

Research Paper

Behaviour Technology for Effective Management of ‘Sex-Stories-Addiction’ with Development of ‘Alternate-Emotional-Response’

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ABSTRACT

Management of ‘Addiction for Reading-Sex-Stories’ poses a challenge to Psychologists. This Addiction results in the development of several Psycho-Social problems for the affected person and the Society. This paper presents the details of the Application of an Innovative Cognitive Behaviour Technology for the Effective Management of ‘Addiction for Reading-Sex-Stories’ and its related Behaviour Problems. Er. T. K. a young Engineer, aged 26, as a result of his ‘Addiction for Reading-Sex-Stories’ had started approaching his married elder sister with an intention of engaging in ‘Incestuous Sexual Behaviour’ and when she was shocked and objected, he had approached his own mother with the same intention. He was afraid of going out of his house for the fear of sexually harassing any women on the street. He could not join a lucrative job offered to him in the State Capital because of his fear of getting entangled with social ostracism likely to be caused by his misbehavior with any woman on the street. He was treated with an Innovative Behaviour Technology and was cured of his ‘Uncontrollable Sexual Behavior’.

Keywords: *Cure of Incest/Cure of Objectionable Sexual Impulses*

Reading ‘Printed Versions’ and listening to ‘Voice behaviours Versions’, of Sex Stories, ‘Excessively-Arouse-Sexual-Impulses’ of the person. As a result of these above behaviours, the younger generation as well as the unmarried and married persons of both the genders get sexually aroused and engage in:

1. Compulsive-Masturbation
2. Pre-Marital Sex
3. Extra-Marital Sex
4. Visiting Commercial Sex Workers
5. Incest
6. Bestiality
7. Lesbianism
8. Homo-Sexuality

This study describes a ‘Brief-Behaviour-Technology-Module’ that was developed and administered for curing the Excessive Sexual Arousal and Incestuous Behaviour of a Client.

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Sample

The Client was a male aged 26 years, with a Degree in Engineering, who had an appointment order to join a reputed Company at a State Capital. He had attempted to engage in 'Incestuous-Sexual-Attacks' on his own elder sister, who was married and also on his own mother. He was afraid to go out of his house, for the fear of making sexual assaults on any unknown-woman, he may come across in public places. Thereby he was afraid of a mob-lunching, for his anti-social behavior. He wanted to be cured of his 'Uncontrollable-Hyper-Sexual-Excitation-Response'.

He used to read 'Tamil-Sex-Stories', which described 'Incest'. Reading 'Sex-Stories', stimulates the 'Reader' more than a 'Viewer of Porn Videos'. Because, the Reader engages in 'Active-Fantasizing' and hence, reading Sex Stories causes devastating 'Stimulation of the Reader's Sexual Impulse and Sexual Behaviour' as compared to watching Porn-Videos. Hence, 'Deviant Sexual Behaviours' are more likely to be caused by the Reading of Sex Stories in one's own Mother Tongue.

METHODOLOGY

1. 'Shifting from Sexual-Response to Laughter-Response' (Ganesan, 2008a):

The Technique for the Development of 'Alternative Emotional Responses' to an 'Arousing Stimulus' was used. The usual 'Sexually-Arousing-Emotional-Response-to-Sex-Stories' can be replaced with an 'Elicited-Emotional-Response' that will be 'Non-Disturbing-Response' like, 'Laughter-Response'.

2. Laughter Technique for the Management of Psycho-Physiological Stress Responses (Ganesan, 2008b):

Client was asked to laugh aloud producing the wave-like laughter sounds like:

- i) Haa, Haa, Haa
- ii) Hee, Hee, Hee
- iii) Whoo, Whoo, Whoo
- iv) Hey, Hey, Hey
- v) HoHo, HoHo, HoHo.

This is to be done by the Client in lying position with eyes closed for a period of 30 mts., which has to be followed by lying down silently for another 30 mts. This technique produces the 'Relaxation Response' and Endorphins are being released in to the blood.

1. The Client was asked to select some five 'Stimulating Sex Stories'.
2. He was asked to arrange them from the 'Most-Stimulating' to the 'Least-Stimulating' in terms of their 'Stimulation-Potential'.
3. He was asked first, to read aloud the 'Least-Stimulating-Story', sentence by sentence and to immediately engage in 'Loud-Laughter' after reading aloud each sentence. This was repeated thrice for the same 'Story' as the 'Stimulus'.
4. Gradually, he was asked to read the other stories, which are more and more stimulating, and to laugh aloud thrice for each of the five stories.

The 'Psycho-Endocrinal-Responses' to the reading of the sex stories were altered from, 'Sexual-Arousal' to 'Laughter' by the administration of the above technique. This technique was administered once a day, for five days.

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3. Genital Muscle Relaxation Technique (Ganesan, 1972):

1. Client is to sit with knees bent in front and elbows resting over the knees.
2. Anal muscles are to be tightened and kept in that position for counts from 1001 to 1006 and then to be relaxed. (20 trials).
3. Genital muscles are to be tightened and kept in that position for counts from 1001 to 1006 and then to be relaxed. (20 trials).
4. Both Anal and Genital muscles are to be tightened and kept in that position for counts from 1001 to 1006 and then to be relaxed. (20 trials).

This technique helps in the optimization of the ‘Sexual Response’ and reduces the ‘Sexual-Inhibition’ as well as, the ‘Sexual-Excitation’. Also, this technique helps in significantly reducing the ‘Habit of Compulsive Masturbation’ among males and females.

Brief Behaviour Technology for Reduction of Rate of Breathing (Ganesan, 2012)

Different emotions cause different ‘Rates of Breathing’ per minute. The ‘Normal-Breathing-Rate’ per minute is 15 sets of Inhalation and Exhalation.

The Client was asked to have longer exhalations and longer inhalations per minute, thereby deliberately trying to bring down the Breathing Rate to 1 per minute.

When he exhales, he mentally counts ‘one’ and while exhaling counts ‘two’. He was asked to do this for a period of one minute. At each session he was asked to do ten trials, till the Breathing Rate per minute comes down to ‘one per minute’ three times continuously. This helps in the maintenance of an ‘Emotional Balance’ and it helps in ‘Playing Cool’ all the time. Anxiety, Anger, and Desire come under control.

On the whole, the Client had been admitted and treated for fifteen days as an ‘In-Client’.

RESULTS AND DISCUSSION

The client could take control over his ‘Sexual-Response’ to ‘Real-People’ and could visit crowded places comfortably without any ‘Sexual-Arousal’.

CONCLUSION

The Brief Behaviour Technology Module administered in the present study had significantly cured the Client of his:

1. ‘Incestuous Sexual Behaviour’.
2. ‘Generalized Sexual Arousal’ towards ‘Unknown Females’.
3. ‘Compulsive-Masturbation’.

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Conflict of Interest

The author(s) declared no conflict of interest.

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