



Cybersex Unhooked

**A Workbook for Breaking Free of Compulsive
Online Sexual Behavior**

DAVID L. DELMONICO, Ph.D. ELIZABETH GRIFFIN, M.A. JOSEPH MORIARITY

Cybersex Unhooked

ALSO BY DAVID DELMONICO, PH.D., ELIZABETH GRIFFIN, M.A.,
AND JOSEPH MORIARITY, B.A., B.S.

*In the Shadows of the Net: Breaking Free of
Compulsive Online Sexual Behavior*
(with Patrick Carnes, Ph.D.)

ALSO BY JOSEPH MORIARITY
Winning a Day at a Time
(with John Lucas)
Sexual Anorexia: Overcoming Sexual Self-Hatred
(with Patrick Carnes, Ph.D.)

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A Workbook for Breaking Free of Compulsive
Online Sexual Behavior

David Delmonico, Ph.D., Elizabeth Griffin, M.A., Joseph Moriarity



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Authors' note:

The stories in this book are true; however, each has been edited for clarity. Names, locations, and other identifying information have been changed to protect confidentiality.

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Project Pathfinder, Inc., for allowing us to adapt and use a number of recovery exercises. Project Patherfinder is a nonprofit organization whose vision—“dedicated to the elimination of sexual violence and abuse”—is grounded in the belief that sexually abusive behavior can be treated and that prevention programs can reduce the incidence of abuse.

Robin Kato, executive director of the National Council on Sex Addiction and Compulsivity, for her creative contributions to the development of the RecoveryHex model.

Jerry Fjerkenstad, for creating and sharing the Hermes' Web concept and materials.

Authors' Notes

This workbook was written in part to serve as a companion to the book, *In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior*, which was written with Patrick Carnes, Ph.D., and is published by Hazelden (www.hazelden.org).

We suggest that you consider reading this book as well, since it offers additional information about problematic cybersex behavior and recovery that you will find valuable in your work. Topics in the book that may interest you include the stages of courtship, patterns of sexual arousal and ways they change, setting appropriate relationship boundaries, relapse prevention, the impact of cybersex on the family, and the Web frontier.

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*"Here are the tools needed to break the chains of cybersex.
No matter how mild or severe the problem, this book can be
a guide back to the real world of relationships."*

—DOUGLAS WEISS, PH.D., www.sexaddict.com—

Author of *Final Freedom: Pioneering Sexual Addiction Recovery*

*"With cybersex quickly becoming a hidden epidemic, the timing of
this valuable workbook could not be better. A must read both
for those with concerns about their own Internet usage for sex
and for family and friends trying to support them."*

—AL COOPER, PH.D.—

Director, San Jose Marital and Sexuality Centre Coordinator,
Stanford University Training Program of Counseling and Psychological Services

Mention "cybersex" and the response you'll often receive is a chuckle and a smart or lewd comment. But the use of sex on the Internet is skyrocketing, and anyone caught up in the spell of Internet sex knows its intense and seemingly irresistible power to undermine careers, upend relationships, and create emotional chaos.

This frank, compassionate, and practical workbook offers a hope-filled plan for breaking free of compulsive cybersex, one that enables those entrapped to regain control of their relationships and their lives. Easy to follow exercises serve as a guide for confronting and understanding cybersex behavior and lead the way to change, personal growth, and a life free of cybersex's intoxicating and destructive spell.



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