

# Stages of Sex Addiction

1

**Preoccupation:**  
Obsession with sexual  
thoughts

2

**Ritualization:**  
Engagement in  
preparatory  
behaviors

3

**Sexual Activity:**  
Engaging in the act

4

**Guilt and Shame:**  
Negative emotions  
post-activity

5

**Despair:**  
Realization of the  
addiction's impact



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# The Sexual Addiction

**Yijin Wang**



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