# 'I was a straight teenage sex addict... looking for men'



A 19-year-old university student recently shared his candid and challenging journey from being raised in a devout Catholic household to grappling with sex addiction after arriving at university. His story, posted anonymously on Reddit, shines a light on the complexities of sexual behaviour and addiction in young adults navigating newfound independence.

The young man detailed how his strict religious upbringing instilled in him shame around sexuality. “I was raised in a really strict Catholic household and before I left for college I hadn't done anything sexual with anyone,” he explained. This background, he suggests, left him ill-equipped for the freedom and opportunities he encountered at university.

Upon starting college, this student actively sought to change his situation, embarking on a journey of exploration through dating and the use of various apps. "I lost my virginity pretty quickly," he recounted, describing his first experience as a brief encounter that left him wanting more intimacy. Driven by curiosity and a desire for connection, he downloaded multiple dating apps, sometimes encountering success, while other times facing frustration.

During a particularly challenging episode, where he was unsuccessful in finding a female partner for the evening, he turned to a gay dating app. Although he did not consider himself interested in men, he was driven by an intense need to engage. Ultimately, this led to an encounter with another man. “A few days later, I was back on [the apps] looking for girls. And when I couldn’t find one, guys.” This cycle of behaviour continued, illustrating the addictive nature of his compulsions.

The story took a controversial turn when his cousin, who is openly gay, visited him. An honest conversation about his urges led to a taboo encounter between them. Despite feeling disgusted with himself, this episode was repeated several times. Parallel to this, his use of dating apps yielded numerous partners, none of whom he felt genuinely attracted to beyond their willingness to engage in sex.

The student recognised his pattern of behaviour as a possible sex addiction. His awareness led him to attempt quitting multiple times, albeit unsuccessfully. Despite his situation, he expressed an inability to confide in his family, fearing their strict religious values and potential judgement.

Sex addiction, as underscored by numerous mental health experts, is a condition that can arise from various factors, including personal history, upbringing, and unmet emotional needs. The anonymous student's narrative aligns with experiences of many who find themselves trapped in cycles of compulsive sexual behaviour, often exacerbated by a lack of understanding or support from their immediate social circles.

For those dealing with sex addiction, professional help is recommended. Therapists specialising in addiction can offer cognitive-behavioural therapy (CBT) and other therapeutic techniques to address underlying issues. Support groups, such as Sex Addicts Anonymous (SAA), provide communal support for individuals with shared experiences and struggles.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.noahwire.com> - This link does not directly corroborate the specific story about the 19-year-old university student, but it is mentioned as a source in the context. However, it does not provide any relevant information to the claims made in the article.
* <https://noahwire.com/terms/> - This link provides terms and conditions of Noah Wire Services, which does not relate to the story of the 19-year-old university student.
* <https://www.scamadviser.com/check-website/noahwire.com> - This link reviews the legitimacy of noahwire.com but does not address the story or its claims.
* <https://noahwire.com> - This link describes the services of Noah Wire Services, which is unrelated to the story of the 19-year-old university student.
* <https://www.technologyformarketing.co.uk/speakers/ivan-massow> - This link provides information about Ivan Massow, the co-founder of Noah Wire Services, but does not relate to the story of the 19-year-old university student.
* <https://uk.linkedin.com/in/massow> - This link is Ivan Massow's LinkedIn profile, which does not address the story or its claims.
* <https://www.reddit.com/> - While the story mentions that the 19-year-old shared his journey on Reddit, this link is too general and does not directly corroborate the specific story without more context.
* <https://en.wikipedia.org/wiki/Sex_addiction> - This link provides general information on sex addiction, which aligns with the mental health aspects discussed in the story.
* <https://www.saa-recovery.org/> - This link is to Sex Addicts Anonymous (SAA), a support group mentioned in the article as a resource for those dealing with sex addiction.
* <https://www.psychologytoday.com/us/therapy-types/cognitive-behavioral-therapy> - This link explains cognitive-behavioral therapy (CBT), a therapeutic technique recommended for addressing sex addiction in the article.