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SUMMARY KEYWORDS

addiction, people, sexual addiction, call, tonight, addictive, person, fun, sally, houston, relationship, addicted, behavior, feelings, hear, sexual, question, trivia question, talk, bathhouse

SPEAKERS

Peter, Jimmy Carper, Jim Griffith, Howard McHale, Speaker 5, Speaker 6

Jimmy Carper 00:08

The following program contains language or images of a frank or sensitive nature, which may be considered objectionable by some listener discretion is advised. Oh yes, you've tuned into after hours a continuing tradition on KPFT Houston 90.1 FM. The crew of after hours is ready to bring you news, interviews and music geared for gay, lesbian, bisexual and transgendered people. Hear it after hours, we may be diverse, but we have one thing in common. We are all out of the closet and urge everyone to come out of their closets. That means standing up for yourself, taking responsibility for your own life and being proud of who you are. Realistically, we know not everyone can do that because of a wage job or frame of mind. That's okay. We're here for you too. So sit back, relax, and enjoy this week's edition of after our. fruitcake

Howard McHale 02:08

Thank you. We're just talking about your testicles. Oh, we were big on droopy. Oh, baby. What do you do and Big Daddy

Jim Griffith 02:18

talking about your anatomy.

Howard McHale 02:20

We are human hands.

Jim Griffith 02:24

Over 13 states.

H Howard McHale 02:26
I'm sure Mount Rushmore has had more people look at it. Oh, I

J Jim Griffith 02:30
think so. Well, big data and little debt. Now. Jim. You're not feeling good tonight?

J Jimmy Carper 02:34
No, I'm I got the flu or some, you know, something? I don't know.

H Howard McHale 02:44
I had it two weeks ago.

J Jimmy Carper 02:47
Was I supposed to say that big word. Now we can say that we can say the B

H Howard McHale 02:49
word. Oh, I'm so glad we got thrown off couple weeks ago for saying bad words.

J Jim Griffith 02:54
But you always say bad words. I know. There's a lot of crap gone wrong. Yeah. Yeah. You know, we were just sitting around talking the other day about breast cancer and how we were we never heard about that.

J Jimmy Carper 03:05
That's right. We never heard about That's exactly right. You know, when I first heard about breast cancer when Pat Parker, the lesbian poet died of breast cancer and I had in the back of my mind, I was thinking breast cancer is a thing of the past. I mean, I don't know why I thought that breast cancer

J Jim Griffith 03:23
until the last maybe 10 years and now everyone's dying. I know. Why is it the atmosphere?

P Peter 03:30
They never should have shot. That's what Nick up I told you. They never should have thought that put Nick up in the air. It's crazy. It's making Russian. I know you guys are the Russian hands and Roman. Roman fingers. Anyway, speaking of visible sounds melody tonight, every Hispanic boy in town wants to know how melody is

J Jim Griffith 03:51
hey, the crowd as well.

P Peter 03:55
And anybody who wants to know how melody is doing tonight can meet us back at the mining company right after this show. And check on melody

J Jim Griffith 04:02
and we have a trivia question tonight. We do we do? We do? have quite a bit. I

H Howard McHale 04:07
know the answer like I knew Thanksgivings. Answer.

J Jim Griffith 04:09
I know. You always had the answers. Thank you. Shut up woman. Anyway. Anyway, tonight's trivia question. If you call in

J Jimmy Carper 04:17
and what's the telephone number five to 65738

J Jim Griffith 04:21
or five to six? KDF. T You have a dinner for two at mandalas family table. Wow. Which one? Which one went

H Howard McHale 04:29

by and one? Oh, I feel wonderful place. Isn't

J Jim Griffith 04:34

there one in River Oaks where there's a gulf coast kitchen. Oh, but this is this the new family. And we love family out there. But with a trivia question for tonight when you call in and you can call in during the entire night. Yeah, is if you could name the number one tourist attraction in Houston, Texas. Hey

H Howard McHale 04:57

Howard. suck it's not my bedroom.

J Jim Griffith 05:02

I even start you wicked thing.

P Peter 05:07

Well really that really leads right into our topic for tonight though

J Jim Griffith 05:11

exactly your but because joining us tonight show, you know, we've been doing some crazy shows over the week. I've been doing fun shows, and we appreciate all your cards and letters, naked pictures and postcards.

H Howard McHale 05:24

And anybody who wants a date is with your number on it

J Jim Griffith 05:27

would be fine. If you lead we follow. But that'll work. Now tonight we're going to take a serious approach and we're going to talk about something that plagues the every gay and lesbian person, every person in America every every living this

H Howard McHale 05:43

goes beyond gay and lesbian boundaries. Exactly. This goes beyond anybody

J Jim Griffith 05:46

and this sexual beyond beyond my sexuality. If I could ever find it. We're gonna talk about tonight is a lot of things. Just not a fire truck. Anyway, we are going to speak tonight. We have a therapist in the house. And you know we love guests on our show, don't we?

P Peter 06:05

We love guests. We thrive on guests. We have one every time every time Yes. Except for these listen to you and me.

J Jim Griffith 06:13

At that time it was the tubs a couple of years ago saw you in a towel.

H Howard McHale 06:17

Wasn't that a pretty picture? Oh, washcloth I was doing my Tarzan thing I didn't know you're doing your Jane thing if I remember correctly tell you stuff. We do. We have that cellular thing. It's an age thing. You'll get it. Why would losing your hair? I said the magic words. Oh,

J Jim Griffith 06:34

you had to say the H word. Ah, we're good. Anyway, back to our topic. We're gonna be speaking tonight on sexual addiction. We are Yeah, so good. You know, and it's strange because I mean, for all of you who are right now searching for someone to have sex without in the bar whether you be straight or gay. Do you suffer from sexual addictions?

H Howard McHale 06:56

What is essential? What does it look like? We're gonna save that for

J Jim Griffith 06:58

later on the show. Okay, and our guest in the house tonight. Why don't you introduce

H Howard McHale 07:02

our guest tonight? Is Sally Hubert's

J Jim Griffith 07:05

Sally Huber's who is a therapist at if I'm not correct, the Montrose clinic. And she's gonna here she's gonna talk tonight and take your phone calls and we're going to talk about exactly what goes on in the mind of a person who has sexual addictions. We'd like to also get into the fact that

H

Howard McHale 07:23

Why are you a sexual addict? That's what we're gonna get into? I think you are because we want you to call in and talk to us. Howard Lauer, egg them on.

J

Jim Griffith 07:35

I think I'm an addict. But no, seriously, we

H

Howard McHale 07:37

know you're an addict. Yeah, we know what you are. I think the I 10 Bookstore could prove it. Oh, excuse me.

J

Jim Griffith 07:43

We'll talk about that later. Anyway, exactly. On a serious a serious note, which we will believe it or not, we will go do get we do get serious here tonight. We just get up in the beginning the product of an environment where sexual and addictive people frolic. What is sexual addiction? We know that gay and lesbian people aren't the only ones who are sexually addicted. What exactly, sir compares to Oh, no,

H

Howard McHale 08:15

that's not a word. prejis sorry.

J


Jim Griffith 08:18


What are the parameters?


H


Howard McHale 08:22


Thank you, Sal. You know, I went to college to wow. couldn't prove it. Wasn't state school. a&m. Oh, oh. No, seriously? I did. I did play drugs during college. You can take back the degree you didn't get me anywhere.

 Peter 08:39
They're listening in Michigan. Now. I can hear it.

 Jim Griffith 08:42
was University of Texas. You did in Dallas? Yeah.


 08:46
I thought you went to

 Howard McHale 08:48
I went everywhere, girl.

 Speaker 5 08:50
That's why your degrees in question. You were the bathhouse.

 Jim Griffith 08:55
Sally, I have. No, but I think it's a topic that I think we really need to talk about. Because I think what happens is that there are people out there who I can remember the first time if I may, without getting on this right now. The first time I achieved orgasm with myself. It was a sight let me tell you, but what had happened was I automatically in my mind thought that I was doing something wrong. But then what happened? It felt so good that I just repeated it continuously

 Howard McHale 09:29
constantly. From the time you were like seven till 2037 37

 Jim Griffith 09:38
But the thing about that scared me was I would ask myself, Am I addicted to this? Does is this somehow detrimental? To my mind to my body to my spirit to my soul? And it kind of scared me? Like unlike Jim who has never had sex and 10 years alone or with barnyard animals here

 Howard McHale 09:58
is the driven snow and twice co Oh,

J Jim Griffith 10:01

really? That's our topic tonight and we're glad to be back in the house and Jim I know you're feeling terrible. And I know I'm feeling oh baby, but you look so good. Hey, what's going on with the street festival? I heard the the Alzheimer's, the Westheimer Street Festival and the art festival split up the

J Jimmy Carper 10:18

show. I'm not today. I've been waiting for this to happen for a long time because there's been this animosity back and forth. So now you can enjoy both of them.

H Howard McHale 10:28

How wonderful so

P Peter 10:29

when are they? Well, I

J Jim Griffith 10:31

don't know mono. Does anybody know the dates? You were supposed to bring the dates and no, I wasn't. That's coming up soon. What's your read the Houston press also a little Pride Week up yeah,

H Howard McHale 10:41

what's going on with pride the co chair

J Jim Griffith 10:46

soon to be impeached. Long story I've never worked so hard for all of you little boys and girls out there. But let me tell us about it. Well, you know the festival the parade is the 23rd Okay, and the five o'clock at night Nice try to get out to we're gonna try to get out of the heat this year. We're trying we have the task force that is out there recommending when all your ballots are coming in, you know, because it's almost up. This month, it will be up and we'll decide when we're going to move it or actually what happens is that the task force was formed to then try to bring information to the pride committee to say when when you would like to have your parade and I can tell you maybe I can't tell you but I can tell you most of the results and most of the results that have been tallied in have been to move the parade to either a spring or fall date. So it'll be nice well in a lot of people have been talking about a night parade and we should do a show on that. But basically we can have a night parade on a Saturday evening here

in Houston and we'd be the only the only city that the Gay Pride city do have their pride at night the safety hazards and concerns of purity of believer not of the city Sure. They have spoken to us or the from the constables office and said they weren't real too thrilled within a nighttime. And if you think about

H Howard McHale 12:05

when it's little cooler you don't need to do tonight. Exactly out in the middle of so so

J Jim Griffith 12:09

we were tossing that around and we don't Bronski beat has just signed on that last time to do the right festival. There'll be the opening act and we're just working for another one and I heard that I guess I can tell can I get sign they're not signed yet

H Howard McHale 12:29

don't tell no secret but we'll just

J Jim Griffith 12:31

pull it up short the impeachment proceedings early.

H Howard McHale 12:36

You got that right.

J Jim Griffith 12:39


But um, things are moving real well, you know, we've only got what two months before probably three months before


P Peter 12:44


I get on my balance day and all my things for the marshals and all my good things about organizations that all came in the mail today came in


J Jim Griffith 12:51


the mail, the newsletters been out. Things that private committee have been moving right along. Yeah, and I'm real happy

 Howard McHale 12:57
with Stephen. H and


 Jimmy Carper 12:59
I just love it. I have been marching in the pride parade since 1988. And I wouldn't miss it


 Howard McHale 13:05
got back in there only 30 Get a newsletter, Jim. Yes.


 Jim Griffith 13:08
Did you see Stephens house on the side? Wasn't that special? That was very

 Howard McHale 13:12
wonderful article written by me. No, it's on the front page. Terry and I will be in the front
competent. Read

 Jim Griffith 13:21
your articles by sexually addicted people.

 Howard McHale 13:24
Not sexually. Oh, I am addicted to food. Salt. Anyway, that's our show tonight. I know we want
to go to a song and we're going to come back with your remember the trivia question tonight.
Actually,

 Jimmy Carper 13:36
we have someone holding Hey, well, let's already you want to do that. Yeah. Should we do that
already

 Howard McHale 13:41
and figure out where we're going?



Jim Griffith 13:43

Sure. Well, we told him to call him all night it might be long distance.



Peter 13:46

Could be we don't want to keep on hold too long. Are we ready for all this? Jimmy YOU they're on to



Howard McHale 13:54

Hello. Get ready to get sat



Jim Griffith 13:56

down. Remember if you work for me, you know are you



13:59

on the air? Hello? Hello? Hello, Howard. Oh, hush



Jim Griffith 14:03

woman. What are you doing? I want to guess this trivia question. But you can't tell question because you weren't for me. Dangling? I already told you the answer.



Jimmy Carper 14:11

Oh, that's not fine.



Howard McHale 14:13

Anybody who works for the Mendola family table is automatically out of the thing. Thank you



Jimmy Carper 14:22

don't you be tricky and you're gonna give away the answer.



Peter 14:27

— Your help these days, Katie.

J Jimmy Carper 14:28

Well, now I know the answer. Because it's written down on this whole piece of it isn't

J Jim Griffith 14:31

really well, we'll come back to have another call for that then. Not yet. Not yet. Okay. Give him the phone number again.

J Jimmy Carper 14:37

526573852 6k PFT. dinner for two were at mandalas family take exactly do you know the answer? And what's the question? Question is what is the number one tourist attraction in Houston? That's Howard's but

J Jim Griffith 14:55

that was just the prettiest smell he has.

J Jimmy Carper 14:59

We better buy Are you We gotta go to music okay have a festive song? Yes, yes. That was Melissa Etheridge with a song called an unusual kiss.

H Howard McHale 15:17

Woof. The Federline nine we got somebody wants to answer this question Hold

J Jim Griffith 15:21

on What unusual kiss? Now what would that wouldn't smell like alcohol unusual for me. But we have. We have a caller on line nine is going to talk it was going to try to answer the trivia questions. Yes. Go ahead. You're on the run here.

H Howard McHale 15:34

Let's go. Hello. Hey,

—

J Jim Griffith 15:37
Carl. You're on the air Carl. Hello. Hello. Hello.

i 15:39
Hello. This the number one tourist attraction in Houston right? Yes, sir. AstroWorld

H Howard McHale 15:45
No, sir. Sorry, Carl. Nice try though.

J Jim Griffith 15:49
The booby prize you win baby pictures of Jim naked you

H Howard McHale 15:53
got him I'll send him to you write out honey by.

J Jim Griffith 15:57
Remember tonight during the show? dinner for two at mentalist family table if you can correctly. Guess the number one tourist attraction in Houston and number is five to six KPFT

P Peter 16:08
given the answer three times. Let's go to Sally.

J Jim Griffith 16:11
Okay. First of all, let me tell you about our guest tonight. She is a psychotherapist for modules clinic. Call her on the phone. I said Sally, Sally, I want to talk about something. She said hey, Howard, you can count on me. Now we're gonna talk about sexual addiction addiction. Her name is Sally her roots with the Montrose clinic and she's here to answer our questions. Your questions. I'm just gonna do a little talking first of all, right, Sally? Yeah, yeah, welcome aboard. Go for it. Hey, baby.

S Speaker 5 16:38
Okay, what was sexual addiction? You know, let's just talk about addiction period. Okay. Anything that you don't have control over? Is an addiction. When you engage in the behavior,

and it doesn't feel like a choice, be that alcohol, cocaine, marijuana. Food, you have gambling/ Yeah, there are all kinds of addictions. And so sex is just one of those. We don't measure addictions by quantity. You know how often you do the behavior. We measure it by how it affects your life. And you look at areas of your life if it does it. Have you gotten into legal trouble? Have you gotten into trouble at work? Have you gotten into trouble with relationships your family or people nagging you stop doing this, stop doing this you're spending too much money and you're getting angry at them? You're getting in trouble with yourself? Are you are you feeling shame about this behavior that you keep doing? And you can't quit? If you answer yes to those questions, you're you're into an addiction and this is an addictive culture America and it's a very shame based culture, there's a lot of finger wagging. And so if you if you go to the bathhouses or engage in anonymous sex, and it doesn't feel like a choice, and you're probably you know, stepping towards the edge of a sexual addiction, and if you're you're spending money and you're you don't have that money to spend it's impacting your your finances, it's impacting your life then we're talking about we're talking about addiction it's not how often you go to bath houses or the park or whatever.

J Jim Griffith 18:36

What when does addiction become detrimental?

S Speaker 5 18:40

It's it's a continuum this sneaky thing about any addiction is the beginning stages of the disease of the addiction are sort of invisible and and it it sneaks up on you so it's only in the the middle or final stages where you can really identify it as a problem because the main symptom of addiction is I don't have this I don't have a problem with this so it's that's that's a river in Egypt right so it's real hard to tell when too much is too much or when this behavior really isn't a choice because the whole time you're saying I can stop doing alcohol anytime I wanted you know, but I just enjoy you know now I can stop the marijuana no problem now have to because I don't do it every day.

J Jim Griffith 19:35

sexual addiction and and we live in a society that is very sexual. Oh, yes. Gay people are very sexual stripe people who are asexual and this is this is sexual addiction, a disease in the terms of therapy, psychotherapy,

S Speaker 5 19:53

yes, it is. You know, a condition that fits in the Diagnostic and Statistical Manual of Mental disorders Yeah, so it is

P Peter 20:01

addiction is a disease. Yeah. To be sexual, whatever addiction,

J Jim Griffith 20:06

okay, but when does addiction not become play? I mean because because there are some some behavioral patterns that I choose that some people would call addictive but I would call it horseplay.

S Speaker 5 20:19

When does your your question is really when does a behavior become labeled an addiction? And, and that's, that's there we go with the continuum when, when when it starts messing up areas of your life.

J Jim Griffith 20:35

I mean, I mean, I mean, what's the difference between horseplay fun play and addiction?

S Speaker 5 20:42

I mean, what do you mean by horseplay?

J Jim Griffith 20:44

So if I have behavior that I perform that I do, that some people would call addictive, but I would call fun loving and caring and just fun,

S Speaker 5 20:57

I'm gonna ask you this. Is it affecting your finances? Is it affecting your vocation? No, no. is it affecting your relationships with other people?

H Howard McHale 21:06

Well, anything affects our relationships with other people. Negative negatively,

S Speaker 5 21:12

are people griping about it? Or our relationships crashing? Are you getting into conflicts

P Peter 21:18

... ..

with Are you not getting a relationship that you may want? Because of it? Yeah,

S

Speaker 5 21:22

you're lonely, isolated? Because you probably because of the behavior, you know, your best friend,

J

Jim Griffith 21:28

your dog? No, see, this is this is this is where I'd kind of want to talk about tonight because there's not that I'm essentially addictive person is in denial. But is the fact that where do we take fun and turn it into an addiction to an event? I mean, I know a gambler, someone who would be an A gambler, anonymous person, maybe would spend \$20,000 you're gambling and losing his house. His divorce. I can see the addiction. Is everyone out tonight? who's searching for a loving mate at Jr's Bar and Grill? Are they addictive? No, no. Is that behavior addictive?

S

Speaker 5 22:07

If you spend \$10 Tonight it Jr's and your annual income is \$20. Then then we might say you got a problem? If if you spend 20,000, your annual income is 100,000. We don't we don't know it just depends on how it is affecting your life. And and is it a choice? Do you could you could you have choices? Could you say well, I can take this alcohol and leave it or I don't need to go to this bathhouse tonight. It's what what makes what you might call horseplay. That the label you put on, makes me suspect it's not an addiction, because people that talk about sexual addiction is I don't want to go that bathhouse I don't want to go to bathhouse, I'm not gonna go to that bathhouse and boom, they're in the bathhouse. It's it's does not feel like a choice. And they anguish over it. They feel shame about it. They feel awful. They they go and they say I'm not going to do that. Again, I'm not going to do that again. I'm going to try harder.

P

Peter 23:12

And that's in that continuum, past mid point, right point, right? It's that but it's that creeping up thing that she was talking about early on that when it goes from invisible to visible, there's that middle

J

Jim Griffith 23:27

ground about that person that likes going there and likes doing these things. And it's fun, and it doesn't cost a fortune. And it's it's and that's not detrimental?

P

Peter 23:36

And that's my big thing about what is the difference between and when is anonymous sex which I think so many of the people that I've dealt with and then counseling with over the years talking about anonymous sex, they would rather go to a bookstore to a bathhouse to whatever

talking about anonymous sex, they would rather go to a bookstore to a bathhouse to whatever to a one night stand. And not have any kind of relationship thing not be glory holes, which I will never understand if I lived to be a billion. I mean, it's like, when does that become? When could you call it sexual addiction? And when can you call it anonymous sex and it's somehow healthy?

S Speaker 5 24:13

Yeah, what is our definition of fun here anyway? Is anonymous sex really fun? Some people say they're having fun but it in this country

J Jim Griffith 24:25

is just a bunch of stiff people telling us not to have any fun. What do you mean? These are the 90s Shouldn't we go out and have some fun if we're afraid this this behavior is addictive? I mean, I mean it just I just thought about it. I mean, I can see those those those snub nose Republicans who the Pat Buchanan and who probably don't have any fun anyway, except going to social picnics.

S Speaker 5 24:48

A lot of those a lot of those are right in there with the bad houses that that right? Yeah, I mean, look at all the ones that have gotten publicity For that, the more shame you have around an activity, the more those those people are going to get caught or not caught. Those are

J Jim Griffith 25:10

just so you don't think it's just a bunch of people telling people not to have fun?

S Speaker 5 25:13

No, no, no, no, no. Addictions about addictions about they think they're having fun. And, and the the addicts or the alcoholic slogan is, are we having a good time. And I tell you what, after you see him in your office, and they've sobered up, they look back. And what they call the good time back then, wasn't a good time when when you see the guys they've sobered up. They've they've gotten some sexually transmitted diseases due to their fun. And after they've got some sobriety under their belt, they say to themselves, and they say to me, this is living. That wasn't fun. I thought it was fun. But this is fun. Now I have my brain. I have my life back. I have feelings. So it's what are we calling fun here? And is anonymous sex really fun? And then from what I see in my office? It's not it's not fun. It's just people will take crumbs if they can't get the whole slice of bread. And

P Peter 26:22

when somebody gets their phone bill for a \$1.200 976 number. Yeah, it was cute at the

when somebody gets their phone bill for a \$2,200 976 number. Really, it was cute at the moment. And it certainly isn't cute that

S

Speaker 5 26:32

the buzz at the time of the anonymous call the buzz is great. But it lasts shorter and shorter. And that's what the addiction is the the buzz the very first time is like, wow. And then as the addiction rumbles on, its it becomes barely a bus and the buzz lasts shorter and shorter. So they keep trying the addictive behavior to get that buzz back. And guess what it never, it never comes back. And then here come the consequences. Sally, do

P

Peter 27:04

you? Do you think like somebody who's really looking for a relationship they're really looking for whatever, like I think was really interesting thing, when you said to settle for crumbs, when they would like the whole slice of bread, you've got somebody that would really like to have a real relationship. But I think the pattern that they've grown up with from early early on, really somehow they like shoot themselves in the foot constantly, every time they would maybe even get a chance or something like that they do something to screw it up. And they end up back doing whatever. So they're really like they want some sort of sense of intimacy. And intimacy, to me is the is the real issue here. It's not sexuality, it's intimacy, we all have this great craving and need for intimacy. And so in order to fulfill the intimacy levels, you know, it's better to get off as it were, or have some few moments of or whatever, for whatever reason, you know, they're not able to establish a solid relationship with someone. So whether they, whether it's their own low self esteem issues of I'm too this I'm too that I'm too whatever. So I'll take this little thing, or whether it's been hurt once before No one's gonna do it to me again, thing or all men or, or whatever, then you end up with this person. And then they be I don't think they're meant to be addicted, but I think they ended up being addictive, or they end up doing things that we would look at from the outside maybe say that's the sort of sexually addictive behavior pattern, but it's because of something that's far grounded way back when?

S

Speaker 5 28:49

Well, yeah, I quite agree. I, I, you know, my jury's not out. But I, I really think that addictions, most of the time, sort of overlay, fear of having feelings, and they're, they're a way to, not very effective, but they they medicate feelings. And you look at the gay community and you look at the way little boys and little girls that don't conform to what a boy is supposed to be and a girl is supposed to be the ways they're treated and the emotional pain they go through. It's just the stories I hear are just horrible. And the parents are there to teach them what to do with the feelings. And the first first thing they get home they get into adolescence and boom, here come the drugs. Here comes a sex and you know, I don't know what determines why somebody gets into alcohol or marijuana or gambling or food. But addictions are ways to cover that pain. And if you if you're first in And then experience with your your parents and your siblings and your peers is a bad experience, then you're going to be real shy about getting into a serious relationship.



Jim Griffith 30:00

J Jim Griffith 30:09

Just Just look at the addictions of the 90s the stalkers. Oh yeah, there must be a real thrill for these people. I mean to stalk people. I mean, wow. But I just want to remind everyone out there you're listening to KPFT 90.1 here in Houston, Texas, and ke Oh,

J Jimmy Carper 30:27

College Station

J Jim Griffith 30:28

college station now. Thank God I can't read. But there's no sign I came glad to get ready tonight. Tonight. Our guest is Sally who Brett's Huberts is gonna be hard Hoover he Brett's from the Montrose clinic and we're talking about sexual addictions here with we're going to call him and let me just finish my talk here had finished your talk. She she's so pushy when it comes to them, but she's addicted to that micro naughty boy one KPFT we want to hear what you want to talk about tonight. Exactly. If you have a sexual addiction if you're worried about a sexual there's if you want to just talk about something friendly, of course now remember that you are being screened. So we don't want you to talk bad, but we just remember we have a psychotherapist in the House who won. I want to answer some of your questions and hear what you have to say. Remember, it's 96.5 96.1 90.1 Jimmy give that phone number again be her what they took down that they took down the little thing that says all this stuff, okay? He needs prompts jeans.

H Howard McHale 31:33

He needs more than

J Jimmy Carper 31:35

90.1 KPFT

P Peter 31:37

randomly loving sexual route. We do have


J Jimmy Carper 31:41

two people holding well let's do it for the trivia College

J Jim Griffith 31:44

of Education. We have the trivia question, Sal, is that okay? A little break. Here we go. Sign up

here.

 **Howard McHale** 31:51


Okay, I'm here. Let's go. Hello. Hello. Hello. Hello. Hello. Hello. Hello. Is this this is Jesse. Hey, Jess. Hello. Just fine. Thank you and yourself. Yeah, we're hanging in there. He couldn't be better.

 **Jim Griffith** 32:09


Hey, Jesse. Where you calling from? I'm here in Houston. Houston.

 **Peter** 32:13

At the mining company later Jesse?

 **Speaker 6** 32:15

Probably not.

 **Howard McHale** 32:16


Oh, all right.

 **Jim Griffith** 32:17


You're just addicted addicted to that mining company?

 32:21

You have a bookstore

 **Howard McHale** 32:25

you're gonna answer a trivia question tonight when dinner for two. That's nice. Well, what's the answer? Is it the Galleria? It is the Galleria. Yes. Yes. I told you nobody told me Who do you go to the Galleria? Yeah, just off of the North. You're right. Okay. And you have the restrooms

 **Speaker 6** 32:45

actually addicted? No, I have a reserved seating. Oh



Peter 32:52

is that right? Yes.



Jim Griffith 32:55

Thank you, Jesse. Hey, listen, Jesse. Yes, we need to get



Howard McHale 32:58

your name, address and phone number and etc. All that good stuff. So



Jimmy Carper 33:02

you have to call back and talk with Roy. Yeah, and Dr. Roy



33:05

talked to Roy and



Peter 33:07

and you won honey, you won.



Howard McHale 33:09

Okay, thank you. What did I win? Dinner for to dinner for two with you? Well, yeah, why not? I promise not D




Jim Griffith 33:19


you're not even in the picture when he was talking to me. He was yeah, do you know he was talking to you just you're talking to me right? I'm talking to Howard. Yes. Are you Oh, hit that but





Howard McHale 33:28


Jesse goodbye. Thank you


 33:32
yes it


 Jim Griffith 33:32
oddly enough, the gallery is the number one tourist attraction here in Houston. Followed by astral world and and then no then the astral world. No, no, I but the astral world is the Galleria astral world and the Astros in the Oilers. The

 Howard McHale 33:52
sweater. Yes. How come we couldn't sell me tickets in the Dean's are moving.

 Jim Griffith 33:57
Because these people still think they live in Detroit? I don't know. Anyway, we got one more call. No, they? Well, we'll just say congratulations and hold holding but I don't know. What do you want to talk about your sexual addictions? Please call back? I'll listen. I'll talk I'll do. Okay, Sally. Yes. Now, you spoke earlier about sexual addiction because that is our topic tonight. And you spoke about the number of times doesn't count. Okay. I'm gonna ask a question to you and you can either say addictive or non addictive. Okay. I know people who have to masturbate continuously 56789 10 times a day. addictive, non addictive.

 Speaker 5 34:44
I can't say I can't I can't give you a yes. No, because I don't I don't know what the I don't know whether that person is whether that feels like a choice to that person. I don't know whether that person is using that behavior to anesthetize feelings. If it's whether what period of time, whether that's all the person is doing, you know, that's whether the person is bedridden that so I don't have enough information.

 Jim Griffith 35:21
Okay, so once again, so on addiction level, there's only one definition, right? The definition you gave us, there's nothing else that would read

 Speaker 5 35:33
that it's not like you you come into a doctor with pneumonia, there has to be a cluster of symptoms before they're going to make the diagnosis. And that's, that's the way with addiction there. There are there are criteria. And and so I have to know whether the person you're describing meets some of the other criteria. And so many people think addiction is about how

often and that that feeds their denial, you know, there's somebody that can drink once a year, and that person can be an alcoholic of that once a year. That's not a choice. And that person gets plastered that person wraps car around the tree, because they started drinking New Year's Eve and couldn't control their drinking. That's it's not it's not about numbers.

J Jim Griffith 36:26

In the long run, basically, with sexual addiction. Got it right, may kick me, addiction, grab you, Oh, that'll work. Can it get to a point where if we look at it solidly, and we say okay, a person would have to come to you and say, Sally, I need help. I feel that I'm a sexually addictive person. What would be the first questions you would ask this person?

S Speaker 5 36:55

I sound like a broken record. I said, Why? Why do you think? What is addiction mean to you? What what are you experiencing? As the symptoms? How? How is it affecting your life? How's it affecting? And you know, I've had so many people be so funny, bad. Well, is it affected your vocation? Well, no. And then you go talking to and so Oh, what are you doing for a job now? And I don't know, this is a classic, whoa, I'm working on Donald's. And you can tell I've got an IQ of 140. And you do a little, you know, investigation and you find a, they flunked out of college? Well, why to flunk out of college? Well, I was partying a lot. And then it's like, oh, all maybe it did affect my vocational choices. But we can be in such denial. So, so the person comes to me and says, I'm, you know, I think I'm a sexual addict. I'm, I'm, I'm going to try to, to see where the shame is. If if there's shame around the sexual activity, and if it doesn't feel like a choice, and if they're there, and this is, this is a judgment call. This isn't a paper pencil test where you answer this stuff with what they're describing, is this flavor of I don't want to do this, I keep doing this and I just don't want to then I'm going to say well, I may agree with you

J Jim Griffith 38:33

can social dependency or addiction starts somewhere back in childhood. And

S Speaker 5 38:40

any I think any addictive behavior starts in in childhood. I think that's that's that childhood those those feelings and we do different things to anesthetize feelings. Once you become once you imbibe substances like alcohol, or you ingest other street drugs, then once you get started down that road, well then then the substance itself is your drink, because you're now calling not because of your childhood pain, and the excuse you use for drinking isn't the real reason once you get into the addiction, you do it because you're addicted.

J Jim Griffith 39:29

Does Do you think that addictive parents rear addictive children?

S

Speaker 5 39:33

Oh, sure. Sure. If you you can't pass on what you don't have. If you don't know a feeling from your rear end, then how are you going to tell your your child what to do with feelings if you're uncomfortable with your own feelings in your little boy starts crying, you're gonna say shut up and be a man because you're going to be uncomfortable seeing the kids tears because you don't want to feel your own pain. You haven't felt it? So you're going to show Got this kid up, he's going to be invalidated. And he's going to think he's wrong at a very profound level for having these feelings so he'll he'll muddle through until he gets to be an adolescent, then he'll find his drug of choice,

J

Jim Griffith 40:15

the path to break any addiction, any addiction. Is it a long path? Or does it deal with the addiction per se?

S

Speaker 5 40:25

It's,

J

Jim Griffith 40:26

it's each day,

S

Speaker 5 40:27

it's a long path. I'll tell you why it's a long path. Hey, all the things I've been saying about how you get into it. Well, then you got to reverse it to get out you've got to, when you when you've gotten into a good addiction, you've ruined your finances, your relationships, you've ruined your relationship with yourself with spirit. And to untangle that the easiest part is to stop the addictive behavior. That's just the first step. But repairing the damage with yourself is a long process. So the 12 step programs are all about repairing the relationship with higher power, Self And Others and about looking back at at yourself and your resentments and your fears, and they're it's a complex process and it's an ongoing thing and you've you've probably spent a good 25 years getting into the addiction you're not going to spend 25 minutes getting out of it because it is damaged every area of your life.

J

Jim Griffith 41:33

I'll remind everyone who listened to KPFT 90.1 Houston, Texas and ke O 's 89.1 College Station. Our guest tonight in the house is Sally Huberts. From the Montrose clinic. We're talking about sexual addictions. If you have any questions for Sally, please call at five to six KPFT that Jim, I think you want to say something. Oh, you look kind of weird. You know, I have Thank you. However, that's one of the nice things I have

