



The Inner Child Recovery Process™

A UNIQUE THERAPY TO TREAT SEX/PORN ADDICTION

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BASED ON BOOK ENTITLED

**GOING DEEPER:
HOW THE INNER CHILD IMPACTS
YOUR SEXUAL ADDICTION**

THE ROAD TO RECOVERY GOES THROUGH YOUR CHILDHOOD

**What
Sexual
Addiction
is Not**

About Sex

What is Sexual Addiction?

An excessive preoccupation with sexual fantasies, urges or behaviors that are difficult to control, causing individuals distress, and/or negatively impacting their health, job, relationships and other parts of their lives

Source: Mayo Clinic

Levels of Sexual Addiction

LEVEL ONE

Behaviors regarded as normal, acceptable, or tolerable in secular world. Masturbation, pornography, and prostitution

LEVEL TWO

Behaviors that victimize others. Exhibitionism or voyeurism

LEVEL THREE

Behaviors with significant consequences for the victims and legal consequences for the addicts. Incest, child molestation, or rape.

Source: Patrick Carnes, *Out of the Shadows*

**Sexual
Addiction is...**

Compulsive

Escalating

Destructive

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Severity of Sexual Addiction

Severity

6-8% of Americans are sex addicts*

**18 MILLION
People**

* National Council on Sexual Addiction Compulsivity

Severity

- 64% of young people, ages 13–24, actively seek out porn weekly or more often
- Average age, first-time viewing 11
- Fastest growing 12-Step program – SA



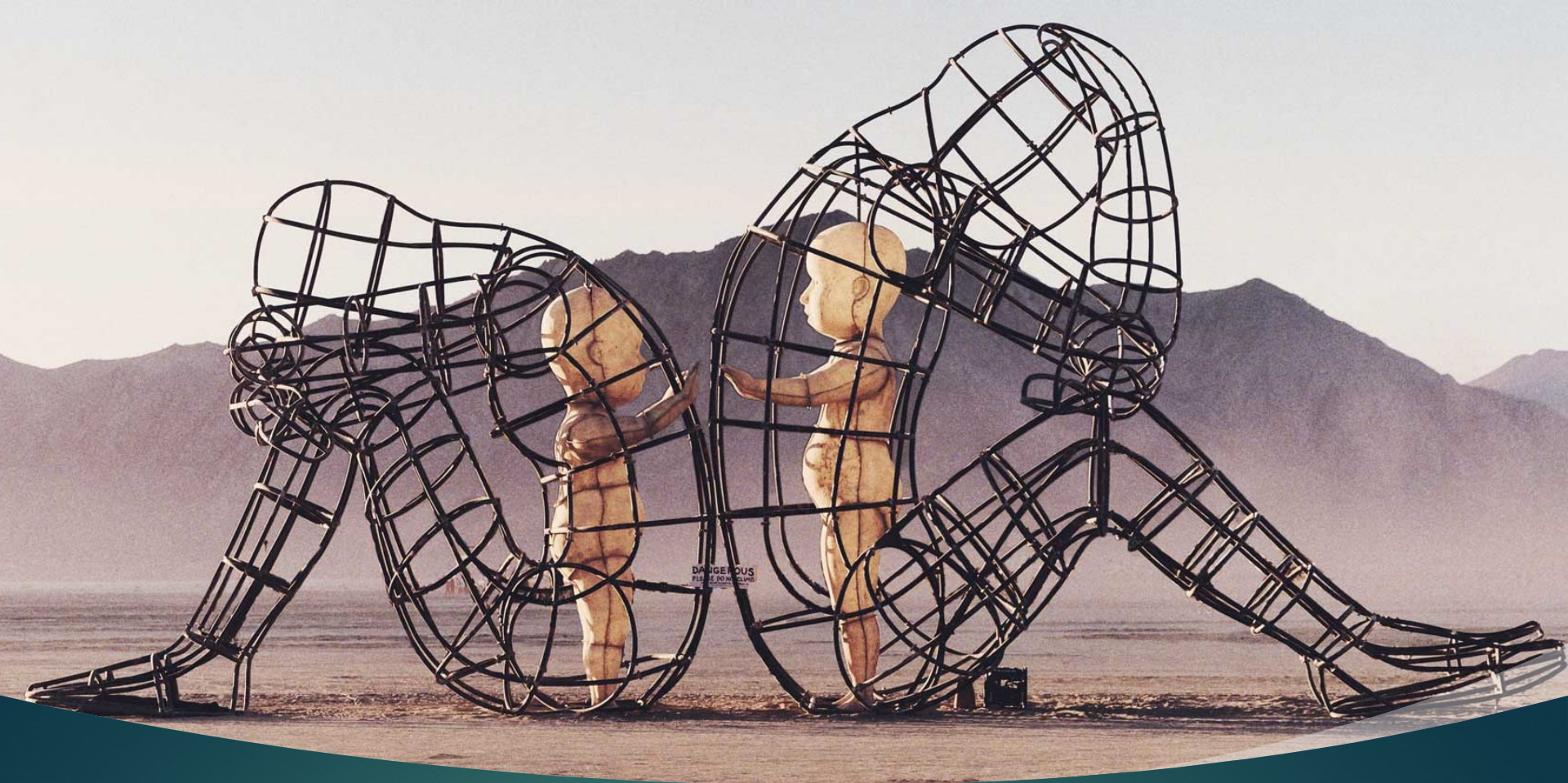
NATIONAL
CENTER ON
SEXUAL
EXPLOITATION

Severity

- Monthly, porn sites receive more regular traffic than Netflix, Amazon, & Twitter combined
- Porn is a \$97 billion industry, with about \$12 billion coming from the U.S.
- The “teen” porn category has topped searches for the last 6 years



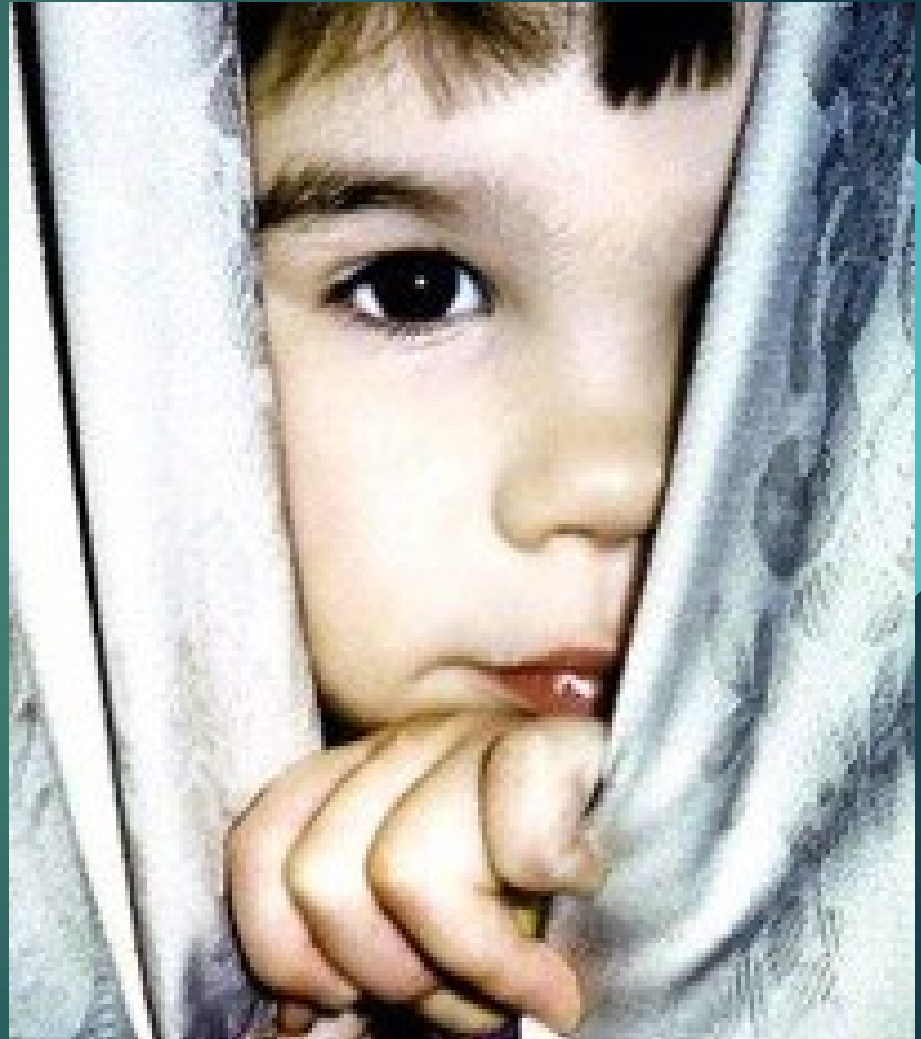
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The Inner Child. Really?

How The Kid Influences

- Trapped in a time warp
- Activated by emotional triggers
- Correlates current events with those from the past
- Refuses to deal with emotional distress
- Only goal is to seek comfort
- Not going away





Meet the Kids

Emotionally
Voided
Child



Entitled
Child



Bored
Child



Stressed
Child



Sexually
Exposed
Child



Weak
Inferior
Child



Need For
Control
Child



Unaffirmed
Child



Unnoticed
Child

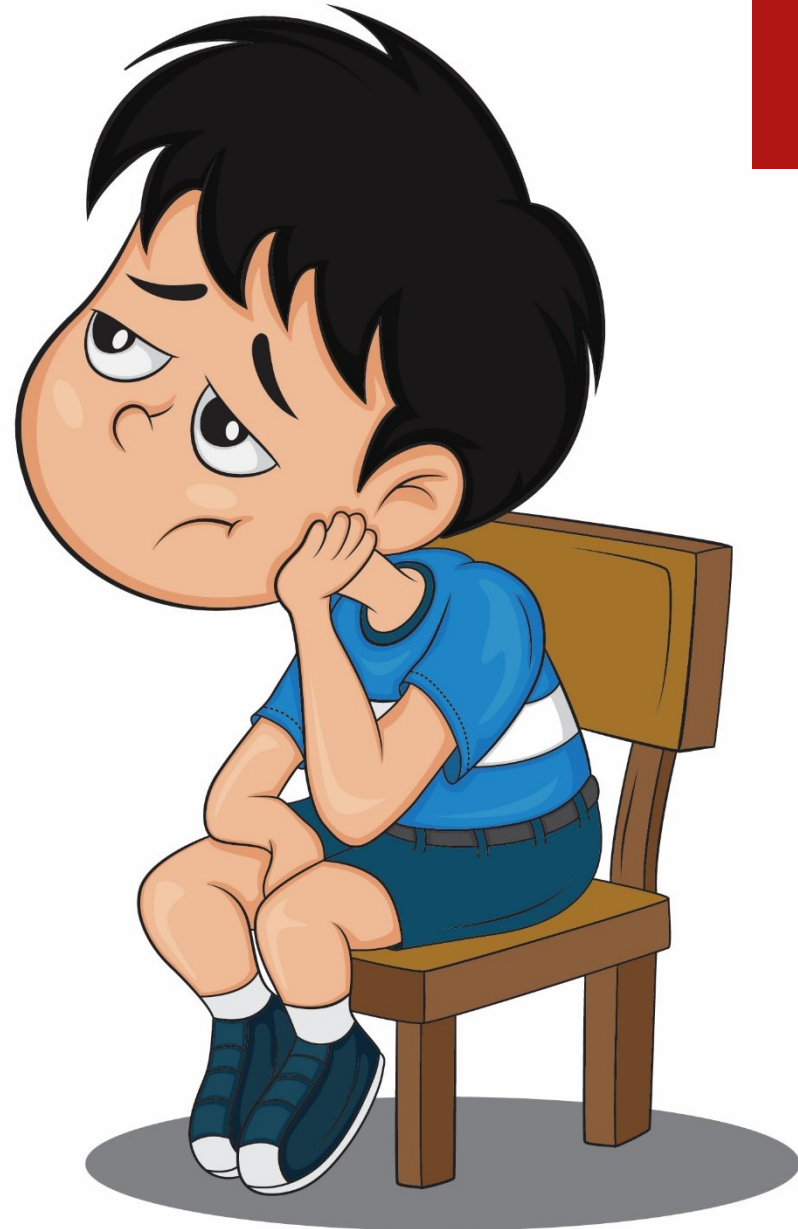


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9 Inner Child Types That Impact Sexual Addiction

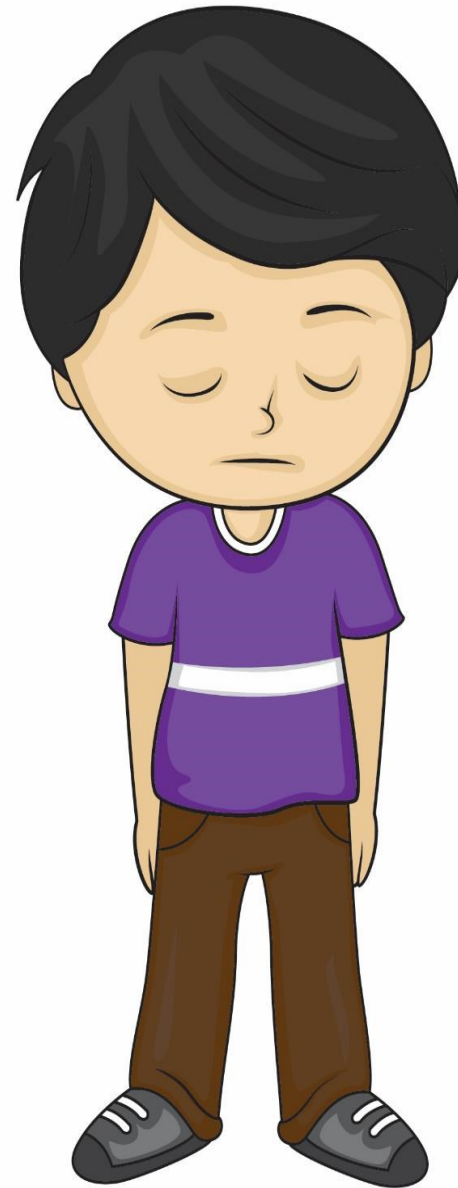
Bored Child

- Low-key, quiet existence as children and teenagers
- Felt isolated and alone
- Learn to entertain themselves (lived in fantasy)
- Sex offered a high level of stimulation
- Became laser-focused on new-found outlet for stimulation
- As adults, programmed to fill quiet moments with quest to obtain chemical rush sex delivers
- Desires to be Stimulated



Unaffirmed Child

- Grow up receiving little in the way of praise or received continuous criticism
- Result is low self-worth and insecurity
- Learn sex can be way of achieving admiration even if only a fantasy (escorts/porn)
- May become an unselfish sex partner
- In extreme cases, believe they're God's gift to women/or men
- Desires to be Valued



Unnoticed Child

- Never felt they belonged; rarely chased
- Learn to use sex to receive attention (sexting, flirting, trolling)
- Desire for attention is so strong, what they may receive from their spouse is not enough
- Seeks additional attention from others to satisfy their emotional needs
- Even if they're not seeking attention, it's difficult to walk away from those expressing it
- Desires to be Seen



Emotionally Voided Child

- The #1 reason
- Struggle to emotionally connect
- Message: feelings not important/unsafe
- Uncomfortable in social or family settings
- See physical intimacy as emotional intimacy
- Partners feel unfulfilled, lonely and used
- Desires to experience Emotional Connection



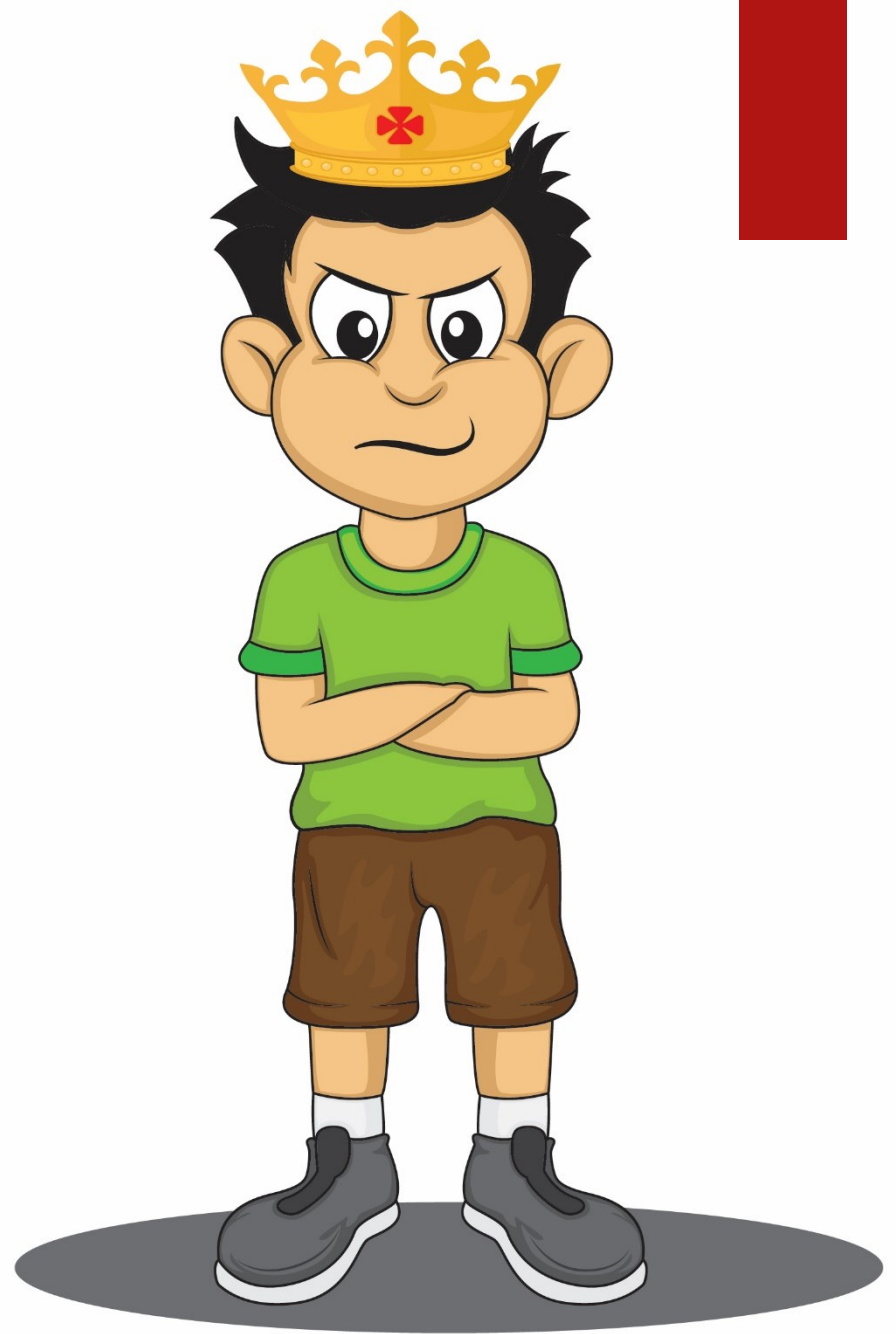
Lack of Control Child

- Raised in a hectic and chaotic environment they seek to control their surroundings
- Past proved when a situation was out-of-control they suffered consequences
- Control prevents bad things from occurring
- The quest is seeking order to reduce anxiety
- Sex is a distraction to events in which they have no control
- Pseudo control
- Desires Stability



Entitled Child

- Made to feel de-valued as child/ teenager
- Lack of voice; their desires and needs did not matter
- Falsely accused
- Turned to sex as reward
- Their worldview is “I deserve this”
- Things not going their way may cause them to act out
- Desires to be Treated Fairly



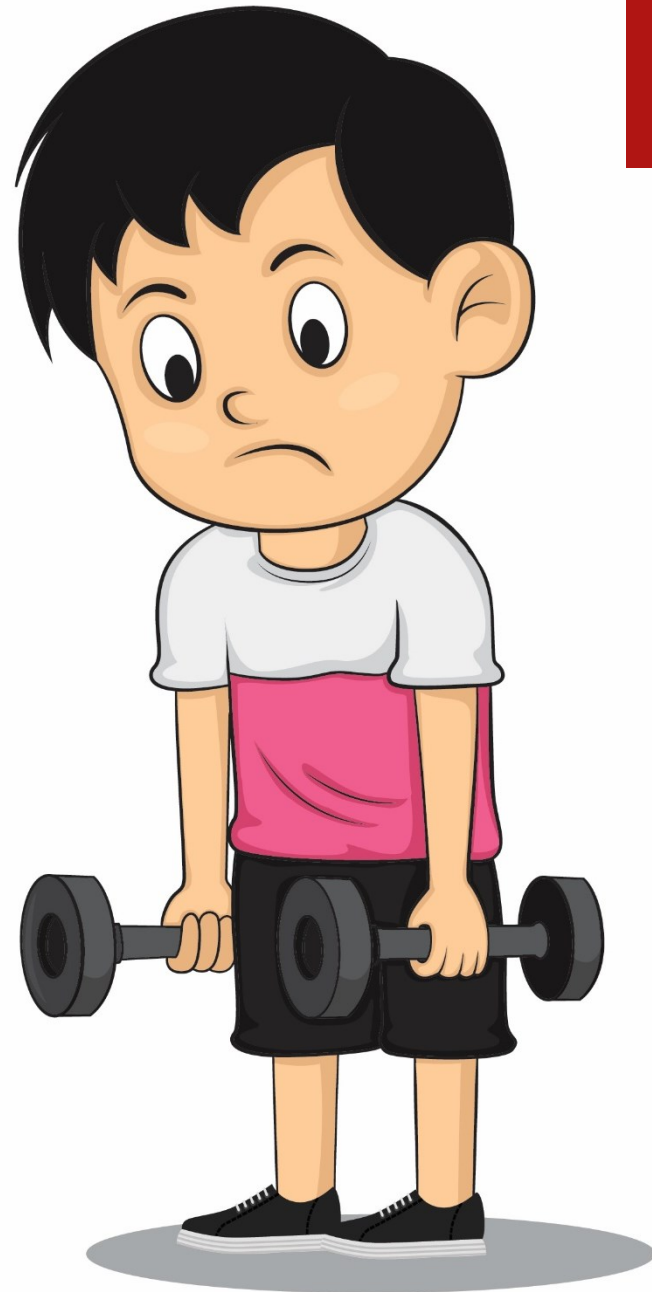
Sexually Stimulated or Abused Child

- Stimulation at early age
 - Porn (shock/awe)
 - Sexually molested (shame)
- Create irrational beliefs about sex/themselves
 - Sex is a physical act
 - Women are objects
 - Sex is dirty/bad
 - They are dirty/bad
- In some cases, may utilize sex to punish themselves or to hurt others
- Desires to feel Safe



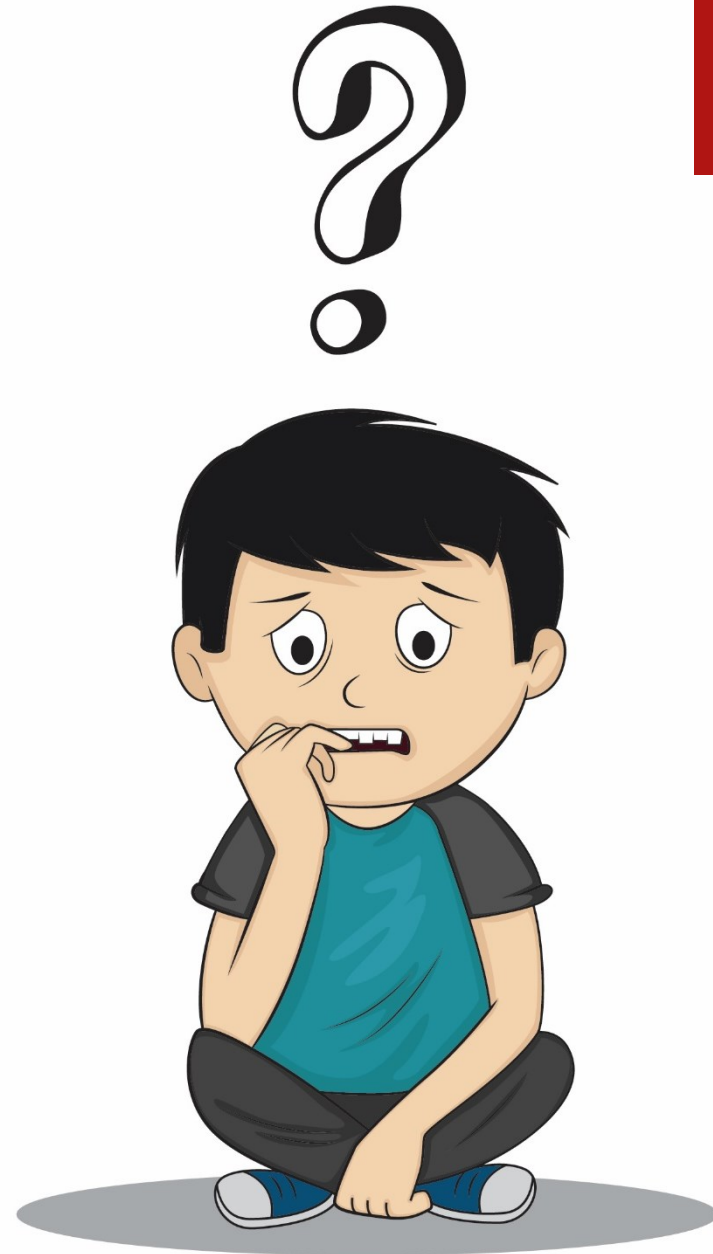
Weak/ Inferior Child

- Conditioned to believe they are weak/inferior
- Suffer tremendous shame
- Quest is to use sex to reinforce sense of inferiority or break away from it
- Use sex to feel empowered
- Engage in sex to reinforce sense of weakness
- Worldview: “I deserve to be used” or “I must use others”
- Desires to feel Empowered



Stressed Child

- Grew up in stressful/anxious environments
- Some de-sensitized to their anxiety; may not even be aware it exists
- Discovered sex soothes anxiety
- As adults, still use sex as stress buster
- However, their on-going quest for sex simply adds another stressor to their lives
- Desires to feel Relaxed



How to Deal with the Kid

Steps to Successfully Manage Emotional Triggers

How can you tell if your Inner Child is activated?

You may start to:

- Fantasize
- Objectify Women
- Feel Defiant
- Act Reckless
- Look to Sabotage

1. **Identifying Core Emotional Triggers**
These Negatively Impact Your Inner Child
2. **Recognizing Negative Events**
These Activate Your Inner Child
3. **Where Past and Present Collide**
Inner Child Correlates Current & Past Events
4. **Process the Kid's Emotional Pain**
Learn to Comfort & Educate Your Inner Child
5. **Taking Control: Employ Rational Thinking**
Measure What you Feel vs. What is Real
6. **Making Healthy Decisions**
Make the Right Choice

Watch Out For:

Being Drained

- Mentally
- Emotionally
- Physically
- Spiritually

Benefits of Inner Child Recovery Process

- Answers the “WHY” Question
- Promotes Self-Reflection
- Reduces Compulsive Behaviors
- Teaches How to Process Painful Emotions
- Encourages Mindfulness
- Improves Emotional IQ
- **EMPOWERS**



Need to Transform the Heart

- Treating the addictive behavior is not enough
- Most of these individuals struggle to:
 - Emotionally connect
 - Engage in meaningful conversations
 - Think about others before themselves
 - Identify their true emotions
 - To feel empathic
 - To be curious about the needs, wants and desires of others

Blind Spots



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Inner Child Recovery Process™

The Transformed Heart

Individuals who now:

- Understand how their behaviors led to the exploitation of women
- Focus on cultivating and nurturing healthy relationships
- Are aware of the emotional pain points that impact their inner child
- Have impulsive control
- Deal with their emotional distress in healthy ways
- Understand what it means to honor and respect women

"Rather than developing techniques to manage your addiction, Eddie invites you to something better: to connect and strengthen the child within you."

-Jay Stringer, author of

Unwanted: How Sexual Brokenness Reveals Our Way to Healing

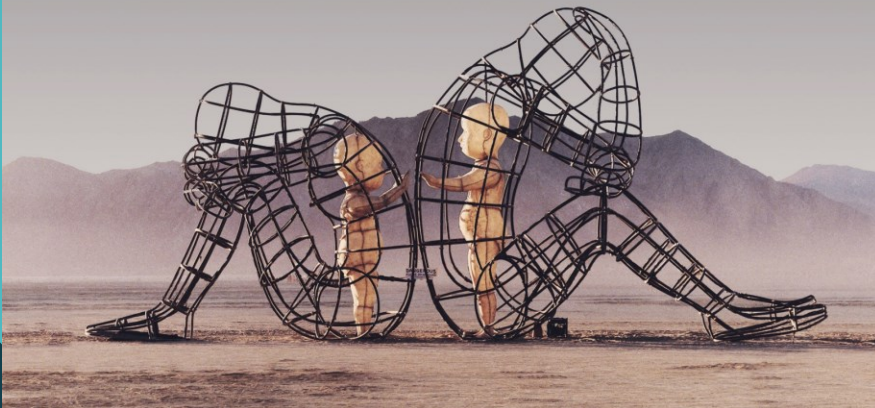
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How the Inner Child

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The Road to Recovery Goes Through Your Childhood



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