

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors examines issues that survivors often have regarding: trust and friendship sexuality and sexual addiction marriage and family religious addiction as opposed to spirituality alcohol and substance abuse workaholism weight issues and eating disorders violence as the result of shame, fear, and depression caused by abuse

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors is more than a litany of the problems that survivors face. This valuable work will show you: HOW the survivor came to employ addictive or compulsive behaviors WHY the survivor continues to employ these self-abusive behaviors despite the pain caused by the addiction WHAT the survivor needs to do to aid recovery WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors

With its complete bibliography and up-to-date information on sexual abuse, addictions, and compulsive behaviors, Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors will show you the full course of sexual abuse and its aftermath, bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion, and ultimately, recovery.

## **Book Information**

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## **Customer Reviews**

This is a very insightful book which I fully intend to read again and keep as a reference. This book is for those abused who are ready to explore the inner needs which drive us to utilize useless and/or harmful coping mechanisms without knowing why. It is also for those who love us and need to develop patience through understanding. Having been the recipient of physical, emotional, & verbal abuse for much of my life, initially from the very people who were supposed to love & nurture me (and later from the broken record of their hateful words in my head), it was very interesting to see myself in each and every chapter. I saw my withdrawn & untrusting nature within these pages. I can better understand now my tendency to alternate between long periods of "numbness", when no one can penetrate my thick emotional armor, and those unwelcome periods of extreme emotional fragility when I must retreat to my "cave" in order to survive the pain. It gives me strength to understand that my reactions are normal given what I have been through. Also, through her apt descriptions of addictions and compulsions, which I had never thought applied to me, I better understand now my compulsive bird/mouse-like behavior of actively seeking and collecting "pretty/shiny things" as if they will somehow fill or repair the empty holes in my life. They don't. They only put holes in my bank account and clutter up my home. While reading her book, I found it helpful to replace "sexual abuse" with "abuse" in general, as the majority of the abuse I experienced was not sexual in nature (though not completely void of it). In doing so, I found that the majority of her insights clearly apply to my experiences, too.

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