Sexuality without Shame - Concept brief

Understand the idea behind sexuality without shame and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants help distinguishing realistic sexual expectations from media portrayals.

The idea

Consensual sexuality can be discussed respectfully while addressing unwanted patterns.

An ordinary example

Noah wants help distinguishing realistic sexual expectations from media portrayals.

What this can look like

List questions about sexual wellbeing, expectations, consent, or relationships for a sexuality-informed clinician without describing explicit material.

Check the fit

What would a respectful clinical conversation make room for? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A chosen change goal and a clinical diagnosis are different questions. Address functioning, control, consent, values, and distress without assuming that sexual expression itself is pathological.

Reflection

What would a respectful clinical conversation make room for?

Scope and adaptation

Adult-only, non-explicit educational resources. The searchable phrase pornography addiction is not used here as an established diagnosis. Frequency, high desire, or moral distress alone does not establish a disorder; assess impaired control, functioning, distress, consent, and context with a qualified clinician. Respect consensual sexuality and chosen goals; no explicit media, aversion exercises, forced disclosure, or coercive monitoring.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: AASECT Position on Sex Addiction. Full source links and scope: library.morethantherapy.org/recovery/resources/PPU-A11-1