



# Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: “Numb” Survivors

*Carlton Munson, Sandra L. Knauer*

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Explore the connection between sexual victimization, addiction, and compulsive behaviors! This book demonstrates clearly what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse. Anyone who has been sexually abused is likely to have one of the addictions or compulsive behaviors described herein. The information in *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships. Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction. *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* examines issues that survivors often have regarding:

- trust and friendship
- sexuality and sexual addiction
- marriage and family
- religious addiction as opposed to spirituality
- alcohol and substance abuse
- workaholism
- weight issues and eating disorders
- violence as the result of shame, fear, and depression caused by abuse

*Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* is more than a litany of the problems that survivors face. This valuable work will show you:

- HOW the survivor came to employ addictive or compulsive behaviors
- WHY the survivor continues to employ these self-abusive behaviors despite the pain caused by the addiction
- WHAT the survivor needs to do to aid recovery
- WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors

With its complete bibliography and up-to-date information on sexual abuse, addictions, and compulsive behaviors, *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* will show you the full course of sexual abuse and its aftermath, bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion, and ultimately, recovery.

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