

# SCA DC NEWSLETTER

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By SCA Metro DC Intergroup

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## My Story

By D. P.

My name is D. P., 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.

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## 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

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## 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](mailto: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 R. M. at 703-203-0233 ASAP if you want to attend.

Please welcome D. P. and J. S. as assistant editors of the newsletter. Please contact R. F. at [REDACTED] 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