



## Sexual Recovery Spectrum/Continuum

The purpose of the Sexual Recovery Spectrum/Continuum is intended first, to define in clearer detail the broad spectrum and complexity of sexual behavior and/or misbehavior. Second, to offer a positive alternative to the need to label and brand people who are struggling with compulsive, out-of-control or addictive sexual behaviors. Third, to help those who are healing and those who are hurting understand addiction by any other name is still out of control sexual behavior(s) which need therapeutic attention. And finally, the Sexual Recovery Spectrum/Continuum offers hope that there is a destination of Sexual Health that can be achieved.

