

A-D-H-D

The word "ADHD" commonly stands for "Attention Deficit Hyperactivity Disorder", a condition where individuals struggle with focusing, concentrating, and managing impulsivity. Today, I'm going to share with you another meaning for this abbreviation that can help you manage the sexual stimuli that constantly bombard each of us.

Acknowledge

When you see something that is sexually arousing, whether it's an image on the computer screen, something on television, or an actual person, you'll be tempted to notice and linger on what you see.

This is the time to acknowledge what you've seen. When you try to pretend in your mind that you didn't see it, the chances of you lingering and exposing yourself to further arousal increases. Instead, be honest with yourself and acknowledge that you saw something that was arousing while proceeding to the next step.

Demystify

When you demystify something, you remove the element of fantasy and mystery from it. Most sexual fantasies are powerful because they combine a sense of mystery and the unknown with sexual feelings. You can demystify an individual by imagining them as a real person who has real responsibilities and real feelings. You can imagine them getting sick, being tired and grumpy, needing to go to work and pay bills, wanting to sit and talk and work out complicated relationship problems, etc.

This takes the unrealistic fantasy element away and grounds the image or person in reality.

Honor

It's important to understand that each person on this earth is someone with unique gifts, needs, sorrows, and dreams. To view someone as simply a collection of body parts is to dishonor their true identity. When you honor a person as someone who is a sister, a daughter, a grandchild, and a friend, you place them as precious and unique in the eyes of those who love them. If you are spiritual, you may recognize that the individual is a child of God who has a special place in God's eyes.

When we honor someone, we would never want to use them for our own gain.

Distract

As was mentioned in the previous newsletter, your brain must focus on something different that is not arousing within the first three seconds of exposure.

Distraction is a great way to break the mind from lingering and focusing on arousing stimuli. After turning away from the stimuli, you can continue working on acknowledging, demystifying, and honoring.

Have a plan for what you'll do after you distract yourself.

A-D-H-D allows you to be more proactive about the images and visual stimuli that you encounter in your daily life. Once you make it a habit to treat each sexually stimulating image or event with this filter, you will feel more in control of how these types of things affect you.