

You Don't Have to Be A Hermit to Break Free

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Everyone has a "sex drive"—it's God-given and normal to experience sexual thoughts and desires. In fact, this is the "the power to co-create life" and "bond" being manifest in us. This includes the power to co-create a human life, and to co-create the life of a marriage relationship.

Having sexual urges and desires in no way makes you a bad or perverted person! It's what you do with these urges—how you direct this power and this energy, that makes all the difference.

Sexuality is an urge, a desire, an appetite, and a want. It's not a need. It's not something we must have to sustain life. It's much like other wants we have. We may want chocolate, rich desserts, and other sweets, but we don't need them. If we overindulge in these types of foods, they become destructive. We have to use them in moderation and within normal, healthy boundaries.

There are also healthy limits and boundaries we should place around our sexual appetites. When we exercise our sexual desires responsibly within a healthy, committed, lifelong marriage relationship, we can experience our greatest happiness. If we don't restrain our sexual desires and activities, we can lose time, relationships, happiness, respect, employment, sleep, and contract terrible diseases— some that can even kill us! Controlling appetites is really not so unusual, we do it all the time with many things. It doesn't mean we don't have these desires, it just means we must direct, manage, limit, regulate, and use them wisely.

When attempting to overcome unwanted sexual behaviors, struggling individuals often feel great frustration in connection with their sex drive. They speak of years of gritting their teeth and clenching their fists in a fight to suppress sexual feelings. Unfortunately, they have completely misinterpreted the nature and purpose for these feelings.

When you feel sexual arousal, it doesn't have to be destructive. It's simply a creative power and energy that wants to be expressed in some way. How you choose to direct that energy fully determines whether its expression will bring you peace, joy and fulfillment, or disconnection, emptiness, and depression.

An example of trying to shut down sexual drive vs. directing it for incredible good, is the familiar image of a dam. If a dam's only purpose were to completely stop the flow of water, eventually the dam would overflow or burst. A dam's real purpose is to redirect water for a higher purpose.





When sexual drive—or creative energy—is felt, its highest purpose and best use can be to form powerful bonds, closeness and friendship between two human beings; create new life; and be redirected to contribute to the happiness and success of everyone around you.

The key is to direct it according to God’s plan. In a married relationship the sexual, creative energy can be directed to the marital embrace of intercourse when and if it is done with the purpose of bonding and openness to life. Outside of those boundaries, sexual drive must be channeled in ways that are appropriate.

For a variety of reasons even married couples must be abstinent for prolonged periods of time. When you feel a sexual urge, it is creative energy looking for a way to be expressed. If you're not with the right person and in the right setting, you don't have to go to war with the urge. You can direct it for good. Many people discover that abstinence offers an increased amount of energy, focus, and creativity. Spiritual growth, boundless levels of physical energy, and a strong mental focus can occur. Sex can become a distraction that takes away the energy to pursue great endeavors.

Releasing that energy through orgasm can become a quick release that tempers the drive to action in other areas of life. Our stimulation-seeking culture abuses sex by over-indulgence in it. Too many people are wasting their sexual energy. Looking at pornography on the internet and masturbating depletes sexual energy, wastes time, and causes a person to be isolated, unproductive, and weak. Sexual energy that is channeled into healthy outlets gives a person greater imagination, creativity, courage, willpower, persistence, and more. The sexual energy within us can be such a motivation that we are willing to sacrifice and even die for another. Imagine if you could harness your sexual energy and use it towards helping others, building relationships, and pursuing the greater good!

You can learn how to channel and redirect your sexual urges and energy to achieve what you want most out of life. You must learn how to use your sexual energy in a way that transforms it from physical expression to an emotional and spiritual purpose. If you can accept the sexual drive as just part of your nature and realize it is just part of who you are, you can rise above it. You can learn to control your sexual drive and not let it control you! Don’t deny it, run from it, or let it consume your life. Escaping or repressing sexuality isn’t going to work. **Sexual energy cannot be created or destroyed, it can only be transformed.** Channel it into constructive activities according to your state in life, and what is appropriate. You will discover an increase in energy, focus, and inspiration.

Sexual energy can be transformed into acts of heroism. Some call it the “superpower” that motivates sacrifice and actions that can save an individual or the world. Sociologists are commenting on the decline of male strength and altruism. They often blame it on the readily available pornography leading to an increase of masturbation and depletion of sexual energy that is needed to reach beyond oneself to help others.



You can start overcoming your unwanted sexual behaviors and outlets. The RECLAIM program is designed to give you the training, resources, tools, and support you need to achieve this. Why not get started today?

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