

# How the Inner Child Impacts Your Sexual Addiction

*THE ROAD TO RECOVERY GOES THROUGH YOUR CHILDHOOD*

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The background is dark teal with several large, overlapping teal circles of various sizes. A vertical red bar is located in the top right corner.

**Due to COVID Restrictions**

**Not accepting questions after the  
presentation**

**Send Questions to my email:**

**[edcappa@gmail.com](mailto:edcappa@gmail.com)**

The background is a dark teal color. It features several decorative elements: a large teal circle in the bottom left, a medium teal circle in the top right, a small teal circle in the bottom right, and a red vertical rectangle in the top right corner.

# Copy of Presentation

<https://abundantlifecounselingga.com/links-resources/>

## Credentials/Disclosure

LPC licensed by the State of GA

Private practice for 9 years

Certified in Sexual Addiction

- International Association of Christian Sex Addiction Specialists
- American Association of Christian Counselors

Work with:

- Sex/Porn Addiction
- Betrayal Trauma



## Credentials/Disclosure

Clinical Director of National Decency Coalition

Counselor at Everyman's Battle workshops

Administrator of the blogs: MenAgainstPorn.org  
and SexuallyPureMen.com

Contributor to blogs including: XXXChurch.com,  
Covenant Eyes, KingdomWorks, Marriage.com

Certified Clinical Supervisor



"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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# GOING DEEPER

*How the Inner Child  
Impacts Your Sexual Addiction  
The Road to Recovery Goes Through Your Childhood*



**BASED ON BOOK**

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

***THE ROAD TO RECOVERY GOES  
THROUGH YOUR CHILDHOOD***



# There is Hope

*“The righteous cry out, and the LORD hears them; He delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit.”*

Psalm 34:17-18, NIV

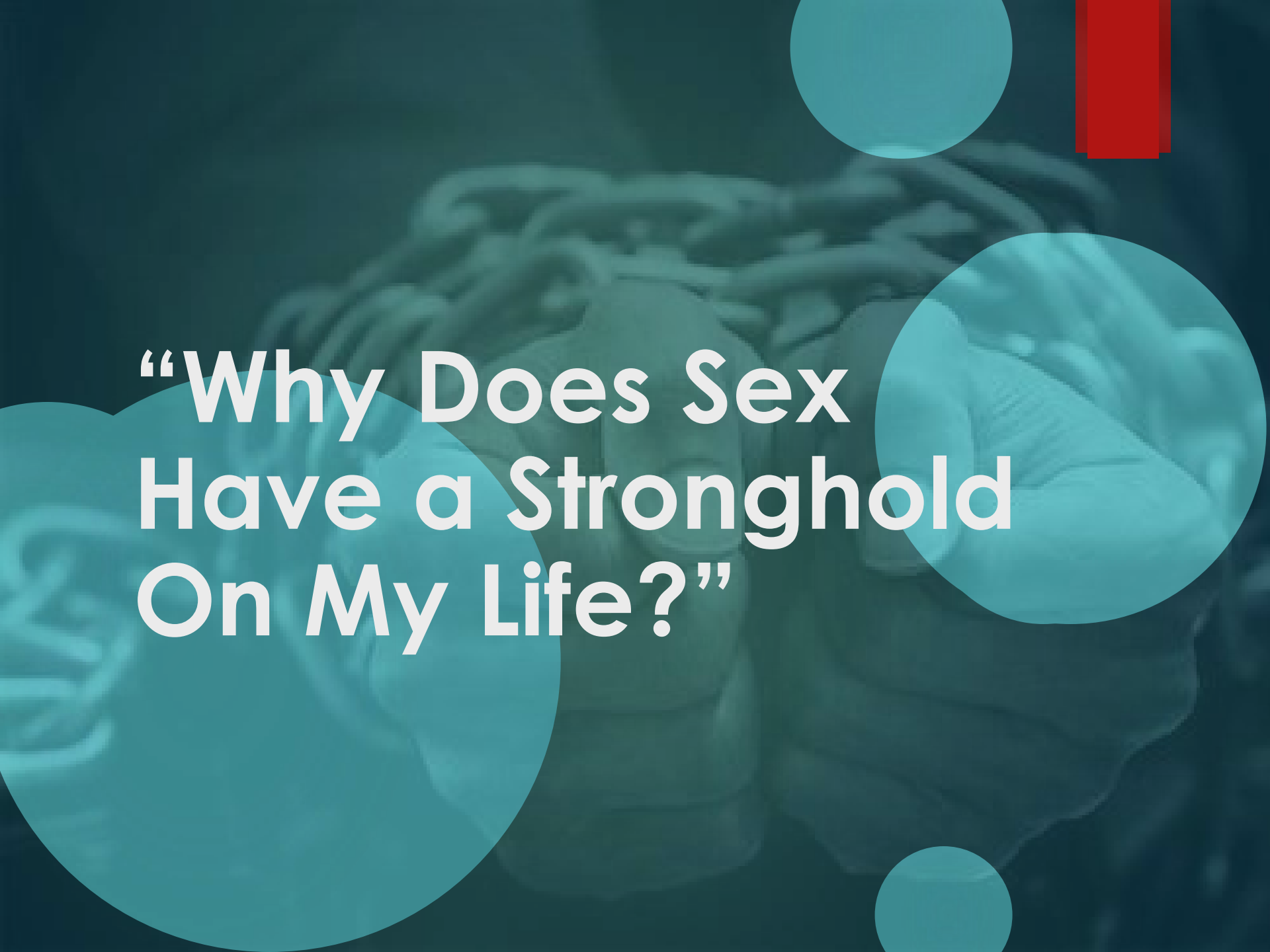
# Major Question

**WHY?**





Why Do I  
**-Think**  
**-Feel**  
**-Act**  
the Way I do?



**“Why Does Sex  
Have a Stronghold  
On My Life?”**

**One Factor  
that Correlates  
with Addictive  
Behaviors...**

# **Unresolved Childhood Pain Points**

**Second Factor  
that Correlates  
with Addictive  
Behaviors...**



**Inability to Sit  
With Emotional  
Discomfort**



# Hidden Triggers

Colliding of  
2 Worlds



# The Inner Child. Really?





# The Road to Recovery Goes Through Your Childhood

Unresolved Childhood Pain Points





# Inner Child Activation Process™

**How can you tell if your Inner Child is activated? You may start to:**

- Feel Mood Shifts
- Sense of discomfort
- Fantasize
- Intrusive Images
- Objectify Women/Men
- Feel Defiant
- Other Negative Emotions



## NEGATIVE EVENT OCCURS

*COULD OCCUR MULTIPLE TIMES A DAY;  
MAY BE MINOR EVENT*

1.

Inner Child Searches Emotional Warehouse for Past Events He Believes are Similar

**Inner Child has been Activated**

He Experiences Painful Emotions Correlated with a Negative Event

2.

## Become Impulsive and Act Out

*The Make the Wrong Decision to Escape Emotional Discomfort*

3.

## Remorse

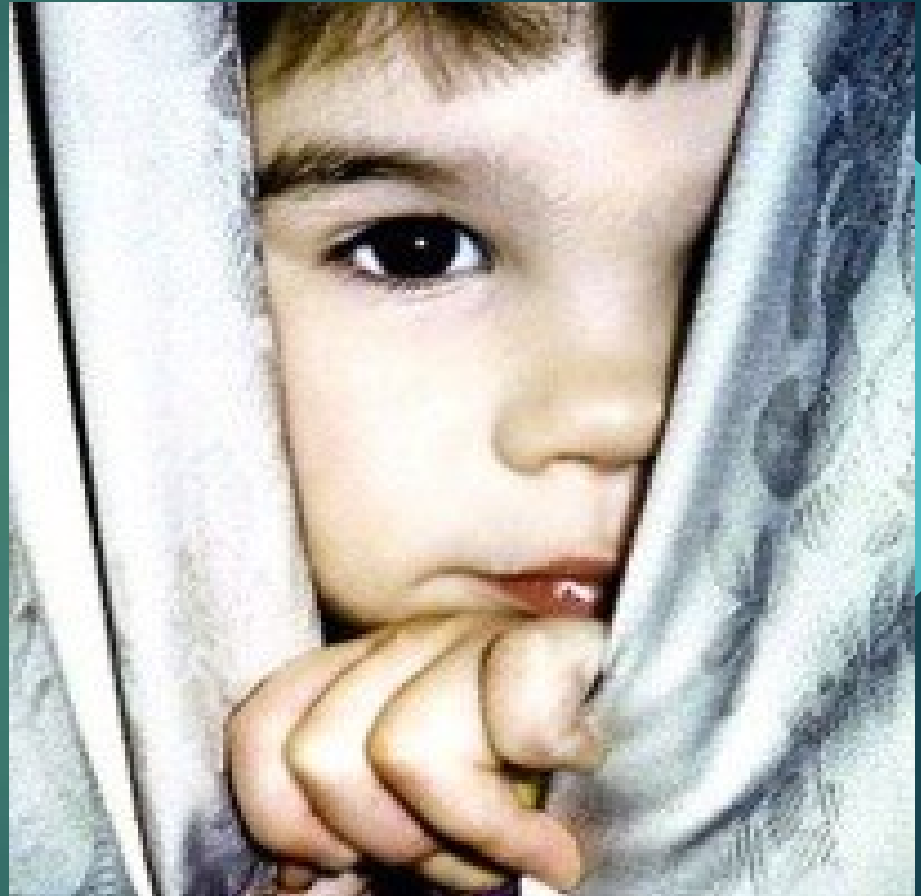
*Guilt and Shame*

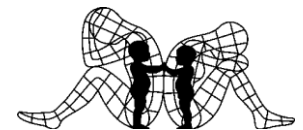
4.



# 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 evil
- Not going away





# Meet the Kids



# 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



# 9 Inner Child Types That Impact Sex Addiction



# Bored Child

- Low-key, quiet existence as children/teenagers
- Felt isolated, alone
- Learn to entertain themselves (lived in fantasy)
- Stay in their own heads
- Addiction offered escape from loneliness and “what is wrong with me”
- Seek high levels of stimulation
- Desires to be Stimulated



# Bored Child as an Adult

- Often feels a lack of purpose
- May battle with bouts of depression
- May have few if any friends
- Difficulty asking for help
- Become adrenaline junkies
- Programmed to fill dull/quiet moments with pursuit of sex



# Unaffirmed Child

- Grow up receiving little praise or much criticism
- Results in low self-worth and insecurity
- Great deal of self-loathing and perhaps self-harm
- May be resentful and defiant; or fades into the background
- Addiction feeds the self-loathing and recklessness
- Desires to be Valued





# Unaffirmed Child as an Adult

- Could be angry, resentful and defiant
- Struggles to experience joy
- Filled with toxic, self-loathing thoughts
- Hypersensitive to criticism
- May become an unselfish sex partner
- In extreme cases, believe they're God's gift to women/or men



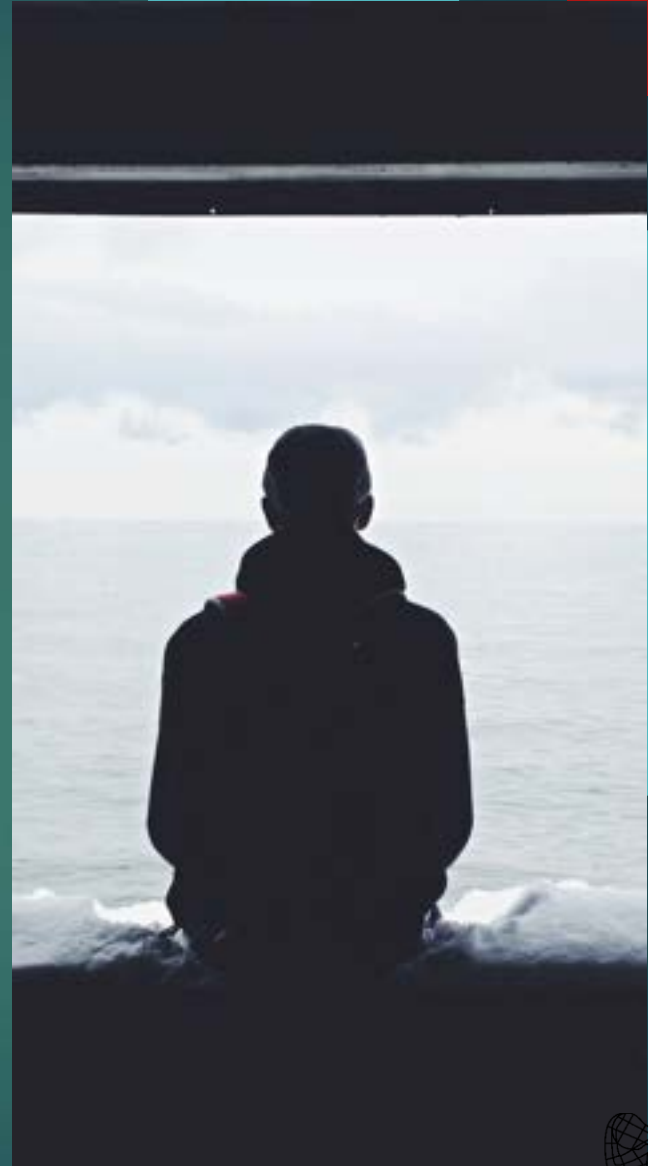
# Unnoticed Child

- Never felt they belonged; rarely chased
- Parents were too distracted
- Believes no one cares
- Sees themselves as different
- May become a perfectionist (earn attention)
- Desires to be Seen



# Unnoticed Child as an Adult

- Suffers chronic loneliness and low-grade depression
- Little trust in people
- Shows no little desire to make new relationships
- Hypersensitive to perceived rejection
- Tend to be needy or people pleasers
- Learn to use sex to receive attention (sexting, trolling)
- Desire for attention is so strong, what they may receive from their spouse is not enough



# Emotionally Voided Child

- The #1 child
- Struggle to emotionally connect
- Message: feelings not important/unsafe
- As adults, uncomfortable in social or family settings
- They are present but not engaged
- Desires to experience Emotional Connection



# Emotionally Voided Child as an Adult

- Connecting is about “doing”
- Lacks curiosity
- Struggles in social settings
- May lack empathy
- Flat Affect
- Difficulty validating others
- Feels most connected when engaged in physical intimacy
- Partners feel unfulfilled, lonely and used



# Need for Control Child

- Raised in a hectic and chaotic environment; seek to control their surroundings
- Consequences always landed on them
- Worked to not add to chaos
- Quest was seeking order to reduce anxiety
- Sex served as a distraction to events in which they have no control
- Pseudo control
- Desires Stability



# Need for Control Child as an Adult

- Strong fear of the unknown
- Past proved when a situation was out-of-control they suffered consequences
- Control prevents bad things from occurring
- Use busyness to deal with anxiety
- Control freaks
- Too much time in own head
- Use sex when facing circumstances, they cannot manage



# Entitled Child

- AKA: The Spiteful Child
- The most dangerous kid
- Made to feel de-valued as child/ teenager
- Lack of voice; their desires and needs did not matter
- Often falsely accused
- Feel cheated, dismissed and overlooked
- Life is not fair
- Turn to addictive behaviors as reward
- Their worldview: “I deserve this”
- Desires to be Treated Fairly





# Entitled Child as an Adult

- May be very moody
- Tend to see negatives more than positives
- Little trust in people
- Hypersensitive to perceived accusations
- Things not going their way may cause them to act out
- Worldview continues: “I deserve this”



# Early Sexually Stimulated or Abused Child

- Stimulation at early age
  - Porn (shock/awe)
  - Sexually molested (shame)
- Shame generates irrational beliefs about sex/themselves
  - Sex is dirty/bad
  - They are dirty/bad
- Use sex escape chronic anxiousness
- May use sex to punish themselves or to hurt others
- Desires to feel Safe



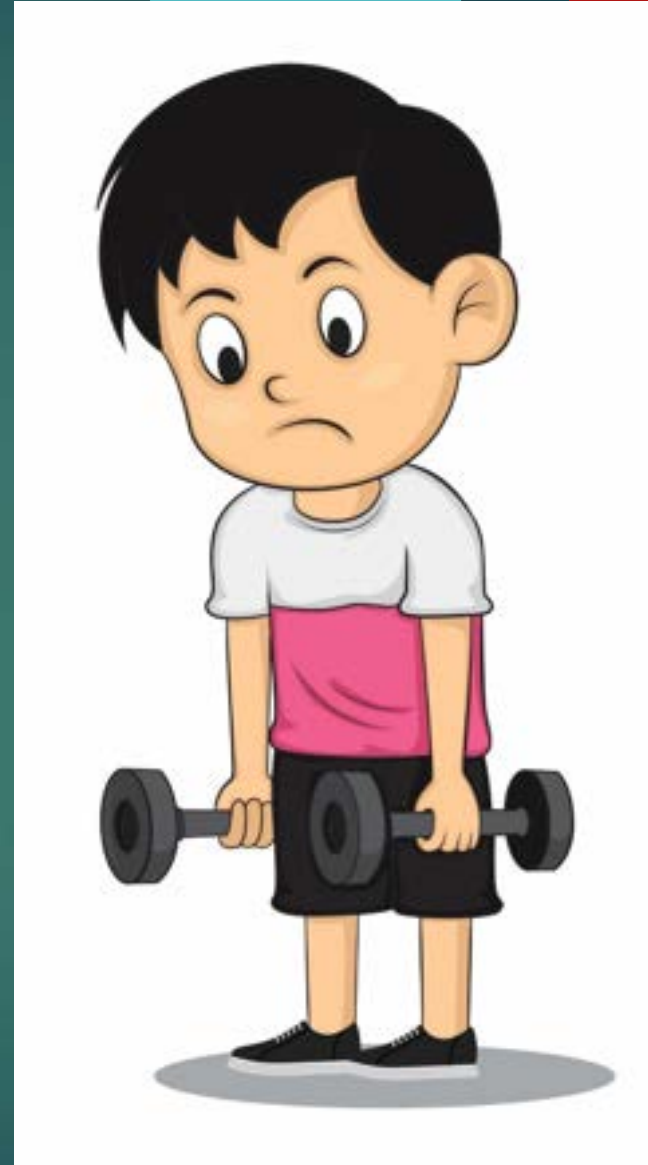
# Early Sexually Stimulated or Abused Child

- Distorted view of sex
  - physical act
  - Women/Men are objects
  - Sex is dirty/bad
  - They are dirty/bad
- High level of shame
- Highly sexually active or inactive sexually with others (only porn)
- In some cases, may utilize sex to punish themselves or to hurt others



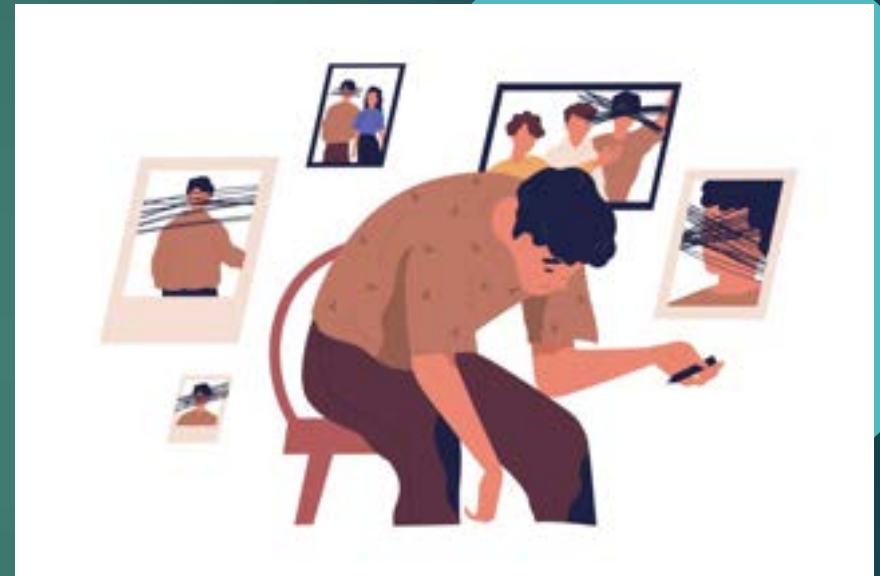
# Weak/Inferior Child

- Conditioned to believe they are different
- Endured bullying or made to feel inferior by parents, siblings
- Suffer tremendous shame
- Uses addictive behaviors to reinforce sense of inferiority or break away from it
- Desires to feel Empowered



# Weak/Inferior Child as an Adult

- Low Self-worth
- As adults they feel insignificant and powerless
- Isolate to protect: “I don’t measure up”
- Trouble trusting people
- Can be reckless – or extremely cautious
- Can use sex to reinforce inferiority or attempt to break from it
- Worldview: “I deserve to be used” or “I must use others”



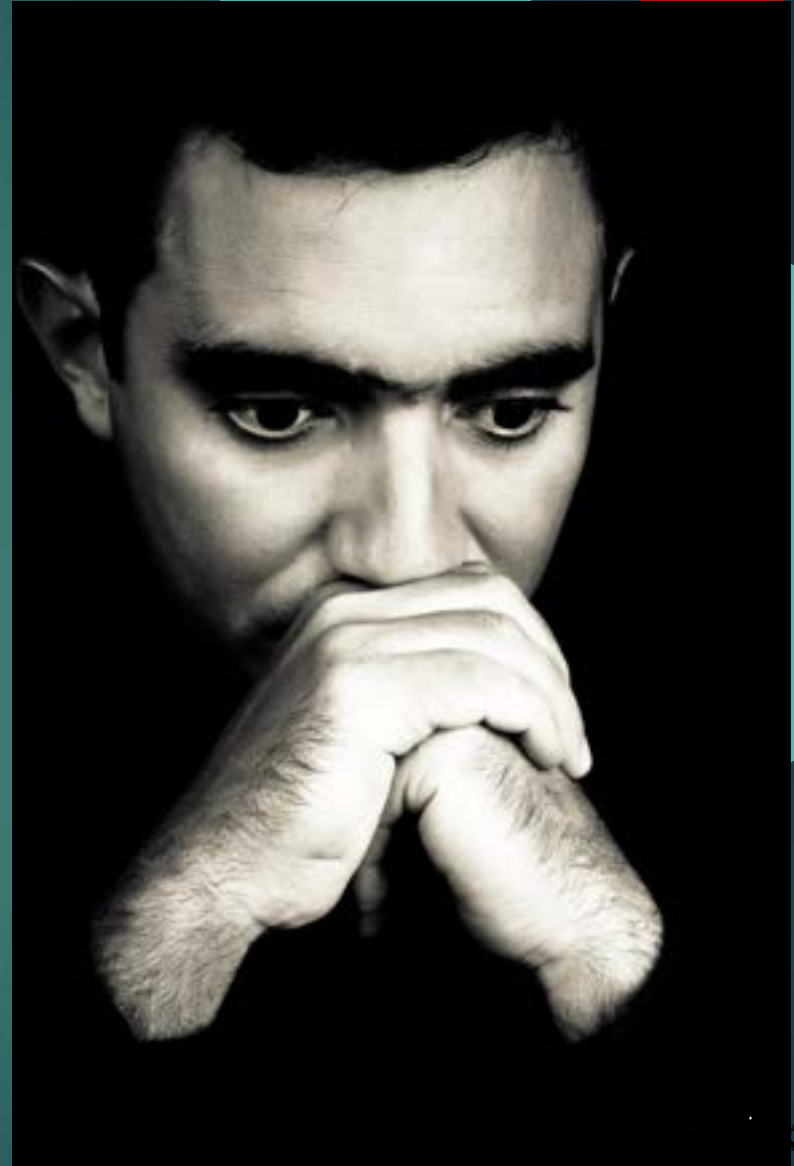
# Stressed Child

- Grew up in stressful/anxious environments
- May de-sensitize to their anxiety; not aware it exists
- Or feel overwhelmed, out-of-control and uncomfortable
- Used sex as distraction
- Desires to feel Relaxed



# Stressed Child as an Adult

- May downplay anxiety
- Lacks focus and is easily distracted
- Over analyzes situations seeking the potential negative consequences
- May struggle to make/regret decisions
- Uses sex/porn as a stress buster
- However, on-going quest for soothing adds another stressor to their lives



# 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





# The Kids and Triggers

- Most individuals resonate with 4-6 Inner Children
- Some identify all 9
- Each Inner Child has own Core Emotional Triggers
- Core Emotional Triggers active each Inner Child
- Identifying the Core Emotional Triggers that active an individual's Inner Child is the most important aspect of this recovery process
- Most individuals end up with 6-10 Core Emotional Triggers

# Sample of Core Emotional Triggers

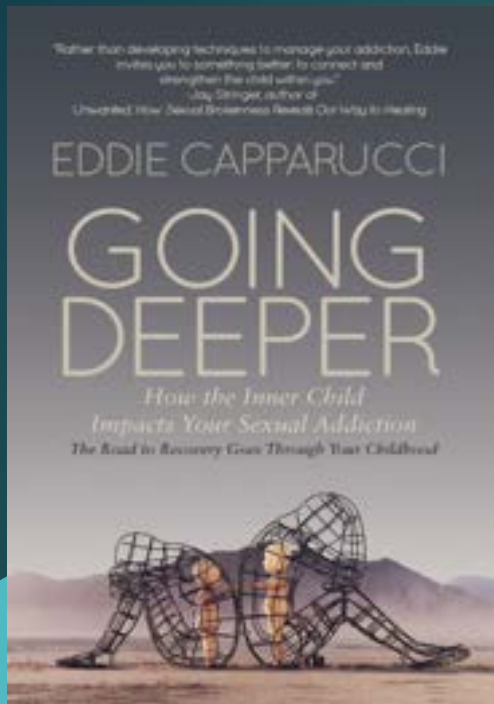
- I am a disappointment
- I am always wrong
- I am not important
- I feel overwhelmed
- I feel nothing
- No one cares; and either do I
- I am different in a bad way
- I have a void in my life
- Life lacks purpose



# 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
- Stay One-Step Ahead of Addictive Behaviors





# Going Deeper: How the Inner Child Impacts Your Sexual Addiction

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