

Holocaust Trauma and SA?

Posted by lakewoodavromi - 04 Feb 2022 14:44

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While the male drive/lust is a huge factor I think many of us realize a lot of issues correlate/lead to SA - depression, anxiety, ADHD, self esteem etc

My family are survivors and it definitely had a traumatic impact on my upbringing. My two surviving grandparents would tell me very scary bed time stories about their experiences when I was very young and I still sometimes get nightmares from them. Obviously they meant well and this is not Chas veshalom meant to attack them (they are my heroes) but what occurred did inadvertently contribute to (unrelated SA?) anxiety I still have today.

My brother has SA and even was addicted to same exact genre of porn i was. B'h we had very healthy childhood upbringing besides the holocaust stuff- no abuse etc.

I assume many people here are children or grandchildren of survivors - my question is is this a factor behind SA? Is there any research on this topic? If you can soothe trauma here would it help with these issues?

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Re: Holocaust Trauma and SA?

Posted by DavidT - 04 Feb 2022 15:01

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Some people who suffer from depression & anxiety are often more prone to addictive behaviors. They use the acting out to "self-sooth" feelings of inadequacy, and to escape from themselves and from the harsh world around them.

Childhood trauma of one sort or another is evident in the lives of many sex addicts if they look carefully enough. Many kinds of stressful or frightening experiences can become sexualized along the way, leading to problems later on. And yet whether or not there is lasting damage depends on a myriad of factors such as the age of the child & their temperament.

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