

Sex and Recovery CBT Worksheet

Patient Name:

Dates:

- Understand the distinctions between intimate sex and impulsive sex.
- Understand that impulsive sex can be a form of dependence and can lead to relapse.
- Understand the importance of intimacy and stable relationship in recovery.

1.) Intimate and impulsive sex

Intimate sex is distinguished from impulsive sex. The difference between the two depends on the relationship with the sexual partner.

Intimate sex: Intimate sex involves a significant other. Sex is a part of the relationship. Sometimes the sexual feelings are warm and mellow. Sometimes they are wild and passionate. But they result from and add to the feelings each partner has for the other.

Impulsive sex: In this definition of impulsive sex, the partner is usually irrelevant; the person is a vehicle for the high. Impulsive sex can take the form of excessive masturbation. Impulsive sex can be used and abused in the same way drugs are used and abused. It is possible to become addicted to impulsive sex.

2.) How impulsive sex can act as a trigger for substance use

For some people, impulsive sex was linked with substance use before they came into treatment. They usually would have sex when they were using substances. Other people may turn to impulsive sex to achieve a kind of high after they have stopped using substances. In both cases, impulsive sex is a trigger for substance use and can lead to relapse. People even can become dependent on impulsive sex just as they were dependent on substances.

3.) How intimacy and stable relationships can support recovery

Many components of a stable relationship also are important to a successful recovery. People who have relationships with someone supportive, honest, and trustworthy should find it easier to participate fully in recovery activities. They can also support others in group sessions and be truthful about their lives. A stable relationship that includes intimate sex can help support recovery.

What kind of experiences have you had with impulsive sex?

Is impulsive sex linked to your drug use? How?

Describe a healthy, intimate sexual relationship that you've had or hope to have.

Share and discuss your answers.

What are the ways to make your current relationship more caring, supportive, and intimate? If you're not in a relationship now, think of ways to improve your next relationship.

Note: Impulsive sex can be a trigger for substance use.

Intimacy and stable relationships can support recovery.

Homework Assignment

List specific ways you can make your current relationship more caring, supportive, and intimate? If you're not in a relationship now, think of ways to improve your next relationship.