90-Day Sex Addiction Detox Summary

■ Days 1–30: Interrupting the Cycle & Stabilizing the Brain

- Dopamine levels begin stabilizing; cravings may initially spike then decrease.
- Interrupting compulsive loops and automatic trigger-response cycles.
- Increased awareness of emotional triggers (anxiety, shame, loneliness).
- Early improvements in concentration and clarity.
- Distress tolerance skills begin forming.
- Withdrawal symptoms gradually normalize.

■ Days 31–60: Emotional Regulation & Identity Rebuilding

- Significant reduction in compulsive urges and intrusive thoughts.
- Improved impulse control and emotional regulation.
- Greater ability to tolerate discomfort without acting out.
- Emerging self-trust and consistent coping strategies.
- Enhanced relational presence and communication.
- Reduced dissociation; increased stability.

❤■ Days 61–90: Integration, Stability & Intimacy Reconnection

- New neural pathways become more established (habit rewiring).
- Strengthened sense of agency and personal power.
- Greater capacity for healthy intimacy and vulnerability.
- Reduced shame and improved internal boundaries.
- Connection to personal values and aligned behavior.
- Sexual desire becomes more natural, connected, and less compulsive.