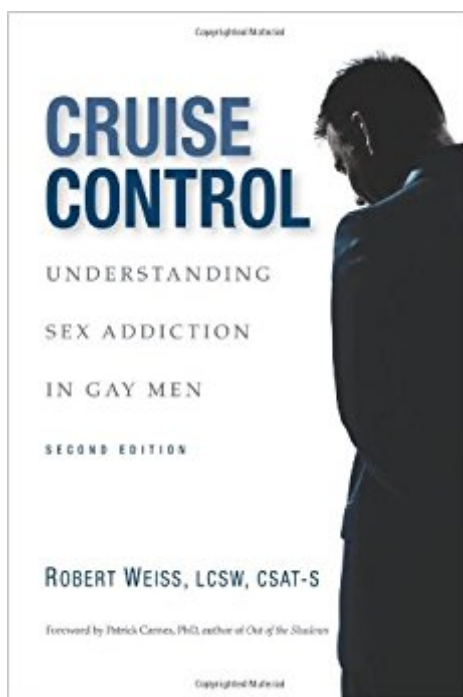


The book was found

Cruise Control: Understanding Sex Addiction In Gay Men



Synopsis

A moment comes for every addict when the consequences are so great or the pain is so bad that the addict's life becomes out of control because of his or her behavior. Some are news making moments, such as the public censure when a congressman, minister, general, or professional athlete is cited for unacceptable sexual behavior. For most people those moments are followed by resolves to "never do it again", but somehow after the promise is made, they often find themselves in the exact same location doing something they vowed to never do again. That is addiction. And for some, this addiction is more difficult to diagnose than in others. Such is the case for gay men. For some gay men fully committed to open sexual choices and experiences, modifying their sexual behavior and restricting their sexual freedoms is like going back in time and surrendering to homophobic attitudes often found in conservative culture. It just doesn't feel right. After all, the urban gay male culture surrounding him fully supports his sexual exploits as long as the sex is safe. And since gay male sex addicts may not discuss their sexual behavior even with good friends, nobody challenges them on their late-night exploits in unsafe places, their arrest record or brushes with the law, or potential health risks because of their behavior. The truth is gay male sex addicts are not compulsively sexual because of their sexual orientation, but rather as a consequence of their individual psychological issues and biological predisposition toward addiction. This is exactly the same set of risk factors presented by straight male sex addicts. Unfortunately, for the gay (sex) addict, his increasingly destructive patterns of behavior take place against a cultural background of dramatically greater sexual and social freedoms than those enjoyed by his heterosexual peers. The single urban gay man who has problems with sex, alcohol, or drugs is in some ways a prisoner of his own freedoms, having fewer cultural opportunities for self-examination and less cultural support for behavior change than does an average heterosexual male. Finally, there is a resource that can help gay men determine if they are indeed a sex addict and whether or not they are willing to explore behavior change because of their sexual behavior. Robert Weiss, LCSW, CSAT-S, is director of sexual disorders services for Elements Behavioral Health and founding director of The Sexual Recovery Institute, an outpatient sexual addiction treatment center in Los Angeles, California. His media appearances include ESPN, The Discovery Channel, the Today show, The Oprah Winfrey Show, Anderson Cooper 360, and Dateline NBC.

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Studies > Men

Customer Reviews

As a gay man who came out early, but never had any guidance on how to explore my sexuality other than negative messages from my conservative upbringing, I was like a kid in a candy store when I gained my "freedom". The marketers in my community promoted, packaged, and sold uninhibited, no-strings sexual encounters like cheap lollipops. The "perfect" man was found on every page in every gay rag, and presumably, in every bar or club. An so this is where I learned about sex. "Relationships" were relegated to a small column on one of the back pages sandwiched between "escorts" and "one night stands". After 20 years of being encouraged to run from problems into the bed of the next, new hot stud, I realized my life was becoming more empty and isolated. My routine was work/gym/club/sex. I worked only to pay for the gym, the clubs, and ultimately, the sex. I slept when I had a chance. The internet made cruising easier. I spent hours each nite "setting up" encounters, perusing dozens if not hundreds of men online before selecting one or a few for a hook up. I ate and slept only when I found the time, or when my computer crashed. I could not go on a trip without setting up encounters while there, or cruising the bars, parks, bathhouses, etc. The thought of a relationship only brought on feelings of hopelessness. So it was back to cruising. This was my life. There are other books out there on sex addiction, like "Out of the Shadows" by Patrick Carnes, but NONE written specifically by a gay man FOR gay men. If you are a gay man of any age and have had questions about your sexual activities, or feel a sense of hopelessness about finding the "right" guy, PLEASE read this book by one of the leading experts in sex addiction!!!

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