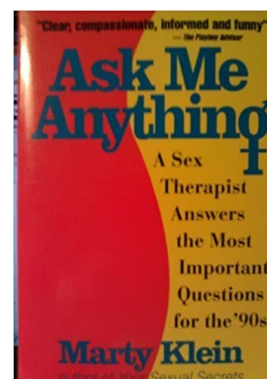


**"Ask Me Anything:
A Sex Therapist Answers
the Most Important
Questions for the '90s."**

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Question #192 from "Ask Me Anything," page 108

192. I'm afraid. What if we discover some kinky thing we really like, and we become addicted?

There are two fears behind this common question. The first is that we might discover that we're not who we thought we were, that we're one of those people we thought were bad or dirty. What's at issue here is our judgments of various aspects of sexuality, not any goodness or badness intrinsic to sex.

The second fear is that sex will take us over if we give in to it. But there is no sacred, hidden aspect of sexuality that we cannot handle. Assuming that you're not hurting yourself or someone else, base your sexual decisions on how something feels. You can have any sexual satisfaction you like and can refuse any you dislike.