

Good Health Tips: Sexual Behavior is Worth Controlling

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If the categories of “good” and “bad” exist, they may be applicable to different health tips that you can find here and there. Now you are going to read **good health tips** as they touch upon a very important issue of hypersexuality. In this set of good health tips I will tell you about signs and symptoms of compulsive sexual behavior, its causes, complications and treatment. Why do I call these good health tips? Just because they are rather short but informative enough. Please, read the good health tips below and make use of the information that you get.

1. **Good Health Tips:** The Problem of Compulsive Sexual Behavior

Everything is good that is within the limits. Healthy sex is a part of everyday life of modern people. But when the need for sex becomes overwhelming many problems arise. In general these problems are called compulsive sexual behavior. Hypersexuality, nymphomania or erotomania are other terms referred to uncontrollable sexual desires and activities.

2. **Good Health Tips:** Signs and Symptoms of Compulsive Sexual Behavior

The first characteristic of compulsive sexual behavior is that it interferes with one’s daily life and interest. Sex seems to be the only way out from psychological problems, without it the life seems to be empty. A person obsessed with sexual desires has multiple sexual partners, gets pleasure from watching pornographic materials and masturbating excessively. Sexually obsessed people are often engaged in masochistic or sadistic sex and are active participants of sexually explicit phone conversations and Internet chat rooms.

3. **Good Health Tips:** Causes of Compulsive Sexual Behavior

Compulsive sexual behavior originates either from psychological or neurological disorders. Emotionally or physically abused children develop an unhealthy attitude to sex. The feeling of shame and depression may result later in extremes in sexual activity. Epilepsy or dementia are the neurological disorders that can be a cause of compulsive sexual behavior

4. **Good Health Tips:** Compulsive Sexual Behavior Complications

On the one hand, a sexually abused person gets constant pleasure from having sex, on the other, he/she may suffer from the following consequences of compulsive sexual behavior:

- Relationships with sexual partner are gradually destroyed as a sexually abused person becomes deceitful about his/her outer sexual intercourses;
- Sexually abused person spends money on prostitutes, pornography and phone-sex lines to get as much satisfaction as possible;
- He/she is more subjected to sexually transmitted diseases; the risk of unwanted pregnancy increases;
- He/she cannot concentrate on anything else apart sex; cannot control his/her conduct and often becomes engaged in high-risk behaviors.

5. **Good Health Tips:** Compulsive Sexual Behavior Treatment

As with any other disease the most important and the most difficult step to take is to realize that treatment is really needed. When one understands that some measures should be taken to normalize his or her sexual activity, one or several treatment options may be chosen. A specialist in treating sexual behavior may suggest either some kind of individual or group therapy, marriage counseling, self-help groups or some drugs to take.

Consider the good health tips above and get pleasure from normal sex life that you live.