

Beyond
Sex-addiction
and Co-dependence



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Table of Content

Copyright	3
All Rights Reserved	3
Disclaimer	3
Table of Content.....	4
Introduction	6
How to work with this book?	8
What you should know about sex and relationships	9
Average, everyday sex	9
Handling your sexual desires	10
Passion and sensuality	12
Sensual passion	12
Masculine and feminine passion	13
Passion and sex addiction	16
When he always wants it, and she can't say no	19
Sex addiction	19
Sexual co-dependence	21
Co-dependence as a cultural and personal problem	22
What lies beneath sex addiction and co-dependence?	25
The fear of loneliness and being isolated	25
The fear of abandonment	27
The fear of being powerless	28
The fear of not being physically attractive	29
Why these approaches fail	30
How can you escape this trap?	32
Recognise that you have a problem	32
Look past your fears and admit to yourself that you have needs	32
Confront your core beliefs	33
Changing your perception	34
You can be happy by yourself too	35
The way out of co-dependence	35
The way out of sex addiction	37

A liberated sexuality beyond sex addiction and co-dependence	39
My personal experience	39
Discover your sexual potential.....	41
Female sexuality	43
Male sexuality	44
Finding a liberated sexuality together.....	45
Mature sexuality in a mature relationship.....	49
Selected literature.....	52

What you should know about sex and relationships

Average, everyday sex

Pop songs and movies tell us that a successful partnership is carried by love and sexual attraction. However as soon as the initial 'being in love' phase comes to an end and the mundane reality of everyday life sets in, these two attributes, love and sexuality, often fall by the wayside.

The ability to build a lasting partnership in everyday life requires a lot more than just sexual attraction. I have extensively explored all of the necessary aspects in the accompanying volume "Finding Fulfilment in Love".

The first and fundamental question in the interplay of the sexes is to what extent the biological and emotional rhythm of the two partners fits together.

Ancient cultures understood the significance of this interaction. They examined, often in terms of astrology, to what extent two individuals could harmonise spiritually and physically. Neither love nor therapeutic methods can help if the two people do not have enough compatibility; their partnership will not survive.

However, in cases where their compatibility is fundamentally in sync, then there will also be moments in life when partners can't find an inner connection: for example in times of performance stress, the loss of a close person, financial worries, or motherhood.

In times like these, there is hardly any active interest in sex. Instead, the spiritual connection between the partners will be the deciding factor of whether they will be able to find and utilise the kind of energy needed to allow them to continue and strengthen their relationship.

Another important factor is whether or not the partners recognise each other's needs, can be open and honest with

each other, and are able to explore the broad field of love and sexuality together. This exploration will include all types of affection and every form of sensuality.

Passion and sensuality

Masculine and feminine passion

Despite all the efforts of our contemporary society to “iron out” the differences between men and women, there are basic biological differences that determine how men and women experience sexual passion.

In the book “Finding Fulfilment in Love”, I have outlined the basic differences between the masculine and the feminine; the dominant and the submissive, presenting them symbolically as the opposite sides of Yin and Yang. These opposing tendencies operate in the same way when it comes to sexual preference and practice.

You may remember discourses from the 1970s and 80s about male orgasms and multiple female orgasms.

In general, men experience a quick and intense build up to their climax followed by immediate relaxation; this is the physiological process.

For women, a satisfying sexual union is much more complex and inclusive, involving a sensual-emotional experience, and thus paving the way for the build up to multiple orgasms.

As opposed to the physiological process, emotional connection usually plays a much bigger role for women than it does for men.

For many men, the sexual act only serves as a tool for physical relaxation. The localised orgasm releases the build-up of stress from their work environment. The emotional side of things is of much lesser importance.

For many women, the act of sex is a more inclusive experience, and satisfaction depends on the strength and intensity of the emotional connection to a partner.

In our society, where women have the freedom to explore and express their passion, both the masculine and the feminine variation has its place.

That means that women can enjoy a wild and purely physical sexuality just as men do, and that a deep emotional connection and exchange with a partner can be more satisfying for men than purely the performance of sexual acts.

The masculine and feminine principles are not statically assigned to one gender in a mature relationship, but can be experienced by both partners in a mutually satisfying way.

This is the difference between a mature and a dependent relationship, which I will expand on later in the book.

A liberated sexuality beyond sex addiction and co-dependence

Discover your sexual potential

It is amazing how much effort people put into things like investing in a new house, an apartment, redecorating, or choosing a new car.

Do you take as much time to explore your sexual potential? Or do you think that this knowledge will simply come to you when you become an adult? That is unfortunately not the case.

I got the impression from many seminars, workshops, and consultations that there are still many possibilities for further development in this area.

The media might be full of discussions on this topic, but when looking a bit closer, it is mostly about conforming to the established societal norms.

What defines us as people is the huge variety of creative possibilities, and our sexual repertoires are among those, as much in practice as also in our fantasies. In my experience I have discovered that most people only use a small percentage of what is possible.

Before you can incorporate your sexual potential into a relationship, you have to explore it yourself so that you can inform your partner about your needs and wishes.

This is where we encounter two difficulties: Knowing yourself and what you want, and also being able to speak to your partner about it.

In earlier times, there were various cultural rituals that were based on the belief that sexual knowledge was a necessity to be in a satisfying partnership.

In some tribes, the elders introduced the young men and women to the approved sexual rituals before their wedding night.

In other cultures, there were 'love schools', where men learned a basic repertoire from more experienced women. This was not about prostitution, but about the passing on of knowledge and experience.

Most of us learn about sexuality in puberty, either from the media or from conversations with peers. The information we receive is mostly tainted with competitive behaviour, performance pressure, or undefined wants and expectations, rather than actual fact or experience.

Today, you have the possibility of gaining the necessary understanding from books or courses, promising more fulfilment and satisfaction than the aforementioned channels.