

FACTS & STATS ABOUT PORNOGRAPHY

Volume 1



Table of Contents

I. DEFINITION	3
II. CAUSE	5
III. EXTENT	6
HEARTBREAKING TRUE ACCOUNTS OF PERVASIVE PORN	99
IV. PROBLEM.....	116
V. ADDICTION	224
VI. BRAIN	248
VII. BEHAVIOR.....	376
VIII. CONSEQUENCES	377
IX. MEN.....	494
X. WOMEN / SPOUSES	496
XI. CHILDREN	520
XII. SOLUTIONS.....	529
XIII. BIBLICAL SCRIPTURES.....	786
XIV. VIRTUAL REALITY	795
XV. TESTIMONIES.....	797

I. DEFINITION

“Pornography is the visual portrayal of sexual activity (by actors and actresses) for the purpose of sexual stimulation, usually through the forms of video or pictures.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“To be addicted means that one is physically and mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects. If you find you are involved in compulsive engagement and are unable to stop, you are most likely addicted to pornography.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Pornography is the visual portrayal of sexual activity (by actors and actresses) for the purpose of sexual stimulation...” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“The word ‘pornography’ has its root in the Greek word pornos. This word is used in Hebrews 13:4: ‘Marriage is to be held in honour among all, and the marriage bed is to be undefiled: for fornicators and adulterers God will judge.’ The root word for ‘fornicators’ is pornos. Therefore, pornography is rooted in fornication.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Porn: What Is It and Why Use It?”

“Porn is notoriously difficult to define. For Americans, it’s more a question of function than form.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “The defined porn mostly based on the function it serves: for the purpose of sexual arousal.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Most Americans do not believe full nudity or especially partial nudity qualify as porn.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “There is a wide range of definitions of porn across various segments of society.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VrvvEulrK70>)

“What is pornography?”

“Pornography is ‘material that is sexually explicit and intended primarily for the purpose of sexual arousal.’ It may depict nudity or sexual behavior, and includes written materials such as romance novels, photographs, movies, electronic images, video games, internet chat rooms, erotic telephone conversations, music, or other media.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

II. CAUSE

III. EXTENT

“Teens are spending more than one-third of their days using media...nearly nine hours on average...common sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day.” (Hayley

Tsukayama, “Teens spend nearly nine hours every day consuming media”, The Washington Post, November 3, 2015, <https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/>)

“US\$ 12 billion by 2005 (Adult video News [AVN], 2006). Currently, more than 13,000 adult videos are produced annually in the United States, an increase of 60% over the same 10-year period (AVN, 2006). By comparison, the major Hollywood studios released 507 new titles in 2005.”

(Ana J. Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun, and Rachael Liberman, “Aggression and Sexual Behavior in Best-Selling Pornography Videos: A Content Analysis Update”, Violence Against Woman, October 26, 2010, <http://vaw.sagepub.com/content/16/10/1065>)

“In Great Britain, *The News Telegraph* reported recent research by the Institute of Public Policy Research. A year-long study of 30 families and responses from pupils and teachers in 10 schools found ‘net porn seen by nine out of ten children’ in the UK, with roughly half solicited for by an adult for an apparent sexual meeting. As confirmed in similar research in the USA, the child who, using an innocent sounding word to search for information or pictures was instead guided to stealth ‘sex sites.’

Sonia Livingstone, a professor of social psychology at the LSE, who conducted the research, said that such experiences were common. ‘From my research, nearly all – 90 per cent - of the children had seen some kind of pornographic content. The numbers engaging in chat with people they had never met was about half.’” (*The News Telegraph* from the United Kingdom, November 25, 2001.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000, In Set Free Resources – Unavailable online)

“The number of porn pages is estimated at 700m-800m; one of the biggest sites claims to get 80 billion video views a year. ... It is shaping their expectations of sex and what they go on to do.” (“Generation XXX”, Economist,

September 26, 2016, <http://www.economist.com/news/leaders/21666614-free-pornography-ever-more-plentiful-online-right-response-involves-better-sex>)

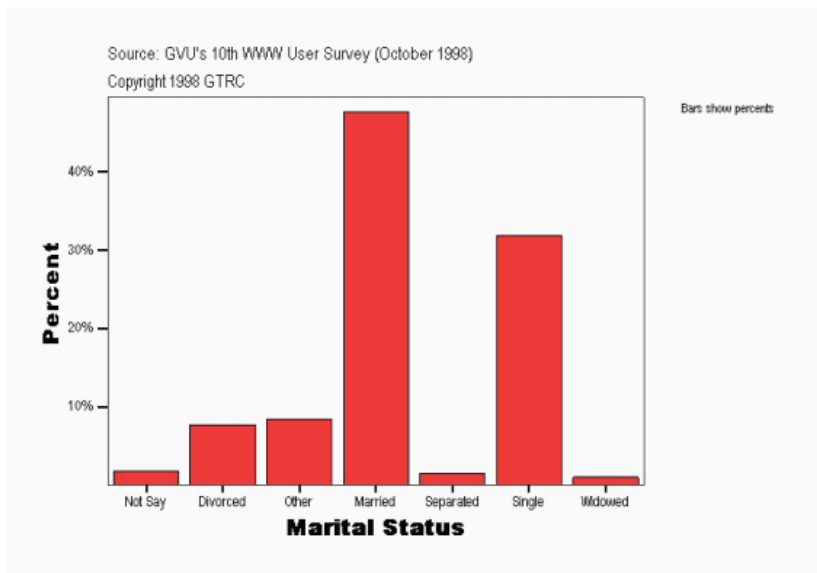
“Roughly 80% of college men and 34% of co-eds use porn on campus or off...” (Judith Reisman and Mary E. McAlister, “‘The Sexual Revolution’ Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, <http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/>)

“And sexual victimization of males occurs in the military today, not just in prisons. Well over 14,000 in 2012, ‘[a]ccording to the Pentagon, thirty-eight military men are sexually assaulted every single day. So, it’s not just more reporting. Is it possible pornography is training a rape culture?’” (Judith Reisman and Mary E. McAlister, “‘The Sexual Revolution’ Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, <http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/>)

“While not a meta-analysis, Corne, Briere, and Esses’s (1992) study is an important contribution to our understanding of pornography and rape myth acceptance. This study examined women’s rape myths as a function of early exposure to pornography. (Corne, S., Briere, J., & Esses, L. M. (1992). Women’s attitudes and fantasies about rape as a function of early exposure to pornography. *Journal of Interpersonal Violence*, 7(4), 454–461.) A total of 187 female university students responded to a questionnaire regarding: (a) childhood exposure to pornography, (b) current sexual fantasies, and (c) endorsement of rape-supportive attitudes. Eighty-six (46 percent) of the respondents reported direct exposure to pornography as a child, and statistical analysis showed that this exposure significantly related to rape fantasies and rapesupportive beliefs in adulthood. The researchers suggest early contact with pornography affects female socialization by not only normalizing sexual aggression, but also portraying it as culturally desirable to women.”

(Corne, S., Briere, J., & Esses, L. M. (1992). Women’s attitudes and fantasies about rape as a function of early exposure to pornography. *Journal of Interpersonal Violence*, 7(4), 458.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

Internet Use and Marital Status



(Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, s3.amazonaws.com/thf_media/2010/pdf/ManningTST/pdf)

"...a 2002 Henry J. Kaiser Family Foundation Report found that 70 percent

of youth ages 15 to 17 reported accidentally coming across pornography online, and 23 percent of those youth said this happens "very" or "somewhat" often." (Henry J. Kaiser Family Foundation Report. (2002). Retrieved May 24, 2005, from <http://www.kff.org/entmedia/loader.cfm?url=/commonspot/security/getfile.cfm&PageID=14095>.) (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"However, this farcical honor system fails at protecting youth from inappropriate material because:

- a) "Approximately 75 percent of pornographic websites display visual teasers on their homepages before asking if viewers are of legal age," (Thornburg, D., & Lin, H. S. (2002). Youth, pornography & the Internet. Committee to Study Tools and Strategies for Protecting Kids from Pornography and Their Applicability to Other Inappropriate Content, Computer Science and Telecommunications Board, National Research Council, National Academy Press, Washington, D.C. In Third Way Culture Project. (July 2005). The porn standard: Children and pornography on the Internet. Retrieved August 3, 2005, from www.third-way.com.)
- b) "Only 3 percent of pornographic websites require proof of age before granting access to sexually explicit material, (Thornburg, D., & Lin, H. S. (2002). Youth, pornography & the Internet. Committee to Study Tools and Strategies for Protecting Kids from Pornography and Their Applicability to Other Inappropriate Content, Computer Science and Telecommunications Board, National Research Council, National Academy Press, Washington, D.C. In Third Way Culture Project. (July 2005). The porn standard: Children and pornography on the Internet. Retrieved August 3, 2005, from www.third-way.com.)

- c) **“Two-thirds of pornographic websites do not include adult content warnings.”** (Thornburg, D., & Lin, H. S. (2002). Youth, pornography & the Internet. Committee to Study Tools and Strategies for Protecting Kids from Pornography and Their Applicability to Other Inappropriate Content, Computer Science and Telecommunications Board, National Research Council, National Academy Press, Washington, D.C. In Third Way Culture Project. (July 2005). The porn standard: Children and pornography on the Internet. Retrieved August 3, 2005, from www.third-way.com.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“To make matters worse, unsuspecting youth are commonly tricked into opening pornographic websites by attaching misspelled words to pornographic pages or by making it difficult to shut down or get out of a site once opened, a strategy referred to as “mouse trapping.” In fact, Mitchell, Finkelhor, and Wolak found that in 26 percent of unwanted exposure incidents, youth reported being exposed to another sex site while they were trying to exit another.” (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). The exposure of youth to unwanted sexual material on the Internet: A national survey of risk, impact, and prevention. Youth & Society, 34(3), 330–358.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Henry J. Kaiser Foundation’s 2001 report indicated 70 percent of youth aged 15 to 17 have used the Internet to look up general health information and that 40 percent of adolescents have specifically looked up sexual health topics (e.g., pregnancy, HIV, and sexually transmitted diseases), it is important to ascertain how efforts to increase Internet safety may unwittingly hinder access to useful information.” (Rideout, V. (December 2001). Generation Rx.com: How young people use the Internet for health information. Menlo Park, CA: Henry J. Kaiser Foundation.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Furthermore, because of concerns about confidentiality and the fact that many teens do not have their own health provider, access to the Internet for health information is even more critical for certain adolescents.” (Richardson, C. R., Resnick, P. J., Hansen, D. L., Derry, H. A., & Rideout, V. J. (2002). Does pornography blocking software block access to health information on the Internet? Journal of the American Medical Association, 288(22), 2887–2894) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

A group of Swedish researchers (2005) recently examined the association between pornography consumption and sexual practices among 718 high school students from 47 different high school classes. They found that:

(Häggström-Nordin, E., Hanson, U., & Tydén, T. (2005). Associations between pornography consumption and sexual practices among adolescents in Sweden. *International Journal of STD & AIDS*, 16(2), 102–107.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- “Internet and cable television were the most common sources of pornography.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “83 percent of the youth watched pornography at home.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “71 percent believed pornography influenced others’ sexual behavior.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “29 percent reported pornography had influenced their own sexual behavior. However, in a previous Swedish study (2004), 53 percent of young men reported that pornography had impacted their sexual behavior by ‘inspiring’ them.” (Tydén, T., & Rogala, C. (2004). Sexual behavior among young men in Sweden and the impact of pornography. *International Journal of STD & AIDS*, 15(9), 590–593.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “Males considered ‘high pornography consumers’ and men with an early age of first sexual intercourse (15 years) were more likely than low male consumers and women to engage in sexual activities such as oral sex, group sex, and anal intercourse. (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “Engaging in anal intercourse was significantly associated with high consumption of pornography. Engaging in sexual intercourse with a friend (i.e., someone with whom they were not having a loving relationship) was also significantly associated with high consumption of pornography.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the

- “In the 1940s, the Kinsey report concluded that the prevalence of ED was **less than 1%** in men younger than 30 years, **less than 3%** in those 30–45.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “A 1999 cross-sectional study published by the *Journal of the American Medical Association* reported erectile dysfunction rates of only **5%**, and low sexual desire in 5%. In that study, the ages of the men surveyed ranged from 18 to 59, so **a third of them were over 40.**” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “Erectile dysfunction rates ranged from 27% to 30%, low libido (hypo-sexuality) ranged from 24% to 37%” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“... as a result of excessive use of sexually explicit materials....experienced diminished libido or erectile function specifically in physical relationships with women (although not in relationship to the sexually explicit material)...” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“The average age was 25, yet 11 out of the 19 subjects experienced erectile dysfunction and diminished libido with partners, but not with porn.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

[#1 Study] “Teens are spending more than one-third of their days using media...nearly nine hours on average [63 hours per week], according to Common Sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day. [42 hours per week]” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, <https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/>)

[#2 Study] "...Kaiser Family Foundation's 2010 study, which estimated an average of five-and-a-half hours of media use for those ages 8-10, 8 hours and 40 minutes for those aged 11-14, and just under 8 hours for 15-18 year-olds." (Hayley Tsukayama, "Teens Spend Nearly Nine Hours Every Day Consuming Media," Washington Post, November 3, 2015, <https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/>)

"Common Sense study surveyed 2,600 youths..." (Hayley Tsukayama, "Teens Spend Nearly Nine Hours Every Day Consuming Media," Washington Post, November 3, 2015, <https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/>)

"The United States alone produces 10,000 pornographic movies each year. The *Free Speech Coalition*, a porn industry – lobbying group, estimates that the adult video/DVD sales and rentals amount to at least \$4 billion per year. The Internet is a rich source, with 40 million adults regularly visiting porn Web sites, and more than one quarter of regular users downloading porn at work. And it's not just men who are interested: Nelsen/Net reports that 9.4 million women in the United States accessed online pornography Web sites in the month of September 2003. ... Family Safe Media, the porn industry makes more money than the top technology companies combined, including Microsoft, Google, Apple, and Amazon." (Milton Diamond, "Porn: Good for us?", *The Scientist Magazine*, March 1, 2010, <http://www.the-scientist.com/?articles.view/articleNo/28803/title/Porn--Good-for-us-/>)

"Per Audiovisual Magazine in 2005, hardcore video rentals increased from 75 million annually in 1985 to 490 million in 1992, and to 665 million in 1996. By 1978, 100 hard-core films were released. By 1996, 8,000 hard-core films were released. By 2002, 11,300 hard-core films were released, compared with only 470 Hollywood features released that same year." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", *The World Congress of Families*, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

"And lastly, child pornography reports to Cyber Tipline, a congressionally mandated mechanism for monitoring child sexual exploitation, jumped from 3,267 tips in 1998 to 106,199 tips in 2004." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", *The World Congress of Families*, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“Perhaps Bruce Watson and Shyla Welch with Enough Is Enough (an anti-pornography organization in the United States) said it best:” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“But the wife whose marriage has been destroyed by her spouse’s pornography addiction has little interest in whether the latest research studies confirm that pornography might have harmful effects. To the men and women whose lives have been damaged by pornography, this is not an academic issue.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- “Shere Hite found that of the men who read pornographic magazines, 67% admitted that they had wanted to rape a woman while only 19% said that they had never wanted to rape a woman.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “According to a report by Edward Donnerstein [Donnerstein, Edward. Unpublished Transcript of Testimony to the Public Hearings on Ordinances to Add Pornography as Discrimination Against Women. Committee on Government Operations. City Council. Minneapolis, MN, pp. 4-12.], over 25% of male college students selected at random admitted that there was some likelihood they would rape a woman if they could be assured of getting away with it. The proportion of potential rapists increased to 57% after the young men were exposed to sexually violent images, especially those of women shown as enjoying being raped.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “According to Jean Rosenberg [Rosenberg, Jean. 1989. Two New Books on Pornography Effects. 2(2) Sexual Assault Report, p. 31.], 65% of rapists in one study used pornography and often mimicked it in their crimes.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “Per The Aurora Center for Advocacy and Education at the University of Minnesota; Two-thirds (67%) of offenders who committed any of the types of Internet sex crimes against minors possessed child pornography.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide

Pornography", The World Congress of Families, June 2, 2010,
<http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- "The FBI reports that the most common interest among serial killers is **hardcore pornography.**" (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- "And according to one of the most extensive and exhaustive sex studies ever - conducted by William Marshall, 'Report on the Use of Pornography by Sexual Offenders,' Report to the Federal Department of Justice, Ottawa, Canada, 1983 - 87 percent of child molesters studied were regular consumers of **hardcore pornography.**" (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- "Marshall also found that, in a study of outpatient sex offenders treated over a six-year period, one-third reported they had used pornography immediately before at least one of their crimes." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

"Catalyst (Crime Rate)"

"And there is most definitely appears to be a correlation between the availability of pornography and crime." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- "Austin, TX - 1986 - in four study areas with sexually orientated businesses, sexually related crimes were 177% to 482% higher than the **city's average.**" (National Law Center for Children and Families (1997). NLC summary of 'SOB land use' studies) (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- "Indianapolis, IN - 1984-1986 - Between 1978-1982, crime in study areas was 46% higher than for the city as a whole. Sex related crimes were four times greater when sexually orientated businesses were located near residential areas vs. commercial areas. [National Law Center for Children and Families (1997). NLC summary of 'SOB land use' studies.]" (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- “Phoenix, AZ - 1978 - Sex offenses, including indecent exposure, were 506% greater in neighborhoods with sexually orientated businesses. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “Whittier, CA - Two residential areas were compared between 1970-1973 before sexually orientated businesses, and 1974-1977 after sexually orientated businesses, malicious mischief increased 700%, assault increased 387%, prostitution increased 300%, and all theft increased 120%. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “Oklahoma City: During the years 1984 to 1989, Oklahoma City closed 150 out of 163 sexually oriented businesses. During the same period, reported rapes declined 27% in Oklahoma City while rising 19% in the remainder of the state. Law officers were aware of no other likely cause of the difference.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “Numerous studies have found strong evidence of a direct relationship between the circulation rates of sex magazines and rape rates within the given state.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “Various studies by a researcher, John Court, led him to the following conclusion of what happens on a national level when constraints against the distribution of pornography are lifted: ‘As the constraints on the availability of pornography were lifted... the rates of rape in those countries increased. For example, in two Australian states between 1964 and 1977, when South Australia liberalized its laws on pornography and Queensland maintained its conservative policy... over the thirteen-year period, the number of rapes in Queensland remained at the same low level while South Australia’s showed a six-fold increase.’” (John Court, *Criminal Neglect: Why Sex Offenders Go Free* (Toronto: Doubleday, p.141) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- “In 1969, Denmark lifted restrictions against pornography and although many reported that rape went down, according to Court: ‘The trend since 1969 indicates that there has been a new level higher than anything in the previous decade.’” (International Journal of Criminology & Penology, 5, p. 129, John H. Court) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“In regards to marriage, Morality in Media states the following:”

“Dr. Victor B. Cline is a psychologist at the University of Utah with a private practice as a psychotherapist specializing in family marital counseling and sexual addiction. He has counseled numerous couples where one of the partners has a sexual addiction to pornography.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“In this work, Dr. Cline says:”

“As a clinical psychologist, I have treated, over many years, approximately 300 sex addicts, sex offenders, or other individuals (96% male) with sexual illnesses. This includes many types of unwanted compulsive sexual acting out plus such things as child molestation, voyeurism, sadomasochism, fetishism, and rape. With only several exceptions, pornography has been a major or minor contributor or facilitator in the acquisition of their deviation or sexual addiction...” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“Cline concludes: ‘In my clinical experience, however, the major consequence of being addicted to pornography is not the probability or possibility of committing a serious sex crime (though this can and does occur), but rather the disturbance of the fragile bonds of intimate family and marital relationships. This is where the most grievous pain, damage, and sorrow occur. There is repeatedly an interference with or even destruction of healthy love and sexual relationships with long-term bonded partners. If one asks if porn is responsible or causes any sex crimes, the answer is unequivocally, ‘Yes,’ but that is only the tip of the iceberg.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“Dr. Jill C. Manning, a Marriage and Family Therapist, outlined the following six trends in marriages where one partner consumes pornographic material:”

1. “Increased marital distress, and risk of separation and divorce,” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
2. “Decreased marital intimacy and sexual satisfaction,” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
3. “Infidelity” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
4. “Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices,” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
5. “Devaluation of monogamy, marriage and child rearing,” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
6. “An increasing number of people struggling with compulsive and addictive sexual behavior.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“10 PORN INDUSTRY STATS THAT NEED TO CHANGE:

1. “Porn sites receive more regular traffic than Netflix, Amazon, & Twitter combined.” (http://www.huffingtonpost.com/2013/05/03/internet-porn-stats_n_3187682.html) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
2. “35% of all internet downloads are porn-related.” (<http://www.webroot.com/us/en/home/resources/tips/digital-family-life/internet-pornography-by-the-numbers>) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
3. “34% of internet users have been exposed to unwanted porn via ads, pop-ups, etc.” (<http://www.webroot.com/us/en/home/resources/tips/digital-family-life/internet->

[pornography-by-the-numbers](#)) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)

4. “Porn increased marital infidelity by 300%.”
(<http://www.webroot.com/us/en/home/resources/tips/digital-family-life/internet-pornography-by-the-numbers>) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
5. “30% of all data transferred across the internet is porn-related.”
(http://www.huffingtonpost.com/2013/05/03/internet-porn-stats_n_3187682.html) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
6. “The most common female role in porn is women in the 20’s portraying teenagers.” (Jon Millward. In 2013, Millward conducted the largest personal research study on the Porn Industry in the U.S. He interviewed 10,000 porn stars about various aspects of the business) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
7. “Child porn is one of the fastest growing online businesses.”
(<https://www.iwf.org.uk/resources/trends>) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
8. “624,000 child porn traders have been discovered online in the U.S.”
(<http://innocentjustice.org/know-more/>) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
9. “Approximately 55% of teen girls living on the streets have engaged in prostitution.” (<http://www.enough.org/inside.php?tag=statistics>) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)
10. “Child porn is a \$3 billion industry.” (<http://www.toptenreviews.com/2-6-04.html>) (“10 Porn Stats That Will Blow Your Mind,” Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)

“Once upon a time, porn wasn’t so common. It wasn’t an issue that affected millions of people, much less an entire society. It wasn’t a topic that needed to be discussed. Well, wake up call.” (“10 Porn Stats that Will Blow Your Mind”, Fight the New Drug, March 3, 2015, <http://www.fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>)

2008 YouGov survey of nearly 1500 youths:

1. **“9 out of 10 boys and 6 out of 10 girls are exposed to pornography before the age of 18.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
2. **“The first exposure to pornography among boys is 12 years old, on average.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
3. **“83% of boys and 57% of girls have seen group sex online.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
4. **“69% of boys and 55% of girls have seen same-sex intercourse online.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
5. **“32% of boys and 18% of girls have seen bestiality (sex between a person and an animal) online.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
6. **“15% of boys and 9% of girls have seen child pornography.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
7. **“71% of teens hide online behavior from their parents.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
8. **“28% of 16-17 year olds have been unintentionally exposed to porn online.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)
9. **“20% of 16-year-olds and 30% of 17-year-olds have received a sext.”** (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)

“With the launch of the internet and with increasing popularity of smartphones, porn has now become a 5 billion dollar worldwide industry. 7 out of 10 men and 5 out of 10 women view porn regularly; this statistic is true in and outside of the church. Sex is the number 1 topic searched on the internet.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Within a couple’s intimate relationship, pornography can have negative impacts in the following ways:”

- “User faces difficulty becoming sexually aroused without pornography.”
- “User loses interest and engages in fewer sexual experiences with partner.”
- “Partner may view pornography use as infidelity and a betrayal to the relationship.”
- “Partner feels sexually inadequate and threatened by pornography use.”
- “Partner may feel that certain sexual activities desired by user are objectionable.”
- “Both user and partner experience a decrease in relationship sexual satisfaction and emotional closeness.”
- “Relationship trust decreases due to dishonesty and deception about pornography use.”
- “One or both partners may be concerned about children’s exposure to pornographic materials.”

(“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“One study reports that 93% of boys are exposed to Internet porn before the age of 18.” (Sabina, Wolak, and Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth.” For more statistics about children and the Internet, download *Parenting the Internet Generation* at CovenantEyes.com/ebooks/.) (Lisa Eldred, “Porn and Your Husband, A Recovery Guide for Wives”, Covenant Eyes, 2012, <http://www.covenanteyes.com/marriage-advice-my-husband-watches-porn/>)

“That’s due in substantial part to the rise of the Internet, where the United States alone has a staggering 244 million Web pages featuring erotic fare.

One Nielsen survey found that one out of every four users say they visited adult sites in the last month.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“According to studies, 90 percent of children ages 8 through 16 have viewed pornography online, and children 12 through 17 are the largest single group of users of Internet porn.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“Here are some other figures on women and pornography from IFR:”

- “70 percent of women keep their cyber activities secret”
- “17 percent of women struggle with pornography addiction”
- “Women favor chat rooms more than men by a 2:1 ratio”
- “One-third of all visitors to adult websites are women”
- “9.4 million women access adult websites each month”
- “13 percent of women admit to accessing pornography at work”

(Copyright © 2015, United States Conference of Catholic Bishops. All rights reserved. 3211 4th Street, N.E., Washington, DC 20017-1194, (202) 541-3000 © USCCB) (“Woman and Online Pornography”, For Your Marriage, Accessed March 9, 2016, <http://www.foryourmarriage.org/women-and-online-pornography/>)

“A survey of thousands of young Canadian students across the country found a ‘concerning pattern’ of teenage boys seeking out pornography regularly, according to the non-profit organization MediaSmarts, while accounts of ‘sexting’ were also commonplace.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“The Ottawa-based digital literacy outfit, which was launched as a CRTC initiative in the 1990s, worked with schools and parents in each province and territory to conduct a wide-ranging survey with 5,436 students in grades 4 through 11 about their lives online. Questions about sexuality were limited to the older students in grades seven through 11.” (Jim Liebelt,

“Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“Forty per cent of the boys admitted to looking for porn online, and the ones that did typically said they were frequently searching for it, says Matthew Johnson, director of education for MediaSmarts.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“‘There’s a significant number of students, and boys obviously in particular, for whom it is a really frequent behaviour,’ says Johnson, noting a third of the boys who admitted to viewing porn said they did so daily, another third said they did so at least once a week, and almost one in five said it was at least once a month.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“He says it’s a concerning pattern to see the boys that are seeking out pornography are doing so at very high rates.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“‘They’re still developing their sexuality, they’re developing their ideas of what is normal in sex, they’re developing a sexual identity and they’re developing an idea of what is appropriate in relationships. So obviously heavy exposure to pornography can be problematic in all of these areas.’” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“Broken down into grade groupings, about one in 10 of the seventh grade boys reported they looked for porn online, while nearly one in three eighth graders, almost half of the ninth graders, and close to two-thirds of the tenth and eleventh graders said the same.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“Only seven per cent of the girls polled said they had sought out pornography online.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“Almost one in ten students said they had sent a sext of themselves, while about one in four said they had received a sext. Boys were twice as likely to be sent a sext than girls.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VuB7EPkrK70>)

“Clergy across faiths and across cultures are well aware of the struggles of their parishioners, students, and all those that they serve. Seminarians and clergy themselves are not immune to this problem. There is little research at this time to suggest any hard facts. However, initial impressions from some other denominations seem to indicate that those who struggle with other addictions might be more vulnerable – about 56% of clergy with other addictive disorders, 88% of these men report problematic use of the Internet, about 51% of working pastors from other faiths report being tempted by Internet pornography. Additionally, in this same sample, 37% of pastors report cyber-porn as being a current struggle. About 57% self-report compulsive cyber-porn use. The most significant signs of this vulnerability are issues related to loneliness and isolation, the lack of self-care, higher expectations of themselves, entitlement, and lack of education about this aspect of the Internet, and a significant ability to compartmentalize themselves - split between self-image and image of God, feelings of shame, hypocrisy, and unworthiness. If this data is supported in future research, it seems to suggest that clergy in the Roman Catholic Church will need better training and education on this issue.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattey.pdf>)

““We know from the young people who contact ChildLine that viewing porn is a part of everyday life, and our poll shows that one in [20%] five 12 to 13-year-olds thinks that watching porn is normal behaviour.”” (Patrick Howse, “Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

“[Pornography] study reported that 29 of the 30 juveniles studied had been exposed to magazines or videos, and the average age of first exposure was about 7.5 years.” (Wieckowski, E., Hartsoe, P., Mayer, A., and Shortz, J. 1998. Deviant sexual behavior in children and young adolescents: Frequency and patterns. Sexual Abuse: A Journal of Research and Treatment, 10, 4, 293-304.) (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Only 11% of juvenile sex offenders said they did not use sexually explicit material.” (Becker, J. V. & Stein, R. M. (1991). Is sexual erotica associated with sexual deviance in adolescent males? International Journal of Law and Psychiatry, 14, 85-95.) (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“ONLINE PORNOGRAPHY SEEKING BEHAVIORS”

“Pornography is available via a variety of media, including books, magazines, film, and video.” (Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behavior_-_markey__markey_4-11-11.pdf)

“...every second, 372 individuals are typing pornographic keywords into a search engine. Altogether, it is estimated that up to 25% of all internet search engine requests are for pornography.” (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filter-review.toptenreviews.com/internetpornography-statistics.html>) (Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behavior_-_markey__markey_4-11-11.pdf)

“Approximately 13% of the US population regularly views internet pornography and the majority of these individuals (75%) are men.” (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filter-review.toptenreviews.com/internetpornography-statistics.html>) (Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behavior_-_markey__markey_4-11-11.pdf)

“As noted by Symons (1979), men tend to fantasize about a place where, “sex is sheer lust and physical gratification, devoid of more tender feelings and encumbering relationships, in which women are always aroused, or at least easily arousable, and ultimately are always willing.” (Symons, D. (1979). The Evolution of Human Sexuality. New York: Oxford University Press) (Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011,

http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behavior_-_markey__markey_4-11-11.pdf)

“Online pornography provides men with a multitude of physically attractive “virtual” partners, which help provide physical gratification without commitment.”

(Malamuth, N. (1996). Sexually explicit media, gender differences and evolutionary theory. Journal of Communication, 46, 8-31) (Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behavior_-_markey__markey_4-11-11.pdf)

“...survey data from 1970 and 1985 on pornography consumption, found that in 1970 20% of individuals indicated they read a pornographic magazine whereas in 1985 this number increased to 67%.”

(U.S. Department of Justice, 1986) (Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behavior_-_markey__markey_4-11-11.pdf)

“From this analysis, the 10 most frequently occurring, non-domain specific, pornography keywords (e.g., “xvideos,” “porn,” “xxx,” etc.) were selected.”

(Charlotte N. Markey, “Online Pornography Seeking Behaviors”, Interpersonal Research, April 11, 2011, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behavior_-_markey__markey_4-11-11.pdf)

“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”

(“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“More than one in 10 children (12%) aged 12 to 13 have made or been part of a sexually explicit video, according to new research.”

(“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Nearly one in 10 (9%) of children in the age group are worried that they are addicted to porn, a survey of nearly 700 children for the NSPCC's ChildLine service found.”

(“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“And around one in five (18%) said they have seen porn images that have shocked or upset them.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Girls in particular have said they feel like they have to look and behave like porn stars to be liked by boys.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“We absolutely have to talk to young people about sex, love, respect and consent as soon as we feel they are ready, to ensure that they gain a proper perspective between real life relationships and the fantasy world of porn.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“In an IPPR poll last year, 61% of young people said adults are out of touch with young people's relationships and friendships, and 56% said adults find it hard to understand or help with online issues.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Research Patrick Fagan, Ph.D... ‘I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet.’” (Gary Abernathy, “Pornography: The Quiet Family Killer,” Charisma News, October 5, 2014, <http://www.charismanews.com/opinion/45636-pornography-the-quiet-family-killer>)

“MARRIAGE & FAMILY – HARMS OF PORNOGRAPHY”

“Pornography has gone ‘mainstream.’” (“Marriage & Family: Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“Impact on Adults”

“About 40 percent of sex-addicted males will lose their spouse.” (Mary Anne Layden, If Pornography Made Us Healthy, We'd Be Healthy By Now, Catholic News Agency, www.catholicnewsagency.com/resource.php?n=1078 (last visited Sept. 27, 2013) (“Marriage & Family:

Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“56 percent of divorce cases involved one spouse having an obsessive interest in pornographic websites, according to surveys conducted by a group divorce lawyers.” (Hearing on Pornography’s Impact on Marriage & the Family Before the Subcommittee on the Constitution, Civil Rights and Property Rights of the S. Comm. On Judiciary, 109th Cong. (2005) (statement of Jill Manning, Sociologist, Brigham Young Univ.) (“Marriage & Family: Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“The use of pornography increases the marital infidelity rate by more than 300 percent.” (Steven Stack, et al., Adult Social Bonds and Use of Internet Pornography, 85 Soc. Sci. Quarterly 75, 83 (2004) (“Marriage & Family: Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“59 percent of pornography users will suffer severe financial consequences due to the monetary cost of their addiction, while **27 percent** will lose their jobs or be demoted.” (Mary Anne Layden, If Pornography Made Us Healthy, We’d Be Healthy By Now, Catholic News Agency, www.catholicnewsagency.com/resource.php?n=1078 (last visited Sept. 27, 2013) (“Marriage & Family: Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“Among professionals who are sex addicted, as many as 40 percent will lose their professions due to their sexual acting out.” (Mary Anne Layden, If Pornography Made Us Healthy, We’d Be Healthy By Now, Catholic News Agency, www.catholicnewsagency.com/resource.php?n=1078 (last visited Sept. 27, 2013) (“Marriage & Family: Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“A recent poll found that 30 percent of women confessed to watching internet porn, a percentage that has risen over the last decade.” (Patty Lee, Thirty percent of women, 70 percent of men confess to looking at online porn: study, NYDailyNews.com, February 11, 2010, www.nydailynews.com/life-style/percent-women-70-percent-men-confess-online-porn-study-article-1.173109 (last visited Sept. 26, 2013) (“Marriage & Family: Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“Impact on Children and Adolescents”

“One study conducted by the Los Angeles Police Department found that in 60 percent of the child molestation cases over a 10-year period, pornography was used to make the children less resistant to the advances of the pedophile.” (Mark Kastleman, Children as Victims, NetNanny, www.netnanny.com/learn_center/article/144 (last visited Sept. 27, 2013) (“Marriage & Family: Harms of Pornography,” The Policy Pages from Center for Arizona, January 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_HarmsofPornography.pdf)

“Juniper Research recently forecast that a whopping 136 billion adult videos will have been watched in 2015 alone — a figure that Juniper expects to skyrocket to 193 billion by 2020. On a global scale, each smartphone user of adult content is expected to watch an average of 348 videos this year, with the biggest growth expected to occur in the U.S., where video views are predicted to grow by almost 55% by 2020, according to the report.” (Jennifer Booton, “Porn Industry’s billion-dollar new frontier”, Market Watch, July 20, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15?page=1>)

“A 2004 study published in *Social Science Quarterly* found that Internet users who had had an extramarital affair were 3.18 times more likely to have used online porn than Internet users who had not had an affair.” (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“In a study published in *Sexual Addiction and Compulsivity*, Schneider found that among the 68 percent of couples in which one person was addicted to Internet porn, one or both had lost interest in sex. Results of the same study, published in 2000, indicated that porn use was a major contributing factor to increased risk of separation and divorce. This finding is substantiated by results of a 2002 meeting of the American Academy of Matrimonial Lawyers, during which surveyed lawyers claimed that ‘an obsessive interest in Internet pornography’ was a significant factor in 56 percent of their divorce cases the prior year.” (Jennifer P. Schneider, Effects of cybersex addiction on the family: Results of a survey”, *Sexual Addiction and Compulsivity*, Vol. 7, Issue 1-2, 2000, http://www.jenniferschneider.com/articles/cybersex_family.html) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive masturbation), increased belief in the ‘rape myth’ (that women cause rape

and rapists are normal), and was associated with negative attitudes regarding intimate relationships (e.g., rejecting the need for courtship and viewing persons as sexual objects).” (Elizabeth Paolucci, Mark Genuis and Claudio Violato, “A Meta-Analysis of the Published Research on the Effects of Pornography, *The Journal of Psychology: Interdisciplinary and Applied*, Volume 135, Issue 1, 2001, <http://www.tandfonline.com/doi/pdf/10.1080/00223980109603677>) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“...claim that 87% of young adult males use pornography. (Interestingly, only 67% of young men believe that it is acceptable to use pornography.)” (Carroll, Jason S., Padilla-Walker, Laura M., Nelson, Larry J., Olson, Chad D., McNamara Barry, Carolyn and Madsen, Stephanie D. (2008). Generation XXX: Pornography Acceptance and Use Among Emerging Adults. *Journal of Adolescent Research* 23: 6-30.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“...the number of hours spent on the Internet gives us a continuous measure of intensity of usage, the mean being 5.44 hours per week. (The variable on pornography usage does ask about the number of times it was used during the last 30 days (in 3 levels of usage categories), but frequency of use is presumably reported even less truthfully. In any case, we ran the regressions in the paper using an index of intensity of pornography usage rather than a dummy and the results were not much different.)” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“‘Penthouse’ Discontinues Print Magazine Due to Rise of Internet Porn”

“This time around, however, the repercussions are much more detrimental for the affected party. After 51 years of publication, *Penthouse* is forced to discontinue its print department in order to counteract the rise of web-based mediums providing the same content via increasingly accessible avenues. To abed the process, there will a transition period regarding the move from online to digital. This move is unsurprising as fellow adult title, *Playboy*, has also been struggling of late to remain competitive with the rise of online porn.” (Zarah Cheng, “‘Penthouse’ Discontinues Print Magazine Due to Rise of Internet porn”, Hypebeast, January 17, 2016, <http://hypebeast.com/2016/1/penthouse-discontinues-print-magazine>)

“Ninety-two percent of American children have an online presence before the age of 2. Parents post nearly 1,000 images of their children online before their fifth birthday.” (Nancy jo Sales, “American Girls”, Time Magazine, February 2016, <http://time.com/americangirls/>)

“2014 PORNOGRAPHY SURVEY OF CHRISTIAN MEN: SHOCKING NEW NATIONAL SURVEY REVEALS HIGH LEVELS OF PORNOGRAPHY USE AND RAMPANT EXTRAMARITAL AFFAIRS AMONG CHRISTIAN MEN”

“A new national survey of Christian men reveals shocking statistics pertaining to high rates of pornography use and addiction, plus rampant sexual infidelity amongst married Christian men. The 2014 survey was commissioned by Proven Men Ministries (www.ProvenMen.org), which is a non-profit organization dedicated to helping men break free from pornography, and conducted by Barna Group among a nationally representative sample of 388 self-identified Christian adult men.” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“The statistics for Christian men between 18-30 years old are particularly striking:”

- “77% look at pornography at least monthly;”
- “36% view pornography at least daily;”
- “32% admit being addicted to pornography (and another 12% think they may be).”

(Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“The statistics for middle-aged Christian men (ages 31-49) are no less disturbing:”

- “77% looked at pornography while at work in the past 3 months;”
- “64% view pornography at least monthly; and”

- “18% admit being addicted to pornography (and another 8% think they may be).”

(Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“Even married Christian men are falling prey to pornography and extra-marital sexual affairs at alarming rates:”

- “55% look at pornography at least monthly; and”
- “35% had an extra-marital sexual affair while married.”

(Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“These statistics knock the wind right out of you. They also confirm what we already know; that there definitely is a problem with pornography and affairs among Christians men and that they are starving for the church to step forward with solutions,’ according to Joel Hesch, who sponsored the survey and is the founder of a non-profit biblically-based organization named Proven Men Ministries. Hesch adds, ‘The purpose of the survey was not to point fingers, but to get a better grasp on the scope of the problem in light of ready access to pornography in this Internet era.’” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“Hesch continues: ‘It’s abundantly clear that pornography is one of the biggest unaddressed problems in the church.’ In fact, these alarming statistics are not limited to those who nominally consider themselves Christian.” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“Those who identify themselves as *born-again* Christians have similar struggles with pornography and affairs:”

- “95% admit that they have viewed pornography;”
- “54% look at pornography at least once a month;”

- “44% viewed pornography at work in the last 90 days;”
- “31% had a sexual affair while married;”
- “25% erase Internet browsing history to conceal pornography use; and”
- “18% admit being addicted to pornography (and another 9% think they may be).”

(Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“What’s the solution?”

“Proven Men has put together a powerful resource for churches to help Christian men regain their dignity and sexual integrity. After breaking free from his own 20-year sexual addiction, Joel Hesch formed Proven Men Ministries and has devoted the past 15 years to helping men around the world find freedom from pornography or sexual addiction through a biblically-based system he created, known as the *Proven Path for Sexual Integrity*, including a 12-week course of study, a leadership guide and a book on sexual integrity—all available on Amazon. Our website also has free resources.” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“Hesch adds, ‘We are now taking the *Proven Path* directly to churches with the goal of helping 1 million Christian men experience freedom and victory from pornography and sexual addiction.’” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“Hesch puts out this call for action to pastors and all Christian men:” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“‘If these statistics break your heart like they break mine, then it’s time to join with me and other Proven Men around the nation in taking a stand to

reverse the tide and reclaim sexual integrity for yourself and for each man in your church or community. Together we can change the world one man, one family, and one church at a time.” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“To find out more about how you can be a part of the solution, visit our website at www.ProvenMen.org.” (Joel Hesch, “2014 Pornography Survey of Christian Men: Shocking new national survey reveals high levels of pornography use and rampant extramarital affairs among Christian Men”, Proven Men, October 24, 2014, <http://www.provenmen.org/press-releases/2014-pornography-survey-of-christian-men-shocking-new-national-survey-reveals-high-levels-of-pornography-use-and-rampant-extramarital-affairs-among-christian-men/>)

“Pornography’s Effect on Men Under Study”

“A researcher from the Université de Montréal has initiated a new study to examine the effects of pornography on men.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“The prevalence or integration of pornography into our society was evident from the onset. ‘We started our research seeking men in their twenties who had never consumed pornography. We couldn’t find any,’ says Simon Louis Lajeunesse, a postdoctoral student and professor at the School of Social Work.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“‘The objective of my work is to observe the impact of pornography on the sexuality of men, and how it shapes their perception of men and women,’ says Lajeunesse. To do so, he has so far recruited and interviewed 20 heterosexual male university students who consume pornography.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“‘They shared their sexual history starting with their first contact with pornography, which was in early adolescence. Not one subject had a pathological sexuality. In fact, all of their sexual practices were quite conventional,’ says Lajeunesse.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“The research concluded that 90 percent of pornography is consumed on the Internet, while 10 percent comes from video stores. On average, single men watch pornography three times a week for 40 minutes. Those who are in committed relationships watch it on average 1.7 times a week for 20 minutes.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“Lajeunesse found most boys seek out pornographic material by the age of 10, when they are most sexually curious. However, they quickly discard what they don’t like and find offensive. As adults, they will continue to look for content in tune with their image of sexuality. They also rarely consume pornography as a couple and always choose what they watch.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“All test subjects said they supported gender equality and felt victimized by rhetoric demonizing pornography.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

““Pornography hasn’t changed their perception of women or their relationship which they all want as harmonious and fulfilling as possible. Those who could not live out their fantasy in real life with their partner simply set aside the fantasy. The fantasy is broken in the real world and men don’t want their partner to look like a porn star,’ says Lajeunesse.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“Lajeunesse refutes the perverse effect often attributed to pornography.” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

““Aggressors don’t need pornography to be violent and addicts can be addicted to drugs, alcohol, gaming and asocial cases are pathological. If pornography had the impact that many claim it has, you would just have to show heterosexual films to a homosexual to change his sexual orientation.”” (Rick Nauert, “Pornography’s Effect on Men Under Study”, PsychCentral, December 2, 2009, <http://psychcentral.com/news/2009/12/02/pornographys-effect-on-men-under-study/9884.html>)

“ONE IN TEN CHILDREN AGED 12 AND 13 ‘INVOLVED IN SEXUALLY EXPLICIT VIDEOS’”

“NSPCC survey also finds that almost one in ten 12 and 13-year-olds fear that they are porn addicts and are making explicit videos.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“More than one in 10 children (12%) aged 12 to 13 have made or been part of a sexually explicit video, according to new research.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Nearly one in 10 (9%) of children in the age group are worried that they are addicted to porn, a survey of nearly 700 children for the NSPCC's ChildLine service found.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“And around one in five (18%) said they have seen porn images that have shocked or upset them.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“**Dame Esther Rantzen**, the founder of ChildLine, said that children as young as 11 had contacted the service with concerns about pornography.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“She said: “Young people are turning to the internet to learn about sex and relationships.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

““We know they are frequently stumbling across porn, often unintentionally, and they are telling us very clearly that this is having a damaging and upsetting effect on them.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Girls in particular have said they feel like they have to look and behave like porn stars to be liked by boys.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“We absolutely have to talk to young people about sex, love, respect and consent as soon as we feel they are ready, to ensure that they gain a proper perspective between real life relationships and the fantasy world of porn.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Peter Liver, director of ChildLine, said children reported that watching porn made them feel depressed, gave them body image issues and put pressure on them to engage in sex acts they are not ready for.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“A report by charity ChildWise in 2013/14 revealed that website Pornhub was among the top five favourite sites named by boys aged 11-16. And young people post approximately 18,000 messages regarding exposure to porn on the ChildLine discussion forums every month.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Mr. Liver said: “The Government recently proposed plans for children aged 11 upwards to be taught about rape and sexual consent as part of PSHE in schools.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“This would include discussion around what they have learnt from watching pornography.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Across society, we need to remove the embarrassment and shame that exists around talking about porn - which is why we have launched a ChildLine campaign to help young people to make more informed choices.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30,

2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“ChildLine has created the Fight Against Porn Zombies (FAPZ) campaign to tackle the problem.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“It will use animations to illustrate the implications of exposure to porn in both boys and girls.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“Ruth Sutherland, chief executive of Relate relationship support charity, said: “We very much welcome ChildLine's new campaign, particularly because we know that children and young people do not feel that adults understand the online issues they face.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“In an IPPR poll last year, 61% of young people said adults are out of touch with young people's relationships and friendships, and 56% said adults find it hard to understand or help with online issues.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“That's why high quality, consistent relationships and sex education in schools is so important.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“We must get the right experts helping young people to understand what building blocks are needed for strong relationships, and ensure that what's being taught is applicable in the digital age. How easy access to porn is affecting young people - for example their sexual expectations and self-image - should be a vital component of this.” (“One in ten children aged 12 and 13 ‘involved in sexually explicit videos’”, The Telegraph, March 30, 2015, <http://www.telegraph.co.uk/news/health/children/11505252/One-in-ten-children-aged-12-and-13-involved-in-sexually-explicit-videos.html>)

“I am increasingly convinced that I am facing a crisis that my headmaster did not face. While he had to consider the possibility that a boy may have viewed pornography, I have to consider the probability that every boy has viewed pornography.” (Sean Fitzpatrick, “Boys, Porn and Education”, Crisis Magazine, October 31, 2014, <http://www.crisismagazine.com/2014/boys-porn-education>)

“How Pornography Addiction Affects the Teenage Brain”

“There is a rising problem of pornography addiction in teens. The negative effects of pornography addiction are even greater in teens as their brains are more susceptible to the chemical overload effects that come with continued viewing.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Exposure to sexually pornographic material is correlated with:”

- **“Concentration problems”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Low motivation”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Depression”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Social Anxiety”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Negative self-perceptions in terms of physical appearance and sexual functioning.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Erectile dysfunction”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Common warning signs that an adolescent may be experiencing compulsive sexual behavior problems”

- **“A demonstrated lack of empathy toward other individuals involved (either directly or indirectly) in the child’s sexual behavior.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Viewing and/or masturbating to pornography for multiple hours per day/night.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Decreased interest in and/or declining performance in school and extracurricular activities.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Diminished interest in ad/or ability to socialize with peers.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Excessive interest (or a total lack of interest) in typical adolescent dating activity.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Secretiveness around computer and smartphone usage such as erasing browser histories, password protecting devices, etc.** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Lying to parents or others about the nature or the amount of sexual/romantic activities.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Sexual aggression, incest, age-inappropriate relationships, etc.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- “Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Sexual behavior involving drug use.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

Sources

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060>
<http://www.fightthenewdrug.org/get-the-facts#porn-is-addictive>
<http://www.thefix.com/content/youth-and-pornography-addiction>
<http://www.salvomag.com/new/articles/salvo13/13hilton.php>
<http://thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain/>
<http://yourbrainonporn.com/>
<http://www.freedominstitute.org/blog/adolescents/teenagers-porn-and-sexual-addiction-what-s-the-problem/>
<http://youtu.be/wSF82AwSDiU>
<http://youtu.be/1Ya67aLaaCc>
 (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“BRAIN STRUCTURE AND FUNCTIONAL CONNECTIVITY ASSOCIATED WITH PORNOGRAPHY CONSUMPTION”

“Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis.” (Paul P. Pornified. New York, NY: Times Books; 2007) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“An estimated 50% of all Internet traffic is related to sex.” (McNair B. Striptease Culture. London, United Kingdom: Routledge; 2002) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“What's the percentage of Internet addicts according to the research?”

“Although the questionnaire studies use somewhat different terminology (‘addiction’ ‘problematic Internet use’ ‘maladaptive Internet use’), rates range from 8 percent to as high as 21 percent in young people. Moreover, in a study that reported addiction rates by gender, a *quarter* of the male

university students tested were diagnosed as addicts—as compared with less than ten percent of female students.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Of the juvenile victims identified in conjunction with pornography crimes, 62 percent were female, 25 percent were members of the offender’s family, 59 percent were teens (12-17 years old), 28 percent were elementary school age (6-11 years old), and 13 percent were preschoolers (younger than 6 years old).” (David Finkelhor and Richard Ormrod, “Child Pornography: Patterns From NIBRS,” Juvenile Justice Bulletin, December 2004, www.ojp.usdoj.gov/ojjdp)

“YOUNG BRITISH TEENS ARE WORRIED THEY’RE ADDICTED TO PORN, SURVEY FINDS”

“One in ten British teenagers aged 12-13 years old are worried they’re addicted to pornography, according to a new survey published Tuesday.” (Blathnaid Healy, “Young British teens are worried they’re addicted to porn, survey finds”, Mashable, March 31, 2015, <http://mashable.com/2015/03/31/pornography-britain-teenagers/>)

“The poll carried out by NSPCC Childline surveyed 700 12-13 year-olds in the UK, it was part of a wider survey of 2,000 children between 11 and 17, conducted last month.” (Blathnaid Healy, “Young British teens are worried they’re addicted to porn, survey finds”, Mashable, March 31, 2015, <http://mashable.com/2015/03/31/pornography-britain-teenagers/>)

“Childline said it has heard from children who say watching porn has made them depressed, given them body image issues or made them feel pressured to engage in sexual acts they weren’t ready for.” (Blathnaid Healy, “Young British teens are worried they’re addicted to porn, survey finds”, Mashable, March 31, 2015, <http://mashable.com/2015/03/31/pornography-britain-teenagers/>)

“‘I’m always watching porn and some of it is quite aggressive,’ one teen told Childline.” (Blathnaid Healy, “Young British teens are worried they’re addicted to porn, survey finds”, Mashable, March 31, 2015, <http://mashable.com/2015/03/31/pornography-britain-teenagers/>)

“‘I didn’t think it was affecting me at first but I’ve started to view girls a bit differently recently and it’s making me worried. I would like to get married in the future but I’m scared it might never happen if I carry on thinking about girls the way I do.’” (Blathnaid Healy, “Young British teens are worried they’re addicted to porn,

survey finds”, Mashable, March 31, 2015, <http://mashable.com/2015/03/31/pornography-britain-teenagers/>)

“Pornhub was among the top five favourite websites of British boys between the ages of 11 and 16.” (Blathnaid Healy, “Young British teens are worried they’re addicted to porn, survey finds”, Mashable, March 31, 2015, <http://mashable.com/2015/03/31/pornography-britain-teenagers/>)

“For nearly every man who regularly views pornography, there is likely a wife or girlfriend experiencing the fallout resulting from his choices. According to TopTenReviews.com, 28.8 million U.S. men regularly visit pornography websites. 50-60% of Christian men struggle with addiction.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

TEEN BOYS ONLINE PORN VIEWING BEHAVIOR IS REASON FOR CONCERN”

“MediaSmart, the Ottawa-based digital literacy outfit...a CRTC initiative... 5,436 students in grades 4 through 11” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VclqjflVhBc>)

“Forty per cent of the boys admitted to looking for porn online...” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VclqjflVhBc>)

“...a third of the boys who admitted to viewing porn said they did so daily, another third said they did so at least once a week...one in five said it was at least once a month.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for Concern”, Home Word, June 4, 2014, <https://homeword.com/2014/06/04/teen-boys-online-porn-viewing-behavior-is-reason-for-concern/#.VclqjflVhBc>)

“Broken down into grade groupings, about one in 10 of the seventh grade boys reported they looked for porn online, while nearly one in three eighth graders, almost half of the ninth graders, and close to two-thirds of the tenth and eleventh graders said the same.”

“Only seven percent of the girls polled said they had sought out pornography online.” (Jim Liebelt, “Teen Boys Online Porn Viewing Behavior is Reason for

“THE WAR WITHIN: AN ANATOMY OF LUST”

“Driving through Wisconsin on vacation this summer, a LEADERSHIP staff member passed a huge sign in the middle of the bucolic countryside. ‘Naughty Things for Nice People,’ it proclaimed, and as if to prove it, a gigantic cuddly bear peered out from beside the words ‘Adult Novelties.’”

“‘What’s that mean, Dad?’ came the question from the ten-year-old boy in the back of the station wagon. ‘Yeah,’ piped up the siblings, ‘what’s that all about, Dad?’”

“Such questions abound these days, as media penetrate our homes and station wagons with not just sleazy sex but carefully packaged titillations. One report has it that a recent convention of youth pastors created the highest rental of X-rated movies in the hotel’s history. More than 80 percent of all customers signing up for cable TV opt for the erotic films. The availability – the near-ubiquity – of so much sexual enticement, the constant barrage of innuendoes, and the nonstop polemic for indulgence inevitably attracts.”

“Many rationales tempt the mind of the Christian leader: ‘I have to know what’s going on...Voyeurism is better than adultery...I need moderation – total deprivation isn’t necessary.’”

“Admittedly, there are no easy answers. We cannot shut off either our brains or our glands. But consider the following article by a man in full-time ministry. The article is blunt. It’s not the usual LEADERSHIP article. But we felt it important to be just this blunt and realistic. Sexual temptations in many forms have always lured Christians, but today’s opportunities and climate make this article especially relevant to all of us.”

“Lust is the ape that biggers in our loins. Tame him as we will by day, he rages all the wilder in our dreams by night. Just when we think we’re safe from him, he raises up his ugly head and smirks, and there’s no river in the world flows cold and strong enough to strike

him down. Almighty God, why dost thou deck men out with such a loathsome toy?’ --Frederick Buechner, Godric”

“I am writing this article anonymously because I am embarrassed. Embarrassed for my wife and children, yes, but embarrassed most for myself. I will tell of my personal battle with lust, and if I believed I were the only one who fought in that war, I would not waste emotional energy dredging up stained and painful memories. But I believe my experience is not uncommon, is perhaps even typical of pastors, writers and conference speakers. No one talks about it. No one writes about it. But it’s there, like an unacknowledged cancer that metastasizes best when no one goes for x rays or feels for lumps.”

“I know I am not alone, but the few times I have opened up and shared my struggles with Christian friends, they have replied with Doppelgänger stories of exactly the same stages of awakening, obsession, possession. Years from now, when socio-historians sift through the documents describing our times, they will undoubtedly come up with elegant explanations of why men who grew up in church homes are oversexed and vulnerable to attacks of lust and obsession, and why women who grew up in those same environments emerged uptight and somewhat disinterested in sex. But I leave that to the future analysts.”

“I remember vividly the night I first experience lust. Real lust – not the high school and college variety. Of course as an adolescent I had drooled through *Playboy*, sneaked off to my uncle’s room for a heart-thumping first look at hard-core pornography, and done my share of grappling and fumbling with my fiancée’s clothes. I date my lust awakening, though, to the adult onslaught of mature, willful commitment to lust.”

“It hit on one of my first trips away from home. My job required me to travel at that time, and as I sat in a dingy motel room near the airport and flipped through the city guide of what to do in Rochester, New York, I kept coming back to one haunting photo of an exotic dancer, a former Miss Peach Bowl winner, the ad said. She looked fresh and inviting: the enchanting kind of Southern girl you see on TV commercials for fried chicken – only this one had no clothes on.”

“Somehow, I had survived the sixties sheltered from strippers and Woodstock-type nudity. And when I first saw the ad, I instinctively ruled her

show out of bounds for me. But as I settled down to watch an inane TV show, her body kept looming before my mind with the simple question, 'Why not?'"

To read this complete story, please click [The War Within: An Anatomy of Lust](#).

(Name Withheld, "The War Within: An Anatomy of Lust," Christianity Today, Fall Quarter, 1982, www.christianitytoday.com/le/1982/fall/warwithinanatomylust.html)

"THE WAR WITHIN CONTINUES" (an update on a Christian leader's struggle with lust)

"Five years ago LEADERSHIP published 'The War Within' (Fall 1982), a candid description of one Christian leader's fierce, protracted battle with pornography and lust. The article generated more mail than any single article, before or since, in the history of LEADERSHIP. Though responses were diverse, their sheer volume showed how troublesome the problem is for many Christian leaders. Since then, much has happened."

"Pornography became the focus of national attention with the Attorney General's Commission and its landmark report last year, which among other things, documented the rapid spread of porn in recent years."

"The VCR, barely known five years ago, has made sexually-oriented material much more easily available and brought it into many homes for the first time. Sales of hard-core porn videos, for example, more than doubled from 1983 to 1986."

"This trend has not spared pastors, according to a LEADERSHIP survey (see How Common Is Pastoral Indiscretion?). Of the pastors responding to the survey, 20 percent said they look at sexually oriented media (in print, video, or movies) at least once a month. And 38 percent said they find themselves fantasizing about sex with someone other than their spouse at least once a month."

"All this prompted us to seek out a pastor who knows how intensely difficult the war against lust can be-yet also knows God's grace and strength applied in that situation. Who better than the author of the previous article?"

Here then, is an update from the anonymous writer of 'The War Within,' and the lessons he has learned in the intervening five years."

"I was sitting in an aisle seat on a cross-country flight when the passenger across the aisle, one row ahead, pulled out a magazine from his briefcase. I recognized something familiar in the furtive way he looked around, nervously adjusted his posture, and opened the magazine. He held the pages open just far enough to see inside, but from my angle I had a clear view of various women spreading their legs for the camera."

"It seemed incongruous, even bizarre, for a man dressed in a business suit to be studying some anonymous woman's private parts in the artificial setting of jammed-together airplane seats and plastic folding trays. But after the sense of the bizarre had passed, I felt another twinge, this one a mixture of pain and sadness. Five years ago, I was that man in the business suit, addicted to lust. I wrote about my struggle in the Fall 1982 edition of LEADERSHIP, in an article called 'The War Within.' After the sadness had passed, I felt an enormous sense of relief, for I realized that my initial sense of bizarreness was a sign of the healing God has accomplished so far."

"Not long after the airplane trip, an editor from LEADERSHIP asked if I would do another article, recounting what I had learned about lust in the five intervening years. At first, I didn't like the idea. It seemed an unnecessary probing of old wounds. The article had been for me a means of catharsis, a deliverance. Why dredge up the past? Finally, however, I agreed to consider the request."

"I reread the original article for the first time in five years. Its passionate tone startled me. I had forgotten how completely sex had dominated my life. I found myself feeling compassion for the author of the article, momentarily forgetting his identity! Again, I breathed a prayer of thanks for God's healing. In the same file folder as the article, I also found an envelope from LEADERSHIP containing several dozen letters from readers, and I proceeded to read each one."

"Some readers felt a sense of shock and betrayal. They criticized the article for being prurient and disgusting. The author had been far too explicit, they said; he dwelt on lurid details as if he still enjoyed his memories of lust."

“‘The author cannot possibly be considered a Christian,’ concluded one reader (I hope this person never encounters Augustine's Confessions). Others claimed the article had caused them to distrust their pastor and all Christian leaders: ‘Who knows what might be going on in their minds?’”

“I pray and hope that my article did not lead anyone astray. I must admit that, at a distance of five years, the article seemed somewhat overwrought. Does the issue of lust merit such a long, involved treatment? But I also know that the article was true, every word of it. I lived it. War raged within me for a decade.”

“Five years ago some people were scandalized that a Christian magazine would print such a blunt, realistic confession by a Christian leader. But in recent days we have read far more explicit accounts of Christian leaders' immorality in Time and Newsweek.”

“Not all the letters were negative, however. More than half expressed deep gratitude. I have a whole stack of letters that begin like this: ‘I thought I was the only one with this problem. Thank you so much for having the courage to bring it out into the open.’ Some go on to describe agonizing personal battles with lust and immorality. At least one reader said the article permanently cured his lust problem by frightening him away from the temptations of bare flesh.”

“The most moving letters, however, came from people who have not been cured. ‘Please, tell me how to solve my problem!’ they wrote. ‘You said that God ‘came through’ for you, but he has not come through for me. What can I do?’ It was this group of letters that ultimately convinced me to write about what has happened in the past five years.”

“The Road to Freedom”

“I begin with humility and gratitude to God for breaking my addiction. I came to see the problem of lust as a true addiction, much like addiction to alcohol or drugs or gambling. And I can truly say that I have been set free of, in Augustine's words, ‘scratching lust's itchy sore.’ For those still caught in the web of that addiction, I bring a message of hope.”

“Ironically, I am most grateful for two things I normally try to avoid: guilt and fear. Augustine records rather candidly that, except for the fear of God's

judgment in the afterlife, Epicurus would surely have lured him even deeper into carnal pleasures. A similar kind of fear and guilt kept me on edge during my long struggle with lust.”

“Psychologists use the term ‘cognitive dissonance’ to describe the battle inside a person who believes one way and acts another. For example, a woman will normally feel intense cognitive dissonance if she secretly carries on an affair with another man while pretending to be happily married to her husband. Even if her husband suspects nothing, her own mind will constantly remind her that she is living with contradictions. Because the mind cannot sustain too much cognitive dissonance, it will seek ways to resolve the contradictions. Perhaps the wife will unconsciously let slip certain clues about her affair, or maybe she will accidentally call her husband by her lover's name. In such unexpected ways the mind will attempt to bring together her two lives.”

“A sense of cognitive dissonance haunted me during my addiction to lust. I believed one set of things about Christian ethics, the dangers of separating physical appeal from other aspects of sexuality, and the irrationality of an obsession with body parts. But I acted contrarily. From the pulpit I preached that a person's worth is measured internally, and that ugly people and fat people and the physically handicapped can express God's image. But, like much of male America, I spent my time drooling over shapely women with well-formed legs.”

“Most urgently, I experienced cognitive dissonance in my marriage. I had roped off large areas of my sexuality from my wife, which I cultivated in private, usually on trips, in visits to adult movie theaters and magazine shops. How could I expect to find sexual fulfillment in my marriage when I was nurturing a secret life of sexuality apart from my marriage?”

“Guilt and fear finally forced me to deal with the cognitive dissonance. Guilt made it feel dissonant in the first place; it constantly reminded me that my actions did not coincide with my beliefs. And fear, especially the fear I experienced after I learned how sex had utterly destroyed my Southern pastor friend, forced me to face my own sin. It led me, kicking and protesting all the way, toward repentance.”

“I mention this because guilt and fear do not often get good press in our liberated society. Had I sought help from a professional counselor, that

counselor may well have dealt with the symptoms of guilt and fear rather than with the root problem. I have come to believe that the guilt and fear were wholly appropriate; they were, in fact, the prods that led me to resolve the cognitive dissonance in my life.”

“Today, I hear cries of outrage against anyone who, like President Reagan or Jerry Falwell, conveys a tone of judgment. President Reagan simply asks that sexual abstinence be taught as an option, possibly the best option, for young people who wish to avoid the health dangers associated with sexual promiscuity. ‘Don't lay a guilt trip on us!’ many people respond. ‘Don't try to scare us.’ But I have learned that guilt and fear may serve us well, as warnings against the direct dangers posed by a disease like AIDS, or against the more subtle dangers represented by an addiction to lust.”

“Yet guilt and fear are such powerful forces that they may also deceive. In my case, they deceived me into seeing God as my enemy. Now as I read ‘The War Within,’ it reminds me of a testimony delivered at a revival tent meeting: ‘For many years I wallowed in the stench and filth of sin until finally I reached the end of my rope and in desperation turned to God.’ Typically, as I did in the article, the testifier spends most of his time on vivid descriptions of the smells and sights of that sin.”

“I now view my pilgrimage differently. I believe God was with me at each stage of my struggle with lust. It wasn't that I had to climb toward a state of repentance to earn God's approval; that would be a religion of works. Rather, God was present with me even as I fled from him. At the moment when I was most aware of my own inadequacy and failure, at that moment I was probably closest to God. That is a religion of grace.”

“The title of one book on my shelf, He Came Down from Heaven, summarizes the gospel pretty well. Immanuel: God is with us, no matter what. He calls us to heaven but descends to earth to rescue us.”

“I wish we in the church did a better job of conveying God's love for sinners. From the church, I feel mainly judgment. I cannot bring my sin to the church until it has been neatly resolved into a warm, uplifting testimony. For example, if I had come to the church in the midst of my addiction to lust, I would have been harshly judged. That, in fact, is why I had to write my article anonymously. Even after the complete cycle of confession and

forgiveness, people still wrote in comments like, ‘The author cannot possibly be considered a Christian.’”

“Having said that, however, I also recognize that many people who struggle with addictions have been greatly helped by counselors or other mature Christians to whom they have made themselves accountable. They testify that knowing there is someone to whom they have to report honestly and regularly has been a key factor in resisting temptation.”

“I have attended a few meetings of Alcoholics Anonymous, and they convinced me that we in the church have something to learn from that group. Somehow they require accountability and communicate the ‘Immanuel-ness’ of God. He is with you when you succeed and when you fail. He does not wait with folded arms for you to pick yourself out of the gutter. His hands are stretched out toward you, eager to help. Where are the hands of the church?”

“Bearing Scars”

“So far I have given mostly good news: the good news that an addiction can be broken, that God's love extends to the uttermost, that even guilt and fear can work for our good. But in honesty I must bring bad news as well.”

To read this complete story, please click [The War Within Continues - An Update on a Christian Leader's Struggle with Lust](#)

(Name Withheld, “The War Within Continues – An Update on a Christian Leader’s Struggle with Lust,” Christianity Today, Winter 1988,
<http://www.christianitytoday.com/le/1988/winter/8811024.html?paging=off>)

“42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013,
http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“THE NATURE AND DYNAMICS OF INTERNET PORNOGRAPHY EXPOSURE FOR YOUTH”

“Considerable numbers of boys and girls had seen images of paraphilic or criminal sexual activity, including child pornography and sexual violence, at least once before the age of 18. Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys, $p = 0.001$) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“...boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls).” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

TABLE 1. CHARACTERISTICS OF EXPOSURE TO INTERNET PORNOGRAPHY BEFORE AGE 18

	Boys n = 192	Girls n = 371
Exposure to Internet pornography		
Yes, before 18**	93.2%	62.1%
Yes, after 18***	4.2	20.6
Never***	2.6	17.3
Exposure to Internet pornography before age 18	n = 179	n = 226

(Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

Number of times spent viewing for more than 30 minutes		
Never***	30.6%	76.8%
Once	6.9	9.1
Up to 10 times***	27.8	11.4
More than 10 times***	34.8	2.7
Mean number of times spent viewing for more than 30 minutes***	9.8	1.0
Reasons for viewing Internet pornography		
Wanted the sexual excitement***	69.3%	16.8%
Curious about different things people do sexually***	53.1	26.1
Wanted information about sex***	39.7	19.5
With friends who wanted to do it**	34.1	20.8
Never looked for pornography on purpose***	6.8	42.3
Types of images seen at least once		
Naked people but no sexual activity***	98.3%	88.9%
Mixed-sex intercourse***	93.8	73.5
Naked people showing genitals**	91.1	81.0
Sexual activity among more than 2 people***	83.2	57.1
Same-sex intercourse**	69.3	55.3
Sexual activity involving bondage***	38.6	22.6
Sexual activity between people and animals***	31.8	17.7
Sexual activity involving urine or feces	21.8	16.4
Rape or sexual violence*	17.9	10.2
Sexual pictures of children	15.1	8.9
Mean number of times seen images ^c		
Naked people but no sexual activity***	18.0	6.4
Naked people showing genitals***	16.5	5.3
Mixed-sex intercourse***	16.7	4.5
Sexual activity among more than 2 people***	12.5	3.2
Same-sex intercourse***	11.1	3.3
Sexual activity involving bondage***	3.2	0.9
Sexual activity between people and animals**	1.6	0.6
Sexual activity involving urine or feces**	1.5	0.5
Rape or sexual violence**	1.1	0.3
Sexual pictures of children*	0.9	0.3
TOTAL***	82.8	24.1

^aResponse choices were none, 1, 2–5 times, 6–10 times, 11–20 times, and more than 20 times. Each category was then recoded to its midpoint for number of times participant viewed pornography for 30 minutes or more (i.e., 0, 1, 3.5, 8, 15.5, and 25.5).

^bTo be coded as never looking for pornography on purpose, participants must have endorsed this item and indicated no other reason for looking at Internet pornography.

^cResponse choices were never, 1–5 times, 6–10 times, 11–20 times, 21–30 times, and more than 30 times. Each category was then recoded to its midpoint for number of images seen (i.e., 0, 3, 8, 15.5, 25.5, and 35.5).

* $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$.

(Chiara Sabrina, Janis Wolak, David Finkelhor, "The Nature and Dynamics of Internet Pornography Exposure for Youth", University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

"...the pornography industry, has been the country's main 'sex' educator of young people..." ("Pornography: A Public Health Crisis", National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

"...no longer be a novelty. Novelty sells...needed to keep the viewers' attention." ("Pornography: A Public Health Crisis", National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

"...concerns about pornography stem only from a religious or moral basis..." ("Pornography: A Public Health Crisis", National Center on Sexual Exploitation, July 14,

2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“9% have viewed pornography by age eight, 24 percent by age ten, and 77 percent by age 13.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“Adult Internet pornography is the most common form of teen sex education in the US...” (Mary Anne Layden, PhD, Director, Sexual Trauma and Psychopathology Program, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“...psychologist’s call Internet pornography the new crack cocaine.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“Men who view pornography rate their partners as less attractive and they are less satisfied with their partner’s sexual performance.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“58% of male pornography users (average age twenty-five) had erectile dysfunction with women but not with pornography.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“On college campuses, 25% of women experience either a rape or an attempted rape during their four years in college. By the time a female is eighteen years old, 38 % have been sexually molested.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“...33 million males between the ages of ten to twenty-four. It is my belief that we are approaching nearly 100% exposure of that group.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“By age ten, 32% of children have been exposed to pornography. Also, 53% of boys and 28% of girls ages 12–15 use sexually explicit pornography via the Internet.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“A recent study found that 88% of top-rated porn scenes contain physical aggression and 49% verbal aggression, with 94% of the targets of that aggression being female.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“One prominent researcher called the inundation of young children with extreme Internet pornography as ‘the single, largest unregulated social experiment in history.’” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“The study found an increasing trend for the distribution of sexually explicit content produced by younger children using laptop webcams...”

- “17.5% of content depicted children aged 15 years or younger.”
- “85.9% of content depicting children aged 15 or younger was created using a webcam.”
- “93.1% of the content depicting children aged 15 or younger featured girls.”

(Publication: Internet Watch Foundation, Author: Internet Watch Foundation, in partnership with Microsoft, Date: 03/10/2015) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“10-13 year old boys who came just after me – those born after, say, 1992 – and all 10-13 year old boys since: any one of them can see more naked women on their phone in 10 minutes than most grown men in history saw in their entire lifetimes.” (Sam Parker, “Why Thousands of Young Men are Giving Up Pornography in 2014”, Esquire, July 31, 2014, <http://www.esquire.co.uk/culture/article/6624/why-young-men-are-quitting-porn-in-2014/>)

“PORNOGRAPHY – DESTROYING MARRIAGES & FAMILIES”

“That’s staggering. That means across the country, with about one million divorces each year, we have 500,000 divorces annually where pornography is a major player.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, <http://wifamilycouncil.org/pornography-destroying-marriages-families-2/>)

“This 2014 ProvenMen survey showed, tragically, that the number of Christian men involved with pornography mirrors the world.”

- “77% of Christian men between the ages of 18 and 30 say they look at pornography at least monthly.”
- “64% of Christian men between the ages of 31 and 49 say they view pornography at least monthly.”
- “36% of 18-30 year-old Christian men say they view porn at least daily”
- “At least 32% of that age group admit to being addicted.”
- “18% of Christian men ages 31-49 admit to addiction.”

(“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, <http://wifamilycouncil.org/pornography-destroying-marriages-families-2/>)

“Up to 70 percent of wives who uncover pornography use in their marriage have symptoms of PTSD...” (Ray Nothstine, “7 Notable Figures in the Fight Against Porn and Sexual Exploitation”, The Christian Post, December 8, 2015, <http://www.christianpost.com/news/7-notable-figures-in-the-fight-against-porn-and-sexual-exploitation-145671/>)

“In 2001, about 40% of adolescents (14-17 years old) in Taiwan reported some exposure to Internet pornography.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In the Netherlands, more than half (55%) of adolescents (13-18 years old) had seen at least one of five types of sexually explicit content on the Internet with an average frequency of less than once a month.” (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet. *Communication Research*, 33(2), 178-204) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In a 2001 study, 70% of 15- to 17-year-olds in the United States said they had ‘accidentally’ seen pornography on the Internet.” (Rideout, V. (2001). *Generation RX.com: How young people use the Internet for health information*. Menlo Park, CA: Kaiser Family Foundation) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In another survey, about one-fourth of 10- to 17-year-olds said they had experienced unwanted exposure to pictures of naked people or people having sex while online.” (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). The exposure of youth to unwanted sexual material on the Internet: A national survey of risk, impact, and prevention. *Youth & Society*, 34(3), 330-358) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“...53% of males reported sexually explicit media use, while only 28% of females did ... both male and female adolescents who had engaged in oral sex and sexual intercourse were much more likely to be using sexually explicit media than teens who had never engaged in these sexual behaviors.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“By age 14, two-thirds (66%) of males and more than one-third (39%) of females reported having seen at least one form of sexually explicit media in the past year.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Almost all (90%) of the males who said they had had oral intercourse and 88% of those who had had sexual intercourse had used sexually explicit media in the past year.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Teens are spending more than one-third of their days using media...nearly nine hours on average [63 hours per week], according to Common Sense Media. For tweens, those between the ages of 8 and 12, the average is nearly six hours per day. [42 hours per week]” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, <https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/>)

“...Kaiser Family Foundation's 2010 study, which estimated an average of five-and-a-half hours of media use for those ages 8-10, 8 hours and 40 minutes for those aged 11-14, and just under 8 hours for 15-18 year-olds.” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, <https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/>)

“Common Sense study surveyed 2,600 youths...” (Hayley Tsukayama, “Teens Spend Nearly Nine Hours Every Day Consuming Media,” Washington Post, November 3, 2015, <https://www.washingtonpost.com/news/the-switch/wp/2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/>)

“THE SEXUALIZATION OF HARM IN CONTEMPORARY PORNOGRAPHY”

[Definition] “Pornography is defined here as ‘Sexually explicit material that objectifies and exploits its’ subjects (predominantly women and children) while eroticizing domination, degradation, and/or violence.’” (Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, <http://webcache.googleusercontent.com/search?q=cache:cgpdxrzl-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us>)

“The Federal Violence Against Women Act of 2005 states that ‘nearly 1/3 of American women report physical and sexual abuse by a husband or boyfriend at some point in their lives’. In Minnesota, a 2007 MN Department of Health study stated that sexual assault alone cost Minnesota nearly \$8 billion in 2005. In 2006 37,010 Minnesota women and children sought community advocacy services due to domestic abuse (76% of which were females over 13 years old) and 11,474 were provided emergency shelter.” (Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, <http://webcache.googleusercontent.com/search?q=cache:cgpdxrzl-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us>)

- “50 films – 304 scenes”
- “3,376 different acts of verbal and physical abuse utilizing the Perpetrator Action Target (PAT) scale. (This scale counts as one act of aggression that which takes place when all three elements are present and unchanged. For example a man (P) slaps (A) a woman (T) 10 times. Because each element is unchanged this constitutes one act of aggression. If anyone of the three elements, P, A or T changes, another act of aggression is counted. For example, if another man (P) enters the scene and slaps (A) the same woman (T) three times, those acts are counted as one event. So in this example, the woman would have been slapped 13 times but the scale would have recorded it as two separate incidents only).”
- “11.5 acts of aggression per scene”
- “0-128 acts per scene”
- “Aggression rewarded 68% of the time”
- “Neutral response to aggression 32% of the time”
- “Discouraged 0% of the time”
- “Positive sexual behavior represented just 10% of all actions”

(Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, <http://webcache.googleusercontent.com/search?q=cache:cgpdxrzi-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us>)

“‘The relationship between particularly sexually violent images in the media and subsequent aggression...is much stronger statistically than the relationship between smoking and lung cancer.’ Researcher Edward Donnerstein” (Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, <http://webcache.googleusercontent.com/search?q=cache:cgpdxrzi-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us>)

“This analysis included 46 published studies, most of which were done in the United States and ranged in dates from 1962 to 1995. In their conclusion they state, ‘The results are clear and consistent; exposure to pornographic material puts one at increased risk for developing sexually deviant tendencies, committing sexual offenses, experiencing difficulties in one's intimate relationships, and accepting the rape myth. In order to promote a healthy and stable society, it is time that we attend to the culmination of sound empirical research’.” (Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, <http://webcache.googleusercontent.com/search?q=cache:cgpdxrzi-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us>)

“The research indicates pornography consumption is associated with the following six trends, among others:”

1. “Increased marital distress, and risk of separation and divorce,”
2. “Decreased marital intimacy and sexual satisfaction,”
3. “Infidelity”
4. “Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices,”
5. “Devaluation of monogamy, marriage and child rearing,”
6. “An increasing number of people struggling with compulsive and addictive sexual behavior.”

(Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, [http://webcache.googleusercontent.com/search?q=cache:cgpdxrzl-](http://webcache.googleusercontent.com/search?q=cache:cgpdxrzl-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us)

fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us)

“When a child lives in a home where an adult is consuming pornography, he or she encounters the following four risks:”

1. “Decreased parental time and attention”
2. “Increased risk of encountering pornographic material”
3. “Increased risk of parental separation and divorce and”
4. “Increased risk of parental job loss and financial strain”

(Chuck Derry, “The Sexualization of Harm in Contemporary Pornography”, Men as Peacemakers, July 17, 2009, [http://webcache.googleusercontent.com/search?q=cache:cgpdxrzl-](http://webcache.googleusercontent.com/search?q=cache:cgpdxrzl-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us)

fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us)

“When a child or adolescent is directly exposed the following effects have been documented:”

1. “Lasting negative or traumatic emotional responses,”
2. “Earlier onset of first sexual intercourse, thereby increasing the risk of STD’s over the lifespan,”
3. “The belief that superior sexual satisfaction is attainable without having affection for one’s partner, thereby reinforcing the commoditization of sex and the objectification of humans.”
4. “The belief that being married or having a family are unattractive prospects;”
5. “Increased risk for developing sexual compulsions and addictive behavior,”

6. "Increased risk of exposure to incorrect information about human sexuality long before a minor is able to contextualize this information in ways an adult brain could."
7. "And, overestimating the prevalence of less common practices (e.g., group sex, bestiality, or sadomasochistic activity)."

(Chuck Derry, "The Sexualization of Harm in Contemporary Pornography", Men as Peacemakers, July 17, 2009, <http://webcache.googleusercontent.com/search?q=cache:cgpdxrzi-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us>)

"Farley and Lynne (2000) reported that 88% of 40 women prostituting in Vancouver 12 had been sexually assaulted as children, by an average of five perpetrators." (Chuck Derry, "The Sexualization of Harm in Contemporary Pornography", Men as Peacemakers, July 17, 2009, <http://webcache.googleusercontent.com/search?q=cache:cgpdxrzi-fMJ:www.menaspeacemakers.org/s/The-Sexualization-of-Harm-in-Contemporary-Pornography-7-17-09.doc+&cd=1&hl=en&ct=clnk&gl=us>)

"Research data collected some 5 years ago already revealed that 9 of 10 college-age men (and about one third of the women) were using Internet porn." (Gary Wilson, "Porn Addiction is not Sex Addiction - - And Why it matters", Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

"...beginning use during adolescence, when the brain is especially plastic and most bent on seeking thrills and novelty." (Gary Wilson, "Porn Addiction is not Sex Addiction - - And Why it matters", Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

"THE IMPACT OF PORNOGRAPHY ON MARITAL RELATIONSHIPS"

"... 62% of the 350 attendees said that internet had been a significant factor in divorces they had handled during the year of 2000." (Vivan Chan, MC, RCC, "The Impact of Pornography on Marital Relationships", The Wishing Wells, January 11, 2009, <http://www.wishingwellscounseling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"56% of the divorce cases ... one party having an obsessive interest in pornographic websites..." (Vivan Chan, MC, RCC, "The Impact of Pornography on Marital Relationships", The Wishing Wells, January 11, 2009, <http://www.wishingwellscounseling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet

pornography than individuals who had not had an affair. ...people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. ... the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“... by Family Safe Media (2006), 20% of men admitted to accessing internet pornography at work. ... Approximately 70% of all adult content traffic on the internet occurs during the 9am to 5pm workday...”

(Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“FBI findings. The Federal Bureau of Investigation found that eighty percent (29 of 36) of recent mass murderers used pornography extensively and used it as an integral part of their murderous sexual activity, which often included serial rape-murders.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Other researchers have confirmed that 64 percent of all homosexual child molesters and 86 percent of all rapists used pornography at or immediately before the time of their crimes.”

(“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis. (Paul P. Pornified. New York, NY: Times Books; 2007.) **An estimated 50% of all Internet traffic is related to sex.**” (McNair B. Striptease Culture. London, United Kingdom: Routledge; 2002.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“The frequency of pornography consumption has been shown to predict various negative outcome measures in humans. A representative Swedish study on adolescent boys has shown that boys with daily consumption showed more interest in deviant and illegal types of pornography and more

frequently reported the wish to actualize what was seen in real life.” (Gunter B. Media Sex: What Are the Issues? London, United Kingdom: Routledge; 2001.; Svedin CG, Åkerman I, Pribe G. Frequent users of pornography: a population based epidemiological study of Swedish male adolescents. J Adolesc. 2011; 34(4):779-788.; Fattore L, Melis M, Fadda P, Pistis M, Fratta W. The endocannabinoid system and nondrug rewarding behaviours. Exp Neurol. 2010;224(1):23-36.; Müller CP, Schumann G. To use or not to use: expanding the view on non-addictive psychoactive drug consumption and its implications. Behav Brain Sci. 2011;34(6):328-347.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption”. (Knudsen SV, Mårtensson LL, Månsson S-A. Generation P? Aarhus, Denmark: Aarhus Universitetsforlag; 2007) (Simone Kuhn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...accessing pornography online was predictive of compulsive computer use after 1 year.” (Meerkerk G-J, Van Den Eijnden RJ, Garretsen HFL. Predicting compulsive Internet use: it's all about sex! Cyberpsychol Behav. 2006;9(1):95-103) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...pornography has an impact on the behavior and social cognition of its consumers.” (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...high levels of exposure result in a downregulation or habituation of the neural response in the reward network. This is assumed to elicit adaptive processes in which the brain is hijacked, becoming less responsive to pornography.” (Struthers WM. Wired for Intimacy. Downers Grove, IL: InterVarsity Press; 2010.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...nine out of ten children aged 5 to 15 have internet access at home.” (Ofcom children's and parents' media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“The average age when a child first uses the internet in the UK is 8 years old, and the majority of children access the internet alone...” (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The

Perspective of European Children 2011) ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"A 2008 YouGov survey found that 27 per cent of boys were accessing pornography every week, with 5 per cent viewing it every day." (Sex Education Survey, YouGov 2008) ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"...but one quarter of teenage boys in this study said that they view sexual images online." (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The Perspective of European Children 2011) ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"Smallscale and more anecdotal studies suggest four out of five children aged 14-16 regularly access online porn at home." (Psychologies Magazine, July 2010) ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis." (Paul P. Pornified. New York, NY: Times Books; 2007) (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"An estimated 50% of all Internet traffic is related to sex." (McNair B. Striptease Culture. London, United Kingdom: Routledge; 2002) (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"These percentages illustrate that pornography is no longer an issue of minority populations but a mass phenomenon that influences our society." (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"A representative Swedish study on adolescent boys has shown that boys with daily consumption showed more interest in deviant and illegal types of pornography and more frequently reported the wish to actualize what was seen in real life." (Gunter B. Media Sex: What Are the Issues? London, United Kingdom: Routledge; 2001; Svedin CG, Åkerman I, Priebe G. Frequent users of pornography: a population based epidemiological study of Swedish male adolescents. J Adolesc. 2011;34(4):779-788; Fattore L, Melis M, Fadda P, Pistis M, Fratta W. The endocannabinoid system and nondrug rewarding behaviours. Exp Neurol. 2010;224(1):23-36; Müller CP, Schumann G. To use or not to use: expanding the view on non-

addictive psychoactive drug consumption and its implications. Behav Brain Sci. 2011;34(6):328-347) (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption." (Knudsen SV, Mårtensson LL, Månsson S-A. Generation P? Aarhus, Denmark: Aarhus Universitetsforlag; 2007) (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"A longitudinal study following Internet users has found that accessing pornography online was predictive of compulsive computer use after 1 year." (Meerkerk G-J, Van Den Eijnden RJ, Garretsen HFL. Predicting compulsive Internet use: it's all about sex! Cyberpsychol Behav. 2006;9(1):95-103) (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"The brain regions found in the present investigation are associated with relatively frequent, but not by definition, addictive pornography consumption. The striatum and DLPFC correspond to brain regions implicated in Internet addiction by past investigations. Previous studies on Internet addiction have reported decreases in prefrontal cortical thickness; decreases in functional, as well as structural, connectivity of the frontostriatal network; and decreased striatal dopamine transporter levels in the striatum measured with single photon emission-computed tomography." (Hong S-B, Kim J-W, Choi E-J, et al. Reduced orbitofrontal cortical thickness in male adolescents with Internet addiction. Behav Brain Funct. 2013;9(1):11; Hong S-B, Zalesky A, Cocchi L, et al. Decreased functional brain connectivity in adolescents with Internet addiction. PLoS One. 2013;8(2):e57831; Lin F, Zhou Y, Du Y, et al. Abnormal white matter integrity in adolescents with Internet addiction disorder: a tract-based spatial statistics study. PLoS One. 2012;7(1):e30253) (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"87% of young adult males use pornography." (Interestingly, only 67% of young men believe that it is acceptable to use pornography) (Michael Malcolm, George Naufal, "Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

"Between 2000 and 2004, the General Social Survey (GSS) asked a series of detailed questions about Internet usage; it also records comprehensive

demographic information, including marital status. Using these microdata we find that for young men there is a large degree of substitutability between Internet and pornography usage and marriage – heavy Internet usage generally, and use of pornography specifically, are associated with lower participation in marriages.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“We assert that increasing ease of accessing pornography is an important factor underlying the decline in marriage formation and stability.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“Enough is Enough Campaign reports that 87 percent of convicted molesters of girls and 77 percent of convicted molesters of boys admit to using pornography, most often in the commission of their crimes.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“HE RESTORETH MY SOUL”

“...the difficulty of treating pornography and sexual addiction adequately from a spiritual perspective alone.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).

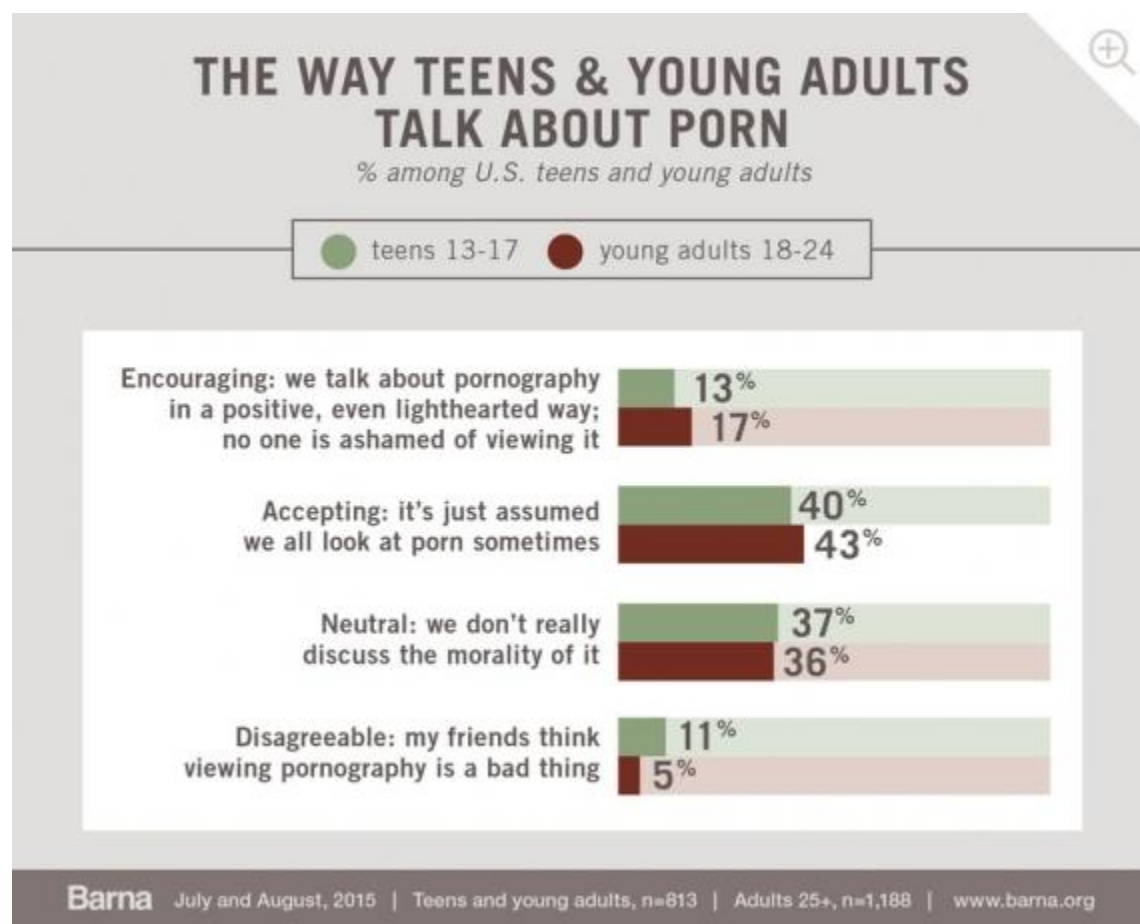
“Knowledge is power: we will become more empowered with each bit of knowledge we accrue in regard to pornography addiction.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).

“The apostle Peter said, ‘Be sober. Be vigilant, for your adversary the devil as a roaring lion walketh about seeking whom he may devour.’” (1 Peter 5:8). (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).

“According to current peer-reviewed academic literature, almost 90 percent of college age young men and 30 percent of the young women view pornography.” (Journal of Adolescent Research, 2008) (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).

“Another challenge is to find men who aren’t using porn. A Canadian researcher, for example, couldn’t find any male college students on his campus who weren’t using porn. Somehow this seemed to indicate to him that porn was obviously harmless, however, it could show just how powerful its effects on the brain are. (‘All men watch porn, and it is not bad for them: study’ www.grandslamnews.com/article/All%20men%20watch%20porn%2C%20and%20it%20is%20not%20bad%20for%20them%3A%20study/?k=j83s12y12h94s27k02) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Perhaps a study could be done comparing recovered users’ brains with current users of varying degrees of use.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)



(Peter Kenny, "Study finds adult concern at US teens and young adults use of porn, Barna finds", Ecumenical News, January 29, 2016, <http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm>)

"...of all the age ranges, young adults between 18 years old and 24 years old are the most likely to come across porn on a regular basis." (Peter Kenny, "Study finds adult concern at US teens and young adults use of porn, Barna finds", Ecumenical News, January 29, 2016, <http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm>)

"More than seven in 10 say they come across porn at least once or twice a month (71 percent)." (Peter Kenny, "Study finds adult concern at US teens and young adults use of porn, Barna finds", Ecumenical News, January 29, 2016, <http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm>)

"...‘teen porn’ has grown rapidly, and is now the largest single genre, whether measured in terms of search term frequency or proportion of web sites." ("Pornography: A Public Health Crisis", National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

"...teen-related porn reached an estimated 500,000 daily in March 2013... representing approximately one-third of total daily searches for pornographic web sites...18 million teen-related pages—again, the largest single genre and about one-third of the total content." (Gail Dines & David Levy, "A Rare Defeat for Corporate Lobbyists" Counter Punch, August 1, 2013, <http://www.counterpunch.org/2013/08/01/a-rare-defeat-for-corporate-lobbyists/>) ("Pornography: A Public Health Crisis", National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

"On college campuses, 25% of women experience either a rape or an attempted rape during their four years in college. By the time a female is eighteen years old, 38 % have been sexually molested." ("Pornography: A Public Health Crisis", National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

"By age ten, 32% of children have been exposed to pornography. Also, 53% of boys and 28% of girls ages 12–15 use sexually explicit

pornography via the Internet.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“The Sexual Revolution Gave Us ‘The Rape Culture’”

“Roughly 80% of college men and 34% of co-eds use porn on campus or off, sanctioned by ‘free speech.’” (Judith Reisman and Mary E. McAlister, “‘The Sexual Revolution’ Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, <http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/>)

“FBI’s Joseph Campbell says ‘the level of pedophilia is unprecedented right now.’ A ‘survey of high school graduates’ found 13.5% had sex with a teacher.” (Judith Reisman and Mary E. McAlister, “‘The Sexual Revolution’ Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, <http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/>)

“CURRENT GLOBAL PORN STATISTICS”

- **“Australia”**

“A University of Sydney, Australia, study found that: 70% of Australian men view porn online (the article quotes that some surveys show the number as high as 90%). 80% of 15 to 17 year olds have had multiple exposures to hard core porn.” (Newcastle Herald, September 12, 2014)

“64% of Australian children are learning about sex from pornography.” (WA Today Australia, July 22, 2013)

“2/3 of Australian men view porn, some up to 5 hours a day. 20% of porn addicts prefer porn to sex with their wives. 30% admit their performance at work suffers because of porn.” (News.com.au, September 13, 2012)

“An Australian ISP blocked 84,000 requests for child porn in the first 3 months after it initiated a voluntary porn filter.” (ZD Net, October 19, 2011)

- **“Canada”**

“40% of Canadian boys grades 4 – 11 are viewing porn; 1/3 of these, every day.” (Business Standard, June 13, 2014)

- **“Denmark”**
 “75% of Danish men and 1/3 of Danish women watch porn according to a 2014 survey by the women’s magazine Q.” (The Local DK, 10-31-14)
- **“India”**
 “80% of college students in India watch porn; 40% watch rape porn. 76% said that watching rape porn leads to the desire to rape a woman.” (ABP Live, India, July 24, 2014)

 “Of a survey of 8,000 girls and women in India, 49% said they learned about sex from watching porn videos.” (India.com. June 25, 2014)

 “More than 80% of Indian high school students have been exposed to porn.” (The New Indian Express, July 30, 2013)

 “30% of all data transferred across the internet is porn. 70% of men watch it, while 30% of women do.” (ZeeNews India, May 5, 2013)

 “A year long survey found that 75% of pre-university students in rural areas of India were addicted to porn.” (The Indian Express, 2-27-13)

 “In a survey of 300 children under the age of 13 in India, 67% admitted to accessing porn sites, most by their cell phones.” (Cathnews India, October 12, 2011)
- **“Ireland”**
 “From a survey of 1,002 internet users, 83% of men and 56% of women have viewed porn.” (Irish News, January 17, 2015)

 “Ireland’s internet porn use has increased 77% since 2010. Most porn use occurs between 10pm and 1:00am.” (Irish Mirror, February 9, 2014)

 “80% of boys and 40% of girls in Ireland admitted to viewing porn in a Unicef survey.” (November 26, 2011, Irish Independent, “Sex and the Irish Teen.”)
- **“Singapore”**
 “836 13 to 15 year olds found that 50% have watched or read sexually

explicit materials, some as early as age 7.” (Asiaone, Singapore, September 8, 2014)

- **“South Africa”**

“In a survey of more than 4,400 men, 67% view porn.” (New24.com, South Africa, March 19, 2015)

“90% of eight to 16 year olds have viewed porn online.” (Independent Online, 9-27-11, Johannesburg)

- **“Taipei”**

“90% of 1,676 respondents surveyed by the Taipei Women’s Rescue Foundation said they started watching porn as a minor. 79% view porn weekly; 22% watch it every day.” (WantChinaTimes, May 25, 2014)

- **“Trinidad”**

“52% of women admitted to watching porn in a survey, in addition to 79% of men.” (Trinidad Express, October 18, 2014)

- **“United Kingdom”**

“In a survey of 2,500 school and university students, 60% view porn.” (The Guardian, January 29, 2015)

“75% of Christian men view porn at least monthly.

41% of Christian men admit to being addicted to pornography.

30% of church leaders view porn regularly

90% of Christians believe the church does not adequately support those struggling with porn.” (The Way, UK, January 20, 2015)

“80% of UK teens say porn is ‘too easy’ to access or stumble upon on the internet.

70% said porn was seen as normal by their peers at school.

1 in 10 told their parents about stumbling on to porn on the internet.”

(DailyMail, UK, August 19, 2014)

“Of a survey of 248 Oxford (UK) students:

71.8% of all students said they view porn;

91% of men vs 51% of women.” (The Oxford Student, June 12, 2014)

“A survey of 3000 UK families found that children as young as age two

had been exposed to pornography, and the average age of first exposure was four. 19% said their children got on the internet at age 2, 38% said their kids were 3 or older. Yet 74% of parents surveyed were unaware of options to filter porn from their computers, smart phones, or tablets.” (The Scotsman, April 3, 2014)

“A survey of youth in the UK showed 50% of 11-14 year olds had viewed porn.” (UK Daily Mail Online, January 19, 2014)

“From a survey of 177 young men aged 16 to 20 in the UK:
97% had viewed porn
23% said they had tried to stop watching it but could not (‘74% addicted in UK’ – Josh)
13% said they were watching content that was ‘more extreme.’”
(Independent.ie, September 30, 2013)

“A recent survey in London of 800 young people showed:
Most teenage boys view it 2-3 times per week, on their phone or bedroom computer.
2/3 of those between 11 and 13 had viewed porn
83% stumbled on it accidentally.” (IOL Lifestyle, September 3, 2013)

“In the UK, porn websites are accessed more than social media or shopping.” (The Business Standard, July 30, 2013)

“100% of 9th grade boys and 50% of girls surveyed by the Deputy Children’s Commissioner in the UK were found to be accessing porn. 4,500 children had committed sexual offenses.” (HuffPost Lifestyle, May 7, 2013)

“1 in 3 visitors of porn sites are women.” (Policymic, 3-9-13)

“Investigations of sex offences by minors increased by 38% from 2009/2010 to 2011/2012 in the UK.” (UK Daily Mail, 3-3-13)

“One in three ten-year-olds have been exposed to pornography online; the largest group of internet porn consumers: 12 to 17 year olds.”
(Daily Mail, August 31, 2012)

“Four out of five 16 year old boys and girls regularly access porn online, while one in three ten year olds have seen it.

60% of 11-16 year olds have internet access in their room.” (UK Mail Online, 4-18-12)

“British teens spend an average of 87 hours a year looking at porn. 70% of all porn traffic occurs between 9:00am and 5pm during the work week.” (Independent Online, October 31, 2011)

- **“United States”**

“64% of American men view porn at least monthly, the percentage of Christian men is nearly the same.

79% of men ages 18-30 view porn at least monthly.

67% of men ages 31-49 view porn at least monthly.

55% of married men view porn at least monthly.” (Digital Journal, August 14, 2014)

“Harvard”

“Of the 758 who responded (half of the senior class), a recent survey of Harvard’s graduating class of 2014 revealed the following:

48% of men watch porn multiple times a week.” (Harvard Crimson, May 2014)

“87% said that their partner’s online cheating (by porn or other means on the internet) had a negative affect on their relationship. 41% called their partner’s online cheating significant, while 35% said it caused an end to the relationship.” (Huffpost, January 7, 2015)

“University of Arkansas

A survey of 487 male college students by researchers found that the more young men watched porn, the more likely they were to use it during sex and request pornographic acts from their partner.” (The Health Site, December 15, 2014)

“A survey by Canadian researchers shows that U.S. states with the greatest religious and politically conservative affiliation are apt to search the most for sex online.” (The Daily Beast, October 11, 2014)

“The Week quoted the results of a survey where 65% of American men said porn is morally unacceptable, but then highlighted that 30% of all internet traffic is porn, concluding that ‘Americans look at porn but feel bad about it.’” (The Week, March 6, 2014)

“The US produces 89% of the world’s pornography.” (Note: the latest stat on

this is Benny Bernardo, 'Internet Pornography Statistics: How is Porn Affecting you?', Feb. 18, 2015)

More than 50% of porn internet users report losing interest in sex with their partner.

40% of those who are sexually addicted lose their spouse.

58% suffer financial loss.

1/3 lose their jobs

Severe clinical depression was reported twice as frequently among porn users as compared to non-porn users." (Christian Post, December 30, 2013)

"30% of all internet traffic is pornography.

The world's largest porn site transfers 29 petabytes of porn a month In the U.S., 52% of pornography is accessed on smartphones; 10% on tablets.

Worldwide, 51% of porn is accessed on desktop computers; 49% on smartphones and tablets." (The Inquisitr, December 26, 2013)

"29% of working U.S. adults watch porn on their computer at the office." (BetaBeat, November 12, 2013)

"Of a survey of 1000 people, ... 64% regularly access it in some way." (Huffington Post, Free Porn Continues to be a Problem for the Porn Industry, 4-10-13)

"67% of men and 49% of women say porn is acceptable.

One youth minister states that 90% of the kids who come to him for help... all who are from Christian families... are addicted to porn.

21% of Christian teenage girls admit to texting a naked photo of themselves." (12-3-12: CBN News)

"In the Springs of 2012, PBS published the results of a survey by the Kinsey Institute. There were 10,453 respondents, 80% of who were men. When asked why they used porn, the top 5 reasons given were:

1. To masturbate / for physical release.

2. For sexual arousal.

3. From curiosity.

4. 'Because I can fantasize about things I wouldn't necessarily want to do in real life.'

5. For distraction." (PBS Frontline; American Porn)

"Orlando is the porn capital of the U.S.A. Las Vegas was #2,

Wilmington, NC was #3, Raleigh, NC was #4 and Charlotte, NC was #5.”
(Daily Mail, May 8, 2012)

“One of the largest porn sites in the world receives 4.4 billion page views a month by 350 million unique visitors, 3 times the page views of CNN or ESPN.” (As provided by Google’s Double Click Ad Planner, quoted by Extreme Tech. 4-9-12)

“50% of pastors regularly view porn.” (As quoted from a pastormark.tv survey, 3-27-12)

“A Christian missions agency is reported as saying that 80% of their applicants admit to struggles with porn.” (Harry Schaumberg in Christian Post, 3-8-12)

“Disturbing ‘new’ trend: teens having group sex. 1 in 13 teenaged girls confessed to participating in group sex in a recent survey by Boston University’s School of Public Health. Those who viewed porn in the previous month were 5 times more likely to participate in group sex.” (New Jersey News Room, 12-21-11)

“From a survey of 1,000 pastors:
69% say porn has adversely affected the church
When asked to estimate how many of their church members view porn on a weekly basis:
43% of these pastors did not respond. Of those who did:
62% of pastors said less than 10% of congregants view porn weekly
24% of pastors said that the 10-24% of their members view porn weekly
10% of pastors said that 25-49% of their members view porn weekly
4% of pastors said that 50% or more of their members view porn weekly
Other Statistics:
43% of internet users view porn
70% of 18-24 year olds visit porn sites monthly.” (Baptist Press, November 15, 2011, quoting Lifeway Research and Education Database survey results.)

“Porn users are 400% more likely to visit a prostitute.” (The Daily Reporter, November 7, 2011)

“A University of New Hampshire study found that two thirds of junior high school students surveyed looked at porn on the internet when they were supposed to be studying. About 34% go on to have a problem with internet porn.

As many as 40% of those who have problems with sex addiction from online interactions are women.” (Rochester City Newspaper, 9-28-11)

“90% of teenagers have viewed porn.
80% of 15-17 year olds have been exposed to hard core porn.
67% of men and 59% of women said that porn was acceptable.
Campus Crusade for Christ staff.” (Christian Post, 7-16-2011)

“68% of Christian men and 50% of pastors confessed to viewing porn weekly in a recent survey.” (Christian News Wire, June 11, 2014)

- **“Worldwide”**

“According to a survey of 19,000 parents, kids begin viewing porn as early as age 6.” (ABC News10, May 15, 2013)

“The U.S. is the worldwide King of Porn.
60% of all porn pages are hosted in the U.S.
26% are hosted in the Netherlands
7% are hosted in the UK
1% are hosted by Germany
California is the engine of the U.S. Porn industry, churning out 66% of all porn made in the U.S.” (IBT Times UK, ‘World Porn League; UK Sits Not So Proudly in Third Place,’ August 13, 2013)

- **“Pornhub”**

“The most searched term: Teen
23% of Pornhub’s viewers are women
The U.S. is Number 1 in per capita page views.
45% of porn is viewed on smartphones, 44% on desktop PCs. (Pornhub, 2014 year in review, January 7, 2015)

“50% of Pornhub’s 38 million users are viewing porn via mobile devices.” (TimesLive, June 5, 2014)

- **“Cosmopolitan** A survey of 4000 men and 4000 women found that more than 30% of the men watched porn daily. 71% of men 18-34 watch it at least once a month.” (Cosmopolitan Magazine, February 20, 2014)

“90% of therapists see more problems related to porn use.
94% of therapists have seen a rise in people addicted to porn.

70% of 18 to 34 year olds use porn once a month.” (From a Cosmopolitan survey, as quoted by Medical Daily, January 20, 2013)

- “In a recent ChristianMingle study, 50% percent of female Christians and 39 percent of Christian males said they went to church at least once a month. Of the 716 Christians surveyed, 90 percent said they would be comfortable with premarital sex; 61 percent of these said without any strings attached.” (Christian Post, February 13, 2014)

“...the average American teen owns 3.5 mobile devices.” (Lenhart, A., Purcell, K., Smith, A., & Zickur, K. (2010). Social media & mobile Internet use among teens and young adults. PewInternet: Pew Internet & American Life Project. Retrieved, from <http://pewinternet.org/Reports/2010/Social-Media-and-Young-Adults.aspx>.) (Eric W. Owens , Richard J. Behun , Jill C. Manning & Rory C. Reid (2012) The Impact of Internet Pornography on Adolescents: A Review of the Research, Sexual Addiction & Compulsivity: The Journal of Treatment & Prevention, 19:1-2, 99-122, <http://dx.doi.org/10.1080/10720162.2012.660431>)

“JIHADISTS COMPUTERS 80 PERCENT FULL OF PORN, EX-OFFICIAL SAYS”

“Lt. Gen. Michael Flynn, a former head of the Defense Intelligence Agency...”

““...a despicable foe, one who would rape and pillage women and children, boys and girls, ... all while watching pornography on their laptops,’ ... at one point, we determined that 80 percent of the material on the laptops we were capturing was pornography.” (al-Qaeda. ISIS)

““Some of it was really bad, and it was all over the map. Some of it was kids, animals,”

“...a huge stash of pornography was found by U.S. Navy SEALs during the raid that killed Osama bin Laden in Abbottabad, Pakistan, in May 2011... was hidden away in a wooden box in the al-Qaeda leader’s bedroom.”

“...a senior law enforcement official ... terrorism cases involving al-Qaeda and ISIS in the U.S. and abroad said, ‘There has yet to be a case where some crazy porn stuff hasn’t come up ... It never fails.’”

“... perverse private habits like the viewing of extreme pornography ... case of ISIS, codified sexual abuse of female slaves.”

(Lee Ferran, Ely Brown, James Gordon Meek and Justin Fishel, “Jihadists Computers 80 percent full of porn, Ex-Official says”, ABC News, July 14, 2016, <http://abcnews.go.com/International/jihadists-computers-80-percent-full-porn-official/story?id=40564987>)

“That’s staggering. That means across the country, with about one million divorces each year, we have 500,000 divorces annually where pornography is a major player.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, <http://wifamilycouncil.org/pornography-destroying-marriages-families-2/>)

“This 2014 ProvenMen survey showed, tragically, that the number of Christian men involved with pornography mirrors the world. 77% of Cristian men between the ages of 18 and 30 say they look at pornography at least monthly. 64% of Christian men between the ages of 31 and 49 say they view pornography at least monthly. 36% of 18-30 year-old Christian men say they view porn at least daily and at least 32% of that age group admit to being addicted. 18% of Christian men ages 31-49 admit to addiction.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, <http://wifamilycouncil.org/pornography-destroying-marriages-families-2/>)

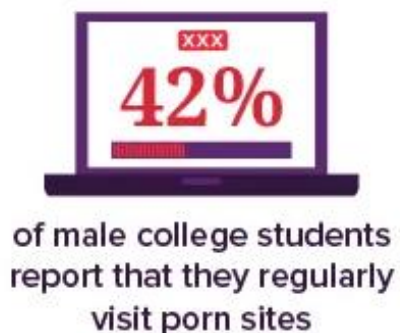
“Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis.” (Paul P. Pornified. New York, NY: Times Books; 2007) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“An estimated 50% of all Internet traffic is related to sex.” (McNair B. Striptease Culture. London, United Kingdom: Routledge; 2002) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“A recent University of Sydney study, in which two professors surveyed more than 800 men, found that excessive porn consumption was reported by almost half the respondents (85 per cent of whom were married or in a relationship), and was harming their professional success and

relationships.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, <http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why>)

“The numbers were dramatic: 47 per cent of the male subjects watched between 30 minutes to three hours of porn per day, one in three said it harmed their work efforts, and one in five would rather watch porn than have sex with their partners.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, <http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why>)



“...internet porn allows its viewers to remain safely anonymous...100 million page views a day and serves 4,000 VIDEOS a second during its peak hours...2% of the internet’s totally traffic.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

HOW BIG IS THE SCALE OF PORN ADDICTION:



42%

of male college students regularly visit explicit websites.



19%

feel they are "controlled" by their sexual desires.



12%

of male college students spend 5 hours or more per week on explicit material online.

Facts about porn addiction

regular porn users at a surprisingly young age.



developed a regular porn habit during age 12-14

started before they were 12

(Their problem often begins before they're even out of middle school.)



(“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“...‘teen porn’ has grown rapidly, and is now the largest single genre, whether measured in terms of search term frequency or proportion of web sites...Total searches for teen-related porn reached an estimated 500,000 daily in March 2013...representing approximately one-third of total daily searches for pornography web site...18 million teen-related pages...” (Gail Dines & David Levy, “A Rare Defeat for Corporate Lobbyists” Counter Punch, August 1, 2013, <http://www.counterpunch.org/2013/08/01/a-rare-defeat-for-corporate-lobbyists/>) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“Research indicates that 70% of the hits on Internet sex sites occur between 9-5 on business computers...my clinical experience supports that 40% of sex addicts will lose their spouse, 58% will suffer severe financial

losses, and 27-40% will lose their job or profession. (Dr. Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, "Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities", CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

"87% of college age men view pornography, 50% weekly and 20 daily or every other day, with 31% of women viewing as well. (Carroll J, Padilla-Walker LM, Nelson LJ. Generation XXX: Pornography acceptance and use among emerging adults. J Adoles Res. 2008;23:6–30) (Donald L. Hilton and Clark Watts, "Pornography addiction: A neuroscience perspective," NCBI, February 21, 2011, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>)

"By simply typing a few keywords into a search engine (e.g., Google), it is extremely easy to search for pornography on the internet. It is so easy that it has been speculated that every second, 372 individuals are typing pornographic keywords into a search engine. Altogether, it is estimated that up to 25% of all internet search engine requests are for pornography."

(Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html>) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_markey_markey_4-11-11.pdf)

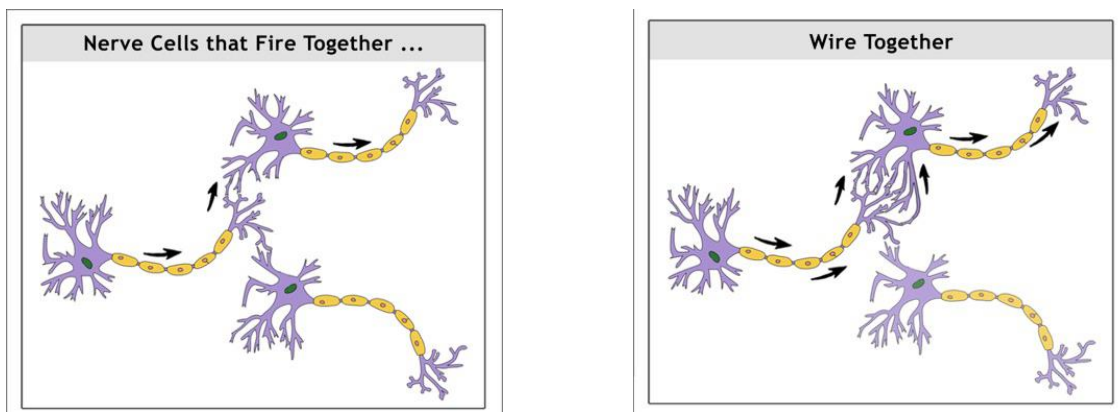
Approximately 13% of the US population regularly views internet pornography and the majority of these individuals (75%) are men." (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html>) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_markey_markey_4-11-11.pdf)

"Data presented by the Attorney General's Commission on Pornography, which combined survey data from 1970 and 1985 on pornography consumption, found that in 1970 20% of individuals indicated they read a pornographic magazine whereas in 1985 this number increased to 67%."

(U.S. Department of Justice. (1986). Attorney General's Commission on Pornography: Final Report. Washington, DC: U.S. Government Printing Office) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_markey_markey_4-11-11.pdf)

-
- “68% of the divorce cases involved one party meeting a new love interest over the internet” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
 - “56% of the divorce cases involved one party having an obsessive interest in pornographic websites” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
 - “47% of the divorce cases involved one party spending excessive time on the computer” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
 - “33% of the divorce cases cited excessive time communicating in sexualized chat rooms or forums” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
-

“Brains are plastic, and once you wire up a new cue you have no way of knowing when it will trigger a future reaction. Much as Pavlov's dog learned to salivate to the bell, today's porn users learn to wire unexpected stimuli to their erections. The brain's primitive reward circuitry isn't aware that the bell isn't food, or that the novel porn isn't 'my' porn. Its axiom is simply 'Dopamine good'.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)



“In 2004 Swedish researchers found that 99% of young men had consumed pornography.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

“A few small studies of U.S adolescents’ exposure to sexually explicit magazines and movies in the 1980s found that even then exposure was almost universal by the end of high school. The average age of first exposure to Playboy was 11 years for males and 12 for females; by 15 years old, most had also seen an X-rated film. Appetite for sexually explicit media has been a primary driver for the success of the Internet.” (Bryant, J., & Brown, D. (1989). Uses of pornography. In D. Zillmann & J. Bryant (Eds.), *Pornography: Research advances and policy considerations* (pp. 25-55). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In 2001, about 40% of adolescents (14-17 years old) in Taiwan reported some exposure to Internet pornography.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In the Netherlands, more than half (55%) of adolescents (13-18 years old) had seen at least one of five types of sexually explicit content on the Internet with an average frequency of less than once a month.” (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet. *Communication Research*, 33(2), 178-204) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In a 2001 study, 70% of 15- to 17-year-olds in the United States said they had ‘accidentally’ seen pornography on the Internet.” (Rideout, V. (2001). *Generation RX.com: How young people use the Internet for health information*. Menlo Park, CA: Kaiser Family Foundation) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In another survey, about one-fourth of 10- to 17-year-olds said they had experienced unwanted exposure to pictures of naked people or people having sex while online.” (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). *The exposure of youth to unwanted sexual material on the Internet: A national survey of risk, impact, and prevention*.

Youth & Society, 34(3), 330-358) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"INDEPENDENT PARLIAMENTARY INQUIRY INTO ONLINE CHILD PROTECTION"

"Since the early days of the World Wide Web, pornography has been one of the most widely available forms of internet content." ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"... 'the whole history of human sexual perversion is only a few clicks away.' ... our children, with their natural curiosity and superior technological skills, are finding and viewing these images." ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"... so called device-level filters – rather than blocking content at a network level. ... in tackling child abuse imagery by collectively ... with the IWF to block sites known to contain illegal abuse images." ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"Children spend increasing amounts of time online, are often more 'tech savvy' and knowledgeable than their parents and know how to circumvent or avoid device filters." ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"A network-level 'Opt-In' system, maintained by ISPs, that delivered a clean internet feed to customers as standard but allowed them to choose to receive adult content, would preserve consumer choice but provide an additional content barrier that protected children from accessing age inappropriate material. This model would emulate the system already used by most major UK mobile phone companies, where access to adult content is blocked until an age verification check is conducted by the network operator, and could use the filtering technology already operating in all schools and on some public Wi-Fi hubs." ("Independent Parliamentary Inquiry into Online Child Protection", Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

"Many parents report feeling left behind by the evolution of technology and that they lack the knowledge and skills to educate their children about internet safety. Parents are also concerned about many other forms of

disturbing internet content including cyber bullying, extreme violence, self-harm, suicide and pro-anorexia websites.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...six out of ten children can access the internet without filters in their homes.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“No filtering system will ever deliver total protection and parents will still need to remain engaged and active in helping their families stay safe online.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...nine out of ten children aged 5 to 15 have internet access at home.” (Ofcom children’s and parents’ media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“The average age when a child first uses the internet in the UK is 8 years old, and the majority of children access the internet alone...” (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The Perspective of European Children 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“A 2008 YouGov survey found that 27 per cent of boys were accessing pornography every week, with 5 per cent viewing it every day.” (Sex Education Survey, YouGov 2008) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...but one quarter of teenage boys in this study said that they view sexual images online.” (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The Perspective of European Children 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Smallscale and more anecdotal studies suggest four out of five children aged 14-16 regularly access online porn at home.” (Psychologies Magazine, July 2010) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“THE PORN PHENOMENON”

“Today, our team had the privilege of launching a new nationwide study about pornography. It is a massive research project examining teenagers, young adults, and Americans in general as well as pastors and youth pastors – more than 3,000 interviews in total across a range of questions.”

(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“We conducted a press conference with the study’s patron, Josh McDowell Ministries, today in New York City.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“The official release of the full study will come in April, when we launch a report on the topic, called The Porn Phenomenon. (You can pre-order a discounted copy here.)” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“This study is sure to stir up a conversation about porn in our society and within the Christian community – and we hope it leads to healthy, meaningful change. Because a lot of what we have been doing to help address porn in a digital culture doesn’t seem to be working very well.”

(David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“Because our team is still working on the detailed analysis of the data, you’ll have to wait a few months for the final report. If you’re a member of the media, please contact us for detailed findings or for an interview with me or Roxanne Stone.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“Until then, here are some of the top-level findings:” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“Porn: What Is It and Why Use It?”

1. **“Porn is notoriously difficult to define. For Americans, it’s more a question of function than form.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “The defined porn mostly based on the function it serves: for the purpose of sexual arousal.” (David Kinnaman, “The Porn Phenomenon”, Barna,

January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “Most Americans do not believe full nudity or especially partial nudity qualify as porn.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “There is a wide range of definitions of porn across various segments of society.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

2. **“People use porn for the obvious: arousal. But also for boredom, curiosity, and fun.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “Younger adults and teens are more likely than older adults to use porn for boredom, curiosity and fun.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Those 25- to 50-year-old tend to use for getting sex tips or to set a mood with a partner.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “‘Being less risky than actual sex’ is higher motivation among both teens and older adults—for different reasons, presumably.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“The Morality of Porn”

3. **“One of the favorable realities uncovered by the research is the degree of transparency respondents display on the topic.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “Porn is a much more readily ‘researchable’ topic than it was two decades ago. It’s a subject that does not have the same social taboo that it once did. When respondents were allowed to ‘opt-out’ of questions of a personal nature, more than 90% continued through the survey questions, indicating data reliability.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

4. **“Most Americans believe porn is ‘bad for society,’ but those attitudes are shifting toward neutrality or ‘good for society’ among younger generations.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
5. **“Only small minority of adults who use porn report much ‘guilt’ about porn.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
 - “Teens are most likely age segment to experience feelings of guilt, although it’s still a minority of teenagers.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
 - “Practicing Christians are twice as likely as others to experience guilt.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
6. **“Teens and young adults have ‘encouraging’ or ‘accepting’ conversations toward porn.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
 - “When they talk about porn with friends, 89% of teens, and 95% of young adults say they do so in a neutral, accepting, or encouraging way. That is, only one in 20 young adults and one in 10 teens say their friends think viewing pornography is a bad thing.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
7. **“Teens & young adults view ‘not recycling’ as more immoral than viewing porn.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
 - “32% say viewing porn is ‘usually or always wrong’ compared to 56% who say not recycling is ‘usually or always wrong.’” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“Porn in the ‘Screen Age’” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

8. **“Pornography has gone almost completely digital.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Example: 71% of adults, 85% of teens and young adults who have viewed pornography did so using online videos” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
 - “Magazines, graphic novels, on-demand videos and cable or rented/purchased DVDs are a very small part of the ‘market.’” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
9. **“Not only is porn more accessible in the digital context, but unsolicited porn has increased substantially as well.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Nearly half of young adults say they come across porn at least once a week—even when they aren’t seeking it out.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
 - “Nearly three-quarters of young adults (71%) and half of teens (50%) come across what they consider to be porn at least once a month, whether they are seeking it or not.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
10. **“While porn has typically been a man’s domain, its usage among young women seems to have become more common, perhaps due to digital access.”** (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Teenage girls and young women are significantly more likely to actively seek out porn than women over age 25, which is similar to men.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
 - “However, more than half of women 25 and under ever seek out porn (56% versus 27% among women 25-plus) and one-third seek it out at least monthly (33% versus just 12% among older men).” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “In contrast, among teen and young adult men, 81% ever seek it out and 67% at least monthly. Among men ages 25-plus, the comps are 65% and 47” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

11. “Most teens are ‘sexting’—either on the receiving or sending end of sexually explicit images.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “62% of teens and young adults have received a sexually explicit image and 41% have sent one (usually from/to their boy/girlfriend or friend).” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“Porn and Pastors”

12. “Most pastors (57%) and youth pastors (64%) admit they have struggled with porn, either currently or in the past.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “Overall, 21% of youth pastors and 14% of pastors admit they currently struggle with using porn.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “About 12% of youth pastors and 5% of pastors say they are addicted to porn” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “87% of pastors who use porn feel a great sense of shame about it.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “55% of pastors who use porn say they live in constant fear of being discovered.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “The vast majority of faith leaders who struggle with porn say this has significantly affected their ministry in a negative manner. It is not clear why, but youth pastors are twice as likely as pastors to report this kind of unfavorable impact.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

13. “There is a big difference of opinion between faith leaders and congregants when it comes to the consequences for pastors who struggle with porn.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “Only 8% of pastors think that a pastor should resign his/her position if s/he is struggling with porn. Most pastors think s/he should deal with the struggle through counseling or accountability.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “In contrast, 41% of adult Christians think that pastors should be fired or asked to resign if they are found to be using porn. Younger Christians are more likely to take a grace-filled approach.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

14. “The vast majority of the faith community, including leaders and laity, believe pornography is a bigger problem in the Church than it was two decades ago. But many do not know what to do about it.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

- “93% of pastors and 94% of youth pastors say it is a much bigger or somewhat bigger problem than it was in the past.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “More than half of youth pastors have had at least one teen come to them for help in dealing with porn in the past 12 months.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Although teens seeking help are mainly teen boys, there is still a significant amount of teen girls seeking help from youth pastors.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Men of all ages and stages, but especially married men, are coming to pastors for help with pornography struggles.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)
- “Despite the awareness of the problem, most churches do not have programs specifically designed to assist those struggling with porn use.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“These are some sobering statistics. As I mentioned, our team is currently analyzing the research and working on our final report. Check back in April for more.” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

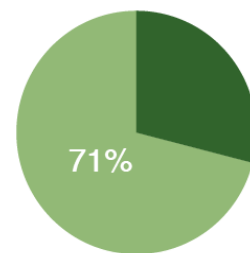
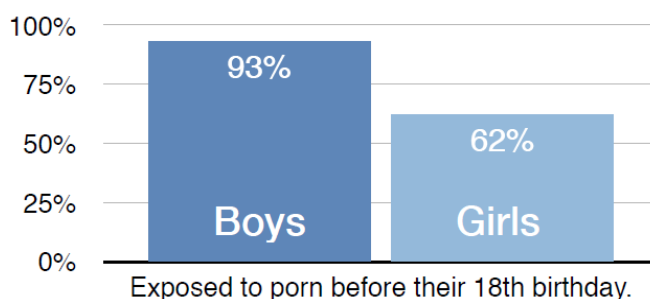
“You can also join us for the official, full-scale release of the study at the Set Free Summit in early April. Our team will be presenting the full study in person there!” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“Until then, as a Christian community, what can we do to take action on research like this? We would do well to consider and pray for the very personal stories and struggles that form these numbers. In what ways can you address the challenges of the phenomenon of porn in your context today?” (David Kinnaman, “The Porn Phenomenon”, Barna, January 19, 2016, <https://www.barna.org/blog/culture-media/david-kinnaman/the-porn-phenomenon#.VvrvEulrK70>)

“Porn doesn’t have a demographic...it goes across all demographics.”
-Paul Fishbein, founder of Adult Video News

(Rich Frank, “Naked capitalists: There’s no business like porn business,” New York Times, May 20, 2001. <http://www.nytimes.com/2001/05/20/magazine/20PORN.html>)

“PARENT TIPS: THE POWER OF PORN”



Feel the need to hide their online activity from parents.

(“Parent Tips: The Power of Porn,” Download Youth Ministry, accessed 3.22.16, <http://www.vbconline.org/wp-content/uploads/2013/10/The-Power-of-Porn.pdf>)

CULTURAL OBSERVATIONS

- “...having grown up in a hypersexualized culture where nude images and sexual situations are part of everyday life, younger Americans might have become sexually desensitized.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “Porn today is more hardcore, is more explicitly degrading and dehumanizing, and places an even greater focus on aggressive sexual activity.” (Miranda A. H. Horvath, Llian Alys, Kristina Massey, Afroditi Pina, Mia Scally and Joanna R. Adler, “Basically . . . Porn Is Everywhere: A Rapid Evidence Assessment on the Effects that Access and Exposure to Pornography has on Children and Young People,” A Special Report of The Office of the Children’s Commissioner, 2012.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “Scholar Robert Jensen claims these realities present us with a moral paradox: What does it say about a “civilized” society that accepts and promotes a mass media genre that is overtly cruel to women and explicitly racist?” (Robert Jensen, PhD, “Is Pornography Immoral?” Gender Studies Lecture at St. John’s University, February 4, 2013. <https://www.youtube.com/watch?v=FyXcSXMbItE&feature=youtu.be> (accessed January 2016)) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “In 2015, there were more than two billion online searches for pornography. (“Pornography Statistics: Annual Report 2015,” Covenant Eyes. <http://www.covenanteyes.com/pornstats/> (accessed January 2016).) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- The proliferation of high-speed Internet and Internet-enabled devices has fundamentally altered the ways people view and interact with pornography. (Eric W. Owens, Richard J. Behun, Jill C. Manning and Rory C. Reid, “The Impact of Internet Pornography on Adolescents,” Sexual Addiction & Compulsivity: The Journal of Treatment and Prevention, vol. 19, issue 1-2, 2012, pp 99-122.) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)

- These technological realities have “indiscriminately allowed people of all ages to encounter and consume sexually explicit content.” (Eric W. Owens, Richard J. Behun, Jill C. Manning and Rory C. Reid, “The Impact of Internet Pornography on Adolescents,” *Sexual Addiction & Compulsivity: The Journal of Treatment and Prevention*, vol. 19, issue 1-2, 2012, pp 99-122.) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “The proliferation [self-pornification] of digital tools has blurred the lines between porn producers, distributors and consumers. Barriers to entry and transaction costs—such as the affordability of video equipment, for example, or the abundance of user-friendly online platforms and services—have fallen and “enabled consumers to produce and distribute their own pornography.” (Johannes Grenzfurthner, Gunther Friesinger and Daniel Fabry, *Pronnovation: Pornography and Technological Innovation* (San Francisco: Re Search, 2008), p 49.) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “The historically passive consumer has evolved into today’s active producer—a result not only of changing technology, but also of shifting social norms of self-expression.” (Johannes Grenzfurthner, Gunther Friesinger and Daniel Fabry, *Pronnovation: Pornography and Technological Innovation* (San Francisco: Re Search, 2008), p 49.) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “The majority of teens and young adults (63%) report receiving a nude image from someone else via text, email, social media or app. (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “Self-pornification is a result of teens and young adults coming of age in an increasingly pornified American culture that ‘encourages and rewards the pornographic impulse.’” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “The fact that half of young adults estimate that ‘all’ or ‘most’ of their friends regularly look at porn, compared to only one-third of teens, supports this case.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)

- “...the morality of porn is rarely discussed or even considered.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “Half of young adults (49%) and one-third of teens (32%) say all or most of their friends regularly view porn.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “Short of total isolation, the American society you live in today is going to influence how your children make moral choices in one way or another. Stop and think about it. What are the voices of society telling your children about the choices they are about to make? What is the central theme that today’s culture emphasizes over and over again? If you were to reduce it to a single sentence, it might look like this: You have the right to choose for yourself what is right for you and what is wrong for you – and no one should judge that choice.” (Josh D. & Sean McDowell, *The Beauty of Intolerance*, p185) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- “In 2015 you uploaded a video that draws a straight line between porn and human trafficking, pointing out the irony that Millennials fight sex trafficking more than any other generation—and they also consume more porn. (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 1. “Half of all U.S. adults believe that ‘ethics and morals are based on what seems right to a person based on their own judgment and ideas’ (53%).” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 2. “Nine out of 10 believe ‘people should not criticize someone else’s life choices’ (89%).” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 3. “Eight out of 10 say ‘people can believe whatever they want, as long as those beliefs don’t affect society’ (79%).” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 4. “This inward-oriented search for truth or purpose also leads nine out of 10 adults to agree ‘the best way to find yourself is by looking within yourself’ (91%).” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon

– The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)

5. **“86 percent to say ‘to be fulfilled in life, you should pursue the things you desire the most.’”** (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 6. **“When it comes to the sexual expression of that desire, nearly nine out of 10 Americans believe ‘each person has to decide his or her own sexual boundaries’ (88%).”** (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
- **“The only moral code most people agree on is that each person is the sole moral authority for himself. Each individual must decide for himself what is right and wrong, taking into account his needs, desires, hopes and dreams. In their book Good Faith, David Kinnaman and Gabe Lyons call this the morality of self-fulfillment.”** (David Kinnaman and Gabe Lyons, Good Faith: Being a Christian When Society Thinks You’re Irrelevant and Extreme (Grand Rapids, MI: Baker Books, 2016).) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 - **“Another challenge is finding control groups—especially males—who have not previously engaged with porn.”** (“A User’s Manual,” The Economist, September 26, 2015. <http://www.economist.com/news/international/21666113-hardcore-abundant-and-free-what-online-pornography-doing-sexual-tastesand> (accessed January 2016).) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 - **“When pastors consider their own congregations, however,** (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 - **“Just two out of five say porn use is a major (3%) or significant (35%) problem.”** (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 - **“Half say it is only a minor problem (50%),”** (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)
 - **“The remaining pastors believe it’s not really an issue for their church.” (12%)** (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)

- “Whether porn is a bigger problem for the Church now than in the past, it’s clear that a practicing Christian faith has a profound influence on a person’s porn habits. Among every age group and gender, practicing Christians seek porn less often than those who do not practice Christianity.” (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>) (David Kinnaman & Roxanne Stone, “The Porn Phenomenon – The Impact of Pornography in the Digital Age”, Barna Group, April 4, 2016, <http://barna-resources.myshopify.com/products/porn-phenomenon>)

- “81% of adults between the ages of 18 and 29 are wireless Internet users. By comparison, 63% of 30-49 year-olds and 34% of those ages 50 and older access the Internet wirelessly.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “Roughly half of 18-29 year-olds have accessed the Internet wirelessly on a laptop (55%) or on a cell phone (55%), and about one quarter of 18-29 year-olds (28%) have accessed the Internet wirelessly on another device such as an e-book reader or gaming device.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“This is a BIG Problem”

“Pornography is a rampant problem in our society. Some studies suggest that 70 percent of men ages 18 to 24 visit pornography websites in a typical month. (<http://www.sync-blog.com/sync/2010/06/internet-porn-stats-should-parents-be-concerned.html>) Forty-seven percent of families in the United States say pornography is a problem in their home. (<http://www.safefamilies.org/sfStats.php>) A survey conducted in 2008 found that nearly nine out of ten (87%) young men and nearly one third (31%) of young women report using pornography. (Generation XXX: Pornography Acceptance and Use Among Emerging Adults) The average age at which children first see online pornography is eleven. (www.healthymind.com/s-porn) Although statistics are not specifically available for the LDS population,

it is estimated they are similar.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How big of a problem is pornography?”

“The following are statistics from various studies regarding pornography. Although more accurate information is needed, the following reflects the magnitude of the problem.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In 1997, approximately one out of every six Internet searches related to sex. Each day there are 23 to 60 million unique visitors to pornography websites. Revenues from pornography now exceed the combined revenues of all professional football, baseball, and basketball franchises. Some 34,376,000 unique users (23.68% of all Internet users) visit pornography websites and view an average of 239 pornographic web pages each day.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“By the end of 2004, 420 million pages of pornography existed on the internet. It is estimated that 13.97% of online pornography consumption is by children ages two to seventeen. Some 83% of youth watch pornography at home. Approximately 70% of youth ages fifteen to seventeen reported accidentally coming across pornography online, and 23% of those youth said this happens ‘very’ or ‘somewhat’ often.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Of all consumers of online pornography, 71.61% are male and 28.39% are female. Nearly 9 out of 10 (87%) young men and nearly one third (31%) of young women report viewing pornography. Forty million Americans regularly visit porn sites. Seventy percent of men between the ages of eighteen and twenty-four visit porn sites in a typical month. The average age at which a child first sees online porn is eleven years old. In 1998, 45% of the Protestant clergy surveyed reported using pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Forty-seven percent of families in the United States say pornography is a problem in their home. Every second, more than 28,000 individuals are looking at pornography on the internet. Pornography is a worldwide industry, generating \$97 billion annually. Every second consumers spend \$3,075.64 on pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Nine out of ten children between the ages of eight and sixteen have viewed pornography on the internet, in most cases unintentionally. Every thirty-nine minutes, a new pornographic video is created in the United States. Twelve percent of the websites on the internet are pornographic (approximately 24,644,172).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

HEARTBREAKING TRUE ACCOUNTS OF PERVASIVE PORN

Many told to Josh McDowell

YOUTH

Recently I spoke at one of the top three Christian institutions for post-high school education – a school that is biblically-based, theologically-sound, spiritually-alive and mission-oriented (I believe it is one of the finest in the world).

I had just finished speaking on “Pornography & the Church” to 5,000 participants. The next hour was incredibly eye-opening and also a very disheartening experience. I was sitting at the autograph table, and almost every conversation with a student, whether male or female (18-25 years old), was reflected by this 22-year-old’s comments:

“Mr. McDowell, you will never know how your talk tonight impacted my life. Last night on my dorm floor, all the guys got together and I asked them, ‘How many of you are struggling with pornography?’

“Mr. McDowell, there was not one student on our entire floor who was not struggling. They had all watched pornography. Right after your talk, I sent a text to every person on my floor, ‘We must all get together... We have got to hold each other accountable and deal with porn.’”

The next student in line approached me crying in front of everyone and she said,

“Mr. McDowell, I’m twenty-one years old. I’ve never had a boyfriend, never been kissed and never held a boy’s hand. For thirteen years I’ve been struggling with pornography (started out at eight years old). It has destroyed my life.”

The next two girls said “Almost all of our friends are struggling with pornography.”

Recently, a couple came to me to encourage me in carrying out the Set Free Global Summit on Internet Porn and Sexual Addiction. I asked, “Why?” Their response was “Our 17-year-old son has always been a role model to follow. He has led his youth group and read many of your books. However, several months ago his life slowly began to change. He didn’t want to go to church or youth group. He quit reading his Bible and became critical. We tried so hard to encourage him, but nothing helped. He finally confessed to us that since he was eight years old, he has been addicted to porn. Now, he no longer believes, never prays, has become a loner and wants to spend all his time in his room.”

“One boy under the age of 15 told ChildLine that he was ‘always watching porn, and some of it is quite aggressive’. ‘I would like to get married in the future but I’m scared it might never happen if I carry on thinking about girls the way I do.’” (Patrick Howse, “‘Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

The University of Montreal was commissioned to study the implications of porn on 18 to 25-year-olds. They had to terminate the study after several months. They couldn't establish a control group of students in Canada who hadn't watched it. (Jonathan Liew, "All men watch porn, scientists find", Telegraph, December 2, 2009, <http://www.telegraph.co.uk/women/sex/6709646/All-men-watch-porn-scientists-find.html>)

Another research scientist cancelled a study on porn and university students. "I could not find a control group who hadn't seen porn."

Worldview training seminars attract the finest youth from our churches. Recently, the director of one of the top three seminars told me that through their surveys, they discovered that 70% of guys and 40% of girls watch pornography. He was shocked because they are the top Christian kids.

After one of the above seminars, two teens came up and asked to talk with me.

"We need to talk with you. This afternoon there were twelve of us in our room. After we heard your comments on pornography, we asked the other ten kids in the room if they watched pornography. Eight of ten said 'yes.'"

What worried these young people was that they didn't know what to say when all eight defended their viewing of pornography. They saw nothing wrong with it.

The director of a youth ministry on East Coast said, "Josh, I need your help. I took my top nine leaders on a leadership weekend. During our conversations the topic of pornography came up. I asked them, 'How many of you watch porn?' Josh, I was staggered when eight of the nine said 'yes.' What do I say to them?"

Yesterday I talked to three youth leaders of a church with 1,700 in their youth group. I admonished them to address the porn problem with their students. I shared the statistic that up to 75% watch porn on the Internet.

They interrupted me and said, “Oh no, it's more like 90%. It's hard to find a student who doesn't watch pornography.”

All the above 4 incidents happened in just three days.

A representative of a large missionary organization which sends out about 400 short term missionaries (all university students) stated, “Josh, we have to reject 85% of our applicants because of pornography.”

During a large youth convention in Mexico recently, I asked the director of the ministry if they talked to the kids about porn. He replied, “No, but we need to”. I asked why they didn't and he replied, “We did a survey of all our youth groups and 90%+ of all the students watch porn.”

Recently, when I called a potential presenter for the Set Free Summit, who is extremely accomplished in psychotherapy and the head of the department in a major East Coast university, he told me, “Josh, in our research we almost never come across a teenager who hasn't watched porn. What we have discovered is that when they reach the first year in the university, their viewing of pornography rapidly increases. It is very difficult to do any scientific studies of university students' involvement in porn because we can't find a control group of men and women who don't watch porn. Josh, porn is now at the level of a tsunami among our youth. I will be at the Set Free Summit ... it is a deep calling in my life. I fear for our youth, our families and our churches.”

Two parents just found out their 28-year-old son had been addicted to porn for years. His wife finally confronted him, but he wouldn't stop and their divorce was just finalized. It all started when he was 11 years old. He confessed that every night he watched it in his room. It was why he adamantly told his mom and dad to always knock before entering his room.

This is from the associate pastor at the Lutheran Church of the Atonement in Barrington, IL:

"Well done Sir!!!! I have been sounding the trumpet on this topic for the past ten years. We hit it hard in our confirmation program (sixth through ninth grade). However, in recent years, I have been convicted that our efforts are coming too late. Despite the fact that all of our boys and at least half of our middle school girls report having seen porn, and I mean significantly disgusting porn, the parents are slow to appreciate the dangers. Parents look at me as though I have lobsters coming out of my ears when I call this the decisive battle of the century. (I have been a pastor for 27 years. I am used to that.)

Your address [Moody Talk] has vindicated our efforts, and we will pick up the challenge with greater clarity and zeal. I am sure that you will take heat for this address. God bless you! I also appreciate that you lifted up the relationship you have with your wife! Thank you, thank you, thank you. May God continue to nourish and sustain you!

Mark Rose, author of *The Noah Code*, recalls that time you visited his church and talked about pornography. The son of his secretary came to hear your talk. He had been long-struggling with his faith and nobody could figure out what was wrong with him. When he heard your talk on pornography, he realized that was the problem! This young man was able to get out of pornography and has recovered since then.

March 24, 2016. Testimonies sent to Christy Tiede from Nelu from Josh's speaking in Romania:

The week after [the Josh] events, one of the Christian leaders came to one of our Cru staff and ask him to meet with his son. Because after Josh message at parent's event he talked with his son and discover that his son is deeply involve in pornography. He started to do that at age of 7, and now he has 19 years old. After 2 days he was hospitalized in a psychiatric hospital. When one of his friends find out what happened with him he committed suicide because he had the same problem and he married hopping he will solve the problem but he couldn't. When he saw that his friend was "discover" he decided to commit suicide. Because of that some churches decide to have meeting with teenagers and youth to discuss the subject. They invite one of our Cru staff to talk. He started to share about his life when he was young and about the temptations that he had. When our staff ask them if they have problem with pornography almost all of them say "yes". At that meeting was more than 100 teenagers and youths. Most of them started to be consoler one on one.

MISSION ORGANIZATIONS

A representative of four missionary-sending organizations said to me rather reluctantly that up to 90% of applicants have watched porn.

An executive with a missions organization to students stated: "80% of our applicants watch porn."

A missionary from Asia was talking with me and related that recently when an American pastor arrived to speak to 500 missionaries and their families, he was asked to speak on another topic other than what he had prepared. "They said, "We would like for you to speak on pornography and sexual purity." The visiting pastor asked "Why?" The missionary director of the

conference replied, "Our missionary families are being riddled with porn. It is destroying us."

I was just with a mission organization. Before I spoke to the staff children (ages 12 to 18), I singled out three of the staff kids. I said, "Look me in the eyes ... I want to ask you a question. Do you watch porn on the Internet?" They replied, "No, absolutely not." "Let me ask you another question. Are you lying to me?" "Well maybe I watch it a little." Let me ask you another question, are you lying to me again?" "Well, ah, maybe I watch it a lot." All three were similar conversations. They were between 13 to 16 years old. The sad thing is that I'm sure their missionary parents have absolutely no idea and would vigorously defend that their child would never look at pornography.

We are a small missions organization ... about 200 missionaries (about 100 families). We are being gutted by porn. Last month we had to bring home five families."

CHRISTIAN SCHOOLS

A mother called me quite upset regarding her 13-year-old son. A girl had approached him to say that a boy in their class wanted to date him. He replied, "I'm not into that ... no." Several days later it was posted on a website under the name of the school that he was gay. Everyone at his school saw it. In the locker room they kept trying to get him to look at porn. He kept saying "no." They started calling him gay. About this time, the parents checked his phone and found porn. They asked him, "Why?" He replied, "I had to." "Why?" the parents replied. He said he had to download pornography to convince the other boys he wasn't gay.

At a Christian school in the Middle East, they took a survey of their 300 middle and high school students. The last two questions were critical. 1) "Do you watch porn on the internet?" "YES" was the answer by all 300. 2)

“Do you want to stop...Need help?” The answer was an overwhelming “NO” by all 300.

Last night a grieving mother told me, “My daughter is 18 years old. She has always been a very spiritual girl. However, over the last two years she has lost all interest in spiritual things. She no longer reads her Bible and has lost all interest in church. So we just had a long talk about it. Afterward she came to me and shared that she is addicted to internet porn. It all started at 13 years old through a friend at their Christian school.”

While I was visiting in the home of a Christian leader in Alabama, his 15-year-old daughter asked if she could privately ask me a question.

We went into the kitchen where she asked me a very innocuous question. I responded, “What is really in your head?” She broke down crying, “I’m addicted to porn. It totally controls my life”.

She is a leader at her Christian school and feels like such a hypocrite. “Can you help me please? I can’t tell my parents...it would destroy them.” I asked for her email. She responded, “I can’t. If I even walk by a computer or iPad, I will look at porn.”

The story is having a beautiful ending...little by little a real joy is returning to her life and her parents have become a big part of it.

CHURCHES

Today, a pastor, 38 years old, painfully shared, “In our church we have seen so many lives ruined (by porn), and frankly I have felt stunted in my ability to provide real long-term help for the ones who want out.”

I have been bombarded with comments like these from the experts (not novices) Christian, Secular, Mormon, etc. It is overwhelming.

The signs are present, and pastors don't seem to be seeing them. We must wake up the church and we don't have much time.

The Set Free Summit can be a lightning bolt for the Christian community, and we must do all we can to get pastors to the event and train them in positive, practical, biblically-based, and culturally-relevant solutions.

I was amazed to learn about this summit. The quote on the front page is powerful and speaks directly to our story: "Nothing erodes a person's faith faster than internet pornography". I unknowingly married a Christian man with a full blown porn addiction. Half measures availed him nothing. Despite repeated attempts at getting help, the struggle continued. 20 years into vocational ministry as a pastor and 15 years into our marriage, he announced a crisis of faith. June 2012, he resigned as senior pastor at Redeemer Church in La Mirada, CA. During the resignation meeting, the elders assured the congregation "there was no moral failing". My heart sank because the elders knew of his issues (I broke silence with the elders and their wives 2 years prior when his active addiction reared it's head). No one else seemed to connect his crisis of faith with his porn addiction. Our ties to Biola University made things all the more complicated. Both of his parents teach at Talbot Seminary. Their conservative fundamental views and closeness to the situation elevated the crisis. Our life began to unravel and a chasm started growing between us. I couldn't buy the story line or his plans to move on and launch a second career. Something was terribly wrong. I hit my rock bottom and entered recovery. God was faithful. He met me in the crash and directed me to S-Anon and a CSAT therapist for individual and group therapy. I initiated a move back to TX summer 2013 to be near my family. We moved as a family of 6 (me, him, our 4 kids). Within a few months, it was clear I needed the safety of a separation. One year later, I filed for divorce. It was a battle to come to terms with the reality that he did not choose recovery. It's been a long, painful journey. In April 2014, I had the opportunity to attend the IACSAS (International Association of Certified Sexual Addiction Specialists) annual conference. That is when I stepped into the professional world of sex addiction recovery. God has equipped and prepared me as a spokesperson, advocate, and social

entrepreneur. My mission is to empower partners impacted by porn/sexual addiction and betrayal. I am in process of launching a non-profit and platform from which to inspire courage, educate, and and connect partners to resources. The media department at my church, Austin Oaks Church, recently filmed a God Story about my journey. You can see it here: <http://www.austinoakschurch.org/stories>. SisterHub is being rebranded and morphing into something bigger and better. I would love to share more. Happens I'm coming to Dallas tomorrow. If someone from your team sees this message and calls, I would love to stop by your office. Thank you for planning this Summit!!

GENERAL

We have quite a challenge in front of us. Mark my words, within 3-4 years pornography, including child porn, will not only become culturally acceptable, but there will also be a crusade to legalize all pornography.

You can see right now the winds are blowing that way.

Recently, I was at a hotel in Gilroy, CA. The porter was a sharp young man about 22 years old. I asked him, "Do you watch porn on the Internet?" He responded, "Of course...everyone does." He went on to say, "Why should I quit? I'm not in a relationship." When I shared the consequences for future relationships, he replied, "I will worry about it then."

After asking the same question to a waiter in the same hotel, he replied, "Oh yeah...a whole lot...I don't know anyone who doesn't."

On a recent American Airlines flight there were two young flight attendants interacting with me. One of them, Crystal, 23 years old, listened carefully when I shared, "Be careful when you get married ... Try to find out if he watches porn." She sadly explained, "Sir, I don't think I have ever met a man who doesn't watch pornography."

While Dottie and I were having a great meal at Outback, our waitress was very friendly. She was 21 and came to Christ at a great church near our house. I said, "Amy, when you get serious about a guy, in a relaxed moment, ask him if he watches pornography ..." Her head popped up and she exclaimed "I don't think I know any guys in my church who don't!"

"The thing that struck me was that here are beautiful pictures of nature being posted and labeled 'earth porn' – as though the 'porn' moniker is a positive thing. That's how mainstream, acceptable and 'normalized' the porn label has become. 'Porn' as a term used to be associated with filth, degradation, immorality, etc... Just an observation and another example of how timely Set Free is."

(E-mail from Josh McDowell – 08.26.15) Several days ago I sat in a coffee shop in Manitou Springs, CO. As I reviewed these stories and the three phone calls I had just received from Christian leadership who have been devastated by porn and lost their families, I began to cry. I couldn't stop. Couldn't figure out what was happening, but then I realized it was an answer to prayer. In my last year of seminary I had prayed, 'God, break my heart with the things that break your heart.' My heart is broken..."

Just had dinner with an executive of large global youth movements. I asked, "How many of the kids you work with globally watch pornography?". "Wow... I never like to say 100% in anything ... so I will say 99.9%."

I have two sons that were dedicated to God as babies, raised in a Christian home and attended Christian schools into College (MBA). Zach 30yrs (oldest) told us he was gay last year. He had a short relationship with a male for 7 months and it is now over. We found out he was molested as a young child 2 yrs ago. He dated one girl in high school and she broke his heart. He has not dated another girl since. My son says he is a gay Christian. My (middle) son Jacob 27yrs old was married in 2012. He too

was molested as a young child by the same person. Jake says he has battled porn since HS and had an affair in 2013-14. He ended the affair asked for forgiveness from his wife, her parents, us, and sought intense Christian counseling. He wants to restore his marriage. His wife won't speak to him only to say God told her to divorce him (final March 11, 2015). My son is now angry with God. My son loves his wife, they grew up together and dated almost 11 yrs (high school sweethearts). They waited till their wedding night to be intimate. Both of these circumstances were happening at about the same time. My children have been deceived by Satan. My husband and I are deeply saddened by both of these situations. We continue to pray for God's will, grace and wisdom. We ask for prayer for my sons, my daughter-in-law (Giselle), her parents, us and for my daughter Sarah. She is struggling with this as well plus she misses her sister-in-law. Giselle refuses to talk with anyone of Jake's family. We are deeply saddened. Thank you for your prayers.

Sunday, May 3 at 6:35 at night, I received a phone call from a desperate mom. She has an incredible marriage and an outstanding Christian family. She called and said, "Josh, I need your help. My son who is 13 years old [we'll call him Bobby] was at school several days ago and a girl approached him representing one of his male classmates and said, "This boy wants to date you. He wants to go out with you."

Her son, Bobby replied, "Well, I'm not into that. I'm not gay."
The girl replied, "Well you must be gay because you're not interested in girls."
Bobby said, "No I'm not interested in girls. I'm 13 years old."

The next day on an Instagram site identified with the school (but not an official school site) they had a picture of Bobby and the boy together as a couple and the entire school was exposed to it.

The parents went through his cell phone and they found pornography and were very concerned but they handled it right. They very calmly sat down with him and said, "Why do you have this pornography on your cell phone?"

He was very hesitant to reply, but finally said, "Because I had to."
"What do you mean because you had to?"

“Well at school at school in the locker room [remember – this is 13 years old – 7th grade] all the guys watch pornography on their cell phones and I don’t watch it and so they told me that because I don’t watch pornography, then you must be gay. So mommy, I downloaded this pornography and I show it to the kids in the locker room to prove to them I’m not gay.”

From the head of a large conservative denomination:

“Josh, we will be at the Set Free Summit. At our national men's meeting I asked how many of you are struggling with pornography? 90% raised their hands.”

“Josh can you help me? My son left for university this year. At Christmas he told us he doesn't believe any more. ‘It's all a lie...a myth. None of it is true.’ It staggered us.”

I asked, “Does he watch porn?”

“Why do you ask?”

“Because it is so often the case in situations like this.”

“Yes he does, he left his computer open and we found layers of porn.”

The pastor of a church (500-700 members), recently came to me and said, “Can you help...I don't know what to do about pornography. I don't know how to research it. I don't know how to talk to me people about it.”

His wife added, “Honey, tell him why we approached him.”

The pastor hesitated, looked around and then leaned in towards me, “Josh, my 22-year- old son, who is a youth pastor, just told me he is addicted to pornography. He can’t stop. I don’t know what to say. I don’t know how to talk about it to my people. Can you help me?”

It was a long walk ... in only four minutes, five different young people at the church approached me and said, "I'm addicted to pornography. Help me...I can't stop!"

Then the father of a 10-year-old son said, "My son just told me he has been watching porn for 3 years (since 7 years old)."

We live in Killeen, Texas and our family has been destroyed by Internet porn. Our teen daughter and I are hurting and there just aren't the needed resources in our area to help with healing. We have a Celebrate Recovery but that's about it. I am a school teacher and would've loved to attend the summit in April along with our daughter. It would help her understand why her father refused all offers for help/recovery, abandoned our family, filed for divorce, moved out of state and continues to try and push for her to visit him out of state when she doesn't feel safe or comfortable around his porn use (sadly he exposed her to it and so now she knows he has this problem). I appreciate what your ministry is doing to educate and combat this evil. Even attorneys, judges and others are very ill educated about porn as it has become so pervasive. You are a light in the darkness. Internet porn has become Satan's super weapon and you are correct that's churches aren't doing enough to combat this in the body of Christ. I was married 23 years. This was my college sweetheart. I did what I could to get him help but he's had this since adolescence (which I learned before he filed for divorce) and he kept it secret. He's a Christian and was raised in church but not raised in Christ. My heart is hurting for our family and our daughter. I have depression and anxiety. I am reaching out for counseling but I'm finding a lack of therapists that understand my trauma. For years I tried to get help and no one even understood what I was up against. I just wanted to reach out and say please keep reaching out to churches and educating them. Families are falling and we need your ministry's work more than ever. Thanks and God bless you.

Story told by Josh. April 2016. Had two evangelistic meetings with 13-17-year olds. 300+ trust Christ. Just received email from director (6weeks later). "Josh, part of our follow up with each student we asked the question: 'What is your greatest barrier in becoming a follower of Christ?' Josh, every single student of the 300 said, 'pornography.' You were a prophet when you spoke here. Please send us material to deal with this."

Story told by Josh. April 2016. I saw this beautiful little girl and said to Matt, "Look over your left shoulder...isn't that little girl beautiful. Makes me miss my grandkids."

We talked to the mother (who was about 35 and beautiful (like she had stepped out of a modeling magazine). We chatted a little bit. Then quietly is said, so her child could not hear, "Be careful about pornography ". Her head snapped up, seemed startled, then with tears said, "It has destroyed almost everything in my life....my husband and his three brothers all became addicted by 10 years old. He no longer desires me. He can't get arouse with me...only with his porn."

She paused and then continued, "I was exposed to porn by my older sister when I was 6 years old....by 8 years old I was addicted. At 23 years I sought professional counseling. She stared at me for the longest time, "You are the only person I've ever told about my marriage...thank you for listening."

As she walked away, I looked at my assistant. We both experience that sadness that comes from such a heartbreaking story.

STORIES RECEIVED AFTER SET FREE SUMMIT

Do not give up. At the Global Set Free Summit, Josh McDowell urged the attendees to go out and make a difference in the battle against pornography. He said, "One person can make a difference. I would like to share the following testimony.

My wife and I were very “fired up” (we still are) after we returned to South Africa from the Set Free Global Summit. We knew we had to do something to bring the Set Free Message across South Africa and began planning a Set Free Mini Summit. We did not have the finances for a major event and started promoting the event through social media and local newspapers. We expected to be overwhelmed with many people attendance, but it was not to be.

We also wanted to present the event as affordable as possible. In fact, we wanted it to be free of charge, but it seemed impossible. We had limited financial resources so we approached a Bed and Breakfast lodge that had conference facilities. The lodge was located about 2 hours’ drive from our home in Pretoria, Gauteng Province in South Africa. The lodge could accommodate 30 people and we expected the group to be that big. We kept the price per person low (\$35) which didn’t cover the full amount as we had to subsidize \$15 for each person attending. This price included two nights and meals.

Although, we prayed many prayers to present the Set Free Mini Summit, God had other plans. There was very little response to the marketing. As the day drew near, we began inviting close friends and family members. Even with that, the response was disappointing. My wife fell ill one week before the Set Free Mini Summit and we had to make a decision as to whether to hold the Summit or not. On the Sunday, one day before I had to inform the lodge about figures on how many people will be attending, God showed me not to cancel, but to facilitate the event at our home. All of the people interested in attending were from Pretoria and it would not cost those attending anything. It would be free of charge.

Everything was arranged and put in place to present the Set Free Mini Summit. The numbers were not great, 9 people in total and that included my wife and I. Six hours before the event, 2 people called and cancelled and the reason was “Personal problems”. I was devastated and asked God, “What now Lord? You need to speak to me, I need a clear indication on what to do?” At that moment a dear friend of mine sent me a text wishing us well and informing us that he and his wife were praying for us. I texted him and told him of my disappointment of the people cancelling and that I do not think it is work continuing. He just replied, “Oh no!!!” and then called me encouraging me not to cancel, but to continue. It was then that I remembered Josh McDowell’s words “One person can make a difference.”

I told my friend that no matter what we will continue and present the Set Free Mini Summit. Two hours before the start of the Summit, I received a text from the two people that cancelled informing me that they will be joining us. I was informed that the problem had been lack of money for fuel, but God had provided them with the money.

The Set Free Mini Summit went very well and the real testimony unfolded later. The one person who wanted to cancel called me this past week and told me the Set Free Mini Summit changed his and his family's lives completely. He testified: "The Mini Summit saved my marriage and restored my family. We have installed Covenant Eyes on all our devices and hold each other accountable. My porn days are over and we want to before involved in fighting this battle with others and bring purity and promote Godly relationships."

There is more to come. A Christian Radio station "Radio Pulpit" which broadcasts all over South Africa, called me last week and my wife and I shared our story in a 30 minute broadcast on God's redeeming work in our lives. I could share my story on How God freed me from porn addiction and Corinne, my wife, shared her story: similar to Vicky Tiede's story at the Global Set Free Summit.

God is great. To Him all the glory.

IV. PROBLEM

“Early Exposure ... Most boys have a curiosity about the opposite sex and, unfortunately think they can learn more about them on Internet Porn sites.”

(Susan Knight, “The Five Stages of Pornography Addiction”, News OK, April 6, 2016, <http://newsok.com/article/5407775>)

“How can we apply authoritative parentings' high level of demandingness to kids' tech? We need to help children understand that learning should take precedence over digital self-amusements. Kids also need to be taught that technology should be used primarily as a tool rather than a toy. And because children's and teens' less developed brains deny them the ability to limit their own screen and phone use, parents need to provide kids plenty of structure and supervision.” (Richard Freed, “What is Good Parenting in the Digital Age?” Huffington Post, December 21, 2015, http://www.huffingtonpost.com/richard-freed/what-is-good-parenting-in_b_8846942.html)

“Guess Who Uses Authoritative Parenting Principles”

“Interestingly, leading tech executives use authoritative parenting principles when raising their own children. The *New York Times'* [article](#), “Steve Jobs Was a Low-Tech Parent,” says that tech industry leaders emphasize the family connection (responsiveness) and tech limits (demandingness) to foster their children's health and success. Walter Isaacson, who wrote Steve Jobs' biography, observes, “Every evening Steve made it a point of having dinner at the big long table in their kitchen, discussing books and history and a variety of things.... No one ever pulled out an iPad or computer.”” (Richard Freed, “What is Good Parenting in the Digital Age?” Huffington Post, December 21, 2015, http://www.huffingtonpost.com/richard-freed/what-is-good-parenting-in_b_8846942.html)

“FOR PARENTAL CONTROLS, IPHONES BETWEEN ANDROIDS”

“The scope of the issues is only growing. A study published in 2014 of seventh-graders found that 22 percent admitted to sexting. The availability of so-called freemium apps, which are free to download but include their own mini-stores to buy goods, dominate the Google and Apple app stores. Between 2012 and 2013, money spent inside freemium apps grew 211 percent, according to the research firms App Annie and IDC.” (Brian X. Chen, “For Parental Controls, iPhones Beat Androids”, The New York Times, December 23, 2015,

http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0

“The bottom line from my tests: While it may be tempting to save money by buying cheaper Android devices for children, parents who want tight control over their children’s activities on smartphones will be better off buying iPhones for the family. Apple’s parental controls were detailed and took a while to set up, but they accomplished all of the restrictions that I wanted. The Android system was sorely lacking in features for regulating minors and only offered incomplete solutions for a small number of restrictions.”

(Brian X. Chen, “For Parental Controls, iPhones Beat Androids”, The New York Times, December 23, 2015, http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

“The heart of the iPhone’s parental controls is a feature called Family Sharing. Setting it up involves designating a parent’s iTunes account as the primary credit card holder. The parent can invite multiple Apple accounts to join the group, letting family members make purchases from the same credit card and share content purchases with one another. In other words, if you buy an app on one phone, other members of the family can also use that app without having to pay for it again.”

(Brian X. Chen, “For Parental Controls, iPhones Beat Androids”, The New York Times, December 23, 2015, http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

“A key part of Family Sharing is a feature called Ask to Buy. With the feature enabled, whenever a child tries to download an app or make a purchase inside an app, the parent’s iPhone receives a notification and a detailed description of the content. The parent can then choose to allow or deny the purchase.”

(Brian X. Chen, “For Parental Controls, iPhones Beat Androids”, The New York Times, December 23, 2015, http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

“Inside the iPhone’s settings app, there is also a setting called Restrictions. It’s basically a switchboard full of features you can enable or disable on an iPhone. On a child’s iPhone, you can restrict the Safari browser from loading websites with adult content. For parents who occasionally hand over their own phone to a child to play a game, you can create a restriction on your phone that disables the ability to delete apps to minimize the risk of losing important content.”

(Brian X. Chen, “For Parental Controls, iPhones Beat Androids”, The New York Times, December 23, 2015, http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

“Another common headache for parents: Children who unwittingly burn through the data on a phone plan by constantly streaming video or music over a cellular connection. In the iPhone’s settings, you can disable apps like Netflix or Apple Music from using cellular content. Then in the iPhone’s restriction settings, you can block the ability to re-enable cellular data use for those apps.” (Brian X. Chen, “For Parental Controls, iPhones Beat Androids”, The New York Times, December 23, 2015, http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

“Android lacks features for blocking adult content inside web browsers or vetting vault apps. There are some limited solutions: Google’s search engine can be set up with a feature called SafeSearch to prevent web searches for adult content. Some apps, like YouTube, can also be configured to filter out inappropriate content. ...the open-source nature of Android.” (Brian X. Chen, “For Parental Controls, iPhones Beat Androids”, The New York Times, December 23, 2015, http://www.nytimes.com/2015/12/24/technology/personaltech/for-parental-controls-iphones-beat-androids.html?_r=0)

“From University of Virginia’s Assistant Dean, Michael Morris downloading infant anal rape to Kirk Nasset, creative writing professor at Allegheny College with over 500,000 videos/images including’ rape of infants. Professors and staff are involved in child sex trafficking.... Since 2015 August, at least two professors per week have been arrested, arraigned or sentenced.” (Judith Reisman and Mary E. McAlister, “‘The Sexual Revolution’ Gave Us ‘The Rape Culture’”, Breitbart, January 1, 2016, <http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/>)

“From a male perspective, Cooper, Galbreath, and Becker’s 2004 study of men with online sexual problems revealed two important subgroups with regard to the impact on sexual activity with a committed partner. The researchers found that sexual activity with a partner increased for men who used the Internet to.” (Cooper, A., Galbreath, N., & Becker, M. A. (2004). Sex on the Internet: Furthering our understanding of men with online sexual problems. *Psychology of Addictive Behavior*, 18(3), 223–230.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- “Educate themselves,” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- **“Meet people to date and/or with whom to have offline sexual relations”**
(Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Socialize as compared to men who do not go online for these reasons.”**
(Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“In contrast, participants who turned to online sexual activity to deal with stress had increased problems in their real-time relationships and received complaints from others about this involvement. These findings corroborate earlier research and support Schneider’s claim that the emotional distance online sexual problems foster can be just as damaging to the relationship as real-life sexual infidelity.” (Cooper, A., Griffin-Shelley, E., Delmonico, D. L., & Mathy, R. M. (2001). Online sexual problems: Assessment and predictive variables. *Sexual Addiction & Compulsivity*, 8, 267–286.) (Schneider, J. P. (2002). Effects of cybersex problems on the spouse and family. In A. Cooper (Ed.), *Sex and the Internet: A guidebook for clinicians* (pp. 169–186). New York: Brunner-Routledge.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“To put Cooper, Galbreath, and Becker’s results in context, it is important to keep in mind that being in a marital relationship was not a criterion for the study, so the results reflect the general impact on various levels of commitment. Sixty percent of the 384 male participants were in “some kind of a committed relationship,” 51 percent indicated they were married and 88 percent indicated being heterosexual. The results are further put into perspective when we consider that the majority of the participants fell into the second subgroup—the group that experienced problems in their real-time relationships. Results showed that:” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- **“80.5 percent used online sexual activity (OSA) to distract themselves or take a break,”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“56.5 percent used OSA to deal with stress,”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- “43.0 percent used OSA to engage in sexual activities they would not do in real life,” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “25.3 percent used OSA to educate themselves,” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “16.1 percent used OSA to meet people with whom to have offline sexual activities,” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “11.7 percent used OSA to meet people to date” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “9.1 percent used OSA to get support with sexual matters.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“The group who used online sexual activity to deal with stress also reported having increased masturbatory activity, “thus engaging in what might be a long-term pattern of turning inward and away from others as a primary coping strategy” (Cooper, A., Galbreath, N., & Becker, M. A. (2004). Sex on the Internet: Furthering our understanding of men with online sexual problems. *Psychology of Addictive Behavior*, 18(3), p. 227.) of which decreased marital intimacy would be a part.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“While the marital bond may be the most vulnerable relationship to online sexual activity, children and adolescents are considered the most vulnerable audience of sexually explicit material. Youth are considered a vulnerable audience because they:”

- a. “Can be easily coerced into viewing pornography or manipulated into the production of it;” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News,

November 10, 2005,
http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- b. "Have limited ability to emotionally, cognitively, and physiologically process obscene material they encounter voluntarily or involuntarily;" (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- c. "Can be the victims of another's pornography consumption in ways adults are often more resilient to;" (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- d. "Can have their sexual and social development negatively impacted through exposure to fraudulent and/or traumatic messages regarding sexuality and relationships; and" (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- e. "Can develop unrealistic expectations about their future sexual relationship through repeated exposure to fantasy-based templates." (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"For these reasons and others, it is illegal to knowingly display or distribute obscenity or pornography defined as harmful to minors. However, this legal reality is rapidly losing momentum as widespread availability and accessibility of pornography normalizes illegal exposure." (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"There are obvious ethical barriers to studying the impact of Internet pornography on unaffected youth. Subsequently, it is important to carefully consider the findings on related topics and research from other countries, as well as clinical observations and expert opinion. Research from Australia and Sweden is particularly relevant because, after the United States, Sweden has the second highest Internet use and Australia has the third highest Internet use. Although more research is needed, the voids in the research need not delay responding to what we do know." (Malamuth, N.M. (1993). Pornography's impact on male adolescents. *Adolescents Medicine: State of the Art Reviews*, 4(3),

563-576.) (Stanley, J. (Summer 2001). Child abuse and the Internet. National Child Protection Clearinghouse, 15, 1-18.) (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"The number of children exposed to such risks is unfortunately increasing as Internet usage starts earlier and becomes more popular. For example, between 1998 and 2001, Internet usage among 3 to 4 year-olds jumped from 4.1 percent to 14.3 percent; 5 to 9 year-olds experienced a 16.8 percent to 38.9 percent increase; and 14 to 17 year-olds experienced a 51.2 percent to 75.6 percent hike in Internet usage." (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). Victimization of youths on the Internet. In J. L. Mullings, J. W. Marquart, & D. J. Hartley (Eds.), *The victimization of children: Emerging issues*. Binghamton, NY: Haworth Maltreatment & Trauma Press.)

"Dopamine is the "gotta get it!" neurochemical behind all motivation. Without it we wouldn't bother to court, pursue climax, or even eat. When dopamine drops, so does motivation. Dopamine is also the hook in all addictions. An addict's brain [grows less sensitive](#) to it, and thus, paradoxically, more desperate for it." (Gary Wilson, "Porn, novelty and the Coolidge effect", August 8, 2011, <http://yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

"Dopamine isn't just released in response to novelty. When something is more arousing than anticipated the brain's reward circuitry releases dopamine and fires like crazy. Internet porn always offers something unexpected, something kinkier." (Gary Wilson, "Porn, novelty and the Coolidge effect", August 8, 2011, <http://yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

"THE IMPACT OF PORNOGRAPHY ON MARITAL RELATIONSHIPS"

"The solitary and secretive natures of internet pornography consumption do not isolate the impact from others; rather, the impact of viewing the sexually explicit material is often being felt by the entire family system, not to mention other systems (i.e. work) of the user." (Vivan Chan, MC, RCC, "The Impact of Pornography on Marital Relationships", The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“Based on the on-going researches, the following topics seem to be the most prominent in regards to the internet pornography consumption and marital relationship:” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

1. **“Online sexual pursuits as a predictor of marital distress, separation, and divorce”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
2. **“Decreased sexual satisfaction”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
3. **“decreased sexual intimacy”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
4. **“Infidelity”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
5. **“other issues such as overspending and debt, and decreased job security”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“An informal survey data was collected at the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois regarding the impact of internet usage on marriages. This professional organization comprises the nation’s top 1600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62% of the 350 attendees said that internet had been a significant factor in divorces they had handled during the year of 2000. Additionally, the following observations were made by the lawyers polled with regard to how the internet had played a role in divorces that year:” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

- **“68% of the divorce cases involved one party meeting a new love interest over the internet”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **“56% of the divorce cases involved one party having an obsessive interest in pornographic websites”** (Vivan Chan, MC, RCC, “The Impact of Pornography

on Marital Relationships", The Wishing Wells, January 11, 2009,
<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

- "47% of the divorce cases involved one party spending excessive time on the computer" (Vivan Chan, MC, RCC, "The Impact of Pornography on Marital Relationships", The Wishing Wells, January 11, 2009,
<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- "33% of the divorce cases cited excessive time communicating in sexualized chat rooms or forums" (Vivan Chan, MC, RCC, "The Impact of Pornography on Marital Relationships", The Wishing Wells, January 11, 2009,
<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet pornography than individuals who had not had an affair. The same study also revealed that people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. Unfortunately, the study failed to indicate a causal relationship between internet pornography consumption and unfaithful behaviour; the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity." (Vivan Chan, MC, RCC, "The Impact of Pornography on Marital Relationships", The Wishing Wells, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"Job security is also jeopardized when online sexual activity is occurring in the workplace. According to the statistics collected by Family Safe Media (2006), 20% of men admitted to accessing internet pornography at work. It is obvious that work productivity is drastically affected by one's excessive computer usage, whether it occurs at home or at work. Approximately 70% of all adult content traffic on the internet occurs during the 9am to 5pm workday, it is apparent that cybersex user's financial and employment status are at stake." (Vivan Chan, MC, RCC, "The Impact of Pornography on Marital Relationships", The Wishing Wells, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"Even Shere Hite, renowned feminist, sex-educator and author of the *'The Hite Report'* (and hardly a family-friendly source) while attempting to advance the lack of causality argument, could not help but concede that a correlation exists in *'The Hite Report on Men and Male Sexuality'*."

(Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“While correlation does not prove causation, and it therefore cannot be concluded from these studies that it was the consumption of the pornography that was responsible for the males' higher acceptance of violence against women, their findings are consistent with a theory that a causal connection exists.” (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“CATALYST (CRIME RATE)”

“And there is most definitely appears to be a correlation between the availability of pornography and crime.” (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- **“Austin, TX - 1986** - in four study areas with sexually orientated businesses, sexually related crimes were 177% to 482% higher than the city’s average. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- **“Indianapolis, IN - 1984-1986** - Between 1978-1982, crime in study areas was 46% higher than for the city as a whole. Sex related crimes were four times greater when sexually orientated businesses were located near residential areas vs. commercial areas. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- **“Phoenix, AZ - 1978** - Sex offenses, including indecent exposure, were 506% greater in neighborhoods with sexually orientated businesses. [National Law Center for Children and Families (1997). NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- **“Whittier, CA** - Two residential areas were compared between 1970-1973 before sexually orientated businesses, and 1974-1977 after sexually orientated businesses, malicious mischief increased 700%, assault increased 387%, prostitution increased 300%, and all theft increased 120%. [National Law Center for Children and Families (1997).]

NLC summary of ‘SOB land use’ studies.]” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- **“Oklahoma City:** During the years 1984 to 1989, Oklahoma City closed 150 out of 163 sexually oriented businesses. During the same period, reported rapes declined 27% in Oklahoma City while rising 19% in the remainder of the state. Law officers were aware of no other likely cause of the difference.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- **“Numerous studies have found strong evidence of a direct relationship between the circulation rates of sex magazines and rape rates within the given state.”** (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- **“Various studies by a researcher, John Court, led him to the following conclusion of what happens on a national level when constraints against the distribution of pornography are lifted: ‘As the constraints on the availability of pornography were lifted... the rates of rape in those countries increased. For example, in two Australian states between 1964 and 1977, when South Australia liberalized its laws on pornography and Queensland maintained its conservative policy... over the thirteen-year period, the number of rapes in Queensland remained at the same low level while South Australia’s showed a six-fold increase.’”** (John Court, *Criminal Neglect: Why Sex Offenders Go Free* (Toronto: Doubleday, p.141) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- **“In 1969, Denmark lifted restrictions against pornography and although many reported that rape went down, according to Court: ‘The trend since 1969 indicates that there has been a new level higher than anything in the previous decade.’”** (International Journal of Criminology & Penology, 5, p. 129, John H. Court) (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“Today’s kids can’t necessarily stop themselves:” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“For years, like since I was 11-years old, I have been looking at porn and masturbating. I just can’t resist it and I do it too much now. I wanna stop it now. I’m 15 years old and wanna stop it because I think it’s affecting my social life, relationships and school grades. How do I stop?” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“Note: Addiction terminology is confusing. Desensitization refers to a general dialing down of your responsiveness to all pleasure...a baseline change. Sensitization refers to hyper-reactivity/excitement—but only in response to the specific cues your brain associates with your addiction.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“If these two neuroplastic changes could speak, desensitization would be moaning, ‘I can’t get no satisfaction’ (low dopamine signaling), while sensitization would be poking you in the ribs and saying, ‘Hey buddy, I got just what you need’...which happens to be the very thing that caused the desensitization. Over time, this dual-edged mechanism has your reward circuitry buzzing at the hint of porn use, but less than enthused when presented with the real deal.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“Relapsed to porn once, and even though I didn’t get fully erect, I could not believe the intensity of the rush I got when I clicked to the site! Very powerful excitation - tingling, dry mouth, and even trembling. I hadn’t felt that kind of rush since I was at the height of puberty and got an unexpected view up a girl’s skirt!” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

Young Porn Users Need Longer To Recover Their Mojo). Here’s a typical scenario.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“When I lost my virginity it really did not feel that good. I was bored actually. I lost the erection after maybe ten minutes. She wanted more sex, but I was done. The next time I tried to have sex with a woman was a disaster. I had an erection at first, but I lost it before I ever penetrated. Condom use was out of the question—not a hard enough erection.” (Gary Wilson, “Why Do I Find Porn

More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"Usually guys like him started with heavy Internet porn use at age 11 or so, and didn't try to have sex with a partner for another decade. They've wired to super-high octane fuel in the form of ever-novel Internet porn, and it's possible that their brains pruned back some of their under-used 'mating' circuitry as they reached adulthood." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"For a while after they switch to real mates (regular fuel), they ping along and occasionally stall out. Some have to make a concerted effort to spend time around real potential mates, and be patient as their brains catch up with their new direction. They sometimes need 4 months or more to respond normally to potential partners. A cuddle buddy helps." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"In contrast, guys who wired to real mates before highspeed Internet still have those well-developed 'real-partner pathways' in place. Most didn't notice performance problems until they overwhelmed their brains with synthetic via broadband. When they lay off the porn, their reward circuitry bounces back. Potential mates automatically start to look hot again. Most need about two months, but one 50-year old recently reported that, after three years of porn-related erectile dysfunction, he needed only 8 days porn-free to get back in the saddle." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"If porn is the only way you can climax, it means you've wired your brain to the wrong target. It's not that real giggles and wiggles aren't appealing. They are. But while your reward circuitry is *desensitized* to normal pleasures, your gut-level (actually, brain-level) response to real potential mates is...*meh*. The only reason the porn signals still do the job is because you've created a neural sledgehammer powerful enough to get a rise out of your numbed reward circuitry—at least while you're actually viewing porn." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"Real sex is flirting, touching, being touched, smells, pheromones, connecting and interacting with a person. Internet porn is 2D voyeurism, clicking a mouse, searching, multiple tabs, isolation, constant novelty, a harem, and interacting only with your hand." (Gary Wilson, "Why Do I Find Porn More

Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"To use a sports analogy, which event has your brain been training for? If you want to shoot hoops like a pro, you don't spend your time swinging a golf club. Have years of Internet porn use created a mismatch between what your brain expects and what actually happens during real mating?

Time to rewire." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"If we compare recent research to earlier studies, young men today are experiencing anywhere from a 600% to 3000% increase in ED since the advent of the internet. No, that is not a misprint. Erectile dysfunction rates ranged from 27 to 33%, while rates for low libido (hypo-sexuality) ranged from 24% to 37%. The lower ranges are taken from studies involving men 25 and under, while the higher ranges are from studies involving men 40 and under." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

- "In the 1940s, the Kinsey report concluded that the prevalence of ED was less than 1% in men younger than 30 years, less than 3% in those 30–45." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- "A 1999 cross-sectional study published by the Journal of the American Medical Association reported erectile dysfunction rates of only 5%, and low sexual desire in 5%. In that study, the ages of the men surveyed ranged from 18 to 59, so a third of them were over 40." (Gary Wilson, "Why Do I Find Porn More Exciting than a Partner?", Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

"The findings are best summarized around the following themes:"

1. "Immediate reactions,"
2. "Perceptions of sexuality,"
3. "Sexual callousness,"
4. "Rape proclivity,"
5. "Family values and desire for progeny, and"
6. "Sexual satisfaction. Immediate Reactions"
 - a. "Initial reactions of emotional discomfort and disgust dissipate rapidly with repeated exposure to pornography, eventually vanishing entirely."

- b. “Initial hesitations to enjoy the material are rapidly lost with repeated exposure and give way to unadulterated reactions of enjoyment.”
- c. “Prolonged consumption of pornography eventually produces sexual and, more generally, excitatory habituation as well as boredom.”

(James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Perceptions of Sexuality”

- “Prolonged exposure to pornography leads to an overestimation of almost all sexual activities performed by sexually active adult.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)
- “Prolonged exposure to pornography fosters increased estimates of the incidence of pre and extramarital sexual activity, as well as increased assessments of male and female promiscuity.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)
- “Prolonged exposure to pornography thither leads to the related perception of less honesty and trust, specific to covert sexual engagements, among intimates.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)
- “Prolonged exposure to pornography fosters and strengthens the belief that promiscuous behavior is healthy, whereas sexual repression constitutes a health risk” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Sexual Callousness”

- “In men, prolonged exposure to pornography creates and enhances sexual callousness toward women.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)
- “Prolonged exposure to pornography trivializes rape as a criminal offense. [Rape trivialization was ascertained in the lenient sentencing of convicted rapists. After prolonged exposure to pornography, men and

unexpectedly also women, deemed rape a lesser offense.]” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

- “Prolonged exposure to pornography trivializes nonviolent forms of the sexual abuse of children. [Effects were again measured in the lenient treatment of convicted perpetrators. Whereas all minor abuses, such as genital fondling and sexual cooperation in the absence of vigorous objection, were met with greater leniency, the brutal rape of children was not.]” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Rape Proclivity”

- “Prolonged exposure to pornography increases men*s self-acknowledged rape proclivity. Both non-coercive and coercive sexual displays have this effect.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)
- “Psychoticism exacerbates the influence of pornography on men*s rape proclivity. Psychotic men are strongly affected, whereas men with minimal psychotic inclination are not.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Family Values and Desire for Progeny”

- “Prolonged exposure to pornography spawns doubts about the value of marriage as an essential social institution and about its future viability.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)
- “It also diminishes the desire for offspring in such settings. The strongest effect of this kind concerns the aspiration of female viewers for female children.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Sexual Satisfaction”

- “Prolonged exposure to pornography fosters sexual dissatisfaction among both male and female viewers.” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)
- “It also fosters, although to a lesser degree, dissatisfaction with an intimate partner’s affection” (James B. Weaver III, “Effects of Pornography Addiction on Families and Communities”, Dr. Judith Reisman, November 18, 2014, http://www.drjudithreisman.com/archives/Senate-Testimony-20041118_Weaver.pdf)

“Never before in the history of telecommunications media in the United States has so much indecent and obscene material been so easily accessible by so many minors in so many American homes with so few restrictions.” (U.S. Department of Justice. Post Hearing Memorandum of Points and Authorities, at I, ACLU v. Reno, 929 F. Supp. 824, 1996.) (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)

“...I constantly hear parents—good parents—saying a very silly thing: ‘I trust my children, I don’t need to talk to them about this stuff. My kids are good kids, they’re not looking for porn.’” (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)

“...maybe you’re right, maybe your kids aren’t looking for porn, but believe me, the porn industry is looking for your children: to them our kids look like dollar signs.” (Matt Fradd, “Trust Your Kids. Just Don’t Trust the Internet...Ever,” Lifesite, February 24, 2015, https://www.lifesitenews.com/blogs/your-kids-might-not-be-looking-for-porn.-but-porn-is-definitely-looking-for#_ftn1)

“There are many reasons why people choose to look at porn. Some common examples include, but are not limited to: curiosity, boredom, comfort, a need to feel powerful, peer pressure, needs for intimacy, escape, fantasy indulgence, needing to feel, coping and self-medication and sexual arousal and masturbation.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Doidge writes: ‘Pornographers promise healthy pleasure and relief from sexual tension, but what they often deliver is an addiction, tolerance, and

an eventual decrease in pleasure. Paradoxically, the male patients I worked with often craved pornography but didn't like it.” (Sam Black, “Porn Can't Give No Satisfaction”, Covenant Eyes, April 26, 2013, <http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/>)

“Why do people look at pornography: curiosity, boredom, comfort, a need to feel powerful, peer pressure, needs for intimacy, escape, fantasy indulgence, needing to feel, coping and self-medication and sexual arousal and masturbation.” (“Top Pornography FAQ's – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“... destructive consequences of porn use.” (“Top Pornography FAQ's – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“...addiction, isolation, increased aggression, distorted beliefs and perceptions about relationships and sexuality, negative feelings about themselves, and neglecting other areas of their lives.” (“Top Pornography FAQ's – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Within a couple's intimate relationship, pornography can have negative impacts in the following ways:”

- “User faces difficulty becoming sexually aroused without pornography.”
- “User loses interest and engages in fewer sexual experiences with partner.”
- “Partner may view pornography use as infidelity and a betrayal to the relationship.”
- “Partner feels sexually inadequate and threatened by pornography use.”
- “Partner may feel that certain sexual activities desired by user are objectionable.”
- “Both user and partner experience a decrease in relationship sexual satisfaction and emotional closeness.”
- “Relationship trust decreases due to dishonesty and deception about pornography use.”
- “One or both partners may be concerned about children's exposure to pornographic materials.”
- “... they cause you to bond to whatever you orgasm to.”

“Here are some practical suggestions to get you started:”

- “Ask for help: tell someone you trust, seek out accountability, join a purity group.”
- “Seek out healthy resources: books, blogs, teachings, podcasts.”
- “Do a spiritual detox: listen to worship music, read your Bible and memorize scripture”
- “Get in community: surround yourself with great people who will help meet your relational needs”
- “Be wise: have a plan for your free time, avoid things/places/people/music/movies that would tempt you, get rid of the data on your phone, use a program like Covenant Eyes on your computer, leave your computer in a common area at night.”
- “Take care of yourself: get yourself on a healthy sleeping schedule, eat the right foods, drink enough water, exercise”
- “Schedule fun into your life.”
- “And lastly, be kind to yourself! You’ve never been here before, and you are climbing a huge mountain...but it’s going to be worth it. God is with you!”

“If you feel you need more than the above, please prayerfully consider seeking out a professional counselor in your area.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“The Internet Watch Foundation released a report Tuesday that outlines what it calls ‘a disturbing trend’ of ‘younger children ... producing sexually explicit content which is being distributed online.’” (Michael Gryboski, “UK Study reveals growing trend in youth-produced child porn on the internet”, Christian Post, March 13, 2015, <http://www.christianpost.com/news/uk-study-reveals-growing-trend-in-youth-produced-child-porn-on-the-internet-135575/>)

“For its report, IWF analyzed 3,803 images and videos from September through November 2014 and found, among other things, that 17.5 percent of content depicts children who are 15 or younger.” (Michael Gryboski, “UK Study reveals growing trend in youth-produced child porn on the internet”, Christian Post, March 13, 2015, <http://www.christianpost.com/news/uk-study-reveals-growing-trend-in-youth-produced-child-porn-on-the-internet-135575/>)

“‘Of particular concern is that the young people depicted took no steps to conceal their identity or location, even in many cases using their real names,’ concluded the researchers.” (Michael Gryboski, “UK Study reveals growing trend

in youth-produced child porn on the internet”, Christian Post, March 13, 2015, <http://www.christianpost.com/news/uk-study-reveals-growing-trend-in-youth-produced-child-porn-on-the-internet-135575/>)

“Pornography is dangerous because it is becoming a new ideology of sex, in which women are objects to be abused and consumed and men are sexual aggressors, using the girls and women to physically extract as much so-called ‘pleasure’ as possible.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“When I first spoke on this issue at the University of Ottawa with my fellow anti-porn colleagues Daniel Gilman and Peter Mahaffey, many people showed up angry, desperately wanting to refute the idea that porn fuels rape culture. But when it came time to take questions, there were none. As we heard from many people afterwards, the fact that pornography is a celebration of degradation was just too obvious.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“I’ve had this sick and disturbing fact confirmed by expert after expert. When I talked to Dr. Mary Anne Layden of the University of Pennsylvania, she explained to me that the sexual exploitation industries teach men something very simple: If you can buy something, you can steal it. And in ten years of working with sexual trauma victims, she’s discovered that pornography played a part in every single situation. Dr. Paul Jensen of the University of Texas told me that when he speaks to men, he just asks them a simple question: Does porn help you become the man you want to be? Men know instinctively, he says, that pornography does something dark and awful to them.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“...an article in the Daily Telegraph of the United Kingdom this week called ‘Pornography has changed the landscape of adolescence beyond all recognition’” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“Columnist Allison Pearson was describing a recent conversation between herself and a number of other parents. ‘Porn has changed the landscape of adolescence beyond all recognition,’ she noted. ‘Like other parents of our generation, we were on a journey without maps or lights, although the instinct to protect our children from the darkness was overwhelming.’”

(Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“It was when a doctor in the group spoke up that the group was stunned into silence. According to Pearson:”

A GP, let’s call her Sue, said: ‘I’m afraid things are much worse than people suspect.’ In recent years, Sue had treated growing numbers of teenage girls with internal injuries caused by frequent anal sex; not, as Sue found out, because she wanted to, or because she enjoyed it – on the contrary – but because a boy expected her to. ‘I’ll spare you the gruesome details,’ said Sue, ‘but these girls are very young and slight and their bodies are simply not designed for that.’ (Jonathon Van

Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“Her patients were deeply ashamed at presenting with such injuries. They had lied to their mums about it and felt they couldn’t confide in anyone else, which only added to their distress. When Sue questioned them further, they said they were humiliated by the experience, but they had simply not felt they could say no. Anal sex was standard among teenagers now, even though the girls knew that it hurt.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“And where are these brutal expectations coming from? Every adult knew without asking: From pornography. Anal sex, especially of the violent variety, is now mainstream in porn, as the research of Dr. Gail Dines and others show us.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“This is resulting in a sharp upswing in emotional problems among girls, something I’ve seen time and time again when interacting with high school students as well. Researchers with the Journal of Adolescent Health,

Pearson reports, have been shocked to see a 7% spike in emotional issues in a mere five years—and in girls between the ages of 11 to 13. In a culture saturated with pornography, girls especially feel the pressure to conform to the fantasy that has consumed the minds of the boys and spilled out to invade their reality.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“Take female insecurity, warp and magnify it in the internet Hall of Mirrors, add a longing to be ‘fit’ and popular, then stir into a ubiquitous porn culture, and you have a hellish recipe for sad, abused girls,’ Pearson writes. ‘It explains why more than four in 10 girls between the ages of 13 and 17 in England say they have been coerced into sex acts, according to one of the largest European polls on teenage sexual experience. Recent research by the Universities of Bristol and Central Lancashire found that a fifth of girls had suffered violence or intimidation from their teenage boyfriends, a high proportion of whom regularly viewed pornography, with one in five boys harbouring ‘extremely negative attitudes towards women.’” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“Up until now, the response has been a feeble attempt at further sex education, which many experts think may have a hand in the problem to begin with—once you open the Pandora’s Box of teen sex, it’s very hard to unring that bell. And once those teenagers start taking their cues from an increasingly misogynist entertainment culture, a hypersexualized marketing industry, and violent pornography, you have all the ingredients you need to create a rape culture. The sex education being used now is not working, Pearson writes angrily—’not when tens of thousands of girls are revealing ‘serious distress and harm following abusive behavior from boyfriends.’” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“The result? That is what Pearson’s doctor friend deals with, the medical treatment of young girls who got treated like porn stars—brutally abused and coerced into things they didn’t want to do. ‘Young girls—children, really—who abase themselves to pass for normal in a grim, pornified culture,’ says Pearson. ‘Another study of British teenagers found that most youngsters’ first experience of anal sex occurred within a relationship, but it was ‘rarely under circumstances of mutual exploration of sexual pleasure.’

Instead, it was the boys who pushed the girls to try it, with boys reporting that they felt ‘expected’ to take that role.” (Jonathon Van Maren, “Porn is fuelling a new, violent sexual ideology in our teens. It has to stop.”, Life Site News, April 28, 2015, <https://www.lifesitenews.com/blogs/porn-is-fuelling-a-new-violent-sexual-ideology-in-our-teens.-it-has-to-stop>)

“... online pornography is much more appealing to boys than girls, in part because it eliminates narratives. ‘... Now it’s only about physical sexual contact.’” (Stuart Jeffries, “Psychologist Philip Zimbardo: ‘Boys Risk Becoming Addicted to Porn, Video Games and Ritalin’”, The Guardian, May 9, 2015, <http://www.theguardian.com/lifeandstyle/2015/may/09/philip-zimbardo-boys-are-a-mess>)

“... who don’t need another physical person to satisfy their sexual needs – ‘sexual singularity’. In Japan, there is even a phrase for the kind of man no longer interested in real sex, soshoku danshi – or herbivorous men. Zimbardo’s fear is that herbivorous men are becoming a global phenomenon. He also fears that, thanks to how online pornography is becoming more interactive and immersive, real-life romantic relationships will become even less appealing.” (Stuart Jeffries, “Psychologist Philip Zimbardo: ‘Boys Risk Becoming Addicted to Porn, Video Games and Ritalin’”, The Guardian, May 9, 2015, <http://www.theguardian.com/lifeandstyle/2015/may/09/philip-zimbardo-boys-are-a-mess>)

“Don’t assume that porn isn’t a problem in the church. One evangelical leader was skeptical of survey findings that said 50 percent of Christian men have looked at porn recently. So he surveyed his own congregation. He found that 60 percent had done so within the past year, and 25 percent within the past 30 days. Other surveys reveal that one in three visitors to adult websites were women.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, <http://www.christianitytoday.com/ct/2008/march/20.7.html>)

“Food and sex are known as ‘natural reinforcers.’ That is, they aren’t drugs, but our brains light up for them so we reach for more without thinking.” (Gary Wilson, “Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, November 30, 2010, <http://www.yourbrainonporn.com/book/export/html/37>)

“Most addiction research focuses on substance abuse, not addiction to natural reinforcers. ... the reward circuitry is the brain pathway that drives all appetites.” (Gary Wilson, “Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, November 30, 2010, <http://www.yourbrainonporn.com/book/export/html/37>)

“...the brain move thoroughly wires together all associated cues, making repetition of the experience in the future more automatic.” (Gary Wilson, “Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, November 30, 2010, <http://www.yourbrainonporn.com/book/export/html/37>)

“In a paper presented at Stanford Law School last year, he reported that, after adjusting for other differences, states where Internet access expanded the fastest saw rape decline the most. A 10 percent increase in Internet access, Kendall found, typically meant a 7.3 percent reduction in the number of reported rapes. For other types of crime, he found no correlation with Web use. What this research suggests is that sexual urges play a big role in the incidence of rape – and that pornographic Web sites provide a harmless way for potential predators to satisfy those desires.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“That of course, is only a theory, and the evidence he cites is not conclusive...” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“At XXXchurch.com, according to Gross, 16,000 people signed up last month to fill out a short survey that asked the question: ‘Are you addicted to porn?’” (Alex Murashko, “Is Porn Bad For the Single Adult?: Craig Gross Answers”, The Christian Post, March 26, 2015, <http://www.christianpost.com/news/is-porn-bad-for-the-single-adult-craig-gross-answers-136341/>)

“As he gave me the stat, he sounded a bit amused by the large number of those taking the survey. ‘If you're wondering if you're addicted to porn, I would say 90 percent [of those wondering], probably higher, are addicted,’ he said, ending soberly.” (Alex Murashko, “Is Porn Bad For the Single Adult?: Craig Gross Answers”, The Christian Post, March 26, 2015, <http://www.christianpost.com/news/is-porn-bad-for-the-single-adult-craig-gross-answers-136341/>)

“I’m going to say [that if] you are saving your virginity by feeding your porn addiction, is that what you really want? Are you really going to trade one for the other? You may walk into a marriage with your virginity but addicted to porn for 15 years,’ he explains. ‘It’s like comparing a kid that lost his virginity on prom night compared to a kid that’s been looking at porn for 15 years, but he’s still a virgin.’” (Alex Murashko, “Is Porn Bad For the Single Adult?: Craig Gross Answers”, The Christian Post, March 26, 2015, <http://www.christianpost.com/news/is-porn-bad-for-the-single-adult-craig-gross-answers-136341/>)

“Dr. Patrick Carnes, who in 1983 first advanced the idea that a person could become addicted to sex, calls the addiction to Internet pornography ‘the crack cocaine of sexual addiction.’” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“‘Particularly with the Internet, we usually talk about the three A’s: accessibility, affordability, and anonymity. Sometimes I add a fourth A, addiction,’ says Peters. ‘Pornography is addictive in any medium, but when you’ve got this smorgasbord at your fingertips, and you’re clever enough to keep anyone from finding out about it, it’s an awful lot easier for people to get into pornography.’” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“Gradually, the porn addiction escalates as he builds a tolerance to each level of his online experiences. He may seek out more explicit or perverse pornographic. He may be drawn to adult chat rooms where Internet users can meet online.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“But it's not always that simple. In a 2013 study, researchers at Brigham Young University and the University of Missouri surveyed heterosexual couples who were married or living together and found that men's use of porn was associated with lower sexual quality for both men and their partners. Female use of porn, however, was associated with improved sexual quality for women (*Journal of Sex Research*, 2013).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Bridges and Patricia Morokoff, PhD, reported similar findings: When men used porn, they tended to report lower levels of sexual intimacy in their real-life relationships. When women used porn, however, intimacy increased (*Personal Relationships*, 2011).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“First, why is the Internet so problematic (Delmonico and Griffin)? It is:”

1. “Interactive - it seems relational”
2. “Inexpensive - nothing worse than seemingly free excitement”
3. “Imposing - there is so much to choose from on the web”
4. “Integral - it seems to be part and parcel of everyday activity”
5. “Isolating - hamper human interaction”
6. “Intoxicating - seems to affect part of the brain and body the same way as drugs”

(“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“Porn is about sex without human dignity—today, perversity knows no bounds when it comes to pornography.”

“While an extreme example, Ariel Castro, who imprisoned and sexually abused three women in his house in Cleveland for more than a decade, said this at his sentencing: ‘I believe I’m addicted to porn... to the point where I am impulsive, and I just don’t realize that what I am doing is

wrong.” (James D. Conley, “Ariel Castro’s Addiction,” *First Things*, August 2013, <http://www.firstthings.com/web-exclusives/2013/08/ariel-castros-addiction>) (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“As James Conley mentioned in his analysis on how pornography is reshaping the mind of American men, he says this:

“Ariel Castro’s addiction is no excuse for his actions, but it points to a deep and sobering reality: Free, anonymous, and ubiquitous access to pornography is quietly transforming American men and American **culture.**” (James D. Conley, “Ariel Castro’s Addiction,” *First Things*, August 2013, <http://www.firstthings.com/web-exclusives/2013/08/ariel-castros-addiction>) (Nicholas Black,

“Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“A split-second look at an image can convey more information than a split-second look at words. Words are often perceived as opinions while images are often perceived as events or facts.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“We also learn better when aroused.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“...learning is better if it is reinforced.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Learning is also better if we see role models perform a behavior.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“...we learn better when the learning is rewarded.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography can offer all these elements—images, arousal, reinforcement, the example of others, and reward—so it is a potent teacher of both beliefs and behaviors. It provides the ideal conditions for learning.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography is an ideal teacher of these releaser beliefs. It can teach specific sexual behaviors and general attitudes toward women and children, teach what relationships are like and teach the nature of sexuality, and thus give permission for a wide range of actions.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography can teach what to do, with whom to do it, when and how often to do it, it’s okay to do it, and then stimulate the urge to do it now.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of

Pornography, Accessed November 19, 2015,
http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“...messages of pornography teach beliefs and behaviors.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“[Pornography] study reported that 29 of the 30 juveniles studied had been exposed to magazines or videos, and the average age of first exposure was about 7.5 years.” (Wieckowski, E., Hartsoe, P., Mayer, A., and Shortz, J. 1998. Deviant sexual behavior in children and young adolescents: Frequency and patterns. Sexual Abuse: A Journal of Research and Treatment, 10, 4, 293-304.) (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Only 11% of juvenile sex offenders said they did not use sexually explicit material.” (Becker, J. V. & Stein, R. M. (1991). Is sexual erotica associated with sexual deviance in adolescent males? International Journal of Law and Psychiatry, 14, 85-95.) (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography also encourages physically risky behavior. In pornography no one is shown contracting and dying from AIDS, and no negative consequences are ever shown for having deviant kinds of sex.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Russell Brand, British comedian and talk show host, ‘Drugs and alcohol are not my problem, reality is my problem, drugs and alcohol are my solution.’” (Soo Prince, “Pornography and Addiction – The Reality: An Abundant Life”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-and-addiction/>)

“...that desire to ‘check out’ of life. This is the birthplace of addictions.” (Soo Prince, “Pornography and Addiction – The Reality: An Abundant Life”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-and-addiction/>)

“To suppose that boys in general, even boys from good families, are not exposed to pornography in some form or another is naïve. [Headmaster of Private Secular School, October 13, 2014]...Porn is inescapable because it

is immediately accessible. It is always just a click away, and hence it is **everywhere.**” (Sean Fitzpatrick, “Boys, Porn and Education”, Crisis Magazine, October 31, 2014, <http://www.crisismagazine.com/2014/boys-porn-education>)

“Pitts...report that 36.4% of men who paid for sex did so because ‘paying for sex is less trouble.’” (Pitts, Marian K., Smith, Anthony M.A., Grierson, Jeffrey, O’Brien, Mary and Misson, Sebastian (2004). Who Pays for Sex and Why? An Analysis of Social and Motivational Factors Associated with Male Clients of Sex Workers. *Archives of Sexual Behavior* 33: 353-358.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“Along similar lines, Thorbek and Pattanaik find that many men who engage in sex tourism do so, by their own admission, because they do not want to invest in a stable relationship.” (Thorbek, Susanne and Pattanaik, Bandana Eds. (2002). *Transnational Prostitution: Changing Global Patterns*. London: Zed Books.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“... cheaper pornography makes it easier to stay single, but it also makes it easier to get divorced.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“Doring provides a comprehensive review and cautions that studies such as the two aforementioned cannot be interpreted in a causal way: individuals with such proclivities may be more likely to turn to pornography in the first place. ...they find that pornography users are less likely to attend church, more likely to involve themselves in other deviant sexual behavior such as adultery and prostitution, and less likely to be involved in self-described happy marriages.” (Doring, Nicola M. (2009). The Internet’s Impact on Sexuality: A Critical Review of 15 Years of Research. *Computers in Human Behavior* 25: 1089-1101.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“Pornography users are more likely to hold a college degree, more likely to have moved, and they also attend church less frequently, although the differential again is small – around one fourth of a standard deviation difference for holding a college degree and mobility...” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“Friedman argues that stable marriages create substantial welfare improvements for society, especially to the degree that marital stability produces high-quality children. As policymakers seek to understand and respond to these rapid changes in marital behavior, an awareness of the causal factors that lie behind them is crucial. ... we have explored the possibility that the rapidly-proliferating Internet is in some way substitutable for marriage, especially to the extent that use of pornography can provide low-cost sexual gratification. If one of the important reasons to get married has a low-cost alternative, then it is natural to wonder about the extent to which one can replace the other.” (Friedman, David D. (2000). *Law’s Order: What Economics Has to Do with Law and Why It Matters*. Princeton: Princeton University Press.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“The results in this paper suggest that such an association exists, and that it is potentially quite large.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“STUDIES LINK PORN TO SEXUAL VIOLENCE”

“The latest research is a meta-analysis assessing 22 different studies from seven different countries around the world.” (“*Studies Link Porn to Sexual Violence*”, *Family First*, January 7, 2016, <https://www.familyfirst.org.nz/2016/01/studies-link-porn-to-sexual-violence/>)

“The study “**A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies**” published in the *Journal of Communication* found that “...the association for physical sexual aggression, although smaller than the association for verbal sexual aggression, was still positive and significant. Pornography consumption was associated with an increased probability of the use or threat of force to obtain sex.” (“*Studies Link Porn to Sexual Violence*”, *Family First*, January 7, 2016, <https://www.familyfirst.org.nz/2016/01/studies-link-porn-to-sexual-violence/>)

“This latest study from Indiana University says that ‘the accumulated data leave little doubt that, on the average, individuals who consume pornography more frequently are more likely to hold attitudes conducive to sexual aggression and engage in actual acts of sexual aggression than individuals who do not consume pornography or who consume

pornography less frequently.” (“Studies Link Porn to Sexual Violence”, Family First, January 7, 2016, <https://www.familyfirst.org.nz/2016/01/studies-link-porn-to-sexual-violence/>)

“His point is not unfounded in the least. A study by The Institute for the Study of Labor (IZA) in Germany found that not only does the consumption of porn correlate with a pronounced decline in percentage of young adult males who are married, but it might actually be contributing to the trend. And, according to Psychology Today, while studies are showing that porn-free relationships are stronger, with a lower rate of infidelity, the rate of people who believe porn doesn't negatively affect the watcher is alarming. Nearly 90 percent of men believed consumption of porn is acceptable—and just over 50 percent of women agree. But, as Crews experienced, the reality of porn in relationships is that it diminishes your view of people and deteriorates your ability to connect with them.” (“Terry Crews on His Former Porn Addiction: It Changes the Way You Think About People”, Relevant Magazine, February 23, 2016, <http://www.relevantmagazine.com/slices/terry-crews-his-former-porn-addiction-it-changes-way-you-think-about-people>)

“...designed to be so powerful and immersive it tricks people into believing they are fully present in a simulated world. The porn industry has taken that step further, partnering with makers of digitally-connected sex toys – a budding field known as teledildonics – to sync virtual videos with the physical movements of toys.” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“THE SCOPE AND DETRIMENTAL EFFECTS OF WORLDWIDE PORNOGRAPHY”

“Per Audiovisual Magazine in 2005, hardcore video rentals increased from 75 million annually in 1985 to 490 million in 1992, and to 665 million in 1996. By 1978, 100 hard-core films were released. By 1996, 8,000 hard-core films were released. By 2002, 11,300 hard-core films were released, compared with only 470 Hollywood features released that same year.”

(Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“And lastly, child pornography reports to Cyber Tipline, a congressionally mandated mechanism for monitoring child sexual exploitation, jumped from 3,267 tips in 1998 to 106,199 tips in 2004.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“Perhaps Bruce Watson and Shyla Welch with Enough Is Enough (an anti-pornography organization in the United States) said it best:” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

““But the wife whose marriage has been destroyed by her spouse’s pornography addiction has little interest in whether the latest research studies confirm that pornography might have harmful effects. To the men and women whose lives have been damaged by pornography, this is not an academic issue.”” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- “Shere Hite found that of the men who read pornographic magazines, 67% admitted that they had wanted to rape a woman while only 19% said that they had never wanted to rape a woman.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “According to a report by Edward Donnerstein [Donnerstein, Edward. Unpublished Transcript Of Testimony to the Public Hearings on Ordinances to Add Pornography as Discrimination Against Women. Committee on Government Operations. City Council. Minneapolis, MN, pp. 4-12.], over 25% of male college students selected at random admitted that there was some likelihood they would rape a woman if they could be assured of getting away with it. The proportion of potential rapists increased to 57% after the young men were exposed to sexually violent images, especially those of women shown as enjoying being raped.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “According to Jean Rosenberg [Rosenberg, Jean. 1989. Two New Books on Pornography Effects. 2(2) Sexual Assault Report, p. 31.], 65% of rapists in one study used pornography and often mimicked it in their crimes.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide

Pornography", The World Congress of Families, June 2, 2010,
<http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- "Per The Aurora Center for Advocacy and Education at the University of Minnesota; Two-thirds (67%) of offenders who committed any of the types of Internet sex crimes against minors possessed child pornography." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- "The FBI reports that the most common interest among serial killers is hardcore pornography." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- "And according to one of the most extensive and exhaustive sex studies ever - conducted by William Marshall, 'Report on the Use of Pornography by Sexual Offenders,' Report to the Federal Department of Justice, Ottawa, Canada, 1983 - 87 percent of child molesters studied were regular consumers of hardcore pornography." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- "Marshall also found that, in a study of outpatient sex offenders treated over a six-year period, one-third reported they had used pornography immediately before at least one of their crimes." (Christopher Carmouche, "The Scope and Detrimental Effects of worldwide Pornography", The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

"Dopamine isn't just released in response to novelty. When something is more arousing than anticipated the brain's reward circuitry releases dopamine and fires like crazy. Internet porn always offers something unexpected, something kinkier." (Gary Wilson, "Porn Novelty and the Coolidge Effect", Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

"Arousal shuts down our capacity to think about consequences.'" (Sam Parker, "Why Thousands of Young Men are Giving up Pornography in 2014", Esquire - UK, July 31, 2014, <http://www.esquire.co.uk/culture/article/6624/why-young-men-are-quitting-porn-in-2014/>)

"Alexander Rhodes

“...views pornography as his generation’s version of cigarettes – something harmful and addictive that we’re learning the consequences in retrospect.”

(Sam Parker, “Why Thousands of Young Men are Giving up Pornography in 2014”, Esquire - UK, July 31, 2014, <http://www.esquire.co.uk/culture/article/6624/why-young-men-are-quitting-porn-in-2014/>)

“The headmaster of the all-boys boarding school I attended when I was a teenager was always wary of admitting students to the academy that had been exposed to pornography. Among his reasons for this was that boys who had carnal knowledge—even on the level that pornography affords—very often found it an impediment in the process of their education. Now I am the headmaster of that same boarding school, and I am increasingly convinced of the reasoning behind my old headmaster’s reticence over such applicants. Pornography is a destroyer of innocence, and the innocence proper to certain years of a boy’s life is an important factor in his education—especially if that education is informed by the classical pedagogies of wonder, imagination, and delight.” (Sean Fitzpatrick, “Boys, Porn and Education”, Crisis Magazine, October 31, 2014, <http://www.crisismagazine.com/2014/boys-porn-education>)

“Maybe you use it; maybe you don’t. Maybe you think it’s good; maybe you think it’s bad; maybe you think it’s none of my business. Fine. The bottom line is:

“Four billion dollars a year is spent on video pornography in the United States, more than on football, baseball, and basketball. One in four internet users look at pornography website in any given month. Men look at pornography online more than they look at any other subject. And 66% of 18-34 year-old men visit a pornographic site every month.” (Pamela Paul, “Pornified”, Times Books, 2005) (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking up to My True Self”, Good Men Project, March 31, 2013, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“5 WAYS PORN AFFECTS THE BRAIN”

“Playboy...has been losing readers for years, according to the Alliance of Audited Media, largely thanks to the rise of Internet pornography.” (Tia Ghose,

“5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015,
<http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html>)

“...with frequent doses of Playboy or other sexually charged imagery – a person will need bigger hits to feel a response, Plaud said.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015,
<http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html>)

“The incredible shrinking brain”

“Porn may also literally shrink the brain, a 2014 study in the journal JAMA Psychiatry found. Men who regularly consumed porn had smaller brain volume and fewer connections in the striatum, a brain region tied to reward processing, compared with those who didn't view porn.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, <http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html>)

“Short-term mentality”

“Watching porn may also make people value immediate payoffs over delayed gratification, a study published in September in the Journal of Sex Research found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, <http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html>)

“Problem or not?”

“Frequent porn users view powerful women, working women and women who have had abortions more favorably than do other men, a study published in August in the Journal of Sex Research found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, <http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html>)

“That may be the case, but women in relationship with porn spectators reported being less happy in those relationships than gals paired up with men who didn't view pornography, found research published in 2012 in the journal Sex Roles.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Fox News Health, October 14, 2015, <http://www.foxnews.com/health/2015/10/14/5-ways-porn-affects-brain.html>)

“GQ MAGAZINE TELLS MEN: QUIT WATCHING PORN BEFORE IT RUINS YOUR SEX LIFE”

“It's an idea popping up with increasing frequency in the mainstream media: Porn is ruining sex for everyone.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013,

<https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“The rise of the Internet has made porn more ubiquitous than ever, and a growing number of scientists and cultural observers are arguing that it’s toxic to real relationships. No longer is opposition to pornography strictly the realm of religious believers and hard-core feminists. Outlets as varied as *GQ*, *Vice*, and *New York Magazine* have recently begun to publicly question whether all the imaginary sex people are having is spoiling the real thing.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“A November 20 article on the *GQ Magazine* website purports to give ‘Ten Reasons Why You Should Quit Watching Porn.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Drawing evidence from a recent survey of Redditors on the site’s ‘NoFap’ online community, author Scott Christian argues that porn can lead to physical addiction, a decline in sexual satisfaction with one’s mate, and decreased sexual performance.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“‘With such an inexhaustible supply of porn at our disposal, there is a growing concern that it is beginning to effect [sic] our brains, our relationships, and even our bodies,’ Christian wrote. ‘A recent survey of a Reddit community called NoFap – made up of nearly 75,000 people committed to quitting porn and masturbation – has helped researchers open the door to a better understanding of the effects of pornography on our lives.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Christian highlighted ten findings of the NoFap survey that he said are strong indicators that porn may be giving people more problems than pleasure. These included the fact that 53% of respondents said they developed a porn habit between the tender ages of 12 and 14, while another 16% started watching smut before they even turned 12.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News,

December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“The survey also found that 59% of the respondents watched porn between four and 15 hours every week, that 42% of male college students said they visited porn sites regularly, 64% said that their tastes in porn ‘have become more extreme or deviant,’ while many admitted to suffering from premature ejaculation or being disinterested in their real life partners.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“‘For those addicted to porn, arousal actually declined with the same mate, while those who regularly found different mates were able to continual their arousal,’ Christian wrote. ‘It’s known as the Coolidge Effect, or novelty-seeking behavior. Porn, after all, trains the viewer to expect constant newness.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“However, he also pointed out that the survey showed that there is hope for the addicted, with 60% of those who embraced the ‘nofap’ (no masturbation/porn) challenge saying that they saw an increase in their sexual functions, and another 67% saying it improved energy levels and productivity.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Christian isn’t the only young writer to take to the mainstream press with concerns over the damage porn is doing to people’s sex lives. Davy Rothbart, writing for *New York Magazine*, complained of his own inability to climax with a human partner after what he called ‘overmasturbation’ while viewing porn sites. For his piece, called, ‘He’s Just Not That into Anyone,’ he interviewed a number of other young men who indicated he was far from alone.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“‘The initial symptom for a lot of guys who frequently find themselves bookmarking their favorite illicit clips appears to be a waning desire for their partners,’ Rothbart wrote. ‘For a lot of guys, switching gears from porn’s fireworks and whiz-bangs to the comparatively mundane calm of ordinary sex is like leaving halfway through an Imax 3-D movie to check out a

flipbook.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“He shared the story of Stefan, 43, who is happily married but cannot climax during sex with his wife unless he replays pornographic images in his mind’s eye. ‘Something is lost there,’ Stefan told Rothbart. ‘I’m no longer with my wife; I’m inside my own head.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Another victim of porn’s aggressive allure was Perry, a 41-year-old lawyer. ‘I used to race home to have sex with my wife,’ Perry told Rothbart. ‘Now I leave work a half-hour early so I can get home before she does and masturbate to porn.’ Added Perry, ‘It’s like I’ve got this ‘other woman’ ... and the ‘other woman’ is porn.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Rothbart talked to a behavioral therapist named Andrea Kuszewski who explained that when people have orgasms, their brains release a potent mixture of dopamine and oxytocin, the two chemicals responsible for pleasure (and addiction), and emotional bonding, respectively. Studies have shown that the dopamine rush acts like a drug, leading porn users to crave their next fix. But the oxytocin gives them a powerful emotional bond to the source of the increased flow. Normally, that’s another human being. But for porn users, Kuszewski told Rothbart, it’s the porn itself. ‘You’re bonding with it,’ she said.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Rich Santos told *Marie Claire* magazine that porn had taken all the excitement out of his relationships with young women. ‘Before the internet porn, a kiss would make my heart race, my lips and body tingle, and I’d get butterflies in my stomach. Since changing my habits, I’ve lost that feeling: the newness of a real kiss. It has somehow muted my feelings,’ Santos wrote. But as he has tried to reduce his online porn use, he reports, ‘those feelings are slowly coming back.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Mark Manson, another young writer, got hooked on online porn at 13 and had spent 8 to 10 years viewing it ‘almost daily.’ Manson decided he was sick of the spiral he found himself in as he continued to crave increasingly depraved pornography, but found himself unable to perform in real life. He, along with a number of online acquaintances who shared the same problem, decided to commit to a 60-day ‘reboot,’ fasting from porn for the duration.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“As their experiment progressed, Manson said he experienced strong cravings for pornography and even had dreams about it. ‘No, not dreams about having sex, dreams about pornography,’ he clarified, adding that he thought that was ‘[messed] up.’ But the longer he went without porn, the more his desire for the real thing returned.” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“‘I began to find normal, everyday girls to be more beautiful,’ wrote Manson. ‘Minor flaws and blemishes that used to bug me were now endearing and sometimes even sexy.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“After his sixty days were up, Manson tried to watch porn again, but he found his tastes had changed. ‘Porn I used to enjoy now felt excessive, dehumanizing and honestly, not very attractive,’ he wrote. ‘There were a few videos I saw where I couldn’t believe I used to watch stuff like that.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“‘I couldn’t help but notice how unhappy and inauthentic the girls in the videos often were,’ added Manson. ‘Not to say I haven’t noticed some of the actresses obviously faking their way through a scene in the past, but this was deeper. Like you could tell they just weren’t very happy people and didn’t have much self-respect.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“Concluded Manson, ‘For me, yes, porn had a noticeable impact on my sex life, and I’m much better off not watching it.’” (Kirsten Anderson, “GQ Magazine tells men: Quit watching porn before it ruins your sex life”, Life Site News, December 13, 2013, <https://www.lifesitenews.com/news/gq-magazine-tells-men-quit-watching-porn-before-it-ruins-your-sex-life>)

“2 BIG WAYS PORN AFFECTS THOSE WHO WATCH IT”

“Dr. William Struthers, a neuroscientist, talks about the observations he’s made about the impact of porn on those who watch it. How does porn affect people?” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

1. “For some, watching porn leads to a seeming inability to stop”

“While some call this a ‘porn addiction’ or even ‘arousal addiction,’ the label is less important to understand than the actual experience. For these men and women, they feel a drive to return to porn again and again because it has become a way to ‘self-medicate,’ much the same way an alcoholic returns to the bottle.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

“The pattern becomes a never-ending cycle: feelings of loneliness, depression, stress, anxiety, or anger turn into a desire to numb these emotions. Porn temporarily offers euphoria by tapping the body’s natural sexual chemistry. Once the high is over, the negative emotions are still present, and they are now often combined with feelings of guilt or shame. The cycle starts all over. People who try to quit porn even share experiences of withdrawal symptoms.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

2. “For others, porn affects them by subtly changing the way they think about people” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

“For these people, there is no ‘compulsion’ or ‘addiction,’ but pornography is still warping the way they think about themselves and others.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

“Many other studies have demonstrated that pornography influences our beliefs. The research done by Dolf Zillmann and Jennings Bryant about the impact of video pornography on sexual attitudes and beliefs is noteworthy. After exposing groups to differing amounts of video pornography numerous times over a 6 week period, they studied the correlation between the amount of pornography consumed and a variety of other factors: sexual satisfaction, attraction to casual sex, the belief that minors should be protected from seeing porn, the acceptance of premarital sex, the trivialization of rape, the support of women’s rights, beliefs about the commonness of sexual practices in the broader culture, and gender stereotypes—all with negative outcomes.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

“HOT BODS, THE BIBLE, AND THE BRAIN: UNDERSTANDING PORN ADDICTION”

“...whose life has been hijacked by porn...” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“As sinners, it is the idols of the heart that so often drive a preoccupation with porn. In his book, *Closing the Window*, Tim Chester describes six core motivations that commonly fuel porn addiction:”

1. **“Respect** – When our craving for respect becomes an idol, porn offers us a fantasy world where we are worshipped and adored.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
2. **“Relationship** – When our craving for intimacy becomes an idol, porn offers the illusion of relationship without the risks of rejection or vulnerability.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn

Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

3. **"Refuge** – When life gets tough and our craving for escape becomes an idol, porn gives us a fantasy world where we are never a failure, where there are no expectations." (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
4. **"Reward** – When our desire for reward becomes a sinful sense of entitlement, porn gives us a fantasy world where our underappreciated egos can 'get what we deserve.'" (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
5. **"Revenge** – When our anger at life or God or our spouse gets out of control, porn can become our tantrum at a world that isn't catering to our desires." (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
6. **"Redemption** – When self-pity becomes a consuming desire, porn offers us a fantasy where we can feel 'normal'—or even a place where we can punish ourselves." (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

"These are core desires of the heart that must be addressed if someone desires to break free from the grip of pornography." (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

"Brain Damage: Porn Sins Against the Body" (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

"Sin, at its root, is idolatry in the heart. But just because desires in the heart are at the root of pornography doesn't mean there aren't *physical* consequences. Disease is not just a *metaphor* for sin. In a very real sense, porn actually makes our brains *sick*." (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

"In 1 Corinthians 6:18, Paul writes, 'Every other sin a person commits is outside the body, but the sexually immoral person sins against his own

body.’ There is a sense in which sexual sin is unique in the damage it does to the body. Perhaps modern neuroscience is unearthing a significant way in which sexual sin hurts us.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“In his book, *The Porn Circuit*, Sam Black explains how porn impacts the human brain. A cocktail of hormones and neurotransmitters are released while watching porn. This gives the brain an unnatural high as surge after surge of dopamine is released. Eventually the brain fatigues, leaving the viewer wanting more but unable to reach a level of satisfaction. As a result, the viewer starts to become numb to everyday pleasures. He or she begins to seek out novel, more intense porn to get the same high. Repeatedly watching porn also weakens the cingulate cortex, the region of the brain responsible for moral and ethical decision making. It weakens our ability to control sexual thoughts on a day-to-day level.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“This neurologically describes what the Bible says about how sin permeates the body and mind:”

- “Paul writes that slavery to sin does not just stem from the heart, but it is something that finds a beachhead in the very *members* of our physical bodies. ‘So I find it to be a law that when I want to do right, evil lies close at hand. For I delight in the law of God, in my inner being, but I see in my *members* another law waging war against the law of my mind and making me captive to the law of sin that dwells in my *members*’ (Romans 7:21-23, italics added).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “James writes, ‘Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your *members*?’ (James 4:1, NKJV, italics added).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “Paul says when we give ourselves up to sensuality, it results in ‘darkened’ understanding, ‘ignorance,’ and ‘hardness of heart’ (Ephesians 4:18-19).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“We now can see on an MRI what the Bible has led us to expect all along—that sin in our *members* includes, to an extent, our brains.”

- “The Bible has always taught us to be transformed by the renewing of our minds (Romans 12:2), and now we can literally ‘map’ how our thoughts change the way we see the world.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “The Bible has always taught that sexual sin has physiological consequences (1 Corinthians 6:18), and now we can see some of those consequences under a brain scanner.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “The Bible has always taught us to trump the desires of the flesh with the longings of the Spirit (Galatians 5:16-17), and now we can see the way new, healthy neurological pathways are the key to overcoming old habits.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“Neurology is like the new archaeology of the soul. Just as a new archaeological find in the Holy Land can buttress our faith and call attention to passages long forgotten, so scientific studies of the human brain can be used by God to awaken us to believe in truths God wrote centuries ago.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“Internet pornography is a modern phenomenon that has no parallel in history.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“The principles Paul gives in Romans 6 for the transformation of our character are of vital importance to a porn addict (or any Christian for that matter):”

1. “Remember and believe that, in His death and resurrection, Christ has died to sin. He is no longer lives in this sinful realm (Romans 6:10).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

2. “Remember and believe that by the Spirit, we are united to the One who is dead to sin: Christ is in us. We no longer belong to this sinful age. We belong to the sinless age to come (Romans 6:8).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
3. “Reckon or consider yourself dead to sin (Romans 6:11). You are not dying to sin (a process). You are not commanded to die to sin (an imperative). You are indeed dead to it. United to Christ, your whole identity has changed. So meditate on this. Chew on this. Reconsider it. Get this idea deep into your soul.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
4. “‘Present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness’ (Romans 6:13b). Fighting from our new identity, now Paul tells us to be practical. Present the very members of your physical body to God as His instruments.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“This last principle brings up highly practical applications for how we use our eyes, our ears, our mouths, our feet, and our hands. Holiness may start in the heart, but it always works itself out in the day-to-day actions of real life.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“But the good things of this earth, created by God to be received with thanksgiving and praise—things such as friendship, good food and fine drinks, laughter, sex, and family life—can be redeemed to season our life and faith in many positive ways. God can even give us the power to take what we formerly misused and transform it into an instrument of praise. (*Pure Pleasure*, p.22-23)” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“Neurologically speaking, this means as we replace old habits with new habits, new neural pathways are formed. Over time we no longer look to porn as our release valve to entertain our idols, but rather we use healthy pleasures as means of delighting in God as the giver of every good and perfect gift.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“5 WAYS WATCHING PORN IS TERRIBLE FOR YOUR ROMANTIC RELATIONSHIPS”

“Two weeks ago I was invited to speak at Sex Week (there is such a thing on most campuses) at the University of Maryland. Amidst such talks as, ‘BDSM on a Budget,’ *and*, ‘Deconstructing Gender in Families and Relationships,’ there I was, speaking about the negative effects of pornography (watch a similar talk of mine here). At the end of my talk a young lady raised her hand and asked my opinion on the claim that porn can enhance romantic intimacy within a relationship. I, as you might have guessed, shared why I thought the claim false.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“The fact is that many studies show that porn doesn’t compliment sexual intimacy with one’s partner, it competes with it. In this post, then, I’d like to suggest five ways—all of which are based on scientific data—in which porn is detrimental to a romantic relationship.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“Skeptics may be quick to ask, ‘But do any of these studies show causation?’ That’s a fair question, but somewhat beside the point of this article. While most of these studies only show correlations between watching porn and problems in relationships, this should hardly matter to the porn consumer. No matter how you slice it, if porn *makes* you a bad lover, or if porn is just the symptom of being a bad lover, or if porn viewing and being a bad lover are both symptoms of the same problem, the verdict about porn is decisively negative.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

1. “People who watch porn have lower levels of sexual satisfaction with their partner”

“Drs. Dolf Zillman and Jennings Bryant, in their now-famous porn experiments back in the 1980s, found the more video porn one watches, the more dissatisfied someone is with their partner’s physical appearance and sexual performance.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“A study published in the *Journal of Sex and Marital Therapy* reports similar findings. After being exposed to centerfold models from Playboy or Penthouse, subjects had significantly lower judgments about the attractiveness of ‘average’ people.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

2. **“People who watch porn have lower levels of relational commitment”**

“The Journal of Social and Clinical Psychology released the result of several studies about the impact of porn on relationships. In one experiment, half of a group gave up porn for three weeks, and the other half gave up their favorite food, but were allowed to watch porn. Interestingly, those who quit porn showed increased commitment to their romantic relationship at the end of the three weeks.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

3. **“People who watch porn have higher levels of negative communication with their partner”**

“According to a study published in the *Archives of Sexual Behavior*, compared to those who watch porn alone or watch porn with their partner, those who don’t view any porn have lower levels of negative communication with their romantic partner.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

4. **“People who watch porn are more likely to cheat”**

“Some men have thought—or even said out loud to their partner—‘At least I go to porn to get my needs met. I don’t sleep around.’ This hardly serves as a vote of confidence, does it? He’s essentially saying, ‘If I didn’t have the ability to get off to virtual women, who knows what I would do to real women?’ Hmmm, right. #StayClassyExBoyfriend” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“In one study, for those who don’t watch *any* porn, their rate of infidelity is at least half of those who had watched porn either alone or with their partners.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“Another study found, regardless of how satisfied one feels in their own relationship, watching porn heightens a person’s perceptions that ‘the grass is greener’ somewhere else, and they are more likely to flirt with others and cheat on their partner.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

5. “People who watch porn have consistently lower views of women”

“In the Zillman-Bryant experiments, those who watched more porn showed a radical decrease in support of women’s rights, compared to a control group. Those who watched more porn were also more likely to believe that real women in society should fit the stereotypes of the women they see in porn.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“Don’t be fooled. You’ll never be good at loving one person well when you’re constantly being entertained by a digital harem.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“If you or someone you love is struggling to break free from porn, may I suggest you download my new free eBook, The Battle Plan: A Five Step Approach to Removing Pornography From Your Life.” (Matt Fradd, “5 Ways Watching Porn is Terrible for your Romantic Relationships”, Life Site News, April 23, 2015, <https://www.lifesitenews.com/blogs/5-ways-watching-porn-is-terrible-for-your-romantic-relationships>)

“Teens are spending more than one-third of their days using media...nearly nine hours on average (Common Sense Media). (Hayley Tsukayama, “Teens spend nearly nine hours every day consuming media,” The Washington Post, November 3, 2015, www.washingtonpost.com/news/the-switch/wp-2015/11/03/teens-spend-nearly-nine-hours-every-day-consuming-media/)

“Another guy described himself during his porn use:”

- “My friends were drifting away. I gave up socialising to sit in my room and pleasure myself.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p37)
- “My family loved me unconditionally, but did not enjoy my company.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)

- “I had trouble focusing on my job and as well as my classes at my university.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I had no girlfriend.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I had an enormous amount of anxiety with human interactions in general” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I worked out furiously, but never seemed to gain anything.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “Everyone told me I was mentally checked out. I even caught a glimpse of me in a video and you could see a blank stare in my eyes. No one was home. Definition of space cadet.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “No ENERGY, no matter how much I slept, NONE. NOTHING. AT ALL. Always tired. Bags under my eyes, pale, acne, and dehydrated.”
- “I was terribly depressed.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I had porn-induced ED.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I was stressed, anxious, confused, and lost.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)
- “I was not living life, but I was not dead either. I was a zombie.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p38)

“YOUR BRAIN ON PORN”

“Inability to control use and use that interferes with one's life are two cardinal signs of addiction. Priorities have shifted due to changes in the brain that we'll look at later. In effect, life's natural rewards, such as friendship, exercise and accomplishment, can no longer compete. Your brain now believes that IT – in this case internet porn use – is an important goal, and equates it with your survival.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p39)

“One possibility is boredom or habituation meeting the developing adolescent brain. Teens are thrill seeking and easily bored. They love novelty. The stranger the better. Many a young man has described masturbating with one hand while clicking through videos with the other hand. Lesbian porn grows boring, so he tries out transgender porn. Novelty and anxiety ensue – and both increase sexual arousal. Before he knows it

he has climaxed and a new association begins imprinting his sexual circuits.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p51)

“Men have long believed that what arouses them to orgasm is ironclad evidence of their sexual orientation. Therefore, it can be especially distressing to escalate through shifting porn fetishes that ultimately cast doubt on sexual orientation. Yet such escalation to unexpected tastes is surprisingly common today, especially among young people who grew up dabbling in ‘anything-goes’ tube sites from an early age.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p55)

“Primitive circuits in the brain govern emotions, drives, impulses, and subconscious decision-making.” (M. Walter et al., “Distinguishing specific sexual and general emotional effects in fMRI-subcortical and cortical arousal during erotic picture viewing,” *Neuroimage* 40/4 (2008): 1482-1494. doi: 10.1016/j.neuroimage.2008.01.040) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p73)

“They do their jobs so efficiently that evolution hasn’t seen the need to change them much since before humans were human.” (J.G. Pfaus, “Dopamine: helping males copulate for at least 200 million years: theoretical comment on Kleitz-Nelson et al,” *Behav Neurosci* 124/6 (2010): 877-880; discussion 881-3, doi: 10.1037/a0021823) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p73)

“The desire and motivation to pursue sex arises from a neurochemical called dopamine.” (F. Giuliano, J. Allard, “Dopamine and male sexual function,” *Eur Urol* 40/6 (2001): 601-608) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p73)

“Dopamine amps up the centrepiece of a primitive part of the brain known as the reward circuitry. It’s where you experience cravings and pleasure and where you get addicted.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p73)

“The evolutionary purpose of dopamine is to motivate you to do what serves your genes.” (Natalie Angier, “A Molecule of Motivation, Dopamine Excels at Its Task,” *The New York Times*, October 26, 2009, <http://www.nytimes.com/2009/10/27/science/27angier.html>.) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p74)

“The bigger the squirt the more you want something. No dopamine and you just ignore it. High-calorie chocolate cake and ice cream – a big blast. Celery – not so much. Dopamine surges are the barometer by which you determine the value of any experience. They tell you what to approach or avoid, and where to put your attention. Further, dopamine tells you what to remember by helping to rewire your brain.” (Cathleen Genova, “Learning addiction:

Dopamine reinforces drug-associated memories," research press release, September 9, 2009, http://www.eurekalert.org/pub_releases/2009-09/cp-lad090309.php) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, p74)

"Sexual stimulation and orgasm add up to the biggest natural blast of dopamine available to your reward circuitry. Although dopamine is sometimes referred to as the 'pleasure molecule', it's actually about seeking and searching for pleasure, not pleasure itself." (John D. Salamone and Mercè Correa, "The Mysterious Motivational Functions of Mesolimbic Dopamine," *Neuron* 76/3 (2012): 470–485, <http://dx.doi.org/10.1016/j.neuron.2012.10.021>.) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, p74)

"Thus dopamine rises with anticipation." (Robert Sapolsky, "Dopamine Jackpot! Sapolsky on the Science of Pleasure," FORA TV, February 1, 2012, http://www.dailymotion.com/video/xh6ceu_dopamine-jackpot-sapolsky-on-the-science-of-pleasure_news) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, p74)

"It's your motivation and drive to pursue potential pleasure or long term goals." (Bridget M. Kuehn, "Willingness to Work Hard Linked to Dopamine Response in Brain Regions," *News@JAMA*, May 2, 2012, <http://newsatjama.jama.com/2012/05/02/willingness-to-work-hard-linked-to-dopamine-response-inbrain-regions>; and Lisa Franchi, "Dopamine Keeps the Brain Motivated to Pursue a Distant Goal," *NaturalTherapyForAll.com*, August 07, 2013, <http://blog.naturaltherapyforall.com/2013/08/07/dopamine-keeps-thebrain-motivated-to-pursue-a-distant-goal>) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, p74)

"Internet porn is especially enticing to the reward circuitry because novelty is always just a click away. It could be a novel 'mate', unusual scene, strange sexual act, or – you fill in the blank. And the most popular sites – the so-called tube sites – build this pursuit of novelty into their layout. Every page presents dozens of different clips and genres to choose from. They are engrossing precisely because they offer what seems like inexhaustible novelty." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, p76)

"Today's internet porn, however, is laced with supernormal stimulation. First, it offers endless novel hotties available at a click. Research confirms that anticipation of reward and novelty amplify one another to increase excitement and rewire the reward circuitry of the brain." (R.M. Krebs, D. Heipertz, H. Schuetze, E. Duzel, "Novelty increases the mesolimbic functional connectivity of the substantia nigra/ventral tegmental area (SN/VTA) during reward anticipation: Evidence from high-resolution fMRI," *Neuroimage* 58/2 (2011): 647-55, doi: 10.1016/j.neuroimage.2011.06.038) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, p79)

"Second, internet porn offers countless artificially enhanced breasts and Viagrasustained gargantuan penises, exaggerated grunts of desire, pile-driving thrusts, double or triple penetration, gang-bangs and other

unrealistic scenarios.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p79)

“Third, for most people, static images cannot compare with today's hi-def 3-minute videos of people engaged in intense sex. With stills of naked bunnies all you had was your own imagination. You always knew what was going to happen next, which wasn't much in the case of a pre-internet 13-year old. In contrast, with an endless stream of ‘I can't believe what I just saw’ videos, your expectations are constantly violated (which the brain finds more stimulating).” (J. Spicer, *et al.*, “Sensitivity of the nucleus accumbens to violations in expectation of reward,” *Neuroimage* 34/1 (2007): 455-461) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p79)

“Keep in mind also, that humans evolved to learn by watching others doing things, so videos are more powerful ‘how to’ lessons than stills.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p79)

“With science-fiction weirdness that would have made Tinbergen say, ‘I told you so’, today's porn users often find internet erotica more stimulating than real partners. Users might not want to spend hours hunched in front of a computer staring at porn and compulsively clicking on new images. They might prefer to spend time socialising with friends and meeting potential partners in the process. Yet reality struggles to compete at the level of the brain's response, especially when one throws into the balance the uncertainties and reversals of social interaction. As Noah Church puts it in his memoir *Wack: Addicted to Internet Porn*, ‘it's not that I didn't want real sex, it's just that it was so much harder and more confusing to pursue than pornography.’” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p79)

“Porn poses unique risks beyond supernormal stimulation. First, it's easy to access, available 24/7, free and private. Second, most users start watching porn by puberty, when their brain's are at their peak of plasticity and most vulnerable to addiction and rewiring.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p81)

“Bingeing on porn feels like a promise of pleasure, but recall that the message of dopamine isn't ‘satisfaction’. It's, ‘keep going, satisfaction is j-u-s-t around the corner’.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p81)

“What’s a brain to do when it has unlimited access to a super-stimulating reward it never evolved to handle? Some brains adapt – and not in a good way. The process is gradual. At first, using porn and masturbating to orgasm resolves sexual tension and registers as satisfying.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p82)

“But if you chronically overstimulate yourself, your brain may start to work against you. It protects itself against excessive dopamine by decreasing its responsiveness to it, and you feel less and less gratified.” (P.J. Kenny, G. Voren and P.M. Johnson, " Dopamine D2 receptors and striatopallidal transmission in addiction and obesity," *Curr Opin Neurobiol*, 23/4 (2013): 535-538, doi: 10.1016/j.conb.2013.04.012. This has been confirmed by German researchers Simone Kühn and Jürgen Gallinat, "Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn," *JAMA Psychiatry* (2014), doi:10.1001/jamapsychiatry.2014.93) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p82)

“This decreased sensitivity to dopamine pushes some users into an even more determined search for stimulation, which, in turn, drives lasting changes, actual physical alterations of the brain. They can be challenging to reverse. As one user said, ‘Porn goes in like a needle but comes out like a fishhook.’” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p82)

“Superficial conditioning (or learning) can be summed up as, ‘So this is how people have sex and this is how I should do it.’ Unconscious sexual conditioning can be summed up as, ‘This is what turns me on’ or, at a brain level, ‘This is what jacks up my dopamine’. It could be as simple as preferring redheads. Or maybe dainty feet or pecs appeal more than breasts.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

“However our preferences arise, our brains evolved to record what turns us on. This phenomenon rests on a crucial neural principle: Nerve cells that fire together wire together. Briefly, the brain links together the nerve cells for sexual excitement (in the reward circuit) with the nerve cells that store memories of the events associated with the excitement. For example, type in your favourite porn site and you activate nerve cells that blast your reward circuitry. Up goes your dopamine.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

“Even if you're watching tame porn and haven't developed any porn-induced fetishes, the issue of how you get your jollies can have repercussions. If you use internet porn, you may be training yourself for the role of voyeur or to need the option of clicking to something more arousing

at the least drop in your dopamine, or to search and search for just the right scene for maximum climax. Also, you may be masturbating in a hunched-over position – or watching your smartphone in bed nightly.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)

“Each of these cues, or triggers, can now light up your reward circuit with the promise of sex ... that isn't sex. Nevertheless, nerve cells may solidify these associations with sexual arousal by sprouting new branches to strengthen connections. The more you use porn the stronger the nerve connections can become, with the result that you may ultimately need to be a voyeur, need to click to new material, need to climax to porn to get to sleep, or need to search for the perfect ending just to get the job done.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)

“Adolescents wire together experiences and arousal much faster and more easily than young adults will just a few years later. The brain actually shrinks after age 12 as billions of nerve connections are pruned and reorganized. The use-it-or-lose-it principle governs which nerve connections survive.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p86)

“Once new connections form, teen brains hold tightly to these associations. In fact, research shows that our most powerful and lasting memories arise from adolescence – along with our worst habits.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p87)

“The ‘Three Cs’:

1. “**Craving** and preoccupation with obtaining, engaging in or recovering from the use of the substance or behaviour;” (Bonnie K. Lee and Madison Moore, “Shame and Sex Addiction: Through A Cinematic Lens,” J Addict Behav Ther Rehabil 3/1 (2014), <http://dx.doi.org/10.4172/2324-9005.1000116>. (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp90-91)
2. “Loss of **control** in using the substance or engaging in the behaviour with increasing frequency or duration, larger amounts or intensity, or in increasing the risk in use and behaviour to obtain the desired effect” (Bonnie K. Lee and Madison Moore, “Shame and Sex Addiction: Through A Cinematic Lens,” J Addict Behav Ther Rehabil 3/1 (2014), <http://dx.doi.org/10.4172/2324-9005.1000116>. (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp90-91)
3. “**Negative consequences** in physical, social, occupational, financial and psychological domains. (Bonnie K. Lee and Madison Moore, “Shame and Sex Addiction:

"In this study, experts at Germany's Max Planck Institute found:"

1. "Higher hours per week/more years of porn viewing correlated with a reduction in grey matter in sections of the reward circuitry (striatum) involved in motivation and decision-making. Reduced grey matter in this reward-related region means fewer nerve connections. Fewer nerve connections here translates into sluggish reward activity, or a numbed pleasure response, often called desensitisation (more on that below). The researchers interpreted this as an indication of the effects of longer-term porn exposure." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp92-93)
2. "The nerve connections between the reward circuit and prefrontal cortex worsened with increased porn watching. As the researchers explained, 'Dysfunction of this circuitry has been related to inappropriate behavioural choices, such as drug seeking, regardless of the potential negative outcome.' In short, this is evidence of an association between porn use and impaired impulse control." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp92-93)
3. "The more porn used, the less reward activation when sexual images were flashed on the screen. A possible explanation is that heavy users eventually need more stimulation to fire up their reward circuitry. Said the researchers, 'This is in line with the hypothesis that intense exposure to pornographic stimuli results in a downregulation of the natural neural response to sexual stimuli.' Again, desensitisation is common in all kinds of addicts." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp92-93)

"To sum up: More porn use correlated with less gray matter and reduced reward activity (in the dorsal striatum) when viewing sexual images. More porn use also correlated with weakened connections to the seat of our willpower, the frontal cortex." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp92-93)

"Keep in mind that this study did not examine causation, but rather correlation." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp92-93)

“Here are some brain changes that show up in all addictions, whether substance or behavioural.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

1. **“Desensitisation**, or a numbed response to pleasure. Reduced dopamine signaling and other changes leave the addict less sensitive to everyday pleasures and ‘hungry’ for dopamine-raising activities and substances.” (Haifeng Hou, et al., “Reduced Striatal Dopamine Transporters in People with Internet Addiction Disorder,” Journal of Biomedicine and Biotechnology (2012), Article ID 854524, 5 pages, doi:10.1155/2012/854524) (S.H. Kim et al., “Reduced striatal dopamine D2 receptors in people with Internet addiction,” Neuroreport 22/8 (2011): 407-411, doi: 10.1097/WNR.0b013e328346e16e) (Jim Rosack, “Volkow May Have Uncovered Answer to Addiction Riddle,” Psychiatric News, June 4, 2004, <http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=107597>. (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

“The addict may neglect other interests and activities that were once high priorities.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

“Desensitisation is probably the first addiction-related brain change porn users notice. They need greater and greater stimulation to achieve the same buzz (‘tolerance’). They may spend more time online, prolonging sessions through edging, watching when not masturbating, or searching for the perfect video to end with. But desensitisation can also take the form of escalating to new genres, sometimes harder and stranger, or even disturbing. Remember: shock, surprise and anxiety can jack up dopamine.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

2. **“Sensitisation**, or an unconscious super-memory of pleasure that, when activated, triggers powerful cravings. Rewired nerve connections cause the reward circuit to buzz in response to addiction-related cues or thoughts – the ‘fire together wire together’ principle. This Pavlovian memory makes the addiction more compelling than other activities in the addict's life.” (G. Dong, J. Huang, A. Du, “Enhanced reward sensitivity and decreased loss sensitivity in Internet addicts: an fMRI study during a guessing task,” J Psychiatr Res 45/11 (2011): 1525-1529. doi: 0.1016/j.jpsychires.2011.06.017.) (Adam Withnall, “Pornography addiction leads to same brain activity as alcoholism or drug abuse, study shows,” The Independent, September 22, 2013, <http://www.independent.co.uk/life-style/health-and-families/healthnews/pornography-addiction-leads-to-same-brain-activity-as-alcoholism-or-drug-abuse-study-shows-8832708.html>) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“Cues, such as turning on the computer, seeing a pop-up, or being alone, trigger intense cravings for porn. Are you suddenly much hornier

(true libido) when your wife goes shopping? Unlikely. But perhaps you feel as if you are on autopilot, or someone else is controlling your brain. Some describe a sensitised porn response as ‘entering a tunnel that has only one escape: porn’. Maybe you feel a rush, rapid heartbeat, even trembling, and all you can think about is logging onto your favourite tube site. These are examples of sensitised addiction pathways activating your reward circuit, screaming, ‘Do it now!’” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

3. **“Hypofrontality**, or reduced brain activity in the prefrontal regions, which weakens willpower in the face of strong subconscious cravings. Alterations in the prefrontal regions' grey matter and white matter correlate with reduced impulse control and the weakened ability to foresee consequences. A recent German review of brain and psychological studies concluded that reduced brain function in internet addicts may be related to their loss of control over their internet use. (Kai Yuan, et al., "Microstructure Abnormalities in Adolescents with Internet Addiction Disorder," PLoS One, June 03, 2011, doi: 10.1371/journal.pone.0020708.) (Y. Zhou, et al., "Grey matter abnormalities in Internet addiction: a voxel-based morphometry study," Eur J Radiol 9/1 (2011): 92-95. doi: 10.1016/j.ejrad.2009.10.025) (Fuchun Lin, et al., "Abnormal White Matter Integrity in Adolescents with Internet Addiction Disorder: A Tract-Based Spatial Statistics Study," PLoS One, January 11, 2012, doi: 10.1371/journal.pone.0030253) (G. Dong, H. Zhou, X. Zhao, "Impulse inhibition in people with Internet addiction disorder: electrophysiological evidence from a Go/NoGo study," Neurosci Lett 485/2 (2010): 138-142, doi: 10.1016/j.neulet.2010.09.002) (G. Dong, H. Zhou, X Zhao, "Male Internet addicts show impaired executive control ability: evidence from a color-word Stroop task," Neurosci Lett 499/2 (2011): 114-118, doi: 10.1016/j.neulet.2011.05.047) (Matthias Brand, Kimberly S. Young and Christian Laier, " Prefrontal control and Internet addiction: a theoretical model and review of neuropsychological and neuroimaging findings," Frontiers in Human Neuroscience 8/375 (2014), doi: 10.3389/fnhum.2014.00375) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“Hypofrontality shows up as the feeling that two parts of your brain are engaged in a tug-of-war. The sensitised addiction pathways are screaming ‘Yes!’ while your ‘higher brain’ is saying, ‘No, not again!’ While the executive-control portions of your brain are in a weakened condition the addiction pathways usually win.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

4. **“Dysfunctional stress circuits**, which can make even minor stress lead to cravings and relapse because they activate powerful sensitised pathways.” (Leigh MacMillan, "Reward-stress link points to new addiction targets," Reporter, January 9, 2009, <http://www.mc.vanderbilt.edu/reporter/index.html?ID=6916>) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“To sum up, if these neuroplastic changes could speak, desensitisation would be moaning, ‘I can’t get no satisfaction’. At the same time, sensitisation would be poking you in the ribs saying, ‘hey, I’ve got just what you need’, which happens to be the very thing that caused the desensitisation. Hypofrontality would be shrugging and sighing, ‘bad idea, but I can’t stop you’. Dysfunctional stress circuits would be screaming, ‘I NEED something NOW to take the edge off!’” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“These phenomena are at the core of all addictions. One recovering porn addict summed them up: ‘I will never get enough of what doesn’t satisfy me and it never, ever satisfies me’. Recovery reverses these changes. Slowly, the addict relearns how to ‘want’ normally.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“Withdrawal Many people believe that addiction always entails both tolerance (a need for more stimulation to get the same effect, caused by desensitisation) and brutal withdrawal symptoms. In fact, neither is a prerequisite for addiction – although today’s porn users often report both. What all addiction assessment tests share is, ‘continued use despite negative consequences’. That is the most reliable evidence of addiction.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“Pornography Addiction: It's like ‘Dating’ Porn” (Russ Warner, ContentWatch)

“Research reveals that pornography viewing releases adrenalin and dopamine into the blood stream. In essence, adrenalin gives a physical ‘rush’ and dopamine acts as a pain killer. This combination is powerfully addicting. Drug and alcohol addicts say that a pornography addiction is as bad—or worse—than a substance addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“More recent research also shows that something even more shocking occurs during pornography sessions. Scientists speculate that a hormone called oxytocin is also released.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The combination of dopamine and oxytocin acts as a ‘biochemical love potion’ according to behavioral therapist Andrea Kuszewski. The end result: pornography viewing sessions can cause the addict to be more inclined to form an emotional attachment to their addiction of choice. And more interesting, pornography viewers don't have to actually have sexual relations in order to get those neurotransmitters firing.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Kuszewski says that when you watch porn, ‘you're bonding with it...and those chemicals make you want to keep coming back to have that feeling.’ In short, pornography addicts seem to develop a neurological attachment to pornography. They are, in essence, dating porn.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“NATIONAL REVIEW: GETTING SERIOUS ON PORNOGRAPHY”

“Imagine a drug so powerful it can destroy a family simply by distorting a man's perception of his wife. Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages and so widespread that it produces more annual revenue — \$97 billion worldwide in 2006 — than all of the leading technology companies combined. Consider a narcotic so insidious that it evades serious scientific study and legislative action for decades, thriving instead under the ever-expanding banner of the First Amendment.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“According to an online statistics firm, an estimated 40 million people use this drug on a regular basis. It doesn't come in pill form. It can't be smoked, injected, or snorted. And yet neurological data suggest its effects on the brain are strikingly similar to those of synthetic drugs. Indeed, two authorities on the neurochemistry of addiction, Harvey Milkman and Stanley Sunderwirth, claim it is the ability of this drug to influence all three pleasure systems in the brain — arousal, satiation, and fantasy — that makes it ‘the piece de resistance among the addictions.’” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“Earlier this month, the Witherspoon Institute released a report examining ‘the social costs of pornography,’ signed by more than 50 scholars representing a wide array of professions, academic disciplines, and political views. The report details the considerable social costs that pornography exacts upon men, women, and children.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“The findings of the report hit particularly close to home for me. By his own account, my husband of 13 years and high-school sweetheart, was first exposed to pornography around age ten. He viewed it regularly during high school and college — and, although he tried hard to stop, continued to do so throughout the course of our marriage. For the past few years he had taken to sleeping in the basement, distancing himself from me, emotionally and physically. Recently he began to reject my sexual advances outright, claiming he just didn’t ‘feel love’ for me like he used to, and lamenting that he thought of me ‘more as the mother of our children’ than as a sexual partner.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“Then one morning around 2AM he called, intoxicated, from his office to announce that he had ‘developed feelings’ for someone new. The woman he became involved with was an unemployed alcoholic with all the physical qualities of a porn star — bleached blond hair, heavy makeup, provocative clothing, and large breasts. After the revelation, my husband tried to break off his relationship with this woman. But his remorse was short-lived. Within a few months he had moved permanently out of the home he shared with me and our five young children. In retrospect, I believe he succumbed to the allure of the secret fantasy life he had been indulging since his adolescence.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“My husband is not alone. According to Dr. Victor Cline, a nationally renowned clinical psychologist who specializes in sexual addiction, pornography addiction is a process that undergoes four phases. First, addiction, resulting from early and repeated exposure accompanied by masturbation. Second, escalation, during which the addict requires more frequent porn exposure to achieve the same ‘highs’ and may learn to prefer porn to sexual intercourse. Third, desensitization, during which the addict views as normal what was once considered repulsive or immoral. And finally, the acting-out phase, during which the addict runs an increased risk

of making the leap from screen to real life.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“This behavior may manifest itself in the form of promiscuity, voyeurism, exhibitionism, group sex, rape, sadomasochism, or even child molestation. The final phase may also be characterized by one or more extramarital affairs. A 2004 study published in *Social Science Quarterly* found that Internet users who had had an extramarital affair were 3.18 times more likely to have used online porn than Internet users who had not had an affair. Among other things, the Witherspoon report is a stern warning to all married women to take seriously the signs of a sexual addiction, before it is too late.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“Perhaps the greatest hardship for women who fear they have lost (or are losing) a husband to Internet porn is the absence of a public consensus about the harmful effects of pornography on marriage. Consider what we know. In a study published in *Sexual Addiction and Compulsivity*, Schneider found that among the 68 percent of couples in which one person was addicted to Internet porn, one or both had lost interest in sex. Results of the same study, published in 2000, indicated that porn use was a major contributing factor to increased risk of separation and divorce. This finding is substantiated by results of a 2002 meeting of the American Academy of Matrimonial Lawyers, during which surveyed lawyers claimed that ‘an obsessive interest in Internet pornography’ was a significant factor in 56 percent of their divorce cases the prior year.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive masturbation), increased belief in the ‘rape myth’ (that women cause rape and rapists are normal), and was associated with negative attitudes regarding intimate relationships (e.g., rejecting the need for courtship and viewing persons as sexual objects). Indeed, neurological imaging confirms the latter finding. Susan Fiske, professor of psychology at Princeton

University, used MRI scans to analyze the brain activity of men viewing pornography. She found that after viewing porn, men looked at women more as objects than as human beings.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“The social implications of these data are significant, but we need to know more. The American Psychiatric Association is likely to add pornography addiction to their Diagnostic and Statistical Manual this year. Congress should fund a long-term, multidisciplinary analysis of the effects of porn addiction on marriage and family life. The National Institutes of Health are granted billions of taxpayer dollars for research on a wide variety of public-health problems, and yet pornography addiction is not among them. Most health-insurance companies provide little to no coverage for treatment of this problem, and the health-care legislation signed into law last week promises more of the same. The fact is that the moral and financial needs of couples struggling with this form of addiction will remain unaddressed in a country that views pornography use as a constitutional right.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“I will never know with full certainty that pornography caused my husband to abandon me and our children. Although I loved him deeply, I was far from a perfect wife. In retrospect, I wish I had understood what he was experiencing and had acted to help him. If anything is clear to me, it is this: We must learn more about this scourge and its effects on families. The Witherspoon report makes it clear that countless women — and increasingly many men — have experienced the devastating effects of their spouse's pornography use. Countless more will experience it in the future. It is our obligation as a nation to pursue the truth for their sake, no matter how inconvenient for some the verdict may be.” (Anonymous, “National Review: Getting Serious on Pornography,” NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“WOMAN DATING OR ENGAGED TO MAN ADDICTED TO PORNOGRAPHY”

“If you decide to marry this man, don't expect his addiction to go away on its own once you've said your wedding vows. To be more specific, don't assume that normal marital sexual relations will take the place of porn in

his life. No living, breathing, thinking woman can possibly fill that role without doing untold damage to herself as a person. That's because pornography addiction is not about sex. It's a symptom of an intimacy disorder - a comprehensive psychological illness that compels an individual to avoid deep, meaningful interaction with a real human being and to replace it with impersonal sensual imagery. Unless this disorder is addressed and resolved, your relationship cannot move forward on a healthy footing. Marriage will not fix the problem. It will only complicate matters and increase your pain.” (“Woman Dating or Engaged to Man Addicted to Pornography”, Focus on the Family, July 22, 2015, http://family.custhelp.com/app/answers/detail/a_id/26042/~/-woman-dating-or-engaged-to-man-addicted-to-pornography)

“If your boyfriend really cares about you and sincerely wants to spend his life with you, he has a powerful motivation to make the necessary changes at this stage of the game. Once you've tied the knot, that motivation will no longer exist in quite the same way.” (“Woman Dating or Engaged to Man Addicted to Pornography”, Focus on the Family, July 22, 2015, http://family.custhelp.com/app/answers/detail/a_id/26042/~/-woman-dating-or-engaged-to-man-addicted-to-pornography)

“NEW RESEARCH ON ADOLESCENT BRAIN DEVELOPMENT AND ITS IMPLICATION FOR PREVENTION, INTERVENTION AND TREATMENT PROGRAMS”

“Objectives:”

- “Participants will learn how the adolescent brain is constructed”
- “Participants will examine effective and ineffective programs serving adolescents”
- “Participants will review new research on the adolescent brain”

(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

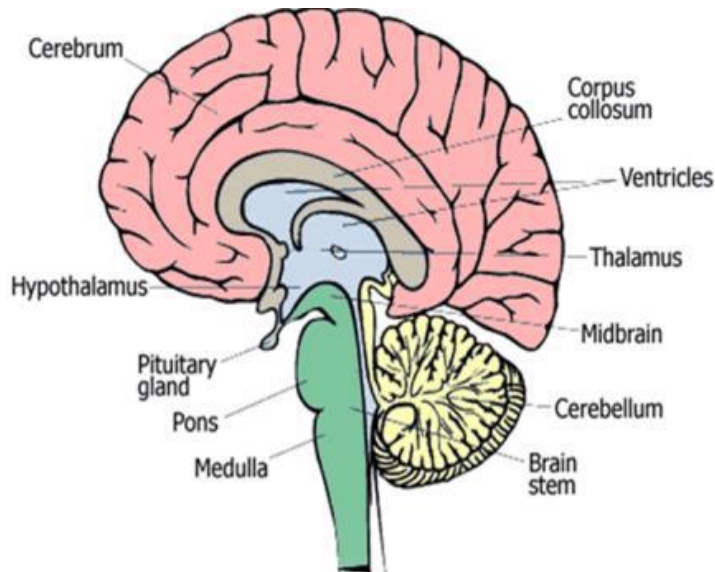
“Learning Points:”

- “The adolescent brain is more similar to the brain of a child than an adult”
- “Environmental experience impacts adolescent brain development”
- “Many current prevention programs do not assist adolescents”

- “There are key elements that are necessary for prevention, intervention and treatment programs to be effective”

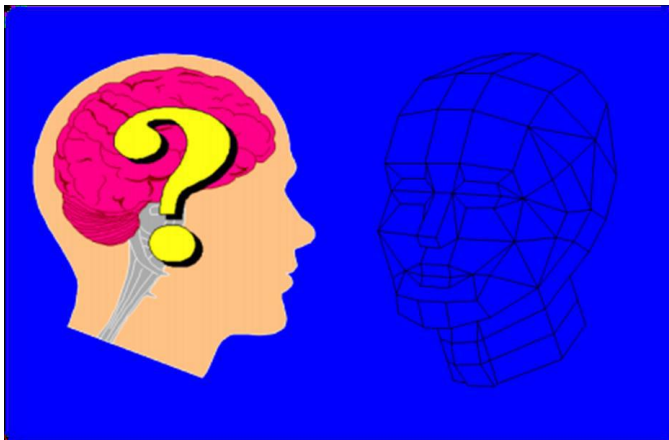
(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Adolescent Brain Development”



(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

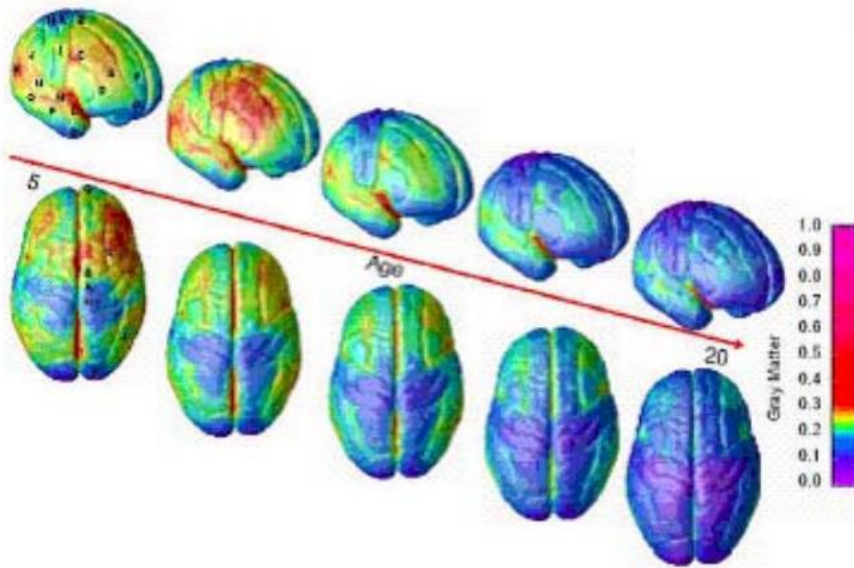
“Adolescent Brain = Construction Zone”



“The adolescent brain is a work in progress that is more similar to the brain of a child than an adult.” (David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015,

<http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

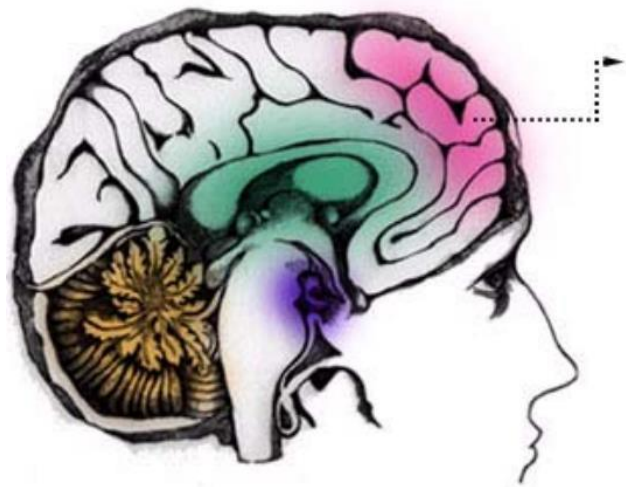
“Imaging Tracks Brain Maturation from ages 5 to 20”



(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Frontal Cortex”

- “‘CEO’ of the brain”
 - “Responsible for planning, strategizing and judgment”
 - “Growth spurt – ages 11-12”
 - “Pruning / Organizing teen years”
- (UW Extension, 2006) (David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)



“Prefrontal Cortex and Adolescents”

- “Know right from wrong and unable to act on knowledge”
- “Unable to hold impulses in check”
- “Children from low socioeconomic backgrounds more likely to commit crimes”
- “Make riskier choices than adults because it’s enjoyable”

(S. Bunge, Ph.D., 2008) (David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Socioeconomic Impact on brain Physiology of Children”

- “Functional differences in prefrontal cortex response in lower socioeconomic status kids”
- “Lower socioeconomic levels show brain physiology patterns similar to someone who has frontal lobe damage”
- “Not everyone with lower socioeconomic status has low frontal lobe response”
- “Impoverished environments result in reduction in important brain activities such as less reading, fewer games, social isolation and family chaos”
- “Manifest in poorer problem solving skills and school performance”
- “The solution is proper intervention and training”

(M. Kishiyana, Ph.D., W. Boyce Ph.D., 2008) (David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Brain Activity in Bullies”

- “Conduct disorder diagnosed adolescents vs. controls”
- “Controls functional MRI’s showed amygdala activated at the same time as prefrontal cortex”
- “Conduct disordered subjects showed activity in amygdala and ventral striatum which is associated with pleasure and reward”
- “Bullies do not respond to people being hurt with negative emotions, but with pleasure”

(The Journal of Biological Psychology, 2008) (David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Neurotransmitters & Agression: Serotonin”

- “Serotonin levels decline temporarily in most adolescents”
- “Lower serotonin levels are associated with impulsive behavior”

(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Neurotransmitters: Dopamine”

- “Dopamine is part of the REWARD/FEEL GOOD brain circuitry”
- “Nearly all of the addictive drugs (cocaine, heroin, amphetamines, alcohol) INCREASE DOPAMINE LEVELS in the brain”
- “Dopamine levels decreases throughout the brain during adolescence”

(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“What Does This Mean in Terms of Behavior”

- “Impulsiveness”
- “Mood changes”
- “Inadequate emotional control”
- “Seeks out risks”

(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Addiction”

- “Drugs and alcohol activate a pleasure-producing chemistry of the brain.”
- Over-stimulation of pleasure pathways causes them to neuroadapt, interfering with the normal experience of pleasure.”

- “Addiction is a disease of the pleasure-producing chemistry of the brain; neuroadaptation is the mechanism of the disease.”
- “Transition to addiction from substance abuse arises from the development of tolerance and withdrawal.”
- “Once neuroadaptation occurs, cessation of drug use leads to ‘inversion of the high’; sobriety becomes pleasureless.”

(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Addiction and Brain Functioning”

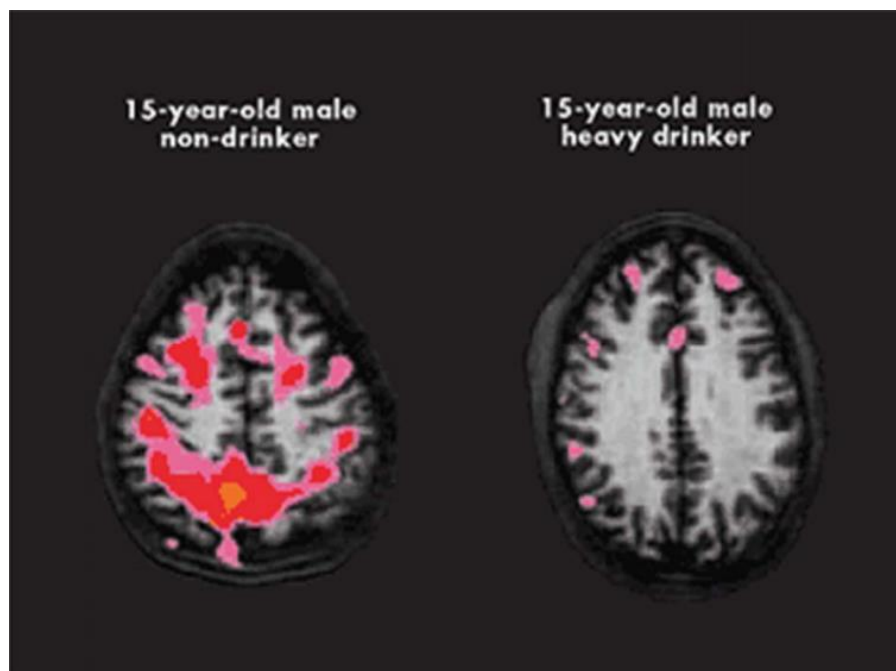
- “Baseline metabolism falls in the prefrontal cortex.”
- “Drop due to decreased excitatory dopamine input.”
- “Impaired decision making results from direct interference in prefrontal cortex.”
- “Problems with reasoning, logic and understanding consequences.”
- “The mind overvalues reward, fails to appreciate risk and fails to warn of impending danger.”
- “The mind misjudges adverse consequences.”

(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

“Adolescents are affected differently by repeated, heavy drinking”

- “More likely to black-out than pass out”
- “Higher levels of alcohol-impaired memory”
- “Reduced sensitivity to the sedative effects of alcohol and the effects on motor coordination.”

(David D. Love, MFT, “New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment,” Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)



(Susan Tapert Ph.D., University of CA, San Diego) (David D. Love, MFT, "New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment," Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

"Confrontation and Scared Straight Type Programs"

- "Nine studies conducted between 1967-1992"
- "Eight different states"
- "Average age of participants was 15 to 17"
- "Interventions increased the odds of offending by 1.6 to 1.7 to 1 compared to non-treatment control groups."

(Petrosino et al., 2003; Sherman et al., 1997) (David D. Love, MFT, "New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment," Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

"Comprehensive vs. Abstinence"

"Programs must:

1. "Provide information"
2. "Encourage Abstinence"
3. "Promote condom use for those who are sexually active"
4. "Encourage fewer sexual partners"
5. "Educate about early identification of treatment of STI's"
6. "Teach sexual communication skills"

(David D. Love, MFT, "New Research on Adolescent Brain Development and its Implication for Prevention, Intervention and Treatment," Accessed May 5, 2015, <http://humanservices.ucdavis.edu/resource/uploadfiles/16--Love.pdf>)

"SEXUAL SABOTAGE"

“One need only look around to see the disastrous effects of the so-called sexual revolution: pornography at every turn, widespread sexual abuse, rampant promiscuity, abortion, adultery, grossly immodest fashions, people living in and celebrating fornicatory and homosexual relationships, and people who have died as a result of engaging in a deviant (and dangerous) sexual practice known as autoerotic asphyxiation.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“Judith A. Reisman, Ph.D., is a noted researcher and author who has battled the vast sex industry and has exposed the true and terrible legacy of one of the sexual revolution's chief architects, Alfred Kinsey. Below is a substantial excerpt (minus endnotes) from chapter one of Dr. Reisman's book *Sexual Sabotage: How One Mad Scientist Unleashed a Plague of Corruption and Contagion on America*. Thanks to Dr. Reisman and WorldNetDaily.com for allowing me to reprint her material. (This should be obvious, but I'll write it anyway: Due to the nature of the book's content, it is appropriate only for adults.)” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“‘Mother's Flags’ hung in the windows of most homes in my neighborhood in 1942. Walking past them, I knew that when a blue star was replaced with a gold one, another son or daughter had died to protect me and my country. My gratitude and sense of obligation began then, as 416,800 soldiers died, sixteen million fought under arms, and millions of stateside Americans shouldered the burdens of war. Little did we know that, having survived the enemy forces in Europe, Africa, Asia, and the Pacific Ocean, our heroes would come home only to be sabotaged, betrayed by a cult of American draft dodgers lounging on the grassy slopes of Indiana University.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“There, strolling along the tree covered green campus and the undisturbed wilderness of Dunn's Woods, Alfred C. Kinsey, a zoologist, studied gall wasps, taught classes, conducted ‘sexual research,’ and, in 1948 and 1953, published reports that defamed our heroes, their families, and everything they fought and died for. With a cadre of devoted followers, this ‘scientist’ lied about our forebears and slandered the World War II generation as promiscuous, adulterous, homosexual, and even bestial. Abundant evidence proves that these sexual perversions reflected the activities and character of the Indiana University professors — not of our

accused World War II fighting men and women. Nonetheless, this false 'statistical survey' of the morals of World War II Americans would be believed and relied upon for generations to come. Indeed, it continues to seduce our nation, even today." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"In 1948, when Kinsey's first book was published, I was thirteen years old and wholly unaware that my freedom and safety were a legacy granted me largely by unknown women bred as independent ladies and unknown men bred with 'religion and the spirit of a gentleman.' Little did we know, in 1948, that the nation's character would be transformed from Tom Sawyer and Becky Thatcher to that of the tortured youth of the 1948 pornographic novel, Amboy Dukes. We were still being lifted aloft to higher things by the virtues of the founders' generation reflected in our own World War II parents." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"In 1948, my parents, like most people on our street, never locked the car or our front door. The paint spray can was not invented until 1949, and graffiti did not mar shops and signs, even on the tough side of town. Stores did not have wrought-iron bars protecting their windows. Burglar alarms were rare indeed." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"In 1948, I walked the mile from my house to Bancroft Junior High School in Los Angeles. My fellow students discussed weekend plans — parties, dances, and church and synagogue events — and we commiserated with several movie stars' children, whose parents were divorced." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"On Saturdays, I often took the trolley from Hollywood to the beach, where I spread my towel on the sand, searched my lunch bag for an apple, and lolled about reading my book, swimming, and finding seashells. Catching the last streetcar back to L.A., I sauntered home after dark. Some Saturdays I might have tarried on Hollywood Boulevard, peeking in the shops, enjoying an ice cream cone before I moseyed home in the evening." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"In 1948, as my friends and I meandered through beaches, parks, and streets, we had no idea of the 'sex, drugs, and rock 'n' roll' that would soon

assault us. Like me, Elvis was thirteen, and John Lennon was only eight years old. Few kids smoked cigarettes or drank alcohol. Drugs? A very sophisticated friend once asked me if I'd like to smoke marijuana. 'What is it?' I asked. When she told me, I was stunned. 'Why would I ever want to do that?' I chalked up this strangeness to the fact that her father was a film director. Again, we all knew about 'movie people.'" Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"Though very few kids had cars in the late 1940s and early 1950s, one nice sixteen-year-old boy rode a motorcycle and occasionally picked me up after classes at Fairfax High School. Of course, he never tried to kiss me. The phrase 'sweet sixteen and never been kissed' still applied to most girls I knew. We never heard of 'date rape.'" Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"In 1948, my parents did not worry much about my safety. They knew I didn't take rides from strangers and I was a 'good girl.' Even our liberal crowd was not a sexually liberal crowd. Child molesters were considered rare indeed, and though some of those queer fellows lurked about in movie theaters, parents still usually felt their children's independence and freedom outweighed the rare possibility of harm." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"This was the common reality in 1948. Americans of all races and religions and from most socioeconomic backgrounds tended to share similar morals. In fact, most single men were quite likely to be virgins as adults, including Playboy's Hugh Hefner and liberal CBS newscaster Andy Rooney. Drafted in 1941, Rooney recalled his Colgate college football team, saying that none of his friends there had smoked and 'we didn't say 's--t' or 'f--k,' and we didn't sleep with our girlfriends. Sex was only a rumor to us.'" Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"Former NBC anchorman Tom Brokaw wrote what is perhaps the most celebrated study of World War II Americans in his 1998 book, *The Greatest Generation*. Through stories, private letters, poems, pictures, and diaries, he documented and summarized their values and ethical character. Brokaw wrote that their morals were as important for victory as were 'tanks and planes and ships and guns.' He thought it would be wonderful to have a 'statistical survey of America's strengths.' Indeed, such research would

have been valuable.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“For tragically, the world would soon view a false ‘statistical survey’ of World War II Americans defining this generation's moral and ethical character. While our fathers and grandfathers fought World War II, and while our mothers and grandmothers both overseas and on the home front bore the burdens of war, Alfred C. Kinsey did not. Instead, when America entered the war December 7, 1941, the forty-one-year-old zoologist was an Indiana University teacher ‘researching’ human sexuality. Wrapping himself in the mantle of ‘science,’ Kinsey, a secret sexual psychopath, would project his own sexual demons onto the men and women appreciably called the Greatest Generation, the Americans who saved the world from Hitler's national socialism.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“Riding on the financial support and seemingly impeccable credentials of the Rockefeller Foundation, the National Research Council, and Indiana University, Kinsey published his distorted data in *Sexual Behavior in the Human Male* in 1948 and *Sexual Behavior in the Human Female* in 1953 and, as his fans say, the world was never the same. With a Madison Avenue advertising blitz, these two reports were aggressively marketed and gained credibility as Kinsey focused the western world on the imagined mote in the eye of his fellow citizens, rather than on the beam in his own.”

Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“The men who came home after World War II surely would have agreed with 1960s pop singers Paul Simon and Art Garfunkel: ‘Gee, but it's great to be back home. Home is where I want to be.’ But while these heroes were trying to resume their lives, they were being sabotaged by a subversive barrage, a twisted campaign that informed the world that American men were sexually deviant. Under this assault, they surely would also have agreed with other Simon and Garfunkel lyrics: ‘Everywhere I go, I get slandered, libeled. I hear words I never heard in the Bible. . . .’” Matt C. Abbott,

“Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“‘Kinsey not only studied sexuality,’ wrote one of his admirers, ‘he helped create it . . . in such a way that it is difficult for us to recognize what pre-1950s sexuality looked like.’ True. But while Kinsey's narrative described "a

period of sexual repression," his statistics claimed that the generation was sexually immoral, promiscuous, and deviant. Why the contradiction? As one who was there, I witnessed firsthand his sexual slander of heroic Americans. And, as one of the elders now, I have researched Alfred Kinsey for thirty-five years, finding that he and his cult libeled our World War II warrior generation in order to validate his own cowardly perversions by creating a 'sexual revolution.'" Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"Sadly, he succeeded. Morris Ernst, Kinsey's American Civil Liberties Union (ACLU) lawyer, explained that Kinsey could collapse Victorian morality by libeling World War II fathers. Since 'the whole of our laws and customs in sexual matters is to protect the family [and] the base of the family is the father [Kinsey would prove] 'is quite different from anything the general public had supposed.'" Thus, slandering 'father' could gut the laws and customs that protected mothers, children, and the family. And it did." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"No match for Kinsey's media blitzkrieg, the war generation's humble reticence to 'talk about what happened' gave Kinsey & Company carte blanche. Domestic propagandists launched a stealth attack on their own homeland by defaming our heroes as hypocritical perverts, while our fighting men, still in shock from combat, tried to rebuild their lives. War-weary, America was bombarded with the highly publicized tale that Kinsey sold as reality. In believing the lies about the World War II generation's sexual character, our culture would see the hijacking of the hard-earned sexual laws and customs that protected the family, children, and civility. Alfred Kinsey decisively influenced and grievously damaged my society — and tarnished the legacy of the generation that saved the world. And as our society takes this slander for granted and allows the damage to spiral, Kinsey's co-conspirators continue to terrorize our nation. This is why I track the Kinsey lobby. Our children deserve better. Our Greatest Generation deserves better." Matt C. Abbott, "Kinsey and 'Sexual Sabotage'", Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

"In 2005, sixty years after the end of World War II, I watched the documentary, The League of Grateful Sons. In one scene, several elderly former marines stand at attention beside an Iwo Jima graveyard epitaph: 'When You Go Home, Tell Them For Us . . . For Your Tomorrows, We Gave Our Today. Semper Fi.' The narrator explains that, for 'half a century

they were silent.’ Finally, sighs an aged veteran, our ‘real history is being transferred to the younger generation.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“That is my passion, to transfer the real history about the ‘Greatest Generation’ to their heirs and to expose the libel of our finest Americans. It is vital that we clear the reputations of our parents, grandparents, and great-grandparents. The younger generation must know that their ancestors have been betrayed and defamed — and understand why and by whom. It is up to us to set the historical record straight.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“Who Were We, Before Kinsey?”

“Although black slavery ended with the Civil War in 1865, women continued to live largely under patriarchal control for another fifty-five years. Indeed, in the 1860s and early 1870s, a new national scandal thrived: Traffic in white female sex slaves flourished in scores of big cities. New York was the ‘center of commercialized sex in the United States.’ Child and adult brothels were everywhere. Catering to ‘heterosexual and homosexual pleasures,’ commercial sex pictures and prices were posted ‘in hotels, shops, and saloons throughout the city,’ using alcohol and sex devices to ‘tempt the crowds.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“Catapulted by the Young Men’s Christian Association (YMCA), on March 3, 1873, New Yorkers passed an anti-obscenity statute to try and control the spread of venereal disease and crime. When he moved from Connecticut to New York, social reformer and crusader, Anthony Comstock, was horror-struck by the visible public traffic in sex. In 1868, he organized a public ‘suppression of vice’ that resulted in massive arrests and a successful cleanup of New York City that spread nationwide over the next four decades.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“Markedly casual toward victims of the white slave traffic, sexually liberated psychiatrists, and psychologist-educators actively marketed the sexual freedom advocated by Clark University president G. Stanley Hall, his Viennese visitor, Dr. Sigmund Freud, and their colleagues. Thus — just as it does today — the battle raged between ‘repressed,’ pious, Americans and the ‘liberated’ licentious academic elites. By 1910, men increasingly

joined the organized women's movement to end the white slave traffic. In 1917, America entered World War I, a conflict joyfully ended in 1918. By the 1920s, even New Yorkers increasingly lived in a relatively sexually restrained and, thus, safe and sane environment. This was the culture in which our future World War II heroes were born and raised. But the battle for America's character still raged.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“Stepping boldly into the fray, in the late 1920s, the Catholic Church began a campaign against Hollywood's brazen nudity and sadistic pornographic film indecency. As a result, with theaters half-empty, Hollywood studios were forced to hire writers and produce films that ‘fit’ the moral values of average Americans. This meant hiring brilliant, often very moral writers to produce fluffy, witty, or charming dialogue and good drama that did not run afoul of the new Motion Picture Production Code, popularly known as the ‘Hays Code’ for its creator, Will Hays. Under these highly moral guidelines, Hollywood entered its ‘golden era’ from 1934 until the 1960s....” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“Ladies and Gentlemen”

“On public transport, most males automatically gave up their seats to the elderly, women, and children, and men and older boys commonly held open the door for women, old folks, and children. They would commonly offer to carry a girl's parcels or books, should she wish. Before seating themselves, men commonly held the chair for ladies to be seated, and waited to eat until the ladies had begun. Men asked permission to smoke and were especially careful to use ‘decent’ language in the company of women and girls, who were called ‘ladies’ and ‘young ladies.’ And a gentleman always defended ladies in any encounter. Patriarchy had many drawbacks if one's male intimate was alcoholic, violent or a slough, but the flip side was the male view of men as obligated, respectful, and of service to the female ‘weaker’ sex.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“In The Compleat Gentleman, Brad Miner, the former literary editor of National Review discussed American chivalry and gallantry: ‘I'll say plainly that the American republic . . . was founded by gentlemen and depends upon their gentlemanly ideals for both its prosperity and its posterity. Our republic, in fact, is the gentleman writ large . . . it's all about balance and restraint.’ Minor supports this concept in his discussion of the Titanic

survival rates; when even the wealthiest gentlemen gave their lives to secure the safety of women and children of all classes. Despite the claims of the feature film, *Titanic*, ‘Upper and-middle-class men,’ Miner wrote, ‘had the lowest rate of survival on the *Titanic*.’” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, *Renew America*, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“On the other hand, men who are not reared to be courteous, to be gentlemen in service of ladies and children, often sink to the level of scoundrels. To paraphrase Voltaire, a belief in and fear of God are especially important for those in authority. They must fear a Higher Authority, who sees all that they do and who will mete out eternal punishment. Otherwise, they may do whatever evil pleases them. Voltaire also warned, ‘Those who can make you believe absurdities can make you commit atrocities.’ In 1948, Kinsey, the antithesis of a gentleman, caused millions to believe absurdities about the sexual morality of the Greatest Generation. Predictably, restraint slackened and sexual atrocities followed — and have skyrocketed.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, *Renew America*, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“But as ‘our boys’ recovered from the ravages of World War II, the ethos of family and community supported faith, fidelity, personal responsibility, honor, and children's innocence. In a sign of Comstockian success, New York City's Central Park welcomed couples and families who were unafraid and unaware of the misery and crime that had blighted the city a few decades earlier. In 1948, the safer, saner, softer, and superior society was visible to the naked eye. Cities that had once been vice-ridden saw women and children enjoying the freedom to casually roam streets, paths, and beaches. These venues were created because America's character supported public areas where men, women, and children — alone or otherwise — could safely wander, day or night. Today, however, these once-congenial places of public recreation are again vandalized centers of crime and cruelty, unsafe after dusk. The comparison is stark.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, *Renew America*, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“The sex industry had been thwarted — and vice squads contained its re-emergence — but elitist revolutionists often attacked our founders' beliefs in favor of lifestyles they fancied as licentious European cosmopolitanism. Building on the legacy of America's rugged provincialism and religious belief, World Wars I and II revived our national honor and stoked our confidence. Our refreshed patriotism made America great and kept us so

for decades.” Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“This really was who we were before, during, and after World War II. This is the generation that I knew as a child. This was America — an extraordinary nation that came of age during the Great Depression and two World Wars and went on to build the greatest modern society the world has ever known. And these are the men and women, our fathers and mothers and grandsires, our heroes and heroines, whom Kinsey claimed to truthfully reveal in *Sexual Behavior in the Human Male* (1948) and *Sexual Behavior in the Human Female* (1953), the generation that was sabotaged by a deviant pseudo scientist who libeled our legacy and screwed our society.” (Matt C. Abbott, “Kinsey and ‘Sexual Sabotage’”, Renew America, January 16, 2012, <http://www.renewamerica.com/columns/abbott/120116>)

“...parents must stand in the gap and be the ‘first line of defense’ against child Internet victimization. The challenge is that children are the ‘digital natives,’ and parents are the ‘digital immigrants.’” (“The Perfect Storm,” Enough is Enough, Accessed November 13, 2015, www.internetsafety101.org/dangers.htm)

“Parents are often left feeling overwhelmed, uninformed, or ill-equipped to adequately protect their kids online...” (“The Perfect Storm,” Enough is Enough, Accessed November 13, 2015, www.internetsafety101.org/dangers.htm)

“...in the digital age...violating the safe walls of our homes, without our knowledge...” (“The Perfect Storm,” Enough is Enough, Accessed November 13, 2015, www.internetsafety101.org/dangers.htm)

“Porn doesn’t have a demographic...it goes across all demographics.”
-Paul Fishbein, founder of Adult Video News

(Rich Frank, “Naked capitalists: There’s no business like porn business,” New York Times, May 20, 2001. <http://www.nytimes.com/2001/05/20/magazine/20PORN.html>)

“Statistics tell the story. Roughly 80% of college men and 34% of co-eds use porn on campus or off, sanctioned by ‘free speech’ Harvard professors and administrators – that’s campus sex culture! And, ominously,

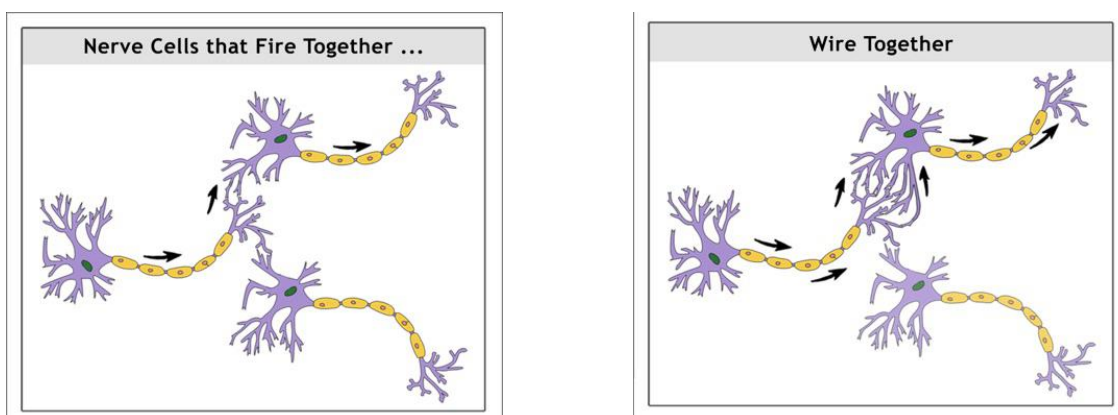
Data4Justice documents may ‘professors and staff...arrested for trading in brutal child sex abuse, including of infants.’” (Judith Gelernter Reisman and Mary E. McAlister, “‘The Exual Revolution’ Gave Us ‘The Rape Culture,’” Breitbart.com, January 1, 2016, <http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/>)

“Moreover, FBI’s Joseph Campbell says ‘the level of pedophilia is unprecedented right now.’ A ‘survey of high school graduates’ found 13.5% had sex with a teacher.” (Judith Gelernter Reisman and Mary E. McAlister, “‘The Exual Revolution’ Gave Us ‘The Rape Culture,’” Breitbart.com, January 1, 2016, <http://www.breitbart.com/big-government/2016/01/01/the-sexual-revolution-gave-us-the-rape-culture/>)

“As Dr. Jim Pfaus, a pioneer in the field of the science of sexual behavior from Canada’s Concordia University, puts it, porn use can take an emotional toll on relationships because men who use it are ‘neurologically bonding’ not with their partners, but with the porn.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, <http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why>)

“The situation very much resembles the marketing of cigarettes without health warnings in the Sixties.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, <http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why>)

“Brains are plastic, and once you wire up a new cue you have no way of knowing when it will trigger a future reaction. Much as Pavlov's dog learned to salivate to the bell, today's porn users learn to wire unexpected stimuli to their erections. The brain's primitive reward circuitry isn't aware that the bell isn't food, or that the novel porn isn't ‘my’ porn. Its axiom is simply ‘Dopamine good’.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)



“In 2004 Swedish researchers found that 99% of young men had consumed pornography.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

“PORN’S HARM IS CHANGING FAST”

“If you’re wondering what a neuron is and why it’s on fire, here’s what that means. A neuron is a brain cell, and when brain cells get activated at the same time by something you see or hear or smell or whatever, they release chemicals that help strengthen the connection between those neurons.”

(Brown, T. M. and Fee, E. (2003). Alfred C. Kinsey: A Pioneer of Sex Research. American Journal of Public Health 93, 6: 896-897) (“Porn’s Harm is Changing Fast”, Fight the New Drug, August 4, 2014, <http://fightthenewdrug.org/porns-harm-is-changing-fast/#sthash.XvAu4Fq3.dpbs>)

“For example, when you eat something delicious, your brain releases dopamine, a chemical that makes you feel good.” (Brown, T. M. and Fee, E. (2003). Alfred C. Kinsey: A Pioneer of Sex Research. American Journal of Public Health 93, 6: 896-897.) (“Porn’s Harm is Changing Fast”, Fight the New Drug, August 4, 2014, <http://fightthenewdrug.org/porns-harm-is-changing-fast/#sthash.XvAu4Fq3.dpbs>)

“Or if you hold hands with someone you care about, your brain releases a chemical called oxytocin, which helps you bond with people.” (McAline, D. (2001). Interview on American Porn. Frontline, PBS, August) (“Porn’s Harm is Changing Fast”, Fight the New Drug, August 4, 2014, <http://fightthenewdrug.org/porns-harm-is-changing-fast/#sthash.XvAu4Fq3.dpbs>)

“The correlation (85%) between viewing child pornography and participating in actual sexual relations with children was demonstrated by

Bourke and Hernandez.” (Bourke M, Hernandez A. The ‘Butner Study’ redux: A report of the incidence of hands-on child victimization by child pornography offenders. J Fam Violence. 2009;24:183–91) (Donald L. Hilton and Clark Watts, “Pornography addiction: A neuroscience perspective,” NCBI, February 21, 2011, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>)

“...normalness of porn...become embedded into our pop culture...” (“Men and Porn, An Introduction,” The Art of Manliness, October 6, 2014, <http://www.artofmanliness.com/2014/10/06/men-and-porn-an-introduction/>)

“...researchers have had trouble finding men who haven’t looked at internet porn to compare what their brains or lives are like compared to men who do look at porn.” (“Men and Porn, An Introduction,” The Art of Manliness, October 6, 2014, <http://www.artofmanliness.com/2014/10/06/men-and-porn-an-introduction/>)

“Up to 70 percent of wives who uncover pornography use in their marriage have symptoms of PTSD...” (Ray Nothstine, “7 Notable Figures in the Fight Against Porn and Sexual Exploitation”, The Christian Post, December 8, 2015, <http://www.christianpost.com/news/7-notable-figures-in-the-fight-against-porn-and-sexual-exploitation-145671/>)

“X-RATED, SEXUAL ATTITUDES AND BEHAVIORS ASSOCIATED WITH U.S. EARLY ADOLESCENTS’ EXPOSURE TO SEXUALLY EXPLICIT MEDIA”

“...being black, being older, and having less educated parents, lower socioeconomic status, and high need for sensation were related to greater exposure for both males and females. Longitudinal analyses showed that early exposure for males predicted less progressive gender role attitudes, more permissive sexual norms, sexual harassment perpetration, and having oral sex and sexual intercourse two years later.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“No longer do teen boys have to pass around a purloined copy of their older brother’s Playboy to get a look at women’s bodies. Erotic and pornographic content have gone mainstream as cable and satellite television present X-rated content that is readily accessible by the many

adolescents who have televisions in their own bedrooms or video capability on their cell phones.” (Roberts, D., & Foehr, U. G. (2004). *Kids & media in America*. Cambridge, UK: Cambridge University Press) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In the context of a culture that provides little information about sexuality through conventional socialization channels such as parents, schools, and religion but condones a media environment replete with sexual content, the media have become important sexual socialization agents. Zillmann, in fact, argued that, ‘because consensually accepted programs of sexual education are lacking, erotica have come to serve as a primary agent of sexual socialization.’” (Zillmann, D. (2000). Influence of unrestrained access to erotica on adolescents’ and young adults’ dispositions toward sexuality. *Journal of Adolescent Health*, 27(S), 41-44) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Although concern has been voiced about the possible negative effects of increased access that children and teens have to sexually explicit media, we know relatively little about recent use or effects of such content, especially in the United States. Recent studies in Taiwan, Sweden, and the Netherlands have documented ready access and frequent use, especially among adolescent boys, but none of these studies have been longitudinal or have assessed both attitudinal and behavioral effects of exposure.” (Lo, V., & Wei, R. (2005). Exposure to Internet pornography and Taiwanese adolescents’ sexual attitudes and behavior. *Journal of Broadcasting & Electronic Media*, 49(2), 221-237) (Haggstrom-Nordin, E., Hansom, U., & Tyden, T. (2005). Associations between pornography consumption and sexual practices among adolescents in Sweden. *International Journal of STDs & AIDS*, 16, 102-107) (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet. *Communication Research*, 33(2), 178-204) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Most studies of the effects of pornography have included college students and/or adults, not younger adolescents who may be most susceptible to attitudinal and behavioral effects as they begin to form their own ideas about appropriate and inappropriate sexual relationships and behavior.” (Malamuth, N., & Huppert, M. (2005). Pornography and teenagers: Importance of individual differences. *Adolescent Medicine Clinics*, 16, 315-326) (Zillmann, D., & Bryant, J. (1988). Effects of prolonged consumption on pornography on family values. *Journal of Family Issues*, 9(4), 518-544) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In this paper, patterns of sexually explicit media use among a demographically diverse panel of early adolescents in the United States are described and relationships between early exposure and sexual attitudes and behaviors two years later are investigated.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Malamuth and Huppin defined pornography as ‘sexually explicit media that primarily are intended to arouse the viewer sexually.’” (Malamuth, N., & Huppin, M. (2005). Pornography and teenagers: Importance of individual differences. Adolescent Medicine Clinics, 16, 315-326) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“For hundreds of years, young people have turned to sexually explicit materials to satisfy their curiosity about sexual bodies, how sex is performed, and to arouse themselves sexually.” (Brown, D., & Bryant, J. (1989). The manifest content of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 3-24). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“A few small studies of U.S adolescents’ exposure to sexually explicit magazines and movies in the 1980s found that even then exposure was almost universal by the end of high school. The average age of first exposure to Playboy was 11 years for males and 12 for females; by 15 years old, most had also seen an X-rated film. Appetite for sexually explicit media has been a primary driver for the success of the Internet.” (Bryant, J., & Brown, D. (1989). Uses of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 25-55). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In 2001, about 40% of adolescents (14-17 years old) in Taiwan reported some exposure to Internet pornography.” (Jane D. Brown, Kelly L. L’Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents’ Exposure to Sexually Explicit Media”, Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“In the Netherlands, more than half (55%) of adolescents (13-18 years old) had seen at least one of five types of sexually explicit content on the Internet with an average frequency of less than once a month.” (Peter, J., & Valkenburg, P. M. (2006a). Adolescents’ exposure to sexually explicit material on the Internet.

Communication Research, 33(2), 178-204) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"In a 2001 study, 70% of 15- to 17-year-olds in the United States said they had 'accidentally' seen pornography on the Internet." (Rideout, V. (2001). Generation RX.com: How young people use the Internet for health information. Menlo Park, CA: Kaiser Family Foundation) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"In another survey, about one-fourth of 10- to 17-year-olds said they had experienced unwanted exposure to pictures of naked people or people having sex while online." (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). The exposure of youth to unwanted sexual material on the Internet: A national survey of risk, impact, and prevention. Youth & Society, 34(3), 330-358) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"...especially males, seek sexual information in the media as they enter puberty and sexual feelings and relationships become more relevant." (Traeen, B., Nilsen, T. S., & Stigum, H. (2006). Use of pornography in traditional media and on the Internet in Norway. Journal of Sex Research, 43(3), 245-254) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"One study of U.S. college students found that males were significantly more likely than females to have used the Internet for viewing sexually explicit media out of curiosity about sex." (Goodson, P., McCormick, D., & Evans, A. (2001). Searching for sexually explicit materials on the Internet: An exploratory study of college students' behavior and attitudes. Archives of Sexual Behavior, 30(2), 101-118) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"Sensation seeking may be related to increased exposure to sexual content for arousal as well as a rebellious tasting of forbidden fruit." (Donohew, L., Zimmerman, R., Cupp, P. S., Novak, S., Colon, S., & Abell, R. (2000). Sensation seeking, impulsive decision-making, and risky sex: Implications for risk-taking and design of interventions. Personality and Individual Differences, 28(6), 1079-1091) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"Much of the concern over increasing accessibility of explicit sexual content is based on the assumption that young people may develop unrealistic

ideas about and/or undesirable patterns of sexual behavior from exposure.”

(Nathan, D. (2007). *Pornography*. Toronto, Canada: Groundwork Books)(Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Sexual socialization theory suggests that frequent exposure to consistent themes about gender and sexual behavior can affect a young person's developing sense of what is expected sexually for males and females and may affect subsequent behavior as well. Although only recently applied to sexual content, the cognitive information-processing model helps explain how exposure to sexually explicit media may affect young people's

attitudes and behavior.” (Aubrey, J., Harrison, K., Kramer, L., & Yellin, J. (2003). Variety vs. timing: Gender differences in college students' sexual expectations as predicted by exposure to sexually oriented television. *Communication Research*, 30(4), 432-460) (Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Three recent large-scale longitudinal studies have found that exposure to non-explicit sexual content on television and in other media frequently used by adolescents (music, magazines, and movies) predicts earlier initiation of sexual behaviors, including intercourse.” (Ashby, S. L., Arcari, C. M., & Edmonson, M. B. (2006). Television viewing and risk of sexual initiation by young adolescents. *Archives of Pediatric Adolescent Medicine*, 160, 375-380) (Brown, J., L'Engle, K., Pardun, C., Guo, G., Kenneavy, K., & Jackson, C. (2006). Sexy media matter: Exposure to sexual content in music, movies, television and magazines predicts black and white adolescents' sexual behavior. *Pediatrics*, 117, 1018-1027) (Collins, R., Elliott, M., Berry, S., Kanouse, D., Kunkel, D., Hunter, S., et al. (2004). Watching sex on television predicts adolescent initiation of sexual behavior. *Pediatrics*, 114(3), E280-E289) (Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Earlier experimental studies of young adults showed that exposure to sexually explicit media affected erotic fantasies and increased self-reported sexual activity.” (Zillmann, D. (1989). The effects of prolonged consumption of pornography. In D. Zillmann & J. Bryant (Eds.), *Pornography: Research advances and policy considerations* (pp. 127-158). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“Earlier experimental studies of young adults showed that exposure to sexually explicit media affected erotic fantasies and increased self-reported sexual activity.” (Zillmann, D. (1989). The effects of prolonged consumption of pornography. In D. Zillmann & J. Bryant (Eds.), *Pornography: Research advances and policy considerations* (pp. 127-158). Hillsdale, NJ: Lawrence Erlbaum) (Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media”, *Communications Research*, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

“A recent cross-sectional study among 14- to 18-year-old black females found that exposure to X-rated movies was correlated with having sex more frequently, multiple sex partners, and not using contraception.” (Wingood, G. M., DiClemente, R. J., Harrington, K., Davies, S., Hook, E. W., & Oh, M. K. (2001). Exposure to X-rated movies and adolescents' sexual and contraceptive-related attitudes and behaviors. *Pediatrics*, 107(5), 1116-1119) (Jane D. Brown, Kelly L. L'Engle, “X-Rated, Sexual Attitudes and behaviors Associated with

U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"Young women in Sweden who had viewed pornography were more likely than those who had not viewed to report having had oral and anal

intercourse." (Rogala, C., & Tyden, T. (2003). Does pornography influence young women's sexual behavior? *Women's Health Issues*, 13, 39-43. Sexually Transmitted Disease Surveillance, 2003. (2004). Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services) (Tyden, T., Olsson, S. E., & Haggstrom-Nordin, E. (2001). Improved use of contraceptives, attitudes toward pornography and sexual harassment among female university students. *Women's Health Issues*, 11, 87-94) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"...53% of males reported sexually explicit media use, while only 28% of females did ... both male and female adolescents who had engaged in oral sex and sexual intercourse were much more likely to be using sexually explicit media than teens who had never engaged in these sexual

behaviors." (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"By age 14, two-thirds (66%) of males and more than one-third (39%) of females reported having seen at least one form of sexually explicit media in the past year."

(Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"Almost all (90%) of the males who said they had had oral intercourse and 88% of those who had had sexual intercourse had used sexually explicit media in the past year."

(Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"For males, exposure to sexually explicit media in early adolescence (12 to 14 years old) was related to more permissive sexual norms, more frequent sexual harassment, and having had oral sex and intercourse by middle adolescence (14 to 16 years old)."

(Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"Experimental studies with young adults typically have found that males' attitudes and behaviors are more affected than females' after exposure to

pornography, while females' attitudes are more affected than males' after exposure to sexual content on mainstream television." (Zillmann, D. (1989). The effects of prolonged consumption of pornography. In D. Zillmann & J. Bryant (Eds.), Pornography: Research advances and policy considerations (pp. 127-158). Hillsdale, NJ: Lawrence Erlbaum) (Aubrey, J., Harrison, K., Kramer, L., & Yellin, J. (2003). Variety vs. timing: Gender differences in college students' sexual expectations as predicted by exposure to sexually oriented television. Communication Research, 30(4), 432-460) (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"One of the most troubling findings in this study is that exposure was related to not only early oral sex and sexual intercourse for both males and females but also perpetration of sexual harassment by adolescent males." (Jane D. Brown, Kelly L. L'Engle, "X-Rated, Sexual Attitudes and behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media", Communications Research, Volume 36 No. 1, February 2009, <http://crx.sagepub.com/content/36/1/129.abstract>)

"Winning the battle against pornography within our community and nation will require cooperation with all who oppose it. As good citizens, we should oppose pornography because it has a deteriorating effect on society..." ("Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

"Anna Duggar, the wife of Josh Duggar ... whose husband admitted to being addicted to porn last month during the scandal..." (Vincent Funaro, "Josh Duggar's Wife Anna Joins Family for Sermon on the 'Sin of Pornography'", The Christian Post, December 8, 2015, <http://www.christianpost.com/news/porn-cultural-shift-spiritual-darkness-151462/>)

"Pornography hyperactivates the appetite system. But the satisfying system is left starving for the real thing, which includes actual touching, kissing, caressing, and a connection not only with the body but also the mind and soul. The satisfying system releases oxytocin and endorphins, and bellows, in the words of Marvin Gaye, 'Ain't nothing like the real thing, Baby.'" (Sam Black, "Porn Can't Give No Satisfaction", Covenant Eyes, April 26, 2013, <http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/>)

“PORN, NOVELTY AND THE COOLIDGE EFFECT”

“Nothing natural comes close to releasing as much dopamine as sex... Dopamine is the ‘gotta get it!’ neurochemical behind all motivation. When dopamine drops, so does motivation.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“Internet porn always offers something unexpected, something kinkier.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“...a primitive part of your brain assumes quantity of dopamine equals value of activity even when it doesn't.” [value neutral] (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“He rates her lower not only on attractiveness, but also on warmth and intelligence.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“...experience more novel sex partners every ten minutes than your hunter-gatherer ancestors experienced in a lifetime.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“The pornographers use a variety of methods to make female performers look much younger than 18. In place of the usually large-breasted, heavily made-up women that populate much of Internet porn, teen porn sites are filled with young-looking females with petite bodies, small breasts, makeup-free faces with hair in braids or pony tails, surrounded by such childhood props as stuffed animals, bed sheets with flowers, and backpacks with cartoon-character motifs. It is not uncommon for the females to wear school uniforms, have braces on their teeth, and knee-high socks as they engage in hardcore sex.” (Gail Dines, David Levey, “A Rare Defeat for Corporate Lobbyists”, Counter Punch, August 1, 2013, <http://www.counterpunch.org/2013/08/01/a-rare-defeat-for-corporate-lobbyists/>)

“If you decide to marry this man, don't expect his addiction to go away on its own once you've said your wedding vows. To be more specific, don't assume that normal marital sexual relations will take the place of porn in

his life.” (“Woman Dating or Engaged to Man Addicted to Pornography”, Focus on the Family, July 22, 2015, http://family.custhelp.com/app/answers/detail/a_id/26042/~woman-dating-or-engaged-to-man-addicted-to-pornography)

“No living, breathing, thinking woman can possibly fill that role without doing untold damage to herself as a person. That's because pornography addiction is not about sex. It's a symptom of an intimacy disorder - a comprehensive psychological illness that compels an individual to avoid deep, meaningful interaction with a real human being and to replace it with impersonal sensual imagery. Unless this disorder is addressed and resolved, your relationship cannot move forward on a healthy footing. Marriage will not fix the problem. It will only complicate matters and increase your pain.” (“Woman Dating or Engaged to Man Addicted to Pornography”, Focus on the Family, July 22, 2015, http://family.custhelp.com/app/answers/detail/a_id/26042/~woman-dating-or-engaged-to-man-addicted-to-pornography)

“Pornography is the visual portrayal of sexual activity ... for the purpose of sexual stimulation...” (“Top Pornography FAQ's – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Why do people look at pornography: curiosity, boredom, comfort, a need to feel powerful, peer pressure, needs for intimacy, escape, fantasy indulgence, needing to feel, coping and self-medication and sexual arousal and masturbation.” (“Top Pornography FAQ's – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“... destructive consequences of porn use.” (“Top Pornography FAQ's – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“...addiction, isolation, increased aggression, distorted beliefs and perceptions about relationships and sexuality, negative feelings about themselves, and neglecting other areas of their lives.” (“Top Pornography FAQ's – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“The word ‘pornography’ has its root in the Greek word pornos. This word is used in Hebrews 13:4: ‘Marriage is to be held in honour among all, and the marriage bed is to be undefiled: for fornicators and adulterers God will judge.’ The root word for ‘fornicators’ is pornos. Therefore, pornography is

rooted in fornication. ...” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“FBI findings. The Federal Bureau of Investigation found that eighty percent (29 of 36) of recent mass murderers used pornography extensively and used it as an integral part of their murderous sexual activity, which often included serial rape-murders.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Other researchers have confirmed that 64 percent of all homosexual child molesters and 86 percent of all rapists used pornography at or immediately before the time of their crimes.”

(“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis. (Paul P. Pornified. New York, NY: Times Books; 2007.) **An estimated 50% of all Internet traffic is related to sex.**” (McNair B. Striptease Culture. London, United Kingdom: Routledge; 2002.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“The frequency of pornography consumption has been shown to predict various negative outcome measures in humans. A representative Swedish study on adolescent boys has shown that boys with daily consumption showed more interest in deviant and illegal types of pornography and more frequently reported the wish to actualize what was seen in real life.” (Gunter B. Media Sex: What Are the Issues? London, United Kingdom: Routledge; 2001.; Svedin CG, Åkerman I, Priebe G. Frequent users of pornography: a population based epidemiological study of Swedish male adolescents. J Adolesc. 2011; 34(4):779-788.; Fattore L, Melis M, Fadda P, Pistis M, Fratta W. The endocannabinoid system and nondrug rewarding behaviours. Exp Neurol. 2010;224(1):23-36.; Müller CP, Schumann G. To use or not to use: expanding the view on non-addictive psychoactive drug consumption and its implications. Behav Brain Sci. 2011;34(6):328-347.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption”. (Knudsen SV, Mårtensson LL, Månsson S-A. Generation P? Aarhus, Denmark: Aarhus Universitetsforlag; 2007)

“...accessing pornography online was predictive of compulsive computer use after 1 year.” (Meerkerk G-J, Van Den Eijnden RJ, Garretsen HFL. Predicting compulsive Internet use: it's all about sex! *Cyberpsychol Behav.* 2006;9(1):95-103) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, *JAMA Psychiatry*, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...pornography has an impact on the behavior and social cognition of its consumers.” (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, *JAMA Psychiatry*, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...high levels of exposure result in a downregulation or habituation of the neural response in the reward network. This is assumed to elicit adaptive processes in which the brain is hijacked, becoming less responsive to pornography.” (Struthers WM. *Wired for Intimacy*. Downers Grove, IL: InterVarsity Press; 2010.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, *JAMA Psychiatry*, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“INDEPENDENT PARLIAMENTARY INQUIRY INTO ONLINE CHILD PROTECTION”

“Since the early days of the World Wide Web, pornography has been one of the most widely available forms of internet content.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...‘the whole history of human sexual perversion is only a few clicks away.’ ...our children, with their natural curiosity and superior technological skills, are finding and viewing these images.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...so called device-level filters – rather than blocking content at a network level. ... in tackling child abuse imagery by collectively ... with the IWF to block sites known to contain illegal abuse images.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Children spend increasing amounts of time online, are often more ‘tech savvy’ and knowledgeable than their parents and know how to circumvent or avoid device filters.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“A network-level ‘Opt-In’ system, maintained by ISPs, that delivered a clean internet feed to customers as standard but allowed them to choose to receive adult content, would preserve consumer choice but provide an additional content barrier that protected children from accessing age inappropriate material. This model would emulate the system already used by most major UK mobile phone companies, where access to adult content is blocked until an age verification check is conducted by the network operator, and could use the filtering technology already operating in all schools and on some public Wi-Fi hubs.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Many parents report feeling left behind by the evolution of technology and that they lack the knowledge and skills to educate their children about internet safety. Parents are also concerned about many other forms of disturbing internet content including cyber bullying, extreme violence, self-harm, suicide and pro-anorexia websites.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...six out of ten children can access the internet without filters in their homes.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“No filtering system will ever deliver total protection and parents will still need to remain engaged and active in helping their families stay safe online.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...nine out of ten children aged 5 to 15 have internet access at home.” (Ofcom children’s and parents’ media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“The average age when a child first uses the internet in the UK is 8 years old, and the majority of children access the internet alone...” (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The Perspective of European Children 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“A 2008 YouGov survey found that 27 per cent of boys were accessing pornography every week, with 5 per cent viewing it every day.” (Sex Education Survey, YouGov 2008) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...but one quarter of teenage boys in this study said that they view sexual images online.” (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The Perspective of European Children 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Smallscale and more anecdotal studies suggest four out of five children aged 14-16 regularly access online porn at home.” (Psychologies Magazine, July 2010) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...repeatedly told the Panel of the changes that they are witnessing in terms of body image, sexual behaviour and relationship difficulties. Overuse of pornographic material has been shown to desensitise children and young people to violent or sexually aggressive acts, diminish sympathy for victims of sexual assault and reduce children’s own inhibitions, making them more vulnerable to abuse and exploitation. Moreover, a vicious circle of behaviour can develop where exposure to porn leads to early sexual involvement and an increased consumption of sexual media.” (NSPCC written submission to the Parliamentary Inquiry) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...a ‘social experiment with unknown long-term consequences’.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“A striking theme throughout the Inquiry was the sense of powerlessness reported by parents who feel that they are being left behind by the evolution of technology and that they lack the knowledge and skills to have conversations with their children around this topic.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“In 2011, consumers used a variety of devices to access the internet in the home, including the home PC or individual laptops, mobile phones, games consoles, portable media players and e-readers (Ofcom children’s and parents’ media use and attitudes report 2011). The Panel heard that one home had been found to contain 17 web-enabled devices. Each of these would require separate downloads of content filters under the current system.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“The majority of parents who do not use controls say it is because they trust their child to be sensible and responsible, or because they are supervising family internet use. However, less than half of parents report monitoring their children online (Ofcom children’s and parents’ media use and attitudes report 2011) and almost half of parents also say that their child knows more about the internet than they do, making it difficult for parents to assume the role of educators in this area.” (Ofcom children’s and parents’ media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Parents also rely on others to educate their children about internet safety with more than three-quarters saying that their child has been taught how to use the internet safely at school.” (Ofcom children’s and parents’ media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Recent research last year in a magazine said that one out of three 10 year olds have viewed porn and 81% of 14-16 year olds have looked at pornography at home.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...what is critical is that we’re never going to 100 per cent stop young people from seeing this material and what we’ve got to do is help them understand it and actually issues around consent and coercion are really big for young people to understand because increasingly young people are quite confused about those issues.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“In terms of the wholesale blocking idea, I think it’s horrendous for a number of reasons. One is for the simple free speech reason, it could never happen in the US because of the First Amendment, the idea that the Government could decide what content to block. But more importantly, every household with children in it also has adults in it, and those adults have every right to look at adult material and to enjoy it.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“ARE PORNOGRAPHY AND MARRIAGE SUBSTITUTES FOR YOUNG MEN?”

“The United States has seen considerable demographic changes with respect to family arrangements over the last few decades. Between 1950 and 2010, the rate of marital formation dropped by 39%, with a 17% drop between 2000 and 2010 alone.” (All aggregate statistics are from NCHS tables) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“Today, the proportion of men between 25 and 34 years old who have never been married is more than six times higher than it was in 1970. For men between 35 and 44 years old, the increase has been more than fourfold. Marriages that do form are about twice as likely to end in divorce today as in 1950.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“Traditionally, one of the reasons to enter into a marriage was sexual gratification. But as options for sexual gratification outside of marriage have grown, the need for a marriage to serve this function is diminishing. The NIH reports that the fraction of 20 year-olds who have engaged in premarital sex grew by about 50% between the late 1950s and the late 1990s. Besides premarital sex, another option is consumption of pornography, which has become widely more accessible since the proliferation of the Internet.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“The proliferation of the Internet in the late 1990s and early 2000s was very rapid. The Census Bureau reports that in 1996 only 9.4% of Americans had accessed the Internet at all within the 30 days prior to the survey. By 1998, 26.2% of Americans had an Internet connection in their homes. This grew to 50.5% in 2001 and in 2010 stood at 71.1%. A sizeable portion of the Internet is pornographic content. Forbes Magazine reports that, between July 2009 and July 2010, 13% of all Internet searches were for erotic content.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“Pornography users continually escalate to ‘harder’ material in order to maintain their baseline level of happiness. This is relevant to our work since it suggests that the effects of easier access to pornography are cumulative over time: the long-run effect on marriage is likely to be stronger than what we find in this paper.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“Pornography users are more likely to hold a college degree, more likely to have moved, and they also attend church less frequently.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“THE PSYCHOPHARMACOLOGY OF PORNOGRAPHY: A ‘CLEAR AND PRESENT DANGER’”

“...focuses on how the brain processes images--decodable by children and illiterates alike. New brain imaging and mapping technologies provide photographic neurological evidence that visual pornography exerts a ‘law of strength’ in which the brain commonly processes a stronger over a weaker stimulus. ‘The law of strength’ would explain the significant power of real, pseudo, or virtual pictorial pornography over...” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“As the brain is hard-wired to believe in a millisecond what the eyes see, the brain ... the effects of sexually graphic images on public thought and conduct.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“What we're saying here is that an event which lasts half a second within five to ten minutes has produced a structural change that is in some ways as profound as the structural changes one sees in [brain] damage.” (Neuroscientist, Dr. Gary Lynch, University of California at Irvine, discussing the brain's processing of sensory communication. In, the award winning program series The Brain: Learning and Memory, The Annenberg/CPB Collection, WNET, 1984) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“This research paper therefore focuses only on pornography’s place in the field of brain communication study that identifies the laws of mental life (psychonomics), dubbed by neurobiologist Candace Pert a ‘psychosomatic communications network.’” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Although most of the Mapplethorpe jury felt the selected Museum photographs were obscene, these average citizens ruled the images of urinary, rectal and graphic child sex exposure not ‘obscene.’ For, in numerous media interviews jury members reported they believed the art ‘experts’ claims that the five photographs were harmless, cutting-edge ‘art’ and thereby protected by the First Amendment.” (Judith A. Reisman, PhD, DRAFT -

“The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“If, as brain science research now shows, emotionally threatening/stimulating media bypass the neocortex, overwhelming rational thought, then pornographic lust would psychopharmacologically subvert the first amendment goals of informed consent and free speech – the search for truth.” (Daniel Goleman, Emotional Intelligence, Bantam Books, New York, 1997, f5 at 17) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“If users and/or victims are organically unable to critique the psychopharmacological changes formed in their brains, minds and memories, the users/victims cannot consent to the unforeseen consequences of their neurochemical ‘resculpting’ or ‘brainwashing.’ The argument that pornographic lust/stimuli are ‘information’ or ‘speech’ is then scientifically contraindicated since such stimuli, processed by the emotional, not the thinking brain would undermine the goal of rational debate and discourse, the foundation of civil society and the First Amendment protections. And, as noted, it is no small thing that Shakespeare himself defined ‘lust’ as standing outside cognition, dominated by shame, cruelty, savagery and ‘madness’.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

FOR COMPLETE, REVISED ARTICLE, PLEASE GO TO: [The Psychopharmacology of Pictorial Pornography - Restructuring Brain, Mind & Memory & Subverting Freedom of Speech](#)

“As Jay Phelan, UCLA biology professor and co-author of Mean Genes: From Sex to Money to Food, Taming Our Primal Instincts observed, the real cause is changed environment:”

“All excessive stimulations of the reward circuitry of the brain that are not tied to the behaviors for which the circuitry originally evolved are problematic. While this has become appreciated for drug addiction such as cocaine (and for issues relating to food), it is not yet appreciated for porn.”

“We need to understand who we are as a species and why we have self-control problems. Like crack and Krispy Kreme donuts, Internet porn is another manifestation of “mismatch,” the phenomenon of our modern world deviating from the world to which we became adapted over evolutionary time.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“The situation is complicated by the fact that orgasm itself creates a drug-like high. Dutch scientist Gert Holstege observed, while viewing scans of men ejaculating, that the scans reminded him of scans of people shooting heroin.” (‘Brain activation during human male ejaculation’ <http://www.ncbi.nlm.nih.gov/pubmed/14534252>) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Masturbation to porn is a double neurochemical hit: the rush of watching extreme material and the reinforcing rush of orgasm, both of which rapidly consolidate learning—i.e., wiring in the synapses.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Some assume that porn users ‘bond’ to porn in lieu of women, perhaps due to the spurt of oxytocin often released at climax. This seems doubtful. Porn hijacks our drive to mate, which is probably the most powerful, most drug-like, neurochemical response we humans experience. Porn can certainly lead to subsequent dissatisfaction and a desire for more. But porn users don’t desire more of the same. Instead they desire the more intense stimulation of novelty. So they generally aren’t ‘bonding’ to specific porn; most are simply becoming dependent on the neurochemicals of intense arousal. One of our website visitors mentioned he had seen a TV show on sex dolls. One man had already acquired ten life-size rubber dolls he barely had room to store, because only novelty seemed to offer satisfaction. (Obviously, it didn’t, and this is a graphic example of how the binge trigger actually promotes dissatisfaction.)” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“FIGHT THE NEW DRUG”

“Porn Harms in 3 Ways...Learn the Facts” (click on picture to go to website)

BRAIN	HEART	WORLD
 Porn Changes the Brain Neurons that fire together, wire together. Just like other addictive substances, porn floods the brain with dopamine. That rush of brain chemicals...	 Porn Kills Love In real life, real love requires a real person. Research has found that after men are exposed to pornography, they rate themselves as less in love...	 Porn Warps Ideas About Sex Whether they want to or not, the majority of teens are getting some of their sex ed from porn. Researchers have repeatedly found that people who...
 Porn is Like a Drug On the surface, cocaine and porn don't seem to have a lot in common but studies are showing that viewing pornography tricks your brain into...	 Porn Ruins Your Sex Life Porn often leads to less sex and less satisfying sex. And for many users, porn can eventually mean no sex at all. Porn promises a virtual world...	 Porn Leads to Violence It's no secret that some porn is violent, but most people think that's something different from mainstream pornography—something out on the...

BRAIN



Porn is Addictive

It wasn't very long ago that doctors and researchers believed that in order for something to be addictive, it had to involve an outside substance...

HEART



Porn Leaves You Lonely

The more pornography a person consumes the harder it becomes for them to be aroused by a real person or a real relationship. As a result, many users...

WORLD



Porn's Dirty Little Secret

To viewers, pornography can appear a fantasy world of pleasure and thrills. To those who create and participate in making pornography, however, their...

BRAIN



Porn Affects Your Behavior

Many porn users find themselves getting aroused by things that used to disgust them or that go against what they think is morally right. And once...

HEART



Porn Hurts Your Partner

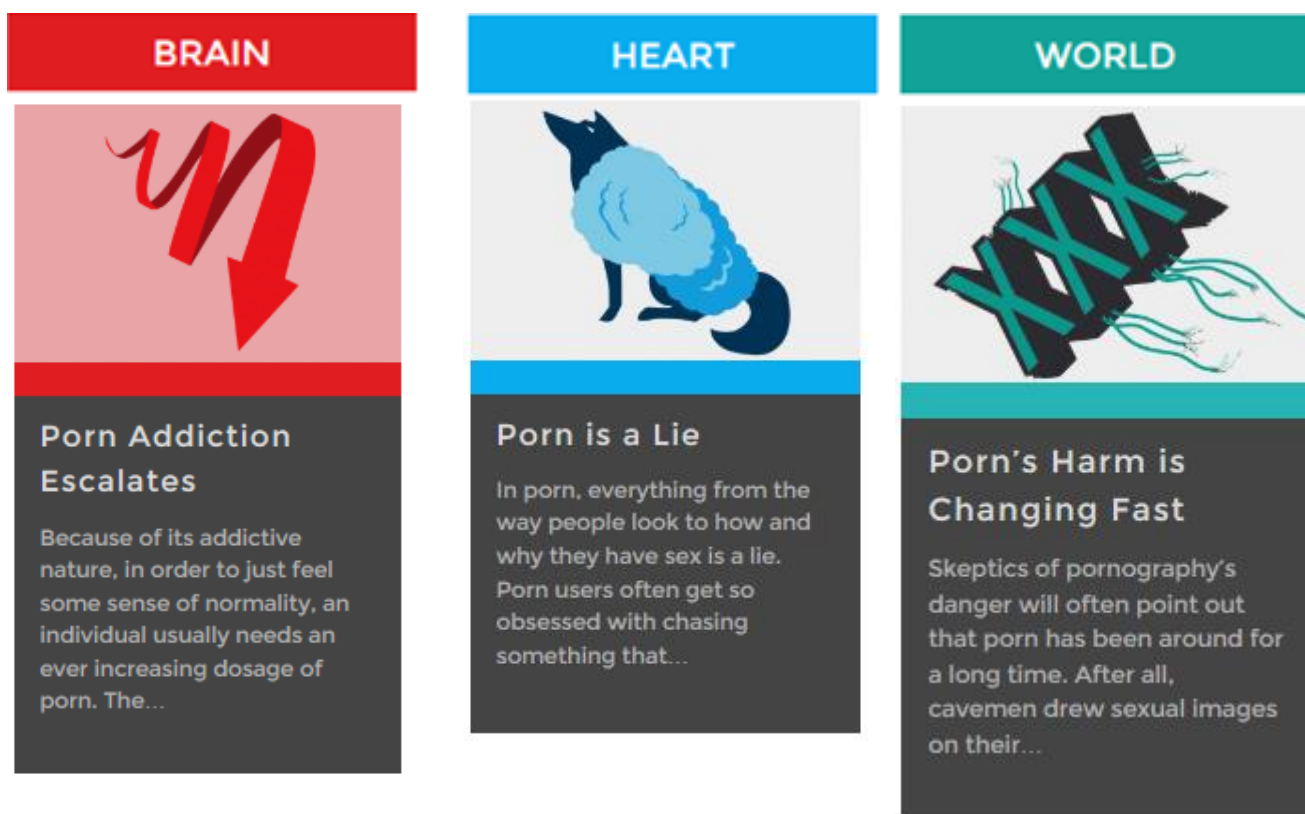
Several studies have found that partners of porn users often report feeling loss, betrayal, mistrust, devastation, and anger when they learn that the...

WORLD



Porn Hates Families

Research has found that marriages in which one person has a porn problem or sexual compulsion are often plagued by less intimacy and sensitivity, as...



For More Information, please visit, www.fightthenewdrug.org.

“INTERNET PORN WRECKING CONJUGAL TIES”

“When an engineer working in a multi-national company in the Middle East approached the Family Court here for divorce from his wife, a software engineer, on grounds that she was sexually dysfunctional and he was unable to consummate his marriage, the woman was shell-shocked.” (R.

Sivaraman, “Internet porn wrecking conjugal ties”, The Hindu, April 16, 2013, <http://www.thehindu.com/news/national/tamil-nadu/internet-porn-wrecking-conjugal-ties/article4620791.ece>)

“She vehemently contested the claim and the judge asked for expert assistance.” (R. Sivaraman, “Internet porn wrecking conjugal ties”, The Hindu, April 16, 2013, <http://www.thehindu.com/news/national/tamil-nadu/internet-porn-wrecking-conjugal-ties/article4620791.ece>)

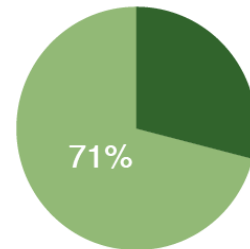
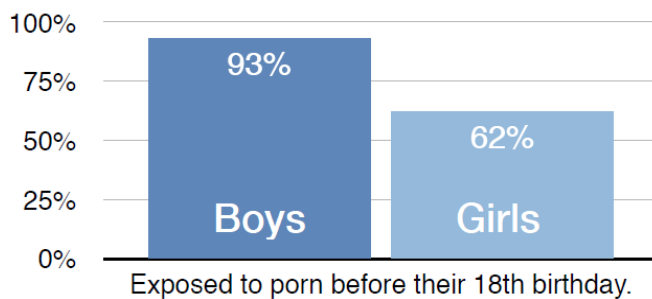
“Under psycho-diagnostic evaluation, the truth tumbled out. It was the man who was avoiding normal sex from day one of their marriage.” (R. Sivaraman, “Internet porn wrecking conjugal ties”, The Hindu, April 16, 2013,

<http://www.thehindu.com/news/national/tamil-nadu/internet-porn-wrecking-conjugal-ties/article4620791.ece>

“The reason: he was psychologically affected by watching pornography, leading to erectile dysfunction.” (R. Sivaraman, “Internet porn wrecking conjugal ties”, The Hindu, April 16, 2013, <http://www.thehindu.com/news/national/tamil-nadu/internet-porn-wrecking-conjugal-ties/article4620791.ece>)

“In more than three years as a family court judge, I have seen a number of cases of porn-induced sexual dysfunction in men that resulted in unusual and unbearable torture, both physical and mental, to the wives,’ says T.C.S. Raja Chockalingam, Judge of the Family Court.” (R. Sivaraman, “Internet porn wrecking conjugal ties”, The Hindu, April 16, 2013, <http://www.thehindu.com/news/national/tamil-nadu/internet-porn-wrecking-conjugal-ties/article4620791.ece>)

“PARENT TIPS: THE POWER OF PORN”



Feel the need to hide their online activity from parents.

(“Parent Tips: The Power of Porn,” Download Youth Ministry, accessed 3.22.16, <http://www.vbconline.org/wp-content/uploads/2013/10/The-Power-of-Porn.pdf>)

“The research finds that many adults - especially parents and even pastors - feel ill equipped to face the reality and ubiquity of porn and its use, says Stone, but she says it needs to be tackled and not ignored.” (Peter Kenny, “Study finds adult concern at US teens and young adults use of porn, Barna finds”, Ecumenical News, January 29, 2016, <http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm>)

“...no longer be a novelty. Novelty sells...needed to keep the viewers’ attention.” (Wilson, 2013) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“...psychologist’s call Internet pornography the new crack cocaine.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“58% of male pornography users (average age twenty-five) had erectile dysfunction with women but not with pornography.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“A recent study found that 88% of top-rated porn scenes contain physical aggression and 49% verbal aggression, with 94% of the targets of that aggression being female.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“One prominent researcher called the inundation of young children with extreme Internet pornography as ‘the single, largest unregulated social experiment in history.’” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“The study found an increasing trend for the distribution of sexually explicit content produced by younger children using laptop webcams...” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

- **“17.5% of content depicted children aged 15 years or younger**
- **“85.9% of content depicting children aged 15 or younger was created using a webcam.”**
- **“93.1% of the content depicting children aged 15 or younger featured girls.”**

(Publication: Internet Watch Foundation, Author: Internet Watch Foundation, in partnership with Microsoft, Date: 03/10/2015) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July

14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

Table 1 Characteristics of Exposure to Internet Pornography before Age 18

	Boys n = 192	Girls n = 371
Exposure to Internet Pornography		
Yes, before 18	93.2%	62.1%
Yes after 18	4.2	20.6

...

Reasons for viewing Internet pornography before 18

Sexual excitement	69.3%	16.8%
Curious	53.1	26.1
Wanted information about sex	39.7	19.5
Friends who wanted to do it	34.1	20.8

(Chiara Sabrina, Janis Wolak, David Finkelhor, "The Nature and Dynamics of Internet Pornography Exposure for Youth", University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

"The great Jim Dobson once produced a movie called, 'Pornography, A Winnable War' and proceeded to lead that war during his years as president of Focus on the Family. He was winning but with the advent of the Internet, the war suffered setback after setback until every family in America was harmed or threatened by pornography – children and adults got addicted, child sex abuse proliferated, marriages broke up, etc., etc. In other words, until a public health crisis developed." (from Patrick Trueman e-mail to Josh McDowell, March 11, 2016)

"THE NORMALIZATION OF PORN IN THE CHURCH: WHAT THE CHURCH NEEDS TO DO NOW"

"...the church is facing a major crisis...few alarms going off." (David White, "The Normalization of Porn in the Church: What the Church Needs to do Now", Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“...the normalization of porn within the church...seems to have become almost a non-issue for so many churches.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Nothing robs God’s people of contentment and the joy of following Christ than hidden sexual sin. 2 Peter 1: 5-8 (ESV) is a passage where Peter challenges believers to add to their faith virtues like self-control, knowledge, steadfastness, godliness and love, and then says that failure to do so will cripple one’s faith: ‘For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.’ I would contend that one of the reasons for the weak and wavering faith of much of the church today may very well be how its people are capitulating to the sexualized culture and are immersed in sexual struggles and sin.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“How can the church be so relatively blasé about this, while some countries, like Iceland and England, are proposing outright restrictions on Internet porn being piped into homes! If even secular governments are raising the alarms about how destructive pornography is, then surely the church should be doing that and more for its own people!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Add to that the number of youth looking at easily accessible porn online, and the situation is frightening.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Church leadership has been slow to admit that the problem is so widespread among its people. (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“SOURCES: JACOB WETTERLING’S REMAINS HAVE BEEN FOUND”

“Sources tell 5 EYEWITNESS NEWS the remains of Jacob Wetterling have been found after Danny Heinrich, who authorities had named as a person

of interest in his 1989 kidnapping, agreed to cooperate and provide information.”

“The sources say Heinrich led investigators to an undisclosed location in central Minnesota where the remains were found. DNA tests are currently being conducted to determine if they are in fact the boy’s remains.”

“Heinrich, who is being held on federal child pornography charges ... has been held on the child pornography charges for almost a year while awaiting trial scheduled for next month.”

“Heinrich was arrested for possession of child pornography and then subsequently named a person of interest in the Wetterling case.”

Danny Heinrich

- “Nine months before Wetterling’s abduction, a 12-year-old Cold Spring boy was forced into the backseat of a car and assaulted.”
- “...found to contain Heinrich’s DNA.”
- “...the statute of limitations.”
- “...more than 100 pictures of suspected child pornography at the home, including 19 three-ring binders that were full of images of children, including naked, young boys.”

(Tom Hauser, Paul McEnroe & Nate Leding, “Sources: Jacob Wetterling’s Remains Have been Found”, KSTP News, September 4, 2016, <http://kstp.com/news/jacob-wetterling-danny-heinrich-unidentified-remains-patty-wetterling-investigation/4253499/>)

“Common warning signs that an adolescent may be experiencing compulsive sexual behavior problems” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- “A demonstrated lack of empathy toward other individuals involved (either directly or indirectly) in the child’s sexual behavior.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Viewing and/or masturbating to pornography for multiple hours per day/night.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Decreased interest in and/or declining performance in school and extracurricular activities.” (“How Pornography Addiction Affects the Teenage Brain –

Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- **"Diminished interest in ad/or ability to socialize with peers."** ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **"Excessive interest (or a total lack of interest) in typical adolescent dating activity."** ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **"Secretiveness around computer and smartphone usage such as erasing browser histories, password protecting devices, etc."** ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **"Lying to parents or others about the nature or the amount of sexual/romantic activities."** ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **"Sexual aggression, incest, age-inappropriate relationships, etc."** ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **"Secrecy in general, such as spending large amounts of time alone in a room with the door locked."** ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **"Sexual behavior involving drug use."** ("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

Sources

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060>

<http://www.fightthenewdrug.org/get-the-facts#porn-is-addictive>

<http://www.thefix.com/content/youth-and-pornography-addiction>

<http://www.salvomag.com/new/articles/salvo13/13hilton.php>

<http://thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain/>

<http://yourbrainonporn.com/>

<http://www.freedominstitute.org/blog/adolescents/teenagers-porn-and-sexual-addiction-what-s-the-problem/>

<http://youtu.be/wSF82AwSDiU>

<http://youtu.be/1Ya67aLaaCc>

("How Pornography Addiction Affects the Teenage Brain – Infographic", Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

"In addition, Dr. William Struthers says research shows that masturbating to pornography actually weakens the cingulate cortex of the brain—the

region that is responsible for moral and ethical decision making and willpower—a process that is seen in every addiction. This phenomenon is known as *hypofrontality*. In *The Porn Circuit*, Sam Black explains:

‘Compulsiveness is a good descriptor of hypofrontality. Many porn users feel focused on getting to porn and masturbating even when a big part of them is saying, ‘Don’t do this.’ Even when negative consequences seem imminent, impulse control is too weak to battle the cravings.’” (Luke Gilkerson, “Porn Addiction is a Myth: The Debate Continues”, Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

V. ADDICTION

(see also Chapter #6 – THE BRAIN)

“[A]s far as the brain is concerned, a reward's a reward, regardless of whether it comes from a chemical or an experience. And where there's a reward, there's the risk of the vulnerable brain getting trapped in a compulsion.” (*Science*, November 2, 2001, website summary, www.sciencemag.org, at pg 980.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000, In Set Free Resources – Unavailable online)

Howard Shaffer, head of Harvard’s Division on Addictions, gives further support to this paper’s thesis, that the pornographic stimulus is not *like* a drug but *is itself* a self-medicating, polydrug stimulant.” (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000, In Set Free Resources – Unavailable online)

“I had great difficulty with my own colleagues when I suggested that a lot of addiction is the result of experience ... repetitive, high-emotion, high-frequency experience...But it's become clear that neuroadaptation--that is, changes in neural circuitry that help perpetuate the behavior-- occurs even in the absence of drug-taking.” (*Science*, November 2, 2001, website summary, www.sciencemag.org, at pg 980.)

“‘Constant novelty, at the click of a mouse, can cause addiction,’ said Gary Wilson of TEDx, in ‘The Great Porn Experiment’” (Susan Knight, The Five Stages of Pornography Addiction”, News OK, April 6, 2016, <http://newsok.com/article/5407775>)

“Nothing natural comes close to releasing as much dopamine as sex... Dopamine is the ‘gotta get it!’ neurochemical behind all motivation. Without it we wouldn't bother to court, pursue climax, or even eat. When dopamine drops, so does motivation. Dopamine is also the hook in all addictions. An addict's brain grows less sensitive to it, and thus, paradoxically, more desperate for it.” (Gary Wilson, “Porn, novelty and the Coolidge effect”, August 8, 2011, <http://yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“The Five Stages of Pornography Addiction”

“Do you think you, your spouse, or someone else you know might be addicted to pornography? Following are the five stages of a pornography addiction:” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

1. **“Early exposure.** As was stated, the largest users of online porn are children ages twelve to seventeen. Most boys have a curiosity about the opposite sex and, unfortunately, think they can learn more about them on Internet porn sites. They yield to the enticement offered by non-human, unemotional contact. Unless they can navigate away from this temptation, they are seduced. There are new statistics that teenage boys are being diagnosed with erectile dysfunction due to advanced pornography abuse.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)
2. **“Addiction.** Addiction takes place when the initial naïve curiosity turns into a physical dependence for this degenerate type of sexual arousal. In a pornography addiction, the habit-forming ‘substance’ is explicit sexual material. To satisfy the addiction, the addict relies on the Internet, DVDs, uses his smartphone or looks at magazines or books.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

“Using porn increases to more than recreational exploit. The addict loses control of his or her thoughts in pursuit of the drug. The images establish themselves in the brain and are hard to shake for visually-wired males. Porn is needed for arousal and is used on a regular basis. Instead of a vein or a lung, the substance is taken in via the eyes directly to the visual cortex in the back of the brain, releasing neurochemicals like dopamine and endorphins, producing a ‘high.’ All addictions share the same brain changes.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

“‘Constant novelty, at the click of a mouse, can cause addiction,’ said Gary Wilson of TEDx, in ‘The Great Porn Experiment.’ Dopamine rewards you for seeking the visual pleasures porn presents. It makes you feel good. The brain chemicals motivate some to repeat this behavior. You keep coming back. You can’t stop. You’re hooked. Because of this chemical release — and the consequences of behavior — pornography addiction is considered to be a form of chemical brain damage. People become dependent on pornography for physical and

emotional satisfaction.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

3. **“Desensitization.** Just as in any chemical dependency, the amount of pornography the addict previously used is not enough to stimulate these brain chemicals. Dopamine loves novelty. When the reward wears off, the dopamine release declines, therefore pleasure declines, the libido declines, and may cause erectile dysfunction in males. Less gratification leads to the desire for greater amounts of hardcore porn. A vicious cycle reigns. Addicts need to intensify reaching the pleasure points in their brains again, only on a more advanced level.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)
4. **“Escalation.** The addict desires greater pleasure, expanded novelty, so he or she ups the dose. They pursue pernicious, indecent images from the Internet. Porn has become their drug of choice, and self-medication rises to new levels. Licentious sexual images, urges and fantasies dominate the thoughts. This over-stimulation interferes with the normal balance of the addict's brain chemicals. They now crave extreme novelty. Most viewing is done in secret.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)
5. **“Acting out sexually.** Acting out is the next stage of escalation. The addict moves from viewing pornography to seeking a real world experience. It leads to risky behaviors, like:
 - Stealing from joint bank accounts to pay for prostitutes,
 - Binge drinking for heightened courage to act out,
 - Unexplained anger
 - Promiscuous sex.
 - The latter may, and does, cause STDs (Sexually Transmitted Diseases).
 - Addicted men and women actively seek other live sex partners.
 - If married, the addict will think nothing of committing adultery to satiate the craving for intense sexual novelty.
 - Men will visit prostitutes
 - Women will pick up men in bars or at the gym,
 - Resort to cyber porn (including email, chat rooms, and social media). Chatting with strangers who vicariously satisfy sexual needs behind closed doors is adultery—ask any spouse who is

victim of their partner's porn addiction and has acted out in the cyber world. It's emotional adultery and may lead to acting out with live partners.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

“Depending on the level of graphic, hardcore porn the addict has viewed in order to spiral to the acting out level, some escalate to the deviant sexual behaviors and perversions of rape, child molestation, incest and even murder. Pornography could be considered a gateway drug to severe criminal behaviors.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

“Even Shere Hite, renowned feminist, sex-educator and author of the *‘The Hite Report’* (and hardly a family-friendly source) while attempting to advance the lack of causality argument, could not help but concede that a correlation exists in *‘The Hite Report on Men and Male Sexuality’*.”

““While correlation does not prove causation, and it therefore cannot be concluded from these studies that it was the consumption of the pornography that was responsible for the males' higher acceptance of violence against women, their findings are consistent with a theory that a causal connection exists.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“PORNOGRAPHY AS A CATALYST (ADDICTIVENESS)”

“When it comes to answering the question; is pornography addictive, many professionals and experts give an unqualified yes.” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- “According to Janet Allen, a clinical director at the Creekside Counseling Center in Idaho Falls: ‘Anybody who is well read, informed, educated and credentialed sees this as an addiction, and I think it's professionally reckless to suggest otherwise.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

- “Patrick Carnes Ph.D. in ‘Out of the Shadows, Understanding Sexual Addiction’ wrote: ‘While our society is shifting to a more open attitude toward sexual expression, we still view the amount and kind of activity as a matter of personal choice. For the addict, however, there is no choice. No choice. The addiction is in charge.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)
- “According to Chip Snowden, a mental health counselor in Idaho Falls: ‘They lose jobs. They lose families. It’s a very, very, very horrible defeating condition. It’s horribly addictive. It’s horribly, horribly addictive.’” (Christopher Carmouche, “The Scope and Detrimental Effects of worldwide Pornography”, The World Congress of Families, June 2, 2010, <http://worldcongress.org/wcfreg.spkrs/wcf.reg.uk.carmouche.htm>)

“To help stem the tide of this criminal and psychological catastrophe, we need laws, we need enforcement, we need education, we need research, we need treatment. A good first step would be to have police report the presence of pornography connected to crimes. They may find what I have found that there is no case of sexual violence that does not involve pornography. Knowledge is power but once you know the truth, silence is complicity. I urge you not to be silent. I urge you to pass this bill.” (Mary Anne Layden, “Pornography and Crime: Reporting the presence of pornography connected to crime”, AFA-KSMO, February 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“Sex addiction involves real people; Internet porn addiction involves a screen.” (Gary Wilson, “Porn Addiction is not Sex Addiction - - And Why it matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Porn addiction appears to be increasing as access to high-speed porn during teen years increases, although some older guys also report developing the addiction *after* switching to high-speed Internet.” (Gary Wilson, “Porn Addiction is not Sex Addiction - - And Why it matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Indeed research data collected some 5 years ago already revealed that 9 of 10 college-age men (and about one third of the women) were using

Internet porn.” (Gary Wilson, “Porn Addiction is not Sex Addiction - - And Why it matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“...beginning use during adolescence, when the brain is especially plastic and most bent on seeking thrills and novelty.” (Gary Wilson, “Porn Addiction is not Sex Addiction - - And Why it matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“WHY THIS DOCTOR BELIEVES ADDICTIONS START IN CHILDHOOD”

“Maté wrote in his 2010 bestseller, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. ‘A hurt is at the center of all addictive behaviors. It is present in the gambler, the Internet addict, the compulsive shopper and the workaholic. The wound may not be as deep and the ache not as excruciating, and it may even be entirely hidden -- but it’s there.’” (Carolyn Gregoire, “Why This Doctor Believes Addictions Start in Childhood”, Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

“How do you define addiction?”

“It’s a complex process that involves brain, body, emotions, psychology and social relationships. The expression of addiction is any behavior where a person craves and finds temporary pleasure or relief in something, but suffers negative consequences as a result of and is unable to give up despite those negative consequences.” (Carolyn Gregoire, “Why This Doctor Believes Addictions Start in Childhood”, Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

“Addiction could be substance-related – alcohol, cigarettes, heroin or cocaine – but it could also be sex, gambling, eating, shopping, work, extreme sports, relationships, the Internet. It could be anything. So it’s not so much the activity per se but the question of, does it provide temporary relief or pleasure? Does it create craving when you don’t have it? Does it create negative consequences, and is it difficult to give up despite those consequences? If those are the case, it’s an addiction.” (Carolyn Gregoire, “Why This Doctor Believes Addictions Start in Childhood”, Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

“The single factor that’s at the core of all addictions is trauma. By trauma I mean emotional loss in childhood, and in the case of severe addicts, you can see – and large-scale population studies show – that there is

significant childhood trauma such as family violence, addiction in the family, sexual and emotional abuse, physical abuse, a parent being mentally ill or in jail. These adverse childhood experiences have been shown to exponentially increase the risk of addiction later on in life. That's one set of difficult experiences.” (Carolyn Gregoire, “Why This Doctor Believes Addictions Start in Childhood”, Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

“There's another set of difficult experiences that's a bit harder to distinguish, and that's not when bad things happen but when good things don't happen. A child has certain fundamental needs for emotional development and also for brain development. If you look at the human brain, it develops under the impact of the environment. The potentials are genetically set, but which genes are turned on and off depends very much on the environment. So for example, in the case of addiction, the brain's reward circuitry is impaired...the person's circuits, which have to do with the chemical dopamine and which give you a sense of reward incentive and motivation, are not well-developed. Those circuits need the support of the environment to help them in their development, and the essential quality of the environment is a mutually responsive relationship with the parent or caregiver.” (Carolyn Gregoire, “Why This Doctor Believes Addictions Start in Childhood”, Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

“So in families where the parents are overly stressed or aren't able to be emotionally present with the children, in the case of sensitive children, that can interfere with their brain development. The children will look for reward elsewhere. When we're looking at psychological pain at the heart of all addictions and addictive behaviors, they have one intended purpose: to soothe pain or to escape from pain or stress. So whether we're looking at the psychological side of addiction, which is needing to escape from pain or stress, or the brain physiology side, which is the underdeveloped reward circuits in the brain, we're looking at the impact of childhood.” (Carolyn Gregoire, “Why This Doctor Believes Addictions Start in Childhood”, Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

“Would you say that addiction is a disease then, or is it just a coping mechanism?”

“That's a complex question. Addiction has the features of a disease, if you look at it. Does it have dysfunctional physiological brain circuits? Yes, it does. Does it result in pathological effects? Yes, it does. Is it characterized

by relapse? Yes, it is. But that doesn't mean that it is only a disease. You can't reduce it to a narrow medical model." (Carolyn Gregoire, "Why This Doctor Believes Addictions Start in Childhood", Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

"When we look at addiction as a physical disease, we don't acknowledge the lived experience of the individual. The behaviors are just symptoms, they are not the core." (Carolyn Gregoire, "Why This Doctor Believes Addictions Start in Childhood", Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

"When we look at addiction as a physical disease, we don't acknowledge the lived experience of the individual. The behaviors are just symptoms, they are not the core." (Carolyn Gregoire, "Why This Doctor Believes Addictions Start in Childhood", Huffington Post, January 26, 2016, http://www.huffingtonpost.com/entry/gabor-mate-addiction_us_569fd18ae4b0fca5ba76415c)

"ADDICTION CHANGES BRAIN BIOLOGY IN 3 STAGES, EXPERTS SAY"

"In the review, the authors break down addiction into three main stages: binge and intoxication, withdrawal and negative affect, and preoccupation and anticipation." (Sara G. Miller, "Addiction Changes Brain Biology in 3 Stages, Experts Say", Live Science, January 27, 2016, <http://www.livescience.com/53508-brain-disease-model-addiction.html>)

"The condition starts with intoxication, Volkow said. People take a drug, which makes them feel euphoric." (Sara G. Miller, "Addiction Changes Brain Biology in 3 Stages, Experts Say", Live Science, January 27, 2016, <http://www.livescience.com/53508-brain-disease-model-addiction.html>)

"But in some people, intoxication can eventually lead to changes in the connectivity of the brain that make them feel very distressed when they don't have the drug in their body — this is the second stage, she said. To get rid of that distressed feeling, a person craves more of the drug, she said." (Sara G. Miller, "Addiction Changes Brain Biology in 3 Stages, Experts Say", Live Science, January 27, 2016, <http://www.livescience.com/53508-brain-disease-model-addiction.html>)

"One of the most important functions of the human brain is to learn very rapidly how to get a person out of stressful situations, Volkow said. For example, when people are hungry, they eat to get rid of that feeling — addiction works in a similar way, she said. When someone is vulnerable to addiction and is repeatedly exposed to a drug, that person quickly learns

that the state of distress that occurs when he or she is in withdrawal can be relieved by consuming more of the drug, she said.” (Sara G. Miller, “Addiction Changes Brain Biology in 3 Stages, Experts Say”, Live Science, January 27, 2016, <http://www.livescience.com/53508-brain-disease-model-addiction.html>)

“Ultimately, intoxication and withdrawal initiate a feedback loop, Volkow said. ‘You get high, you feel great, you crash, you feel horrible’ and your brain learns to get more of the drug, she said.” (Sara G. Miller, “Addiction Changes Brain Biology in 3 Stages, Experts Say”, Live Science, January 27, 2016, <http://www.livescience.com/53508-brain-disease-model-addiction.html>)

“But in addition to changes in the brain's connectivity that lead to stress and cravings, changes also occur in the prefrontal cortex of the brain, where ‘executive processes,’ such as self-regulation and decision making, are carried out, according to the review. This is the third stage: These changes in the circuitry decrease a person's ability to resist strong urges and to follow through on decisions, for example, the authors wrote.” (Sara G. Miller, “Addiction Changes Brain Biology in 3 Stages, Experts Say”, Live Science, January 27, 2016, <http://www.livescience.com/53508-brain-disease-model-addiction.html>)

“‘Constant novelty, at the click of a mouse, can cause addiction,’ said Gary Wilson of TEDx, in [‘The Great Porn Experiment.’](#) Dopamine rewards you for seeking the visual pleasures porn presents. It makes you feel good. The brain chemicals motivate some to repeat this behavior. You keep coming back. You can’t stop. You’re hooked. Because of this chemical release — and the consequences of behavior — pornography addiction is considered to be a form of chemical brain damage. People become dependent on pornography for physical and emotional satisfaction.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

“YOUR BRAIN ON PORN”

“When addiction is being discussed in a clinical context, for instance relating to substance abuse or dependency, then by definition it means a tuning of the reward system that is dysfunctional. That is, the medical phenomenon of addiction occurs when the reward system loses its balance and becomes over tuned to prefer a type of reward that is demonstrably

detrimental to our wellbeing.” (Dr. Anthony Jack, Western Reserve University – forward to Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p11)

“Inability to control use and use that interferes with one's life are two cardinal signs of addiction. Priorities have shifted due to changes in the brain that we'll look at later. In effect, life's natural rewards, such as friendship, exercise and accomplishment, can no longer compete. Your brain now believes that IT – in this case internet porn use – is an important goal, and equates it with your survival.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p39)

“Here are some brain changes that show up in all addictions, whether substance or behavioural:” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

1. **“Desensitisation**, or a numbed response to pleasure. Reduced dopamine signaling and other changes leave the addict less sensitive to everyday pleasures and ‘hungry’ for dopamine-raising activities and substances.” (Haifeng Hou, et al., "Reduced Striatal Dopamine Transporters in People with Internet Addiction Disorder," Journal of Biomedicine and Biotechnology (2012), Article ID 854524, 5 pages, doi:10.1155/2012/854524) (S.H. Kim et al., "Reduced striatal dopamine D2 receptors in people with Internet addiction," Neuroreport 22/8 (2011): 407-411, doi: 10.1097/WNR.0b013e328346e16e) (Jim Rosack, "Volkow May Have Uncovered Answer to Addiction Riddle," Psychiatric News, June 4, 2004, <http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=107597>. (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

“The addict may neglect other interests and activities that were once high priorities.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

“Desensitisation is probably the first addiction-related brain change porn users notice. They need greater and greater stimulation to achieve the same buzz (‘tolerance’). They may spend more time online, prolonging sessions through edging, watching when not masturbating, or searching for the perfect video to end with. But desensitisation can also take the form of escalating to new genres, sometimes harder and stranger, or even disturbing. Remember: shock, surprise and anxiety can jack up dopamine.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

2. **“Sensitisation**, or an unconscious super-memory of pleasure that, when activated, triggers powerful cravings. Rewired nerve connections cause the reward circuit to buzz in response to addiction-related cues or

thoughts – the ‘fire together wire together’ principle. This Pavlovian memory makes the addiction more compelling than other activities in the addict's life.” (G. Dong, J. Huang, A. Du, "Enhanced reward sensitivity and decreased loss sensitivity in Internet addicts: an fMRI study during a guessing task," J Psychiatr Res 45/11 (2011): 1525-1529. doi: 0.1016/j.jpsychires.2011.06.017.) (Adam Withnall, "Pornography addiction leads to same brain activity as alcoholism or drug abuse, study shows," The Independent, September 22, 2013, <http://www.independent.co.uk/life-style/health-and-families/healthnews/pornography-addiction-leads-to-same-brain-activity-as-alcoholism-or-drug-abuse-study-shows-8832708.html>) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

“Cues, such as turning on the computer, seeing a pop-up, or being alone, trigger intense cravings for porn. Are you suddenly much hornier (true libido) when your wife goes shopping? Unlikely. But perhaps you feel as if you are on autopilot, or someone else is controlling your brain. Some describe a sensitised porn response as ‘entering a tunnel that has only one escape: porn’. Maybe you feel a rush, rapid heartbeat, even trembling, and all you can think about is logging onto your favourite tube site. These are examples of sensitised addiction pathways activating your reward circuit, screaming, ‘Do it now!’” (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

3. **“Hypofrontality**, or reduced brain activity in the prefrontal regions, which weakens willpower in the face of strong subconscious cravings. Alterations in the prefrontal regions' grey matter and white matter correlate with reduced impulse control and the weakened ability to foresee consequences. A recent German review of brain and psychological studies concluded that reduced brain function in internet addicts may be related to their loss of control over their internet use. (Kai Yuan, et al., "Microstructure Abnormalities in Adolescents with Internet Addiction Disorder," PLoS One, June 03, 2011, doi: 10.1371/journal.pone.0020708.) (Y. Zhou, et al., "Grey matter abnormalities in Internet addiction: a voxel-based morphometry study," Eur J Radiol 9/1 (2011): 92-95. doi: 10.1016/j.ejrad.2009.10.025) (Fuchun Lin, et al., "Abnormal White Matter Integrity in Adolescents with Internet Addiction Disorder: A Tract-Based Spatial Statistics Study," PLoS One, January 11, 2012, doi: 10.1371/journal.pone.0030253) (G. Dong, H. Zhou, X. Zhao, "Impulse inhibition in people with Internet addiction disorder: electrophysiological evidence from a Go/NoGo study," Neurosci Lett 485/2 (2010): 138-142, doi: 10.1016/j.neulet.2010.09.002) (G. Dong, H. Zhou, X. Zhao, "Male Internet addicts show impaired executive control ability: evidence from a color-word Stroop task," Neurosci Lett 499/2 (2011): 114-118, doi: 10.1016/j.neulet.2011.05.047) (Matthias Brand, Kimberly S. Young and Christian Laier, "Prefrontal control and Internet addiction: a theoretical model and review of neuropsychological and neuroimaging findings," Frontiers in Human Neuroscience 8/375 (2014), doi: 10.3389/fnhum.2014.00375) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

“Hypofrontality shows up as the feeling that two parts of your brain are engaged in a tug-of-war. The sensitised addiction pathways are

screaming ‘Yes!’ while your ‘higher brain’ is saying, ‘No, not again!’ While the executive-control portions of your brain are in a weakened condition the addiction pathways usually win.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

4. **“Dysfunctional stress circuits**, which can make even minor stress lead to cravings and relapse because they activate powerful sensitised pathways.” (Leigh MacMillan, “Reward-stress link points to new addiction targets,” Reporter, January 9, 2009, <http://www.mc.vanderbilt.edu/reporter/index.html?ID=6916>) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“To sum up, if these neuroplastic changes could speak, desensitisation would be moaning, ‘I can’t get no satisfaction’. At the same time, sensitisation would be poking you in the ribs saying, ‘hey, I’ve got just what you need’, which happens to be the very thing that caused the desensitisation. Hypofrontality would be shrugging and sighing, ‘bad idea, but I can’t stop you’. Dysfunctional stress circuits would be screaming, ‘I NEED something NOW to take the edge off!’” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“These phenomena are at the core of all addictions. One recovering porn addict summed them up: ‘I will never get enough of what doesn’t satisfy me and it never, ever satisfies me’. Recovery reverses these changes. Slowly, the addict relearns how to ‘want’ normally.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

“Withdrawal Many people believe that addiction always entails both tolerance (a need for more stimulation to get the same effect, caused by desensitisation) and brutal withdrawal symptoms. In fact, neither is a prerequisite for addiction – although today’s porn users often report both. What all addiction assessment tests share is, ‘continued use despite negative consequences’. That is the most reliable evidence of addiction.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-99)

““PORN ADDICTION IS A MYTH’: THE DEBATE CONTINUES”

“What if someone told you—despite what popular media says—that ‘sex addiction’ or ‘porn addiction’ aren’t real? What if someone told you the whole thing is an inaccurate label that isn’t helping but is rather harming people in the long run?” (Luke Gilkerson, ““Porn Addiction is a Myth’: The Debate Continues,”

“The concept of ‘sexual addiction’ has been around a long time. In 1897, Sigmund Freud wrote, ‘It has occurred to me that masturbation is the one great habit that is a ‘primary addiction,’ and that the other addictions, for alcohol, morphine, tobacco, etc. only enter into life as a substitute and replacement for it.’ The 1970s saw the genesis of groups like Sex Addicts Anonymous and Sexaholics Anonymous, following the traditional 12-steps of AA. Today one can find sexual addiction treatment centers, become certified in sexual addiction therapy, and attend sexual addiction conferences.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“But men like Dr. David J. Ley think we’ve got the whole thing wrong. ‘Sex addiction is a fictional disorder,’ Ley writes, and anyone who tells you otherwise is selling something.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“If Not Addiction, What Is It?”

“Ley agrees that people can and do engage in problematic and even destructive sexual behavior, but this, he says, is a result of a number of factors.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“First, what many call sexual addiction is just being human: human beings enjoy sex, some enjoy lots of sex, and some enjoy taboo sex. Moreover, when people desire sex it is normal for them to make bad decisions that have negative impacts. Sexual addiction, he says, is just pathologizing male sexuality, high libido, and undesirable sexual behavior.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Second, there are already classified disorders that include a hypersexual component. These are often the problems that undergird and drive what many experience. Why, Ley asks, do we need an additional diagnosis, an additional disease to add to our theories?” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“For Ley, sexual addiction is just another example of the optimistic American tendency to believe that every problem has a name and every

problem has a solution.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Blame It On the Brain”

“David Ley sounds like a lone voice crying in the wilderness, especially since so many therapists believe sexual addiction is a real phenomenon.”

(Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Dr. Donald Hilton calls pornography ‘a powerful, \$100 billion per year brain drug that is changing human sexuality.’ His vivid description is not new; the porn-is-a-brain-drug language has been around a long time. A decade ago, a U.S. Senate subcommittee brought in a panel of experts to have a hearing on ‘the brain science behind pornography addiction’. The panelists made some bold claims, saying that modern science shows us that ‘the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction.’” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Some neuroscientists argue that porn taps into the same neural connections that make drugs addictive. Drugs can be addictive because they ‘trick’ the brain, says Dr. William Struthers. ‘The only reason there are any drugs of addiction at all is because those drugs activate the brain’s natural pathways which are involved in reinforcement and pleasure—so, things like eating, drinking, and sex.’ Pornography, he says, hijacks this system in a similar way, tricking the brain into thinking it is getting sex—and like a drug, the forced high can become a deadly habit.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Brain Controversies”

“Recently, these assertions about the brain have been brought under sharp criticism. In March 2012, David Ley’s *The Myth of Sex Addiction* hit the bookstore shelves in full force, challenging the notion that ‘sex addiction’ and ‘porn addiction’ are the best models for understanding these problems. A year later the journal *Socioaffective Neuroscience of Psychology* published the results of a study about our neurological response to sexually explicit images. Dr. Ley explains that what they discovered was not consistent with the addiction theory.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“If viewing pornography actually was habituating (or desensitizing), like drugs are, then viewing pornography would have a diminished electrical response in the brain. In fact, in these results, there was no such response. Instead, the participants’ overall demonstrated increased electrical brain responses to the erotic imagery they were shown, just like the brains of ‘normal people’ as has been shown in hundreds of studies.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“The psychology community replied with a flurry of responses to the study, such as Dr. Linda Hatch, Dr. Robert Weiss, Dr. Brian Mustanski, Dr. William Struthers, and Dr. Donald Hilton. They criticized everything from the absence of a control group, not enough prescreening of the subjects, insufficient EEG data collection, and the limitations of the laboratory setting compared to ‘real life’ use of porn.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“In summary, what does this new brain study tell us about porn addiction? Not much, say the critics.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Still, Ley contends that sex or porn addiction ‘is a belief system, not a diagnosis; it’s not a medically supported concept.’” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Is Sex Addiction Based on Bogus Science?”

“The biggest deathblow to the ‘sex addiction’ label, Ley says, is that the APA has utterly rejected it as an official diagnosis. For seven years the Diagnostic and Statistical Manual of Mental Disorders (DSM) included the concept of ‘sexual addiction’ under the general diagnosis ‘Sexual Disorder Not Otherwise Specified,’ but it was removed later because of insufficient research. With each edition of the DSM, despite all the advancements made in neurology and all the studies of human sexuality, sexual addiction is not included in the DSM.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Ley contends that careful scientists know there are absolutely no differences between the brains of alleged sex addicts and non-sex addicts. The advocates of sex addiction and porn addiction who use brain science are merely building credibility with what he calls ‘valley-girl science.’ Advocates will say, ‘sex addiction is like an eating disorder, it’s like a heroin addiction.’ Ley says this form of argumentation is very weak: ‘When they tell you that sex addiction is like an eating disorder, they don’t tell you all the things that are different about it. They live by anecdotes, because they don’t have good science.’” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Still, many sexual addiction advocates don’t buy Ley’s theories. Dr. Hilton acknowledges that the DMS doesn’t include ‘sexual addiction,’ but the most recent edition of the DSM (the DSM-5) now says that addictions need not merely be substance related. One can have a ‘behavioral addiction.’ The DSM-5 mentions only one type of behavioral addiction: pathological gambling. What about sex? It is included in a subsection titled ‘Conditions for Further Study.’” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Dr. Hilton asks why Internet pornography is not included as a behavioral addiction when pathological gambling is. ‘Is it precisely this inconsistency that supports that premise that cultural and political biases tend to minimize addictive sexual behavior.’ In other words, Hilton believes the powers-that-be behind the DSM are not being persuaded by research in this area, but by politics.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“The Neuroscience of Porn Addiction”

“Is there any evidence that sex addiction and porn are addictive? That depends on who you ask.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“In 2011, the American Society of Addiction Medicine (ASAM) modified its definition of addiction to include behavioral addictions for the first time, departing from the traditional definition of addiction that includes substance dependence only. This new definition says addiction is ‘a primary, chronic disease of brain reward, motivation, memory and related circuitry.’ This is why they now consider sex a possible addiction: though sex is naturally

neurologically rewarding, someone addicted to sex is engaged in the ‘pathological pursuit of rewards.’” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Cambridge Neuropsychiatrist Valerie Voon says her research demonstrates that the brains of habitual porn users show great similarity to the brains of alcoholics. A brain structure called the ventral striatum plays a significant role in the reward system and pleasure pathways of the brain. This part of the brain ‘lights up’ on a brain scan when an alcoholic sees a picture of a drink. Likewise, those who believe they are addicted to porn show similar brain activity when shown a pornographic image.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“In addition, Dr. William Struthers says research shows that masturbating to pornography actually weakens the cingulate cortex of the brain—the region that is responsible for moral and ethical decision making and willpower—a process that is seen in every addiction. This phenomenon is known as hypofrontality. In The Porn Circuit, Sam Black explains: ‘Compulsiveness is a good descriptor of hypofrontality. Many porn users feel focused on getting to porn and masturbating even when a big part of them is saying, ‘Don’t do this.’ Even when negative consequences seem imminent, impulse control is too weak to battle the cravings.’” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Beyond the Brain: Is the Language of Addiction Helpful?”

“Debates about the neurology of sexual addiction are, at best, confusing to those who aren’t well-versed in neuroscience (myself included). But these debates tend to bring to the surface something more fundamental: the language of addiction itself.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“David Ley believes that the very label — addict — causes problems for those who feel impacted. ‘When we tell them they are enslaved, they are.’ The label becomes a self-fulfilling prophecy: we convince people they have a disease which renders them powerless, and this belief in turn makes them powerless.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Furthermore, the term ‘addiction’ means the person has a disease, and while many find this comforting in the face of relationally destructive behavior, Ley says this means people really can’t own up to their choices as choices.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Psychotherapist and certified sex therapist Dr. Marty Klein agrees. His remarks are worth reading in his own words:”

“I don’t use the diagnosis of sex addiction. In thirty-one years as a sex therapist, marriage counselor, and psychotherapist, I’ve never seen sex addiction. I’ve heard about virtually every sexual variation, obsession, fantasy, trauma, and involvement with sex workers, but I’ve never seen sex addiction.”

“New patients tell me all the time how they can’t keep from doing self-destructive sexual things; still, I see no sex addiction. Instead, I see people regretting the sexual choices they make, often denying that these are decisions. I see people wanting to change, but not wanting to give up what makes them feel alive or young or loved or adequate; wanting the advantages of changing, but not wanting to give up what makes them feel they’re better or sexier or naughtier than other people. Most importantly, I see people wanting to stop doing what makes them feel powerful, attractive, or loved, but since they don’t want to stop feeling powerful, attractive or loved, they can’t seem to stop the repetitive sex clumsily designed to create those feelings.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Dr. Robert Weiss, however, says the language of addiction, while not necessary, is ‘clinically useful.’ He cites three primary reasons:”

- “It is the language that clients speak. Clients don’t drag themselves to a counselor because they think they have ‘hypersexual behavior disorder’ or ‘high sexual desires.’ They come because they feel ‘addicted.’ (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)
- “It is the term most often used by physicians.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

- “It is a language that reduces shame and immerses a client in ‘a community of support that involves accountability and taking responsibility for one’s behavior.’” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“In other words, ‘sexual addiction’ has worked its way into the culture and has some canonical status. Rightly or wrongly, it is the colloquial term everybody uses, so instead of fighting it, let’s use it and define it carefully to help set people on the road to recovery.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Dr. Linda Hatch echoes these sentiments. The reason why ‘sexual addiction’ is a useful label is because it helps people understand their destructive relationship with sex. Pathologically speaking, people can have a relationship to porn or sex that is akin to one’s relationship to a drug. Like a drug addict uses drugs, sex addicts use sex as ‘a drug to kill pain and escape unpleasant emotions,’ Hatch writes. Saying a habitual porn user merely has a ‘high sex drive’ does not describe one’s relationship to their sexual behavior.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“The Symptoms of Porn Addiction”

“Dr. Weiss and many others stick with the addiction label for other reasons. ‘As a licensed sexual addiction specialist with over 20 years experience in the field of sex and intimacy, I have seen thousands of individuals whose sexual behaviors satisfy every criteria of addiction.’ Sex addicts and porn addicts, they say, show symptoms of...” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

- **“Tolerance:** A markedly diminished sexual satisfaction over time when looking at porn or engaging in sex” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)
- **“Withdrawal:** Showing symptoms of irritability, violent dreams, mania, insomnia, violent mood swings, paranoia, headaches, anxiety, and depression when going without sex or porn” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

- **“Progression:** Needing more sex, more risky sex, or more porn over a longer period of time to get the same high” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)
- **“Unsuccessful quitting:** No ability to cut down or control sexual behavior” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)
- **“Increased time:** More and more time and effort is spent seeking out sex” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)
- **“Sacrifice:** Important social, occupational, or recreational activities are given up in order to engage in sex” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)
- **“Stubbornness:** Despite knowing the negative physical or psychological effects, destructive sexual behavior continues” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Weiss agrees with Ley on at least one thing: other underlying problems often drive the compulsive use of sex or porn. However, the the same can be said of alcoholism or drug abuse, Weiss argues. We don’t reject the label ‘drug addiction’ even though we know people use drugs to self-medicate their pain or disorders. Why would we reject sexual addiction on the same grounds?” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Over-Diagnosis as Part of the Controversy”

“Others see the sensationalization of sexual addiction as a major player in the debate. While many are willing to admit that sexual addiction is a legitimate diagnosis, they would not say that every instance of claimed sex addiction in the tabloids should be taken seriously.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Dr. Susan Block believes sex addiction is a real problem, but ‘much of what is solemnly or sensationally labeled ‘sex addiction’ is just normal

erotic angst, sexual experimentation, fetishistic fun and relationship troubles.’ What used to be a stigma, is now, well, sexy. ‘Some long to wear a glittering Scarlet Letter ‘A’ for Addict on their breast,’ Block writes. They even seem disappointed when they find out that their fantasies and behaviors are not evidence of an addiction.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Outsourcing Moral Authority”

“Close to the heart of the debate—though not the substance of it—are the politics involved. Those, like Ley, who reject the label ‘sexual addiction’ don’t just dismiss it because they think it is pop psychology and valley-girl science. They reject it because they believe it is part of a moral agenda against sex.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Ley says, ‘Religious groups are using porn addiction pseudo-science labels to mask their moral attacks on porn and sexual behavior.’

“They are typically unable to put forth a healthy model of sexuality, and when they do, it is so transparently conservative and religiously driven that it’s frightening. Most of the leaders of the sex- addiction movement are themselves recovering supposed sex addicts and religious folks. That’s fine, it’s fine for them to be advocating, but what they’re advocating for is a moral system, not a medical one.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Many non-religious advocates of the sexual addiction model would, of course, disagree with Ley that their agenda is morally motivated. But leaving this aside for the moment, how should Christians react to Ley’s theories?” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“In my opinion, Ley’s arguments can border on the error of a genetic fallacy: while it is true that addiction language was and is used by religious organizations to bring about changes in society concerning porn, this does not mean, therefore, that the addiction model is wrong or unscientific.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“But giving Ley the benefit of the doubt, is there something to his argument? I believe there is.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“In a study of the popular evangelical magazine Christianity Today from 1956 to 2010, Jeremy Thomas found that while outward opposition to pornography has remained steady and robust over the last 50 years, during this same time, evangelicals’ anti-pornography declarations have become increasingly secular. More than half a century ago, pornography was judged by the moral authority of Scripture. Today, more secular forms of moral authority are used, such as psychological health or humanistic conceptions of individual rights. This, Thomas says, is evidence that the church is outsourcing its moral authority.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“While we might disagree with Ley about his scientific or therapeutic take on the topic, I am inclined to agree that, as Christians, we should avoid making neuroscience or diagnostic categories a cover story for our obvious moral stance. It is dishonest, at best. The church must remain clear that pornography is not essentially wrong because it is addictive, but because it rips sexuality from its relational context and presents human beings not as creatures made in God’s image, but as sexual commodities, something to be bought and sold.” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“If we champion the notion that sexual addiction is real, then let’s do so believing we stand on solid scientific ground, but let’s not pretend that there’s a scientific study validating every belief we have about godly sexual expression. Let’s avoid giving people the impression that we make **objective moral judgments on the basis of a brain scan. Our morals are based on something far more solid than that.**” (Luke Gilkerson, “‘Porn Addiction is a Myth’: The Debate Continues,” Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Human brains are surprisingly plastic. Psychiatrist Normal Doidge (The Brain That Changes Itself) has explained that brain plasticity means porn causes physiological changes in the brain. Dr. Jeffrey Swartz (author of

The Mind and the Brain, and other relevant titles) has shown that even OCD patients can often rewire compulsive behavior by substituting other actions when urges arise. This seems to be critical information for would-be, and existing, porn users to become aware of. Once they understand how brain plasticity works, they can both gauge the effects of porn use, and know what's entailed in recovery if use becomes compulsive.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Most of us typically think of porn use as ‘just masturbation,’ and therefore normal and natural, but porn is like nothing our ancestors’ brains ever had to cope with, unless they owned a very kinky harem. In terms of how it lights up the brain, porn is more like a drug that hijacks normal mating circuits.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“In rats, sexual impotence is associated with a reduced production of oxytocin and with an increased production of opioids.” (http://www.ncbi.nlm.nih.gov/pubmed/9350833) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Could they be depressing oxytocin in porn users, too, thereby increasing dissatisfaction and restlessness—and susceptibility to seeking novel, more extreme images?” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“As porn users go through withdrawal, they report that the first two weeks are the toughest, and that relapse is especially likely for about six weeks. Delta-FosB is a protein that has been linked to addiction relapse.” (‘Beyond the Pleasure Principle’ <http://www.sciencemag.org/cgi/content/summary/294/5544/983>) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“It appears to clear out of the reward circuitry of addicted mice (also those **addicted to exercise**) in one to two months. This may help to explain why porn users find considerable relief after a month or two of abstinence.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Virtually every study looking at addiction has shown shrinkage and abnormality in the reward areas and in judgment centers. These include addictions to drugs such as cocaine...” (Franklin, T. E., Acton, P. D., Maldjian, J. A., Gray, J. D., Croft, J. R., Dackis, C. A., et al. (2002). (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“Voon et al., in a study done at Cambridge University...the brains of those addicted to pornography light up just like the cocaine addicts when shown pornography cues as compared to normal controls.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“Pornography, is a supranormal stimulus.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

VI. BRAIN

(see also Chapter #5 – ADDICTION)

To understand behavior, porn and the brain, one must understand our incredible brains.

“Human brain development does not finish until around age 25” (“14 Things You Didn’t Know About Your Brain”, Huffington Post, November 6, 2014, http://www.huffingtonpost.com/2014/11/06/brain-fun-facts-list_n_5597311.html)

“As neuroscientist Sandra Aamodt quipped on NPR, ‘The car rental companies got to it first, but neuroscientists have caught up.’ Aamodt explained that the prefrontal cortex – that is the area of the brain responsible for impulse control – is not fully developed until your twenties, making 18-year-old ‘adults’ more likely to engage in risky behavior.” (“14 Things You Didn’t Know About Your Brain”, Huffington Post, November 6, 2014, http://www.huffingtonpost.com/2014/11/06/brain-fun-facts-list_n_5597311.html)

“Brain is the only object that can contemplate itself.” (“14 Things You Didn’t Know About Your Brain”, Huffington Post, November 6, 2014, http://www.huffingtonpost.com/2014/11/06/brain-fun-facts-list_n_5597311.html)

“Wonder why it’s tougher to learn new things as we grow older? U.S. researchers have concluded that the reason might be our inability to filter and eliminate old information, rather than a limited capacity to absorb new ideas.” (“Interesting Facts About the HumanBrain”, The Times of India, August 27, 2015, <http://timesofindia.indiatimes.com/life-style/health-fitness/health-news/Interesting-facts-about-the-human-brain/articleshow/18237406.cms>)

“Though you may think your darling is growing like a weed as chubby toddlerhood gives way to lanky kid, in the first three years of your child’s life, their brain is growing faster than any other body part. At birth, a baby’s brain is about one-third the size of an adult’s brain. In 90 days, it more than doubles its volume, to 55 percent of its final size. The cerebellum in particular, a brain structure at the back of the brain involved in controlling movement, grows the fastest of all brain structures; in just three months it will be 110 percent bigger than it was at birth.” (Jordan Rosenfeld, “10 Amazing Facts

About the Infant Brain", October 22, 2015, Mental Floss, <http://mentalfloss.com/article/70105/10-amazing-facts-about-infant-brain>)

"Nerve impulses to and from the brain travel as fast as 170 miles per hour. Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car." (Gourav Gola, "10 Unbelievable Facts About Human Brain That Everyone Should Know", July 2, 2012, <http://www.unbelievable-facts.com/2012/07/10-unbelievable-facts-about-human-brain.html>)

"The brain operates on the same amount of power as 10-watt light bulb. The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping." (Gourav Gola, "10 Unbelievable Facts About Human Brain That Everyone Should Know", July 2, 2012, <http://www.unbelievable-facts.com/2012/07/10-unbelievable-facts-about-human-brain.html>)

"The human brain cell can hold 5 times as much information as the Encyclopedia Britannica. Or any other encyclopedia for that matter. Scientists have yet to settle on a definitive amount, but the storage capacity of the brain in electronic terms is thought to be between 3 or even 1,000 terabytes. The National Archives of Britain, containing over 900 years of history, only takes up 70 terabytes, making your brain's memory power pretty darn impressive." (Gourav Gola, "10 Unbelievable Facts About Human Brain That Everyone Should Know", July 2, 2012, <http://www.unbelievable-facts.com/2012/07/10-unbelievable-facts-about-human-brain.html>)

"Water. The brain is made up of about 75% water." ("100 Fascinating Facts You Never Knew About the Human Brain", Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)

"Neurons. Your brain consists of about 100 billion neurons." ("100 Fascinating Facts You Never Knew About the Human Brain", Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)

"Synapses. There are anywhere from 1,000 to 10,000 synapses for each neuron." ("100 Fascinating Facts You Never Knew About the Human Brain", Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)

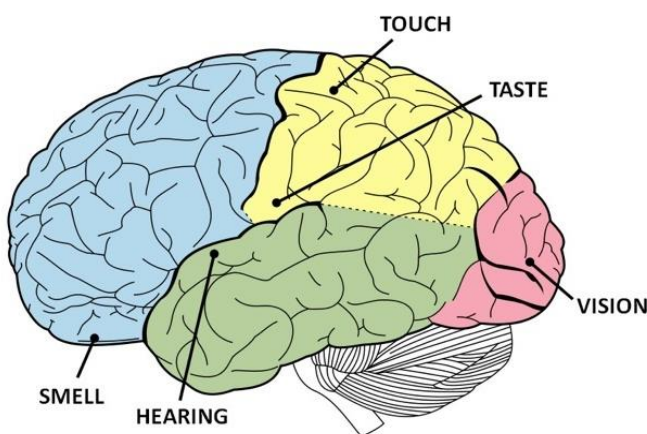
“Neurons. Neurons develop at the rate of 250,000 neurons per minute during early pregnancy.” (“100 Fascinating Facts You Never Knew About the Human Brain”, Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)

“Size at birth. At birth, your brain was almost the same size as an adult brain and contained most of the brain cells for your whole life.” (“100 Fascinating Facts You Never Knew About the Human Brain”, Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)

“Speed. Information can be processed as slowly as 0.5 meters/sec or as fast as 120 meters/sec (about 268 miles/hr).” (“100 Fascinating Facts You Never Knew About the Human Brain”, Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)

“Wattage. While awake, your brain generates between 10 and 23 watts of power—or enough energy to power a light bulb.” (“100 Fascinating Facts You Never Knew About the Human Brain”, Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)

“Stress. Excessive stress has shown to alter brain cells, brain structure and brain function.” (“100 Fascinating Facts You Never Knew About the Human Brain”, Nursing Assistant Central, December 31, 2008, <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>)



(“10 Surprising Facts About How Our Brain Works”, Buffer, September 12, 2013, <https://blog.bufferapp.com/10-surprising-facts-about-how-our-brain-works>)

“The average brain has around 50,000 thoughts per day and 70% of them are believed to be negative” (Hara Estroff Marano, “Depression Doing the Thinking”, Psychology Today, July 1, 2001, <https://www.psychologytoday.com/articles/200107/depression-doing-the-thinking>), (Raj Raghunathan, “How Negative is Your ‘Mental Chatter’”, Psychology Today, October 10, 2013, <https://www.psychologytoday.com/blog/sapient-nature/201310/how-negative-is-your-mental-chatter>)

“There is no such thing as a left-brain or right-brain personality type. We are not left-brained or right-brained: we are ‘whole brained’. The average brain has around 50,000 thoughts per day and 70% of them are believed to be negative” (Hara Estroff Marano, “Depression Doing the Thinking”, Psychology Today, July 1, 2001, <https://www.psychologytoday.com/articles/200107/depression-doing-the-thinking>), (Raj Raghunathan, “How Negative is Your ‘Mental Chatter’”, Psychology Today, October 10, 2013, <https://www.psychologytoday.com/blog/sapient-nature/201310/how-negative-is-your-mental-chatter>)

“Multitasking makes you less productive. When you multitask, your brain simply rapidly toggles back and forth between tasks. This results in decreases in attention span, learning, performance, and short-term memory.” (Matt Richtel, “Multitasking Takes toll on Memory, Study Finds”, April 11, 2011, http://bits.blogs.nytimes.com/2011/04/11/multitasking-takes-toll-on-memory-study-finds/?_r=1)

“Surprisingly, millennials (aged 18 to 34) are more forgetful than baby boomers. They are more likely to forget what day it is or where they put their keys than their parents!” (Deane Alban, “50 Amazing Human Brain Facts (Based on the Latest Science”, Be Brain Fit, Accessed January 12, 2016, <http://bebrainfit.com/human-brain-facts/>)

“Prescription sleeping pills don’t put you to sleep. They put your brain into a state similar to being in a coma. This essentially bypasses any restorative value of sleep.” (Deane Alban, “50 Amazing Human Brain Facts (Based on the Latest Science”, Be Brain Fit, Accessed January 12, 2016, <http://bebrainfit.com/human-brain-facts/>)

“Our attention spans are getting shorter. In 2000, the average attention span was 12 seconds. Now it’s 8 seconds. That’s shorter than the attention span of the average goldfish which is 9 seconds.” (“Attention Span Statistics”, Statistic Brain, Accessed January 12, 2016, <http://www.statisticbrain.com/attention-span-statistics/>)

“It’s often said there are 100,000 miles of blood vessels in the brain when it fact that number is closer to 400 miles. Still a substantial amount!” (MJ Cipolla, “The Arteries”, The Cerebral Circulation, Morgan & Claypool Life Sciences, 2009, <http://www.ncbi.nlm.nih.gov/books/NBK53086/>)

“If you were drinking and don’t remember what you did last night, it’s not because you forgot. While you are drunk your brain is incapable of forming memories.” (Aaron M. White, “What Happened? Alcohol, Memory Blackouts and the Brain”, National Institute on Alcohol Abuse and Alcoholism, July 2004, <http://pubs.niaaa.nih.gov/publications/arh27-2/186-196.htm>)

“One half a brain is as good as a whole one.” (Charles Choi, “Strange but True: When Half a Brain is Better than a Whole One”, Scientific American, May 24, 2007, <http://www.scientificamerican.com/article/strange-but-true-when-half-brain-better-than-whole/>)

“Think you’re in control of your life? Think again. 95% of your decisions take place in your *subconscious* mind.” (Bruce Lipton, “Epigenetics”, Bruce Lipton.com, February 7, 2012, <https://www.brucelipton.com/resource/article/epigenetics>), (Gerald Zaltman, “The Subconscious Mind of the Consumer – and How to Reach It”, Harvard Business School, January 13, 2003, <http://hbswk.hbs.edu/item/the-subconscious-mind-of-the-consumer-and-how-to-reach-it>)

“A blood-brain barrier protects your brain from foreign substances. But it doesn’t work perfectly. The nicotine in smoke rushes into the brain in a mere 7 seconds. Alcohol on the other hand takes 6 minutes.” (“21 Effective Clinical Tobacco Intervention”, Therapeutics Initiative, October 31, 1997, <http://www.ti.ubc.ca/1997/10/31/effective-clinical-tobacco-intervention/>), (“From the Glass to the Brain in Six Minutes”, Science Daily, June 26, 2009, <http://www.sciencedaily.com/releases/2009/06/090615144339.htm>)

“Although pain is processed in your brain, your brain has no pain receptors and feels no pain. This explains how brain surgery can be performed while the patient is awake with no pain or discomfort.” (Brian D. Greenwald, MD, “Can the Brain Itself Feel Pain?”, Brain Line, Accessed January 12, 2016, <http://www.brainline.org/content/2012/07/can-the-brain-itself-feel-pain.html>)

“The human brain consumes the largest portion of the total energy that is generated in the human body. To be precise, the brain consumes 20% of that energy despite the fact that it only represents only 2% of the total body weight. The energy is vital for maintaining healthy brain cells and fueling nerve impulses.” (“10 Interesting Facts About the Human Brain”, EPYK, Accessed December 17, 2015, <http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/>)

“The number of neurons present in the brain is approximately 100 billion which is about 15 times of the total human population on earth.” (“10 Interesting Facts About the Human Brain”, EPYK, Accessed December 17, 2015, <http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/>)

“The human brain is regarded as the fattest organ in the human body. About 60% of the human brain is comprised of fat which is the highest concentration of fat that is present in a single organ in a healthy human being. Furthermore, 75% of the total brain mass is comprised of water which regulates various functions in the brain.” (“10 Interesting Facts About the Human Brain”, EPYK, Accessed December 17, 2015, <http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/>)

“The neocortex is the portion of the human brain that is responsible for language and consciousness. It makes up approximately 76% of the human brain...” (“10 Interesting Facts About the Human Brain”, EPYK, Accessed December 17, 2015, <http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/>)

“During early pregnancy, neurons have shown to multiply at a rate of 250,000 neurons per minute.” (“10 Interesting Facts About the Human Brain”, EPYK, Accessed December 17, 2015, <http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/>)

“The energy consumed by the brain which is approximately 25 watts is sufficient enough to illuminate a light bulb.” (“10 Interesting Facts About the Human Brain”, EPYK, Accessed December 17, 2015, <http://www.epyk.com/37/10-interesting-facts-about-the-human-brain/>)

“Your brain uses three times the amount of oxygen that your muscles do!” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“The blood vessels in your brain can circle the earth four times.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”,

SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“There are 100,000 miles of blood vessels in the brain. That’s ... a lot.”

(Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“By the age of 7, our brains are 95 percent of their adult size.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“A newborn baby’s brain grows about three times its size in the first year.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“You have 70,000 thoughts a day.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“Many of these are the same thought repeating itself. Let’s hope most of them are good thoughts.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“A single neuron generates only a tiny amount of electricity, but all your neurons together can generate between 10 and 23 watts of power.” (Richelle Meiss, “10 Facts About Your Amazing Brain that May Surprise You”, SMOSH, October 1, 2015, <http://www.smosh.com/smosh-pit/articles/facts-about-your-amazing-brain-may-surprise-you>)

“When you were born, your brain was about the size it is now. That is one reason why babies have such large heads relative to their bodies.” (Clement Ejiofor, “Discover These Amazing Facts About Your Brain”, NAIJ, February, 2015, <https://www.naij.com/373420-discover-these-amazing-facts-about-your-brain.html>)

“According to estimates, over the course of a lifetime modern human brains will retain up to 1 quadrillion pieces of information.” (Clement Ejiofor, “Discover These Amazing Facts About Your Brain”, NAIJ, February, 2015, <https://www.naij.com/373420-discover-these-amazing-facts-about-your-brain.html>)

“Did you know that the brain has 100,000 miles [400?] (160,934 Kilometers) of blood vessels?” (Reagan M., “10 Interesting Facts About the Brain You Don’t Want to Miss”, Boggling Facts, September 21, 2015, <http://www.bogglingfacts.com/lists/science/human-body/10-interesting-facts-about-the-brain-you-dont-want-to-miss/>)

“More than 100,000 chemical reactions take place in your brain every second.” (Reagan M., “10 Interesting Facts About the Brain You Don’t Want to Miss”, Boggling Facts, September 21, 2015, <http://www.bogglingfacts.com/lists/science/human-body/10-interesting-facts-about-the-brain-you-dont-want-to-miss/>) (Clement Ejiofor, “Discover These Amazing Facts About Your Brain”, NAJJ, February, 2015, <https://www.naij.com/373420-discover-these-amazing-facts-about-your-brain.html>)

“Every time you have a thought you are creating new connections (neural pathways) in your brain.” (“Amazing Facts About Human Brain”, The Unusual Facts, September 21, 2015, <http://www.theunusualfacts.com/2012/09/amazing-facts-about-human-brain.html>)

“When you have the same thoughts or emotions automatically triggered by a certain event, this emotion or thought comes from a neural network that was wired when you experienced that event for the first time. Every time you experience a similar event, the same network is triggered and you can’t even remember where it comes from and why you feel that way.” (“Amazing Facts About Human Brain”, The Unusual Facts, September 21, 2015, <http://www.theunusualfacts.com/2012/09/amazing-facts-about-human-brain.html>)

“It is estimated that the human brain has a raw **computational power between 10 power(13) and 10 Power(16) operations per second**. It is far more that 1 million times the number of people on Earth.” (“Amazing Facts About Human Brain”, The Unusual Facts, September 21, 2015, <http://www.theunusualfacts.com/2012/09/amazing-facts-about-human-brain.html>)

“There’s another side to the fact that memories do not decay. That’s the idea that although memories may become less accessible, they can be **revived**.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, <http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php>)

“Even things that you have long been unable to recall are still there, waiting to be woken. Experiments have shown that even information that has long become inaccessible can still be revived. Indeed, it is then re-learned more quickly than new information.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts

You Should Know”, PsyBlog, October 31, 2012, <http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php>)

“This is like the fact that you never forget how to ride a bike, but it doesn’t just apply to motor skills, it also applies to memory and recall.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, <http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php>)

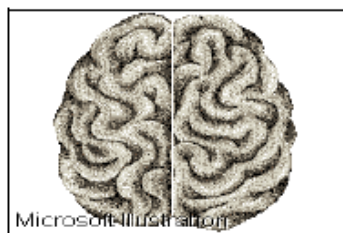
“When recall is easy, learning is low” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, <http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php>)

“We feel clever when we recall something instantly and stupid when it takes ages. But in terms of learning, we should feel the exact reverse. When something comes to mind quickly, i.e. we do no work to recall it, no learning occurs. When we have to work hard to bring it to consciousness, something cool happens: we learn.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, <http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php>)

“When people’s memories are tested, the more work they have done to construct, or re-construct, the target memory, the stronger the memory eventually becomes. This is why proper learning techniques always involve testing, because just staring at the information isn’t good enough: learning needs effortful recall.” (Dr. Jeremy Dean, “Memory and Recall: 10 Amazing Facts You Should Know”, PsyBlog, October 31, 2012, <http://www.spring.org.uk/2012/10/how-memory-works-10-things-most-people-get-wrong.php>)

“How is a pornographic image processed by the brain? The diagram and the explanation of emotional processing from Dr. Daniel Goleman's groundbreaking book, *Emotional Intelligence*, would largely identify the route taken by pornographic images within the human brain.” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York, 1997, f 5 at.19. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“What we're saying here is that an event which lasts half a second within five to ten minutes has produced a structural change that is in some ways as profound as the structural changes one sees in [brain] damage.”



(Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

Neuroscientist, Dr. Gary Lynch, University of California at Irvine, discussing the brain's processing of sensory communication. In, the award winning program series The Brain: Learning and Memory, The Annenberg/CPB Collection, WNET, 1984.)

“A visual signal first goes from the retina to the thalamus, before it is translated into the language of the brain. Most of the message then goes to the visual cortex, where it is analyzed and assessed for meaning and appropriate response; ***if that response is emotional***, a signal goes to the amygdala to activate the emotional centers.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“But a smaller portion of the original signal goes straight from the thalamus to the amygdala in a quicker transmission...[of an] emotional response before the cortical centers have fully understood what is happening.” (Daniel Goleman, Emotional Intelligence, Bantam Books, New York, 1997, f 5 at.19. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“For, ‘The child looks and recognizes before it can speak...seeing comes before words’ (John Berger (1977). *Ways of Seeing*. The British Broadcasting Corporation, London: Pelican, at 8). says famed British art historian John Berger. As noted earlier,

reading anything (left hemisphere ‘speech’) requires literacy and some understanding of the words and concepts read in order to stimulate ‘feeling’ in readers. Despite some local idiosyncratic subtleties, both children and illiterates instantly decode, ‘feel’ and experience *images* like; ice cream, steaks, beer, women, men, children, cats, dogs, people eating, drinking and (depending upon ones’ experience) images of people or animals engaging in sexual acts. No matter what the exotic foreign language is, these largely right hemisphere visual stimuli are decoded, entered into long term conscious or unconscious memory and relived later by young and old alike.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“In competition for attention, only the most ‘essential, the unusual...dangerous’ messages ‘get through to the brain regions above the brainstem’ that arrive every second from the ‘100 million messages’ carrying ‘information from the body’s senses.’ (Jack Fincher, *The Brain: Mystery of Matter and Mind*, Torstar Books, New York, 1984, at 122) Neurologist David Galin wonders which hemisphere will...gain control of the shared functions and dominate overt behavior?” (Roy Pinchot, Ed., (1984) *The Human Body: The Brain*. Torstar Books, New York, at 122-123. On point, before brainimaging technology was common, marketing researcher Jerry Mandler identifies television’s “law of strength,” in his pioneering 1977 work, *Four Arguments for the Elimination of Television*. Here, said Mandler, images move too fast to be cognitively processed and overwhelm cognition, likened to pornography’s neurochemical effects. “When you are watching TV, you are experiencing mental images...[T]hese mental images are not yours. They are someone else’s. Because the rest of your capacities have been subdued, and the rest of the world dimmed, these images are likely to have an extraordinary degree of influence. Am I saying this *is* brainwashing or hypnosis or mind-zapping or something like it? Well, there is no question but that someone is speaking into your mind and wants you to do something. First, keep watching. Second, carry the images around in your head. Third, buy something. Fourth, tune in tomorrow.” (at 169).) Neuropsychologist A.R. Luria provides the answer that reappears later as it serves as the thesis of this paper:” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“[P]rocesses of excitation taking place in the waking cortex obey a *law of strength*, according to which every strong (*or biologically significant*) stimulus evokes a strong response, while every weak stimulus evokes a weak response.” (Daniel Goleman and Richard Davidson, Ed, (1979). *Consciousness: Brain, States of Awareness, and Mysticism*. New York, Harper and Row, See Galin at 22, A.R. Luria at 10. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“The study of learning and memory revealed that: [H]umans acquire new ideas from experience and retain these ideas over time in memory...Conversion of short-term to long-term memory storage requires

spaced repetition--practice makes perfect.” (*Science*, Vol. 294, November 2, 2001, at 1031. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Vanderbilt University psychiatrist Peter Martin’s research on ‘normal subjects’ serves the arguments presented in this paper quite well. For Martin reports the brain activity experienced in sexual arousal of his normal subjects ‘looks like that accompanying drug consumption.’” (*Science*, Vol. 294, November 2, 2001, at 981.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Again, it is argued in the body of this paper that sexual arousal, however it is prompted, elicits an intoxicating cocktail of *endogenously* produced drugs that are merely mimicked by *exogenous* ‘street drugs.’. Moreover, as addressed further on, as such polydrug ‘highs’ are repeatedly practiced in viewing pornographic stimuli (seen in national television advertisements such as Victoria Secret, Calvin Klein, etc.,) millions of vulnerable ‘normal subjects’ of all ages and both genders are covertly programmed into sexual dysfunctions.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Researchers at Harvard Medical School and Massachusetts General Hospital in Boston found that the male response to a pretty woman ‘turns on’ the same reward circuitry deep in the brain, as does cocaine, chocolate or money.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Like the *Neuron* researchers, Childress and others, neuropsychiatrist, Daniel Amen in *Change Your Brain, Change Your Life*, made a similar, independent connection between the arousal state of those experiencing ‘intense love’ and persons consuming cocaine. The data suggest that intense ‘sexual arousal’ provokes more brain chaos than does ‘intense love.’ Writes Amen:” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“[T]he basal ganglia are likely involved in the pleasure control loops of the brain. One brain-imaging study...looked at where cocaine and Ritalin work in the brain. Both were taken up mostly by the basal ganglia....Dr. Volkow’s group postulated that activation of the basal ganglia by cocaine perpetuates the compulsive desire for the drug.” (Daniel G. Amen, *Change Your Brain, Change Your Life*, Times Books, New York, 1998, “*Images Into the Mind*: SPECT is a sophisticated nuclear medicine mechanism that “looks” directly at cerebral blood flow and indirectly at brain activity (or metabolism). “A radioactive isotope is bound to a substance that is readily taken up by the cells in the

brain...A supercomputer then reconstructs off line images of brain activity levels. The elegant brain snapshots that result offer us a sophisticated blood flow/metabolism brain map. With these maps, physicians have been able to identify certain patterns of brain activity that correlate with psychiatric and neurological illnesses. SPECT studies belong to a branch of medicine called nuclear medicine. SPECT studies actually show which parts of the brain are activated when we concentrate, laugh, sing, cry, visualize, or perform other functions....The 3-D active brain image compares average brain activity to the hottest 15 percent of activity. These images are helpful for picking up areas of overactivity...[versus] average activity everywhere else. 86.) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

"Intense romantic love can also have a cocaine like effect on the brain, robustly releasing dopamine in the basal ganglia. Love has real physical effects...[like] a drug high...To my amazement, [Bill-in-love's] brain looked as if he had just taken a lot of cocaine. The activity in both the right and left basal ganglia was very intense, almost to the point of resembling seizure activity." (Daniel G. Amen, *Change Your Brain, Change Your Life*, Times Books, New York, 1998, "Images Into the Mind: SPECT is a sophisticated nuclear medicine mechanism that "looks" directly at cerebral blood flow and indirectly at brain activity (or metabolism). "A radioactive isotope is bound to a substance that is readily taken up by the cells in the brain...A supercomputer then reconstructs off line images of brain activity levels. The elegant brain snapshots that result offer us a sophisticated blood flow/metabolism brain map. With these maps, physicians have been able to identify certain patterns of brain activity that correlate with psychiatric and neurological illnesses. SPECT studies belong to a branch of medicine called nuclear medicine. SPECT studies actually show which parts of the brain are activated when we concentrate, laugh, sing, cry, visualize, or perform other functions....The 3-D active brain image compares average brain activity to the hottest 15 percent of activity. These images are helpful for picking up areas of overactivity...[versus] average activity everywhere else. 14-18.) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

"Amen's conclusion is that 'Love has real effects on the brain, as powerful as addictive drugs.' If so, then what effects would ersatz love (anxiety provoking pornographically induced sexual lust) have upon the brain, mind and memory? Adds Amen, as in love:" (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

"Should pornographic psychopharmacology dominate the limbic system's responses in love, pain, pleasure and memory, such feelings would give the pornographic drug *the emotional centers, immense power to influence the functioning of the rest of the brain-including its centers for thought.*' Indeed, the '[c]onnections between the limbic system and the cerebrum [that] permit an interplay between reason and emotion' can be 'easily upset.'" (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 11-12.) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

“The limbic system can become so highly activated that it overwhelms rational thought, making a person speechless with fury or joy. Through conscious [neocortical] control, a person can resist the urge to eat or drink, fight back tears or suppress sexual desire.” (Jack Fincher, *The Brain: Mystery of Matter and Mind*, Torstar Books, New York, 1984, at 92.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Experience has taught most people what *Science* magazine recently reported, ‘too much neuronal activity can be as bad as too little.’ (*Science*, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-37.) Again, significant for the role of pornography as an endogenous polydrug, Nestler writes, ‘both learning and drug exposure resculpt synapses, initiate cascades of molecular signals that turn on genes, and *change behavior in persistent ways*.’” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“*Science* provides additional support for pornographic autoerotism as a brain change agent that activates endogenous drug production at the cellular level via *normal and abnormal environmental sexual cues*. Such cues would include but not be limited to a sexy night gown, an “oral sex” cue in a food advert, a “Raggedy Anne doll” associated with a pornographic pseudo-child sex cue or just a child riding a bicycle, a girl eating an ice cream cone, etc. The following supportive findings come from many memory researchers, including Steven Hyman, director of the National Institute of Mental Health in Bethesda, Maryland.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“These cues ‘can goad an individual to drug seeking in the absence of conscious awareness,’ says Robinson. While briefly addressing ‘sexual addictions,’ both *Science* and the brain research barely touch on our glut of daily sexual trigger sights and their associated sadosexual memories. Such triggers would document media’s role in pandemic child sexual abuse and sexual crimes in general. The proliferation of pornographic cues in adverts, films, books, magazines, television shows, Internet sites and such overwhelm any social costs from the drug, alcohol, gambling, eating or shopping addictions researchers report on in *Science*. The human and economic costs of the mass media as environmentally breeding sadosexual predators should have long elicited governmental attention and investment. As one of the few formerly state-funded pornography

researchers, this author can state that the contrary has been the case.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Sensitization, in an environment where one has learned to expect a (pornographically induced) drug “high,” “renders brain circuitry hypersensitive to drugs and drug- associated paraphernalia.” Says Robinson.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Long-term abuse can wear out these pathways, reducing the number of receptors that respond to dopamine. Some of Volkow's more chilling PET scan images show the brains of former methamphetamine users: Some have been drug free for months but their dopamine systems are still not firing on all cylinders. *Dopamine fuels motivation and pleasure, [and] it's also crucial for learning and movement.*” (*Science*, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-35. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Neuropsychiatrist, Richard Restak agrees. Writing in *The Brain Has A Mind of Its Own*, Restak is enthusiastic about scientific confirmation that ‘we can change how our brain operates.’ But, if, as Restak, Volkow, Amen, Nestler, Robinson and other researchers have shown, ‘we can literally change our brain for the better as a result of new interests and the development of new talents,’ then drug consumption and/or the regular use of pornographic or violent media stimuli will ‘literally change our brain for the worse.’ And, if such psychopharmacological stimuli, restricted in the past to the affluent and aberrant elite, are now widely accessed by young and old alike, such pornographic psychopharmacological stimuli will ‘literally change,’ worsen and brutalize the national brain.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Once the brain becomes less sensitive to dopamine, it ‘*becomes less sensitive to natural reinforcers,*’ Volkow says, such as the ‘pleasure of seeing a friend, watching a movie, the curiosity that drives exploration.’ The only stimuli still strong enough to activate the sputtering motivation circuit, she says, are [euphoric exogenous or endogenously produced] drugs. (*Science*, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 984. Emphasis added.)” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“In “Getting the Brain's Attention,” *Science* reports that dopamine appears to highlight and aid addiction to biologically significant stimuli, even when the rewards are long since past (in this case, read pornographic, autoerotic activity) rather than merely signaling pleasure as previously thought.”

(*Science*, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-37. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“[T]he neurotransmitter dopamine may contribute to addiction...Dopamine release within the brain highlights, or draws attention to, certain significant or surprising events [not just] consuming a tasty morsel of food or *engaging in sexual activity*, but also events that predict rewards, and stimuli, like loud noises and flashing lights, that are simply startling. By underscoring such events, say these researchers, the dopamine signal helps the animal learn to recognize them--*and in some cases, to repeat them.*”

(*Science*, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-37. Emphasis added.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Insti Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“This new view of dopamine as an aid to learning rather than a pleasure mediator may help explain why many addictive drugs, which unleash massive surges of the neurotransmitter in the brain, can drive continued use without producing pleasure—as when cocaine addicts continue to take hits long after the euphoric effects of the drug have worn off or when [sex and pornography] use continues long after it has become distasteful.”

(*Science*, “Getting. the Brain's Attention,” Volume 278, Number 5335, Issue of 3 Oct 1997, at 35-37. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“As director of the National Institute on Drug Abuse, Alan Leshner observes the power of an addiction over rational thought, saying, ‘it isn't the case that the crack-addicted mother does not love her children. She just loves drugs more.’ One may say similarly; it isn't the case that the pornographically addicted father does not love his children. He just loves pornography

more.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Stepping away from this special *Science* issue, Dr. Goleman reports on the work of Joseph LeDoux, a neuroscientist at the Center for Neural Science at New York University. LeDoux's following observations are applicable as well to the impact of pornographic psychopharmacology.”

(Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

"[T]he amygdala can take control over what we do even as the thinking brain, the neocortex is still coming to a decision...*when impulsive feeling overrides the rational...Fear sends urgent messages to every major part of the brain:* it triggers the secretion of the body's fight-or-flight hormones [e.g.: endogenous drugs]...centers for movement...the cardiovascular system, muscles and the gut." (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 15-16. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

"The amygdala signals the brainstem to 'fix the face in a fearful expression' speeding heart rate, raising blood pressure and slowing breathing. Any memory needed to further expand experience takes 'precedence over other strands of thought.' LeDoux has shown that sensory signals from **eye or ear**, say, pornographic images or its music, will reach the amygdala for response long before the neocortex is alerted. Goleman explains how meaningful LeDoux's findings are for understanding our current emotional environment." (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 17) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

"[LeDoux] was the first to work out neural pathways for feelings that bypass the neocortex. Those feelings that take the direct route through the amygdala include our most primitive and potent; this circuit does much to explain the power of emotion to overwhelm rationality...[LeDoux discovered]...something like a neural back alley— [that] allows the amygdala to receive some direct inputs from the senses and start a response *before* they are fully registered by the neocortex...The amygdala can have us spring to action while the slightly slower...neocortex unfolds its more refined plan for reaction...LeDoux overturned the prevailing wisdom about the pathways traveled by emotions through his research on fear." (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 18. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - "The Psychopharmacology of Pornography: A Clear & Present Danger", The Institute for Media Education, January 2000)

"Goleman's explanation of the amygdala's role would seem critical to any discussion of 'free speech' laws applicable to pictorial pornography. Again, pornographic stimuli is immediately processed by those who cannot read--children or illiterates--due to its ability to bypass the neocortex and reach the emotion/motor phase of arousal. I therefore quote extensively from

LeDoux and his discoveries. Those who feel that this bypass action is clear may wish to skip over the following page and a half. Says Goleman:” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“‘Anatomically the emotional system can act independently of the neocortex,’ LeDoux told me. ‘Some emotional reactions and emotional memories can be formed *without any conscious, cognitive participation at all.*’ The amygdala can house memories and response repertoires that *we enact without quite realizing why* we do so because the shortcut from thalamus to amygdala completely bypasses the neocortex. This bypass seems to allow the amygdala to be *a repository for emotional impressions and memories that we have never known about in full awareness.*” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 18-19. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“LeDoux additionally notes the legal issues surrounding children’s exposure to sexual stimuli, both pictorial and abusive sexual stimuli which is commonly a result of pornographic exposure in the child’s home or, of late, in public libraries or on mainstream television.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“[M]emories are stored in the amygdala as rough, wordless blueprints for emotional life. Since these earliest emotional memories are established at a time before infants have words for their experience, when these emotional memories are triggered in later life there is no matching set of articulated thoughts about the response that takes us over.” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 22.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Before leaving Le Doux, it would do the judicial system well to consider his findings, which are now fully supported by worldwide brain mapping technologies.” (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“The amygdala can react in a delirium of rage or fear before the cortex knows what is going on *because such raw emotion is triggered independent of, and prior to, thought...* The connections between the amygdala (and related limbic structures) and the neocortex are the hub of

the battles or cooperative treaties struck between head and heart, thought and feeling. This circuitry explains why emotion is so crucial to effective thought, both in making wise decisions and in simply allowing us to think clearly.” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 24. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Since our Republic stands or falls based on the quality of our self-governing polity, any continued erosion of the nation’s cerebral skills jeopardizes our survival, leaving the polity vulnerable to tyranny. James Madison warned: ‘A popular Government, without popular information, or the means of acquiring it, is but a Prologue to a Farce or a Tragedy; or perhaps both.’” (Letter from James Madison to W.T. Barry (August 4, 1832), reprinted in *The Complete Madison*, at 337 (S.Padower, ed 1953).) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“But circuits from the limbic brain to the prefrontal lobes mean that the signals of strong emotion--*anxiety, anger, and the like*--can create *neural static, sabotaging the ability of the prefrontal lobe to maintain working memory*. That is why when we are emotionally upset we say we ‘just can’t think straight’...The emotional brain, quite separate from those cortical areas tapped by IQ tests, *controls rage and compassion alike*. These emotional circuits are *sculpted by experience throughout childhood*--and we leave those experiences utterly to chance at our peril.” (Daniel Goleman, *Emotional Intelligence*, Bantam Books, New York 1995, at 27. Emphasis added.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Professor Livingston apparently does not take into account the possible long-term effect of even a millisecond of fear-inducing sexual imagery on the psychopharmacology of some vulnerable child’s short and long-term memory. Neurologist Richard Restak stresses the conflicting, even warring roles of the left and right hemispheres in learning in his book, *The Brain Has a Mind of Its Own*.”

“‘[U]nder conditions of extreme duress *the limbic system is capable of overwhelming the cerebral cortex*...where interpretation, judgment, and restraint are formulated.¹¹⁵ ...Whenever you interfere with the inhibitory influences of the cerebral hemispheres [as in the child’s processing a pornographically triggered endogenous, mood altering neurochemical “drug” high] something inevitably surfaces that suggests that there’s a

jungle down there.” (Sally Springer, Georg Deutsch, *Left Brain, Right Brain*, W.H. Freeman, San Francisco, 1981, at 132.) (Judith A. Reisman, PhD, DRAFT - “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“‘As late as the 1950s, it was assumed that communication between nerve cells in the brain occurred predominantly, if not entirely, by electrical impulses.’ But by the 1960s Carlsson and his colleagues had demonstrated chemical transmission was manifest in the central nervous system.” (Science Magazine, November 18, 2001, pp. 1021.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“[The spectrophotofluorimeter] revolutionized the measurement not only of drugs but also of several endogenous compounds of great physiological interest. [It now uses a] histochemical fluorescence method to visualize catecholamines in tissues and demonstrate their occurrence in specific neural pathways...[directly impacting] the scientific community's acceptance of the concept of chemical transmission in the central nervous system.” (Science Magazine, November 18, 2001, pp. 1022.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“The chemical school won this debate: over 99% of all synapses in the brain use chemical transmission....[Excitatory] transmission at fast synapses occurs in less than 1/1000 of a second.” (Science Magazine, November 18, 2001, pp. 1024-5.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

“Desensitization. Just as in any chemical dependency, the amount of pornography the addict previously used is not enough to stimulate these brain chemicals. Dopamine loves novelty. When the reward wears off, the dopamine release declines, therefore pleasure declines, the libido declines, and may cause erectile dysfunction in males. Less gratification leads to the desire for greater amounts of hardcore porn. A vicious cycle reigns. Addicts need to intensify reaching the pleasure points in their brains again, only on a more advanced level.” (Susan Knight, *The Five Stages of Pornography Addiction*, News OK, April 6, 2016, <http://newsok.com/article/5407775>)

“Escalation. The addict desires greater pleasure, expanded novelty, so he or she ups the dose. They pursue pernicious, indecent images from the Internet. Porn has become their drug of choice, and self-medication rises to new levels. Licentious sexual images, urges and fantasies dominate the

thoughts. This over-stimulation interferes with the normal balance of the addict's brain chemicals. They now crave extreme novelty. Most viewing is done in secret.” (Susan Knight, “The Five Stages of Pornography Addiction”, News OK, April 6, 2016, <http://newsok.com/article/5407775>)

“‘Constant novelty, at the click of a mouse, can cause addiction,’ said Gary Wilson of TEDx, in ‘The Great Porn Experiment.’ Dopamine rewards you for seeking the visual pleasures porn presents. It makes you feel good. The brain chemicals motivate some to repeat this behavior. You keep coming back. You can’t stop. You’re hooked. Because of this chemical release — and the consequences of behavior — pornography addiction is considered to be a form of chemical brain damage. People become dependent on pornography for physical and emotional satisfaction.” (Susan Knight, “The Five Stages of Pornography Addiction”, NewsOK, March 31, 2015, <http://newsok.com/the-five-stages-of-pornography-addiction/article/5407775/?page=2>)

“She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed.” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

“WHY SHOULDN’T JOHNNY WATCH PORN IF HE LIKES IT?”

“What is it about the adolescent brain that makes this guy's experience not unusual? Answer: During adolescence a temporary neurological imbalance develops. The ‘sex, drugs and rock & roll’ part of the brain is in overdrive. The ‘let's give this some thought’ part is still under construction, and won't reach maturity until adulthood.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“There’s a kicker though. The capacity of our teen to wire up new sexual associations mushrooms around 11 or 12 when billions of new neural connections (synapses) create endless possibilities. However, by adulthood his brain must prune his neural circuitry to leave him with a manageable assortment of choices. By his twenties, he may not exactly be stuck with the sexual proclivities he falls into during adolescence, but they

can be like deep ruts in his brain – not easy to ignore or reconfigure.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“The capacity of our teen to wire up new sexual associations mushrooms around 11 or 12 when billions of new neural connections (synapses) create endless possibilities.” (Gary Wilson, “Why Shouldn’t Johnny Watch Porn If He Likes It,” Your Brain on Porn, February 18, 2015, www.yourgrainonporn.com/book/export/html/664)

“Teen brains differ from adult brains”

“When we dug into the brain research on adolescents, we were astonished at how malleable teen brains are. Radical changes in the sexual environment hit them hardest. Here are four vulnerabilities unique to teen brains:” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

1. “Much stronger “Go get it!” signals”

“The reward circuitry is the core of all drives (including libido), emotions, likes, dislikes, motivation...and addiction. In adolescence, sex hormones propel this ancient circuitry into a window of hyperactivity, which subsides by the early twenties. As journalist David Dobbs explains.

“We all like new and exciting things, but we never value them more highly than we do during adolescence. Here we hit a high in what behavioral scientists call sensation seeking: the hunt for the neural buzz, the jolt of the unusual or unexpected. ... This love of the thrill peaks at around age 15.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“The brain’s sensitivity to dopamine, the ‘Gotta get it!’ neurochemical crests, which spurs novelty-seeking, overrides executive control, and helps consolidate learning and habits.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“In fact, teen brains respond to anything perceived as exciting with *twice to four times* the reward-circuitry activation of adults thanks to their extra dopamine sensitivity and bigger spikes of dopamine. Both novelty and

searching/seekingspike dopamine in *all* human brains, but cyber erotica's endless possibilities prove an irresistible lure for many teens."

The first time I looked at those hot pictures the feeling seemed to be out of this world, just ineffable. Suddenly I knew there was something worth living for, everything else was just boring, everyday life. I fled to this artificial drug: porn and masturbation. It was not unusual to watch porn for hours a day. (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

Reward Circuitry Research	
Unique Adolescent Features	Notes
Enhanced sensitivity to cues and rewards	Especially if reward is unexpected, or violates expectations
Enhanced novelty seeking	Novelty is its own reward, as each new experience stimulates dopamine
Peak of baseline dopamine	Amplifies rewards
Peak of dopamine receptor density, enhancing rewards	Dopamine receptors decline almost 50% by early twenties
Cannabinoid (CB1) receptors peak during adolescence, enhancing rewards	Significant decline in CB1 receptors by adulthood
Less aversion to overconsumption of drugs and natural rewards	Can consume more with fewer negative consequences
Sex hormones enhance reward circuitry dopamine	Dopamine is central to libido and memory formation

"'Ineffable?' Yes. Teens are more likely to register sexual arousal, and other highs, as transcendental, memorable experiences. *That* is why you can still recall the shimmering details of that first centerfold. But there's more evidence of hypersensitivity to thrills."

(Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project,

October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

"Alas, their heightened sensitivity to reward automatically renders teens more susceptible to addiction than if they encountered the same thrills later in life. (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)"

2. "Decreased sensitivity to aversion"

"Having spent Friday night playing 'World of Warcraft' until 4AM, while washing down eight slices of pizza and a bag of Dorritos with a six-pack of Mountain Dew, our hero is ready to do it all again come Saturday night. Research shows that teens are less deterred by symptoms of excess. Aversion is a reward-circuitry function, and teens can handle more wattage before their circuits overload." (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

"Ever wonder why Slasher + Teens (sex)² = Summer Box-Office Hit? It all comes down to the marvels of the brain. No wonder porn images that adults find shocking, 'eeeew,' or violent, register as abnormally exciting to

teens. Also keep in mind that teens are less able to take other people's feelings into account (even bad actors)." (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

"When I was 14/15 I encountered [transsexual] porn while surfing the Internet. I still remember the graphic nature of the advert. Something just snapped in my pubescent brain. All the straight and lesbian porn I had watched for several years seemed ordinary. My heart started racing. My head was thumping, and the fear of getting caught...not just watching porn, but watching what some could consider not exactly 100% straight porn...made it all the more memorable. I remember crying after I finished. I didn't know what came over me. I was so terrified I wanted to curl up into a ball in my bedroom. But I didn't stop watching it. I was still attracted to girls, but with the [transexual] porn, I could orgasm quicker." (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

3. "Weaker 'Stop!' signals"

"The sex hormones that initiate teen sensitivity to thrills unfortunately do nothing to speed up development of their brain's self-control center. A teen brain is like a new car with a Ferrari engine and Ford Pinto brakes." (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

"At puberty, an extremely reactive 'accelerator' comes online: the brain's emotion-motivation mechanism, or reward circuitry, located below the rational cortex. It overpowers the 'brakes,' the brain's 'CEO' or prefrontal cortex in the forehead, which won't fully mature *for a decade*. The latter assesses risk, thinks ahead, chooses priorities, allocates attention and controls impulses." (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

"Meanwhile, teens often base their choices on their emotional impulses as opposed to reasoning or planning. Later, as the prefrontal cortex matures, there will be fewer 'I can't believe he did that' moments. Teens make sounder judgments and modulate mood, plan and remember more effectively." (Gary Wilson and Marnia Robinson, "Why Shouldn't Johnny Watch Porn If He Likes", Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“In the meantime, teens have trouble perceiving the consequences of ‘going for it.’ Again, this is no accident. Daredevil tendencies during adolescence serve species that must take risks then to strike out on their own or find mates. In the case of adolescent humans, evolution has simply not had time to adapt to the hazards of recreational drugs, fast cars, or excessive consumption of junk food, online gaming or Internet porn. That’s why we have the Darwin Awards.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

4. “Extreme neuronal growth followed by pruning”

“Human brains go through two stages of dramatic neuronal growth: one in utero and throughout the first several months of life, the other between the ages of 10 and 13—just when most boys (and now, many girls) begin to look at Internet porn. Ideally, during this critical developmental period, we humans are exposed to age-appropriate sexual behavior. We learn how to flirt and connect with potential partners.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“This second burst of neuronal activity entails first multiplication and then *subtraction* of neural connections. No wonder mood swings are a hallmark of adolescence! Together, genes and environment sculpt the clay of a teen’s frontal cortex. As use-it-or-lose-it proceeds, the brain reorganizes and fine-tunes itself.”

The cortex prunes away little used circuits, while strengthening well-worn neural pathways. Nerve cell axons in favored pathways become better insulated with myelin, increasing the speed of nerve impulses. Little branches that receive messages (called dendrites) grow like vines to better hear the incoming signal. The connections between axons and dendrite (synapses) multiply on strong circuits and vanish on weaker ones. In the end you have memories, skills, habits, preferences and ways of coping that stand the test of time. (*ibid.*, Dobbs, emphasis added) (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“In less glowing terms, we restrict our options—without realizing how critical our choices were during our final, pubescent, neuronal growth spurt.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project,

October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

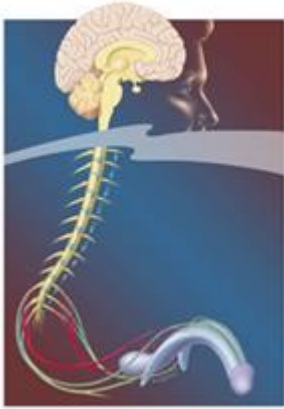
“If a teen is doing music or sports or academics, those are the cells and connections that will be hardwired. If they're lying on the couch or playing video games or MTV [or Internet porn], those are the cells and connections that are going to survive.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“This is one reason why polls asking teens how Internet porn use is affecting them are unlikely to reveal the extent of porn's effects. Kids who have never masturbated without porn have no idea how it is affecting them. (It's like asking them, ‘How has being male affected you?’) They have nothing to compare with. Keep in mind that older porn users often do not connect their porn-related symptoms with heavy porn use—even when they develop porn-induced sexual dysfunction (PISD). Porn always seems like the ‘cure,’ because even if they can't get it up for sex, they can usually get it up if they watch enough extreme porn. Can we expect teens to figure it out?” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“Same problem with asking them about porn's effects on mood. Users always ‘feel better’ when using, even if the more they use, the worse they feel overall. So why would porn be seen as the problem? Moreover, when users try to quit, they sometimes face weeks of severe withdrawal symptoms, so controlling use can be mistaken for the problem instead of the solution.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“Fact is, most heavy users who are going to hit a wall from excess, don't do so until their twenties—just about the time their reward circuitry has curtailed its hypersensitivity. For example, by adulthood, dopamine receptors in the reward circuitry gradually decrease by a third or a half. Now, thrills aren't as thrilling, and the consequences of excess are more disconcerting. Once nature's foot is off the reward accelerator, it's time for a hunter-gatherer to settle down and raise some youngins.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“



“No birds or bees, just pixels please”

“Meanwhile, the adolescent brain is ripe for a perfect storm as the genetically driven hunt for novelty and the unexpected collides with the endless erotica of the Internet. Hypnotic Web-surfing—requiring no effort but scrolling and fapping—replaces leaving one's tribe to search the savanna for fertile mates.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“When I was 18, I had sex for the first time. When she said she was ‘down all the way’, I ran to the nearest store to pick up condoms like I had the Reaper chasing me. After the deed, my thoughts were, ‘Hmm...it didn't feel that much different from masturbation, and it required a hell of a lot more work! Meh, I'll stick to porn and not bother with a girlfriend.’” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“Another guy responded,”

“My thoughts EXACTLY. Just back pain, muscle strain, breathlessness, sweatiness and performance anxiety. MUCH less stress to just crack one off, plus you got your own 'Iron Fist' that gets you off better than that real vagina. Not only that, you always get a 'good visual' with a 'porn girlfriend.' You can see all those beautiful body contours in perfect lighting, breasts n' butts n' thighs look glorious, and *always* visible. In real life that's rarely the case. The first time I did it, I didn't truly enjoy it (even though we both came a lot). My first time should've felt like a TRIUMPH, given how 'successful' it was, but it felt artificial. It was then I KNEW there was perhaps something a tad wrong. The sex in my *mind* always seemed sexy and enjoyable. The *real* sex I had was primarily industrial and unexciting. Not good.” (Gary Wilson and Marnia Robinson, “Why Shouldn't Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“Today's teens sometimes wire their arousal to Internet porn's unnaturally intense, synthetic stimuli for as long as a decade before they try to connect with real partners. The situation is even more precarious if a teen's

innocent pursuit of jollies has led to more fundamental brain changes, i.e., addiction. Again, teens are *more* susceptible to addiction than adults, due to their hyperactive reward circuitry and immature executive control.”

(Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“Internet porn’s unnaturally intense, synthetic stimuli for as long as a decade before they try to connect with real partners. The situation is even more precarious if a teen’s innocent pursuit of jollies has led to more fundamental brain changes, i.e., addiction. Again, teens are more susceptible to addiction than adults, due to their hyperactive reward circuitry and immature executive control.” (Gary Wilson and Marnia Robinson, “Why Shouldn’t Johnny Watch Porn If He Likes”, Good Men Project, October 5, 2011, <http://goodmenproject.com/families/boys/why-shouldnt-johnny-watch-porn-if-he-wants-to/>)

“Long term potentiation (LTP) is the basis of learning and memory. It can be summarized as ‘nerve cells that fire together, wire together.’ Memories arise in two steps. First, your reward circuitry signals that an experience is important by sending dopamine to your prefrontal cortex (PFC). The more dopamine the more importance your brain attaches to an experience.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“Second, the PFC responds to your ‘This is important!’ signal by (1) knitting together everything associated with the reward, and (2) forming a neural feedback loop heading back to the reward circuitry. Thereafter, any thought, memory, or cue associated with a particular reward activates the pathway, and sets your reward circuitry a buzzin’. It could be smells associated with your favorite burger joint. For a tomcat it could be the hole in the fence that led to a female in heat. For a bird it might be seeing the guy who fills the birdfeeder. It’s evolutionary purpose is to help you remember the who, what, where, when and how of sex, food and rock ‘n’ roll.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

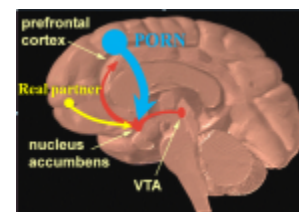
“Importantly, the feedback loop doesn’t run on dopamine. It runs on *glutamate*. Both neurochemicals have the power to activate ‘Go get it!’ signals in your reward circuitry. Glutamate stimulation is why porn can still ring your chimes even when your reward circuitry has stopped responding to dopamine and real partners. Reward circuit (*dopamine*) → PFC

(associations formed) → feedback loop (*glutamate*) to reward circuit.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“Sensitization: creation of a super-memory” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“So far, the process is business as usual. Sensitization, however, transforms this normal PFC → glutamate feedback pathway to the reward circuitry into a super-memory in three steps:” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

1. “With sensitization, explicit memories (such as facts and events) transform into habits, which are known as *implicit* memories. Example: knowing how to ride a bike without thinking. Addiction-related implicit memories are like Pavlovian conditioning on steroids—very hard to ignore. When a recently sober alcoholic walks by a bar, all the sounds of laughter and smell of stale beer can whip this sensitized circuit into a frenzy, setting off strong cravings...and possibly eliminating all resolve.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
2. “LTP strengthens the feedback pathway such that a little squirt of glutamate is all you need to fire up the nerve cells that signal, ‘Gotta have *this* now!’ Sensitized pathways are a non-dopamine mechanism for activating reward-circuitry neurons—come hell or high water. This sneaky feature seems to be at the core of all addictions. Traffic jam on the main dopamine highway keeping you from feeling pleasure from real sex? No problem. You have another way to get home, but it's only allowing one type of vehicle (stimulation): PORN.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
3. “Continued use of your addiction activates a *third* mechanism in the sensitization process: long term depression (LTD). The reward circuitry's innate braking system (GABA) weakens, further amplifying the ‘Go for it!’ glutamate signals. Instead of normal brain operation, which is more like city driving where you check for oncoming traffic at every



intersection, your sensitized porn pathway is the *autobahn*. There are no traffic lights and porn is the only BMW M-5 on the road.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“The autopilot thing is definitely familiar to me. It's like being possessed by a porn-crazed demon, and then once you're finished, your real self returns and wonders what the hell just happened and why you just wasted all this time looking at disgusting videos.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“Sensitized pathways and withdrawal...ugh”

“Let's say you decide to make the ultimate sacrifice and stop using porn. You'll probably feel rotten for a while. Remember, your brain initially perceived your heavy porn use as a genetic bonanza. It thought you were making babies with each ejaculation. It laid down the super-memories so you *wouldn't* abandon your ‘valuable’ bevy of beauties (or whatever you were climaxing to).” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“Now, as you defy your brain by abstaining, your already low dopamine drops further. Also, libido-squelching brain stress hormones CRF and norepinephrine shoot up. Your desensitization is in overdrive, so a real partner doesn't stand a chance. No wonder most guys experience such intense withdrawal symptoms. They're feeling *less* pleasure than ever in response to normal stimuli, feeling *more* anxious, *and* trying to quit the one thing that can still goose their reward circuitry. There are solid reasons why addictions are so tough to beat.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“I'm finding that just random pictures in ads and stuff are setting off cravings. Even when the models are fully clothed, I really want to give in.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“During recovery, it's easy to mistake an activated sensitized pathway for true libido. This is particularly true if you experience the typical radical drop in libido at some point in your recovery. During this ‘flatline’ phase, a porn cue may still fire you up, and even trigger an impressive erection. This can

fool you into thinking that porn is the *cure* for your sluggish libido. The real cure is to patiently wait for structures in your brain to catch up with your new direction. Meanwhile, all other stimuli, including your partner, are less arousing.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“Two months into my recovery I saw a simple frame of bare ass on an adult movie channel. Honest to god, it felt like I got injected with some kind of drug. I had the biggest urge in my penis and my mind, to put it back on. I literally ran upstairs and brushed my teeth. Had I stayed downstairs, I would have relapsed 100%. I could feel a part of me going, ‘WHAT THE HELL MAN? GO BACK DOWNSTAIRS!!!!!!!’. I was shaking and panting. After 8 min of brushing my teeth non-stop, I was back to normal.” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“DOES PORN IMPACT THE BRAIN”

“MRI scans of the brain show similarities between the brains of heavy porn users and drug addicts or alcoholics.” (Matt Fradd, “Does Porn Impact the Brain”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

“Our brains are wired to be drawn to things that provide natural rewards: things like food or sex. Porn mimics what our brains want to see, triggering surge after surge of dopamine, overriding our natural satiation mechanisms, and causing a buildup of the protein Delta-FosB in the brain’s reward circuit.” (Matt Fradd, “Does Porn Impact the Brain”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

“This numbs a person’s response to other pleasures (desensitization) makes someone hyper-reactive to porn (sensitization), and leads to an erosion of willpower (hypofrontality) (Matt Fradd, “Does Porn Impact the Brain”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

“Dr. Norman Doidge, author of *The Brain That Changes Itself*, explains in his book that porn is more exciting than satisfying because we have two separate pleasure systems in our brains: one for exciting pleasure and

another for satisfying pleasure.” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, <http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/>)

“The exciting system, fueled by dopamine and anticipation, is all about *appetite*, such as imagining your favorite meal or a sexual episode.” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, <http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/>)

“The satisfying system involves actually having the meal or having sex, which provides a calming, fulfilling *pleasure*. This system releases opiate-like endorphins that provide feelings of peace and euphoria.” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, <http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/>)

“Pornography, Doidge writes, hyperactivates the appetite system. But the satisfying system is left starving for the real thing, which includes actual touching, kissing, caressing, and a connection not only with the body but also the mind and soul. The satisfying system releases oxytocin and endorphins, and bellows, in the words of Marvin Gaye, ‘Ain’t nothing like the real thing, Baby.’” (Sam Black, “Porn Can’t Give No Satisfaction”, Covenant Eyes, April 26, 2013, <http://www.covenanteyes.com/2013/04/26/porn-no-satisfaction/>)

“According to a new German study published in the *Journal of the American Medical Association Psychiatry*, there is a significant correlation between higher consumption of porn and a lower amount of grey matter in your brain.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“It isn’t clear from the study if one phenomenon causes the other. Are those born with smaller brains more drawn to porn? Does porn cause the shrinkage? Are both caused by some yet unknown issue? While neuroscientists are unsure, others are connecting the dots from what they know to be true about the brain: any repetitive activity, especially ones that are highly stimulating, cause brain changes.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“Researchers found that the forebrain structure called the striatum was smaller among participants who consumed more. This region of the brain is associated with motivating behavior through rewards.” (Luke Gilkerson, “Porn Users

Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“Study co-author Simone Kühn says, ‘Since the striatum is part of the brain network that is known to respond to sexual cues, one can assume that this reflects a blunting of the reaction to erotic stimuli.’ In other words, heavy porn users are more likely to be desensitized to real-life sex.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“Also, the study showed that the connection between the striatum and prefrontal cortex worsened as more porn was consumed.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“The prefrontal cortex is the region of the brain associated with decision making and willpower. This means that heavy porn users are also more likely to have a compulsive relationship with porn.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“The good news is that the brain is a plastic organ—that is, it changes over time. How can a man or woman strengthen these shrunken and malformed regions of the brain? Through the development of good, healthy habits.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“In *The Porn Circuit*, Sam Black writes that our new habits that replace porn should be naturally rewarding: an entertaining and engaging hobby, physical exercise, meditation. Yes, one still needs to rid his or her life of the potentially tempting sources of porn, but ultimately this old habit must be replaced with new ones.” (Luke Gilkerson, “Porn Users Have Smaller Brains”, Covenant Eyes, June 23, 2014, <http://www.covenanteyes.com/2014/06/23/porn-users-smaller-brains/>)

“IS PORN ADDICTIVE? YES. HERE’S HOW”

“The American Society of Addiction Medicine (ASAM) says that addiction is a chronic disease of the brain.” (Matt Fradd, “Is Porn Addictive, Yes, Here’s How”, Covenant Eyes, March 6, 2015, <http://www.covenanteyes.com/2015/03/06/porn-addictive-yes-heres/>)

“Neurosurgeon Dr. Donald Hilton says this idea that porn can’t be addictive is hopelessly out of touch with what we now know through modern

neuroscience.” (Matt Fradd, “Is Porn Addictive, Yes, Here’s How”, Covenant Eyes, March 6, 2015, <http://www.covenanteyes.com/2015/03/06/porn-addictive-yes-heres/>)

“Here’s the evidence:”

1. “Hook someone up to a brain scanner who is verifiably addicted to cocaine or meth: the brain scan will show a loss of volume in their brain, especially in the frontal lobes of the brain. When you have shrinkage in this area of the brain, people experience uncontrollable cravings. When their impulses kick in, this area of the brain that is meant to throw on the breaks and control the impulse is so weak, the person’s body begins gearing up and they experience that ‘gotta have it’ feeling. A few recent studies now show the same phenomenon in the brain when it comes to someone who is a sex or porn addict.” (Matt Fradd, “Is Porn Addictive, Yes, Here’s How”, Covenant Eyes, March 6, 2015, <http://www.covenanteyes.com/2015/03/06/porn-addictive-yes-heres/>)
2. “Over the last several years there have been dozens of studies showing how overuse of the Internet in particular can lead to addictive behavior, whether it be centered around gaming or gambling or porn. These are all behavioral addictions where the behavior has become so hardwired in the brain that the person has similar sensations as someone addicted to a drug. Both drugs, like meth or alcohol, and behaviors, like porn, are tapping the same neurocircuits.” (Matt Fradd, “Is Porn Addictive, Yes, Here’s How”, Covenant Eyes, March 6, 2015, <http://www.covenanteyes.com/2015/03/06/porn-addictive-yes-heres/>)

“Almost monthly, new research confirms that food addiction can cause brain changes that mimic those found in drug addiction. Food and sex are known as ‘natural reinforcers.’ That is, they aren’t drugs, but our brains light up for them so we reach for more without thinking.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Still, the concept that ‘food can cause obesity because it is like a drug’ is perplexing. After all, our rather buff ancestors ate a lot, and quite evidently were enthusiastic about sex. Yet becoming dangerously hooked didn’t seem to be much of a risk. Didn’t *their* brains light up for food and sex? Yes, of course. The difference is that they weren’t surrounded by *superstimulating, synthetic versions of food and sex*. We are, and it is a

relatively recent hazard.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Think about it. How many of your ancestors had easy access to tasty munchies that were ready-to-eat, available cheaply in endless variety, and carefully laced with fat, sugar and salt to keep them coming back for more? How many had computers on which they could click to an unending stream of hyper-stimulating erotic videos, featuring real, novel mates, writhing with desire (perceived by a primitive part of the brain as genetic opportunities)—and, when appetite flagged, a cornucopia of ever kinkier videos?” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Pornography? It's a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora's box of visuals. There have probably been days when I saw 300 vaginas before I got out of bed.—*John Mayer, musician*” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“The extreme stimulation of today's enticements can hijack our brains. There's no way John Mayer would view the *same* vagina 300 times before rising if, say, he only had a porn magazine, or even a woman. Constant novelty-plus-erotica is riveting. His brain releases more dopamine with each new image, even as it shuts down key nerve cell receptors (to drive him to binge). He is tricked into valuing his pussy panorama even above 3-D stimuli.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“PLAYBOY: You'd rather jerk off to an ex-girlfriend than meet someone new? MAYER: Yeah.... Internet pornography has absolutely changed my generation's expectations. How could you be constantly synthesizing an orgasm based on dozens of shots? You're looking for the one ... out of 100 you swear is going to be the one you finish to, and you still don't finish. Twenty seconds ago you thought that photo was the hottest thing you ever saw, but you throw it back and continue your shot hunt and continue to make yourself late for work. How does that not affect the psychology of having a relationship with somebody? It's got to.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“This is how food and sex, which throughout evolution have generally *contributed* to our well-being and led naturally to warm feelings of

satiety, morph into drug-like and addictive superstimuli that don't. When we plunge in, we fall for enticements that are not especially valuable, and sometimes risky. Not only can they steal our attention from soothing connections with real people (and nutritional food), they can actually hook US.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Who's at risk for addiction to natural reinforcers?”

“Most addiction research focuses on substance abuse, not addiction to natural reinforcers. It reveals that only a minority of us (‘novelty-seekers’ and ‘impulsives’) are genetically susceptible to substance abuse, due to low dopamine receptors in different regions of the brain's reward circuitry. (Dopamine is the ‘Gotta get it!’ neurochemical, and the reward circuitry is the brain pathway that drives all appetites and motivation.)” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“So, are the rest of us safe from addiction? When it comes to substance abuse, perhaps yes. Yet when it comes to unrestricted access to superstimulating natural reinforcers, the answer may be no, although certainly not everyone gets hooked. The reason hyper-stimulating versions of food and sex can hook us—even if we're not otherwise susceptible to addiction—is that our reward circuitry *evolved to drive us toward food and sex, not drugs.*” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Take food. If you binge on hyper-stimulating foods (say, concentrated fat and refined sugar) it can cause changes that resemble the brain changes seen in substance abusers. This happens in rats, too, and not just in the novelty-seeking, impulsive minority. *Nearly all* the animals that were offered unrestricted access to goodies like bacon, sausage, cheesecake, pound cake, Ding Dongs and frosting couldn't stop bingeing and became obese.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Almost immediately, dopamine receptors dropped in their brains, which drove the rats to binge, and ensured they would later experience less stimulation from normal chow. Other changes, such as a numbed pleasure response, worsened over time. *Two weeks* after scientists returned them to rat chow, the rats' brains still hadn't recovered. In fact, when confronted with a diet of normal chow, they chose to starve for a time rather than eat

it.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“It makes sense for mammals to have a built-in mechanism that can override feelings of satiety. They must ‘get it while the getting is good’: storing calories when fruit is ripe, gorging before hibernation, swallowing a kill before the competition shows up, and so forth.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

"Not found in nature"

“The binge-to-obesity phenomenon, however, doesn't show up unless mammals, including humans, shift to diets that don't exist in nature: unrestricted starches and sugars.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Although obesity has been increasing among all Americans in recent decades, it has skyrocketed on Indian reservations since the 1960's. The [starchy] commodity and fast food diet is the opposite of what Indians ate until recent generations: ... [In contrast,] high protein and saturated fat food [bison, elk, antelope, deer, with some berries, nuts and roots] seemed to serve the tribe well.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Native Americans aren't the only ones bulging, however. Nearly two-thirds of most Westerners are overweight, and 30+ percent of Americans obese. This is especially telling because, unlike rats, we care about our waistlines, which keeps some of us in check even in the face of severe temptation.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“The regions of the brain that change in response to superstimulating food also govern sexual appetite. So, are today's sexual superstimuli, like today's junk food, causing drug-like changes in the brain's reward circuitry? They certainly constitute a sexual diet not found in nature.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“**Update:** since this article was written, Brain Scan Studies on Porn Users, have found evidence of desensitization, escalations of use, and less arousal to normal sexual stimuli, along with sensitization and changes in

the frontal cortex. As we explained, the symptoms heavy porn users complain of could logically be explained by the same brain changes observed in rats with unrestricted access to super-goodies. (Incidentally, rats and humans are distant relatives, and share the same primitive brain mechanisms for appetite and addiction.)” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Just as rats binge on exciting food, porn users often binge on porn. Many users report that they are unable to stop or control their viewing, not unlike Sooty the guinea pig, who ‘got it while the getting was good’ when he broke into a cage full of females.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Users also frequently notice numbed sensitivity to pleasure (probably from lower dopamine receptors), which shows up as skyrocketing libido, that is, a need for more frequent stimulation (more dopamine) to self-medicate restlessness or anxiety. Often they require more extreme material to achieve climax, develop erectile dysfunction, or discover that sex with a willing partner doesn't satisfy them (leading back to supplemental, or perhaps exclusive) porn use.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Heavy users also sometimes report obsessive-compulsive behaviors, depression, severe stress at the thought of socializing, and concentration problems. And users who try to stop viewing porn report lingering withdrawal symptoms such as shaking, insomnia, mood swings, splitting headaches, anxiety, depression, lethargy, foggy thinking, stomach pains, disturbing dreams, flu-like symptoms, and a strong desire to strangle someone. These symptoms suggest that their brains are indeed struggling with brain changes common to addiction. Porn recovery sites are springing up all over the Web.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Here's the key point: Most people don't abuse substances because they haven't tried them, don't get much of a buzz, or find the effects aversive. But *who doesn't like sweets or sexual arousal?* And who doesn't like an especially tempting treat or hyper-arousing visual—especially if his brain's pleasure response is numb from over-stimulation? Our brains are more vulnerable than we currently believe.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of

"When does a stimulus put us at risk for slipping into excess?"

"Danger lurks when something:"

- "registers as an especially 'valuable' version of a thing that our ancestors (and we) evolved to find irresistible,"
- "is available conveniently in limitless supply (not found in nature),"
- "comes in lots of varieties (novelty),"
- "we binge without realizing it is triggering brain changes."

("Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine", Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

"As we've seen, junk food fits this model. So does free Internet porn. Yet porn poses unique risks. Food sets limits on consumption: stomach capacity and the natural aversion that kicks when we can't face one more bite of something. But there are *no* physical limits on Internet porn consumption, other than the need for sleep and bathroom breaks. One can 'edge' to porn for hours without climaxing and without satiety or aversion kicking in...hours of supranormal neurochemical stimulation of the appetite mechanisms of the brain. Each click to a novel video 'violates our expectations' with something new and exciting, releasing more and more dopamine into the brain." ("Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine", Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

"Intense arousal produces a more exciting buzz of neurochemicals than cheesecake—one that is therefore more reinforcing. That is, the brain more thoroughly wires together all associated cues, making repetition of the experience in the future more automatic. Moreover, heavy porn use sometimes discourages the user's pursuit of friendly interaction with others, which would help regulate the brain naturally. Also absent are factors that once protected our ancestors against over-stimulation. There are no jealous mates, wise elders, or social taboos, and often no sexual partners with their own ideas. Porn use seems risk-free because it's private and **virtual**." ("Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine", Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

"Alas, not only are most of us unaware that today's hyper-stimulating sexual goodies can put our brains at risk for the changes associated with addiction, we're also up against a powerful meme in today's culture. It

proclaims that, ‘Any kind of orgasm-promoting behavior is inherently so healthy that we must vigorously deny the growing evidence of the risks inherent in unlimited access to today’s sexual superstimuli.’” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“Is this sound thinking? If our brains have evolved to drive us toward food and sex, shouldn’t we be a bit more cautious about inundating ourselves with hyper-stimulating versions of them? Already, ‘about 17% of individuals who view porn on the Internet meet criteria for sexual compulsivity. That translates to a lot of people, given that about 12% of all the Internet traffic is porn and nearly 90% of the young male population (about 30% of the young female population) view pornography,’ says Professor Steven C. Hayes.” (“Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, Accessed March 9, 2016, <http://www.yourbrainonporn.com/book/export/html/37>)

“What are the Common Symptoms of any Addiction?”

- “Denial - I can’t see it – ‘It’s not a problem.’”
- “Control - I can’t control my actions and functioning - ‘it’ controls me.”
- “Time is irrelevant; I lose a sense of limit, sense of who I am, others, place”
- “Relationships are changed, damaged, neglected, and hurt”
- “Attempts to limit the behavior often fail”
- “Need more to get the same effect - tolerance”
- “Neglect of the normal day to day activities”

(“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“The study, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” was published in the journal *JAMA*

Psychiatry.” (Jim Liebelt, “Porn Viewing Linked to Less Brain Grey matter”, Home Word, June 3, 2014, https://homeword.com/2014/06/03/porn-viewing-linked-to-less-brain-grey-matter/#.VcJnB_IVhBc)

“Participants in the study watched four hours of pornography per week. The researchers scanned the men’s brains using magnetic resonance imaging (MRI) technology while showing them sexually explicit images from

websites, along with non-sexual images. When showed the sexually explicit images, the men's MRIs revealed diminished function in the part of the brain responsible for motivation, suggesting a smaller amount of grey matter volume." (Jim Liebelt, "Porn Viewing Linked to Less Brain Grey matter", Home Word, June 3, 2014, https://homeword.com/2014/06/03/porn-viewing-linked-to-less-brain-grey-matter/#.VcJnB_IVhBc)

"...cingulate cortex, the region that is responsible for moral and ethical decision making...repeatedly watching porn dulls one's conscience and critical thinking skills." (Luke Gilkerson, "2 Big Ways Porn Affects Those Who Watch It", Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

"Sex addiction requires real people; porn addiction requires a screen" (Gary Wilson, "Porn Addiction is not Sex Addiction – and Why it Matters", Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

"Grouping 'Internet porn addiction' and 'sex addiction' under the Sex Addiction Umbrella makes the former less visible because classic sex addiction is so rare. As a consequence, healthcare providers tend to misdiagnose those with porn addiction symptoms, which in turn leads to ineffective treatment. For example, young, otherwise healthy porn addicts with erectile dysfunction are given drugs instead of advice to lay off the porn. Others are treated for depression, procrastination or concentration problems instead of the addiction that may lie at the root of their

symptoms." (Gary Wilson, "Porn Addiction is not Sex Addiction – and Why it Matters", Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

"The differences between porn addiction and sex addiction are considerable, as reflected in these self-reports:"

1. "Sex addict (age 35): I was feeling tired and low from the previous night's looking for anonymous sex. So I get back online. A woman is looking to hook up anonymously. She tells me to come over, so I grab some condoms. On my way, she texts me and tells me to pick up a pizza. WTF? This is weird, but the prospect of anonymous and novel sex is just too much at this point. However, fearing I might get robbed, I tell her that I would like to meet her first. The door opens up and it's very dark inside except for the light of a computer screen. I can't really see

her, but I walk in anyways. She says, 'Look at what I am wearing. Sexy isn't it?' But in a deep voice...it's a dude! And She says, 'This is okay isn't it?' I'm thinking that I should just buy her a pizza out of kindness and get the fuck out of there. Then I hear someone moving in the back bedroom. I get super scared and bolt home, somewhat happy to not be dealing with any more drama and to have some money left. I just use porn and go to sleep." (Gary Wilson, "Porn Addiction is not Sex Addiction – and Why it Matters", *Your Brain on Porn*, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

2. "Porn addict: I'm 23. I first tried to have sex when I was 18, but I couldn't get it up. I had been masturbating almost daily for 6 years, generally with tight grip and erotic visuals, often multiple times a day. I've had sex with four partners in my life and I never reached orgasm with any of them. In short, my sex life has been disappointing. Indeed, my last relationship ended because of erection problems. She accused me of being gay. I knew that wasn't true and yet how was she to believe me if my body didn't seem interested in her?" (Gary Wilson, "Porn Addiction is not Sex Addiction – and Why it Matters", *Your Brain on Porn*, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)
3. "Porn addict (age 25): Is it possible to be porn addict but not a sex addict? I know I cannot control my porn use, nor masturbation with fantasy. But after sex I'm more satisfied. I sometimes survive a week or so without porn. I also wasn't subject to childhood abuse, so I don't think I'm escaping from past memories. Quite a lot of sex addicts I know from SLAA meeting are also substance abusers. I have never had cravings for alcohol or drugs, even though I drink too much once in a while. I have no shame about my porn use and never did. Also, Patrick Carnes says that the main belief of sex addicts is 'No one would love me if they knew me as I am'. I know it's not true because my partners and friends know about my addiction and I've never experienced any negative reaction from them because of that. Yes I do have problems around people and I'm not very confident, but I believe it's due to overwanking and too much time in front of computer vs. interaction with real people. Porn for me is just a way of escaping from reality and coping with stress—the most effective and most exciting vehicle to disconnect with reality. I honestly don't think that I'm a 'sex addict.'" (Gary Wilson, "Porn Addiction is not Sex Addiction – and Why it Matters", *Your Brain on Porn*, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

"Here are some ways porn addiction differs from sex addiction:"

1. “Sex addiction involves real people; Internet porn addiction involves a screen. Porn addicts are hooked on pixels/searching/constant visual novelty. In contrast, sex addicts are hooked on novel partners, voyeurism, frottage, flashing, risky sex, and so forth; porn may or may not supplement other behaviors.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)
2. “Internet porn addiction is more akin to video-game addiction than sex addiction. It often does not spill over into other sexual activity. In fact, many heavy porn users cannot become aroused by real women—even women they find sexually attractive. Comparing a porn addict to a sex addict is like comparing a *World of Warcraft* enthusiast to a Las Vegas high-roller.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)
3. “Internet porn addicts often comment that they would like a steady girlfriend, or, if they have a mate, that they want to respond sexually to *her*. Sex addicts want a variety of partners. They are hooked on novel people rather than novel pixels.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)
4. “Sexual performance woes are a common complaint among Internet porn addicts. We typically don't hear about severe sexual performance problems among sex addicts.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)
5. “Porn addiction appears to be increasing as access to high-speed porn during teen years increases, although some older guys also report developing the addiction *after* switching to high-speed Internet.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“In sum, a sex addict's pursuit of living people is over the top, while a porn addict is largely missing out on 3-D action. In effect, porn proves ‘sex negative’ for many users. How could such a bizarre situation arise?” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Internet porn: a most *unnatural* natural reinforcer” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“In recent decades, innocuous natural rewards like food and sex have been joined by some very *unnatural* kin. These imposters trip the same neural triggers as the natural rewards our brains evolved to pursue. *Our limbic brains love them*—and are inclined to overlook their drawbacks.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“For example, presented with endless varieties of cheap, tasty, high-calorie food, 79 percent of adult Americans are overweight, and some thirty percent of us are addicted to these goodies (obesity), despite negative physical, social and psychological consequences. ‘Addicted’ is a medical term here, not a metaphor. It means the consumer's brain has changed in the same fundamental ways a substance addict's does.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Sexual stimuli have morphed too. For at least half a dozen years, those with high-speed Web access have been able to consume free, ever-novel online erotica. Like today's junk-food, it is uniquely stimulating in the annals of human history. Result? In young males, porn use nearly equates with online access. Indeed research data collected some 5 years ago already revealed that 9 of 10 college-age men (and about one third of the women) were using Internet porn. Old models of addiction risk are based on substances, not on today's supernormal versions of food and sex, so most experts are still taught that all sex addictions are rare.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Alas, if online forums are any indication, today's porn users are increasingly complaining that (1) they can't *stop* viewing, and (2) it is interfering with their development of normal dating and mating abilities. Just how many of today's online erotica users are becoming addicted no one actually knows, but Internet addiction rates in adolescents are jumping. A Hungarian study recently reported that one in five adolescents are already hooked. (Adolescent brains are showing corresponding addiction-related changes.)” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“I realized I could bring myself literally to the brink of orgasm solely with visual stimulation—without using my hand at all. My mind was rewired into relying on the extreme images fed to it by my eyes to produce arousal.—

Internet porn user” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Will Internet porn addiction rates surpass obesity rates in some population groups now that Internet porn is more pervasive than any other natural reinforcer except junk food? Quite possibly. After all, brains naturally release far more dopamine for sex than they do for food. (Dopamine release during Internet porn use hasn't been measured, for a variety of technical and other reasons.) Moreover, there are limits to food consumption, but none to porn viewing. Also, although no one wants to be fat, porn use is becoming more socially acceptable every day.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Why isn't porn addition just ‘sex addiction?’” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“‘Sex addiction’ appears to be uncommon. Dr. Carnes has studied it for decades. His work reveals that those who, as children, were neglected, abused, molested, raped, or otherwise exposed to violence and/or sexuality at a young age are at risk for developing sex addiction (that is addiction to reckless sex/flashing/voyeurism). They use sex as a way to self-medicate to escape, to numb their psychological pain from feeling unsafe and insufficiently loved.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Porn users who visit our website often do not fit this profile, even though they self-identify as addicts. In Carnes's model, sex addicts who recover need three to five years, and a lot of support to restore healthy intimacy to their lives. In contrast, the majority of our visitors recover, even from severe symptoms like porn-induced impotence, in a matter of two to four months. Withdrawal symptoms can be acute, but eventually most guys bounce back to their pre-porn personalities and charisma levels.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Sex addicts have to work hard and often risk arrest or disease to act out. Porn users have only to tap their ever-present screens to get a fix. Not surprisingly, *most* guys below a certain age are using Internet porn, many quite heavily, irrespective of childhood-trauma profile. Perfectly healthy adolescent (and older) brains are naturally attracted to Internet porn's hyper stimulating combination of surprise, novelty, sexiness, and non-stop free availability.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Despite the fact that the typical heavy porn user no longer fits Carnes' classic sex addict description, porn addiction continues to be casually lumped in with sex addiction by experts and the journalists who rely on them. Thinking of Internet porn addiction as a ‘subset’ of sex addiction (quite rare) decreases its visibility. One expert assured us that since sex addiction is rare, the incidence of the subset Internet porn addiction, is ‘vanishingly small.’ Huh?” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“We've also heard experts claim that Internet porn users who don't fit the childhood-development profile of sex addicts *can't* be addicts, even if the users themselves believe they are. These experts insist that porn addiction can only arise as a consequence of some *other* pathology (such as sex addiction, ADHD, depression or social anxiety). It is like trying to cram video-game addiction under board-game addiction, or smoking under drug addiction. This obscures reality and leaves people who are ‘just’ porn addicts out in the cold.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Here's a video of a psychiatrist determined to shoehorn porn addiction into the sex addiction model, insisting the issue for young heavy porn users with mysterious erectile dysfunction isn't dopamine dysregulation from overstimulation of the brain's reward circuitry, but rather problems with intimacy.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“How could ‘intimacy issues’ explain porn addiction among teens with very little relationship experience? Many of these youthful porn users attract sweethearts. They are baffled by the fact that their penises respond only to

porn and not to real mates. In short, they don't fit the 'sexual addiction-intimacy issues' model.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Perhaps as a consequence of such imperfect logic, research on the effects of Internet porn use is lagging well behind the exploding reality of the phenomenon itself. Yet already, ‘arousal addiction’ is common enough to merit a TED talk by Psychologist Philip Zimbardo: ‘The Demise of Guys.’”

(Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Fortunately for humanity's future wellbeing, the American Society of Addiction Medicine recently confirmed that addiction can be a *primary* disease. It's a function of *brain changes*-regardless of childhood development, and whether or not the addict engages in behavior that society finds acceptable/unacceptable.” (Gary Wilson, “Porn Addiction is not Sex

Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Bottom line: The etiology of sex addiction is not related to the etiology of most Internet porn addiction (although some sex addicts certainly use porn to excess, and some porn addicts have childhood issues). Porn addicts can develop for the same reasons food addicts develop: (1) over-consumption of abnormally stimulating goodies, (2) brains that naturally perceive supernormal stimuli as irresistible, and/or (3) beginning use during adolescence, when the brain is especially plastic and most bent on seeking thrills and novelty.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Conflating ‘masturbation’ and ‘porn use’ obscures porn addiction” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Both experts and young Internet porn users fail to distinguish ‘Internet porn use’ from ‘masturbation.’ The experts (older generations) think of Internet porn as just another aid for normal masturbation. In contrast, the younger generations have no idea that porn-free masturbation is even possible. They're wired to the Web's extreme novelty and often shocking visuals. Many have never masturbated any other way. Consider this young man's surprising experiment:”

“Two weeks after quitting porn, I tried something completely different—masturbation to orgasm without porn—something I've never considered (always used Internet porn). Two days later, I added the porn on a whim and relapsed.”

“The two experiences were vastly different. Just masturbation to orgasm was almost startling at the finale, because I had no buzz, no shift of perception. It turned out to be a sweet, invigorating feeling.”

“But it may have triggered the full porn/masturbation session, which felt like I was totally on a DRUG. Every picture turned my body into a searing blast of tension, each new one more powerful than the last. I felt that familiar ‘dope surge’ run from my brain through my body. I could hear and feel EVERYTHING more intensely. At orgasm, it was like a cloud of idiocy swept over me, and everything went numb. That numb last feeling lasted at least two days.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Conflating masturbation and Internet porn use results in a dangerous communication gap. We hear the following scenario repeatedly on our forum: A young man suffering from an inability to have normal erections consults a urologist. If he even thinks to ask whether his masturbation (subtext ‘hours of daily Internet porn use’) is causing the problem, the urologist answers, ‘Masturbation (subtext ‘good old fashioned solo sex’) simply cannot cause ED (or your other addiction-like symptoms), so something else is causing your problems. Here are some trial Cialis tablets and a referral to a sex therapist.’ The guy leaves, persuaded that his affliction has no cure, and continues to make his problem worse for fear that if he doesn't use it he'll lose it.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“The experts are right in one sense: Masturbation addiction would be rare without Internet porn. Today's porn is more than a masturbation aid. It replaces imagination with multiple tabs, constant searching, fast forwarding to the perfect scene, a voyeur's perspective and so forth. It's a different, and far more neurochemically seductive, reinforcer than mere solo sex.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Today's porn use extends beyond the reward of orgasm. Guys don't necessarily masturbate to climax when watching at work, sharing clips on their phones, flying in aircraft, or during hours of edging while surfing.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Much of the mainstream confusion about porn appears to arise from flawed logic, which overlooks a key fact. It starts with the correct assumption that orgasm is natural and people don't generally get addicted to it. It proceeds to the further assumption that Internet porn use can't produce anything with more neurochemical punch than an orgasm. It concludes that porn use therefore could not possibly be addictive.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Here's the error: Addictiveness is actually *not* tied to magnitude of dopamine impact. Cigarettes, for example, hook nearly 80% of those who try them, while heroin hooks only a rather small minority of users. Obviously, the dopamine impact of a cigarette is tiny compared with the dopamine impact of shooting heroin. The seductiveness of cigarettes lies in their ability to train the brain with each puff (hit of dopamine). Because of this, their power to rewire the brain for addiction cannot be measured by their relative neurochemical impact. This point is made in David Linden's book *The Compass of Pleasure*.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Sex addiction is likely analogous to a heroin addiction in that there's a limit to how often one can get a fix, and the addict generally needs a ritualized neurochemical build-up. Internet porn, on the other hand, seems more akin to smoking. Each easily obtained, novel image offers a small, rewarding dopamine burst, which trains the brain to repeat the behavior, not unlike *each puff*.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“In short, it's not the neurochemical blast of orgasm that hooks Internet porn addicts, although orgasm also reinforces porn use. The more potent hook is the ever-available novelty of Internet porn. Not surprisingly, when a guy attempts to ‘reboot’ his brain, this experience is common:”

“Even though I have had some strong urges for porn during this reboot, I have never had a strong desire to masturbate.”

Perhaps that is the most concerning thing, that my brain misses the porn more than it misses the masturbation/orgasm.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Today's porn addict has more in common with an Internet videogame addict, because he (or she) relies on constant mini-dopamine hits from exciting, ever-novel visuals. Like video games, Internet porn is effortless entertainment. No need to seek a real partner. He's also more like a food addict because Internet porn hijacks our most compelling natural urge (to reproduce) using a superstimulating delivery that also taps into our programmed proclivities for novelty and seeking.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Stranded in a virtual world” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Porn addicts are not hooked on sex; they're hooked on Internet porn. They have not been training for sex, but for virtual stimulation. Here are comments of three:”

- *“I knew I was in trouble when in real life girls standing naked in front of me barely got me erect, but as soon I jumped on a computer and looked up some crazy porn I was excited and rock hard.”* (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)
- *“[Weeks after stopping porn] I have felt physically attracted to real women for the first time in a long time. It's strange, but I was basically asexual when I was on pornography.”* (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)
- *“I'm hoping to break 30-year of porn use that has, in part, made me a 40-year old virgin. I started porn use at age 12-13, ejaculated to images of fantasy women only (fit/muscular women and/or big boobs), never ejaculated without porn, and used it frequently. I've had opportunities with several women, but was a complete dud. Earlier this year, I had another failure to perform with a woman I liked quite a bit, and after 30 years I decided to do something about it. Trouble is, I think I never even developed ‘proper’ brain pathways for what actual intercourse with a real partner is like. There isn't even an old, overgrown path to go back to; it never existed. I'm 33 days porn/masturbation free. But having closed my*

current road, I feel like I'm surrounded by dense jungle where a foot has never before been set. And me without even a machete, when I feel like I really need a chainsaw and a bulldozer.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“For as long as porn addiction remains virtually invisible, users who develop symptoms are in a precarious position. They have to figure things out for themselves, and it's not easy to connect the dots between porn-induced sexual dysfunction problems (or porn-related anxiety, depression or concentration problems) and viewing porn. After all, Internet porn is a powerful aphrodisiac. It also makes the user feel *better* while viewing. Not surprisingly, users eagerly ascribe their symptoms to any other suggested cause, or simply conclude, ‘This is who I am.’” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Right now, experts' protocols and well-meaning journalists are making the journeys of many of those at risk for Internet porn addiction unnecessarily long. Moreover, those who need more substantial help, because they are self-medicating due to childhood issues are also being caught in the ‘porn is harmless’ net. Furthermore, adolescent porn users are wiring their sexual response to pixels, not humans—and some receive rude awakenings when they can't successfully have, or enjoy, real sex. Do these users have to wait until they become full-fledged addicts to begin rewiring their brains?” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“I've suffered from anxiety and self-confidence issues for years. I had suspected part of it was due to PMO but always felt it was difficult to stop. Several years ago I quit for about 3 months and was happier than I had been all my life. I socialized with people, went on dates with women, and was more confident than ever. However..for whatever reason out boredom...or habit...I relapsed. I went down a spiral of depression and even contemplated suicide. Since then it has been a struggle...until now! I am on day 21 being PMO free and I'm not looking back!” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“After I got past the 2 weeks stage I started to see diminished anxiety, more confidence, and even better vocal tonality. I feel like I am becoming normal again—like the person I am supposed to be. Women are noticing me again

and I can genuinely have a conversation with them. I feel like I'm connecting with people in general better. I am even performing better athletically. I feel stronger, faster and sharper. It is as though the fog has been lifted! I'm 29 years old and now I feel like I have the energy that I had in my teens. My goal is to be PMO free for the rest of my life. The momentum I feel is stronger than a cheap thrill that PMO brings. I look forward to living and not hiding anymore. Taking back control is the most liberating thing I've felt in a long time.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“A 2013 study with an interesting finding: In ‘sex addicts’ distress was associated with porn use, and was not associated with changing partners. In other words, we have two distinct groups, Internet porn addicts, and guys who have a lot of sex partners.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Hypersexual Behavior in an Online Sample of Males: Associations with Personal Distress and Functional Impairment.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“Masturbation and online pornography consumption were significantly more often reported by distressed participants, while sexual contact with changing partners was more often reported by nondistressed participants. Statistics also indicated various associations between types of hypersexual behavior and areas of functional impairment.” (Gary Wilson, “Porn Addiction is not Sex Addiction – and Why it Matters”, Your Brain on Porn, November 22, 2011, <http://yourbrainonporn.com/porn-addiction-not-sex-addiction-and-why-it-matters>)

“... ‘After just five days of practice, the exact same neural circuitry in the front part of the brain became active in the internet-naïve subjects. Five hours on the internet, and the naïve subjects had already rewired their brains.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 19, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“... deep thinking becomes increasingly impossible. ...” (John Harris, “How the internet is altering your mind”, The Guardian, August 19, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“On the road to a thoughtless society” –Josh D. McDowell

“HOW PORNOGRAPHY ADDICTION AFFECTS THE TEENAGE BRAIN” “Common Warning Signs”

- “A demonstrated lack of empathy toward other individuals involved (either directly or indirectly) in the child’s sexual behavior.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Viewing and/or masturbating to pornography for multiple hours per day/night.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Decreased interest in and/or declining performance in school and extracurricular activities.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Diminished interest in and/or ability to socialize with peers.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Excessive interest (or a total lack of interest) in typical adolescent dating activities.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Secretiveness around computer and smartphone usage such as erasing browser histories, password protecting devices, etc.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Lying to parents or others about the nature or the amount of sexual/romantic activities” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Sexual aggression, incest, age-inappropriate relationships, etc.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- “Secrecy in general, such as spending large amounts of time alone in a room with the door locked.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- “Sexual behavior involving drug use.” (“How Pornography Addiction Affects the Teenage Brain”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“...Dr. David J. Ley ... ‘Sex addiction is a fictional disorder’...” (Luke Gilkerson, “Porn Addiction is a Myth: The Debate Continues”, Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Cambridge Neuropsychiatrist Valerie Voon says her research demonstrates that the brains of habitual porn users show great similarity to the brains of alcoholics. A brain structure called the ventral striatum plays a significant role in the reward system and pleasure pathways of the brain. This part of the brain ‘lights up’ on a brain scan when an alcoholic sees a picture of a drink. Likewise, those who believe they are addicted to porn show similar brain activity when shown a pornographic image.” (Luke Gilkerson, “Porn Addiction is a Myth: The Debate Continues”, Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“In addition, Dr. William Struthers says research shows that masturbating to pornography actually weakens the cingulate cortex of the brain—the region that is responsible for moral and ethical decision making and willpower—a process that is seen in every addiction. This phenomenon is known as *hypofrontality*. In *The Porn Circuit*, Sam Black explains: ‘Compulsiveness is a good descriptor of hypofrontality. Many porn users feel focused on getting to porn and masturbating even when a big part of them is saying, ‘Don’t do this.’ Even when negative consequences seem imminent, impulse control is too weak to battle the cravings.’” (Luke Gilkerson, “Porn Addiction is a Myth: The Debate Continues”, Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“HEARING ON THE BRAIN SCIENCE BEHIND PORNOGRAPHY ADDICTION AND THE EFFECTS OF ADDICTION ON FAMILIES AND COMMUNITIES”

“Statement of Judith A. Reisman...November 18, 2004”

“Good afternoon. Thank you for the opportunity to speak with you today. I am Judith Reisman, Ph.D., President of The Institute for Media Education, Scientific Advisor to the California Protective Parents Association and the

Subcommittee on Junk Science for The American Legislative Exchange Council's April 2004 report.” (See vitae for other details

(<http://www.drjudithreisman.org/vitae.htm>) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“I specialize in the communication effects of images on the brain, mind and memory; fraud in the human sexuality field; and the addictive properties of sexually explicit images, commonly called pornography.” (I also document the ways pornography commonly involve “estrus” displays, falsely presenting human females as non-human animals in “heaf” and triggering both anger and libido in male, even some female, viewers. The full definition relies upon the four scientific disciplines of Proxemics, Ethology, Neuropsychology and Psychopharmacology, seen ve in Appendix A.) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“My working, scientific definition of pornography is measurable: ‘intimate private-space behavior in public space forums, provoking psychopharmacological responses in viewers that puts the model and those s/he represents, at risk.’ See Appendix A. (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Thanks to the latest advances in neuroscience, we now know that emotionally arousing images imprint and alter the brain, triggering an instant, involuntary, but lasting, biochemical memory trail.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“This applies to so-called ‘soft-core’ and ‘hard-core’ pornography, which may, arguably, subvert the First Amendment by overriding the cognitive speech process.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Once our neurochemical pathways are established they are difficult or impossible to delete. Erotic images also commonly trigger the viewer’s

‘fight or flight’ sex hormones producing intense arousal states that appear to fuse the conscious state of libidinous arousal with unconscious emotions of fear, shame, anger and hostility.” (Richard Restak, (1988). *The Mind*, Bantam Books, New York. "Inhibition rather than excitation is the hallmark of the healthy brain. If all of the neurons in the brain were excitatory we would be unable to do something as simple as reaching out for a glass of water, " p. 283) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“These media erotic fantasies become deeply imbedded, commonly coarsening, confusing, motivating and addicting many of those exposed.

(See ‘the Violence Pyramid’ at <http://www.vbii.org/violence.html>).” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Pornography triggers a myriad of endogenous, internal, natural drugs that mimic the ‘high’ from a street drug. Addiction to pornography is addiction to what I dub erototoxins – mind altering drugs produced by the viewer's own brain.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“How does this ‘brain sabotage’ occur? Brain scientists tell us that "in 3/10 of a second a visual image passes from the eye through the brain, and whether or not one wants to, the brain is structurally changed and memories are created - we literally 'grow new brain' with each visual experience.” (Restak in Bill Moyers, "Mind & Body: The Brain," PBSTV, February 1993.) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Children and others who cannot read can instantly decode and experience images, hence images are not speech.” (On the undeveloped adolescent brain and its lack of cognitive maturity see Science, "Neuroscience: Crime, Culpability, and the Adolescent Brain," Vol 305, Issue 5684, 596- 599, July 2004. Shall teenagers under 18 get the death sentence--based in part on brain studies, pp. 596-599.) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“In fact, erotic (any highly arousing) images commonly subvert left hemisphere cognition.” (See Gary Lynch in Restak (1984). "The Brain, Learning & Memory" The Annenberg/ CPB Collection, in his discussion of the way arousing images alter the structure of the human brain, WNET/NY, full documentation in 8. Exhibits 1 and 2.) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Since the 50s, as pornography became mainstreamed and pushed the envelope of normal sexual conduct, law enforcement reported that sex crimes mimicking comparable acts were being inflicted on women and children.” (See OJJDP study) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“I have spent decades addressing the effects of pornographic ‘humor’ and photos on children, fathers, husbands and wives and communities, much of which is found...”

- “...in my book, “Soft’ Porn Plays Hardball, 1990
- “...in my U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention (OJJDP) report, Images of Children, Crime and Violence in Playboy, Penthouse and Hustler
- “...in my white paper on "The Psychopharmacology of Pictorial Pornography: Restructuring Brain, Mind & Memory & Subverting Freedom of Speech" (<http://www.dJjudithreisman.com/brain.pdf>).”

(Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“A basic science research team employing a cautiously protective methodology should study erototoxins and the brain/body. As with tobacco, these data could be helpful in public education and in legal change.” (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18,2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Testimony from victims and police commonly finds pornography to be an on-site-sexabuse manual.” (John Rabun, now COO for the National Center For Missing &

Exploited Children. See Senate Hearings on "Effect of Pornography on Women and Children," 1984. In that Senate hearing, Rabun testified that when arrested, "all, that is 100%" of rapists, pedophiles, etc., in their study possessed adult pornography, "such as Playboy, on up." Also see Dr. C. Everet Koop on pornography as a "crushing" health problem, in *American Medical News*, October 10, 1986). (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

"An offensive strategy should be planned mandating law enforcement collection of all pornography data, as with guns, drugs, etc, at crime sites."

(Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

"Judges, police, legislators and lawyers should be trained in the hard data of sexology fraud and erototoxins as changing the human brain, mind, memory at unconscious levels and therefore absent informed consent."

(Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

"Congress should consider ceasing the funding of educational institutions that train their students via the flawed methodology of Kinseyan 'academic pornography.'" (Exhibit 3. See JA Reisman, Kinsey, Crimes & Consequences, 2003, pp. 160-180, esp. 170-80: for the use of the SAR, Sexual Attitude Restructuring, as days, weeks or months of viewing pornography to be "accredited" as a certified sex educator, or to earn a Masters, PhD., etc., in Human Sexuality, AIDS Prevention and the like.) (Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities, Senate Committee on Commerce, Science, and Transportation. Witness List: Dr. Judith Reisman, Dr. Jeffrey Satinover, Dr. Mary Anne Layden, Dr. James B. Weaver, November 18, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

For entire article and Appendix A, see http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf

"HOW THE INTERNET IS ALTERING YOUR MIND"

"Like nearly all the Guardian's content, what you are about to read was – and this will hardly be a revelation – written using a computer connected to the internet. Obviously, this had no end of benefits, mostly pertaining to the relative ease of my research and the simplicity of contacting the people whose thoughts and opinions you are about to read. Modern communications technology is now so familiar as to seem utterly banal, but

set against my clear memories of a time before it arrived, there is still something magical about, say, optimistically sending an email to a scientist in southern California, and then talking to him within an hour.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“But then there is the downside. The tool I use to write not only serves as my word processor and digital postbox, but can also double as – among other things – a radio, TV, news-wire portal and shop. Thus, as I put together the following 2,000-ish words, I was entertained in my more idle moments by no end of distractions. I watched YouTube videos of Manic Street Preachers, Yoko Ono, and the Labour leadership candidates. Via Amazon, I bought a £4.99 teach-yourself-to-spell DVD-Rom for my son, which turned out to be rubbish. And at downright stupid hours of the day – 6am, or almost midnight – I once again checked my email on either my phone or computer. Naturally, my inbox was usually either exactly how I had left it, or newly joined by something that could easily have waited – though for some reason, this never seems to register.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Obviously, I am not alone in this affliction. Yesterday, scores of headlines focused on a new report by the media regulator Ofcom, which found that Britons spend more than seven hours a day watching TV, going online, sending texts and reading newspapers, and that web-capable smartphones are now a fixed part of millions of people's lives. Superficially, all this hardly seemed revelatory – but at the lower end of the age range lurked evidence of the world to come. Among 16-to-24-year-olds, television was not nearly as dominant: half their ‘media time’ was devoted to mobile phones and computers – and in turn, two-thirds of that time was spent doing two digital things at once. The younger you are, it seems, the more your media consumption finds you multitasking; I'm a relatively ancient 40, but my habits are increasingly similar.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“It often feels as if all this frantic activity creates a constant state of twitchy anxiety, as any addiction usually does. Moreover, having read a freshly published and hotly controversial book about the effect of digital media on the human mind, I may have very good reason to feel scared. Its thesis is simple enough: not only that the modern world's relentless informational

overload is killing our capacity for reflection, contemplation, and patience – but that our online habits are also altering the very structure of our brains.”

(John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“The Shallows is a 250-page book by American writer Nicholas Carr, just published in the US, about to appear in the UK, and already the focus of a noisy debate. Two years ago, Carr wrote an essay for the Atlantic magazine entitled ‘Is Google making us stupid?’ This is the full-length version: an elegantly written cry of anguish about what one admirer calls ‘the uneducating of Homo sapiens’, and a rewiring of neural pathways and networks that may yet deprive the human race of the talents that – ironically enough – drove our journey from caves to PC terminals.” (John

Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“In the book, Carr looks back on such human inventions as the map, the clock and the typewriter, and how much they influenced our essential modes of thought (among the people whose writing was changed by the latter were Friedrich Nietzsche and TS Eliot). By the same token, he argues that the internet’s ‘cacophony of stimuli’ and ‘crazy quilt’ of information have given rise to ‘cursory reading, hurried and distracted thinking, and superficial learning’ – in contrast to the age of the book, when intelligent humans were encouraged to be contemplative and imaginative.” (John Harris,

“How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“But here is the really important thing. Carr claims that our burgeoning understanding of how experience rewires our brain’s circuits throughout our lives – a matter of what’s known as ‘neuro- plasticity’ – seems to point in one very worrying direction. Among the most hair-raising passages in the book is this one: ‘If, knowing what we know today about the brain’s plasticity, you were to set out to invent a medium that would rewire our mental circuits as quickly and thoroughly as possible, you would probably end up designing something that looks and works a lot like the internet.’”

“Surprisingly little research has looked into the internet’s effects on the brain, but the work that forms Carr’s holy grail was carried out in 2008, by a trio of psychiatrists at UCLA led by Dr Gary Small, himself the co-author of a book titled iBrain: surviving the technological alteration of the modern mind. Under their supervision, 12 experienced web users and 12 digital

newcomers used Google, while their brains were scanned. The results, published under the title *Your Brain On Google*, pointed up a key initial difference between the two groups: in an area of the brain called the dorsolateral prefrontal cortex, which deals with short-term memory and decision-making, the rookies showed hardly any activity, whereas the web veterans were really firing.” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Six days later, the novices having been told to spend an hour a day online, the two groups' brains were scanned again – and this time, things got even more interesting: in images of both sets of brains, the pattern of blobs representing mental activity was virtually identical. As Small put it: ‘After just five days of practice, the exact same neural circuitry in the front part of the brain became active in the internet-naïve subjects. Five hours on the internet, and the naïve subjects had already rewired their brains.’” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Small is the director of the Memory and Ageing Research Centre at the University of California, Los Angeles, a specialist in the effects on the brain of the ageing process, and the co-inventor of the first brain-scanning technology to detect the physical evidence of Alzheimer's disease. ‘Even an old brain can be quite malleable, and responsive to what's going on with technology,’ he tells me.” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“He goes on: ‘It's a basic principle that the brain is very sensitive to any kind of stimulation, and from moment to moment, there is a very complex cascade of neurochemical electrical consequences to every form of stimulation. If you have repeated stimuli, your neural circuits will be excited. But if you neglect other stimuli, other neural circuits will be weakened.’ This is the nub of Carr's argument: that the online world so taxes the parts of the brain that deal with fleeting and temporary stuff that deep thinking becomes increasingly impossible. As he sees it: ‘Our ability to learn suffers, and our understanding remains shallow.’” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Small is only too aware of what too much time spent online can do to other mental processes. Among the young people he calls digital natives (a term first coined by the US writer and educationalist Marc Prensky), he has

repeatedly seen a lack of human contact skills – ‘maintaining eye contact, or noticing non-verbal cues in a conversation’. When he can, he does his best somehow to retrain them: ‘When I go to colleges and talk to students, I have them do one of our face-to-face human contact exercises: ‘Turn to someone next to you, preferably someone you don’t know, turn off your mobile device.’ One person talks and the other one listens, and maintains eye contact. That’s very powerful. One pair of kids started dating after they’d done it.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“He also fears that texting and instant messaging may already be dampening human creativity, because ‘we’re not thinking outside the box, by ourselves – we’re constantly vetting all our new ideas with our friends.’ He warns that multitasking – surely the internet’s essential *modus operandi* – is ‘not an efficient way to do things: we make far more errors, and there’s a tendency to do things faster, but sloppier.’ Of late, he has been working with big US corporations – Boeing is the latest example – on how they might get to grips with the effects of online saturation on their younger employees, and reacquaint them with the offline world.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“When I ask him how I might stop the internet’s more malign effects on my own brain, he sounds slightly more optimistic than Carr: we have the capacity to pull ourselves back from the mental brink – though only if we know what’s at stake. ‘The brain can right itself if we’re aware of these issues,’ he says. ‘But we have to make decisions as to what we can do about it. Try to balance online time with offline time,’ he tells me. ‘What’s happening is, we’re losing the circadian rhythms we’re used to; you go to work, you come home, you spend time talking with your kids.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“What about the idea of calming down when you’re online? I’m actually pretty good at offline time, but as soon as I’m back at my desk, it’s all YouTube and compulsive email checking, and it’s rather doing my head in.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“‘It’s hard,’ he says. ‘There’s a pull. The internet *lures* us. Our brains become addicted to it. And we have to be aware of that, and not let it

control us.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Among the people with walk-on roles in *The Shallows* is Scott Karp, the editor of a renowned American digital media blog called Publish2, whose reading habits are held up as proof of the fact that plenty of people's brains have long since been rewired by their enthusiastic use of the internet.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Despite a degree from New York University in English and Spanish literature, Carr claims that Karp has given up reading books altogether, perhaps because of what a working life spent online seems to have done to his mental makeup. One of Karp's online posts is quoted as follows: ‘I was a lit major in college, and used to be a voracious book reader. What happened? What if I do all my reading on the web not so much because the way I read has changed . . . but because the way I THINK has changed?’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“As it turns out, Karp has only stopped reading non-fiction. Contrary to Carr's thesis, he says he still has no problem reading novels, and thinks his long-term memory is in as good shape as ever. What he attests to, though, is a radical shift in the way he consumes information, which may or may not have caused his mental circuits to change.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“This, he tells me, is all down to his appetite for connecting multiple bits – and, it seems, only bits – of information, rather than digesting big chunks of stuff from single sources, one at a time. ‘I thrive on that connectedness of information,’ he says, ‘so now, I maybe read a given author's argument in much briefer form than a 10,000 word article or a book – and then jump to another author's argument, and follow that train of thought. And sometimes I find that I make leaps in thinking by reading things from different perspectives, and going from lily pad to lily pad.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“He assures me he understands any argument's strengths and weaknesses before flitting to the next one, but I'm not so sure. Aren't there thousands of books that have to be read in their entirety before we can

really get our head round the author's point of view? The last thumping great book I read was the biography of Barack Obama by David Remnick, the editor of the New Yorker – and the idea of boiling it down to a skimmable extract seems almost offensive. The same applies to, say, any number of books by Marx and Engels, or even (possibly) Ozzy Osbourne's autobiography.” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“‘Absolutely,’ he says, rather guiltily. ‘I completely agree with that. And I'm sure that I have come up shallow, if you use Nicholas Carr's argument. But I've only got a finite amount of time.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Whatever, Karp is not fazed by the idea that heavy internet use might be reshaping his brain. ‘Everything changes our brain,’ he says. ‘*Everything*. That's what the brain does. It's constantly changing and adapting to every experience. It's almost axiomatic to say: ‘The internet has changed our brain, and its processes.’ Yes, we spend less time concentrating on single sources of information. But when it comes to making value judgements, it becomes difficult to say, ‘And we are worse off because of that.’ As we end our conversation, I have a vision of him frantically pinging from blog to website to pdf, and I'm really not so sure.’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“I get a more convincing antidote to the Carr thesis from Professor Andrew Burn of the University of London's Institute of Education, who has long specialised in the way that children and young people use what far too many people still call ‘new media’, and its effects on their minds. Equating the internet with distraction and shallowness, he tells me, is a fundamental mistake, possibly bound up with Carr's age (he is 50). ‘He's restricting what he says to the type of activities that the middle-aged blogosphere-addict typically engages in,’ says Professor Burn. ‘Is there anything in his book about online role-playing games?’” (John Harris, “How the internet is altering your mind”, The Guardian, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“Not much, I tell him, and he's off. ‘Carr's argument privileges activities of the skimming and browsing kind. But if you look at research on kids doing online gaming, or exploring virtual worlds such as Second Life, the argument there is about immersion and engagement – and it's even about

excessive forms of immersion and engagement that get labelled as addiction. The point is, to play successfully in an online role-playing game, you have to pay an incredible amount of attention to what your team-mates are doing, to the mechanics of the game. You can set up a thesis for *The Depths*, just as much as *The Shallows*.” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

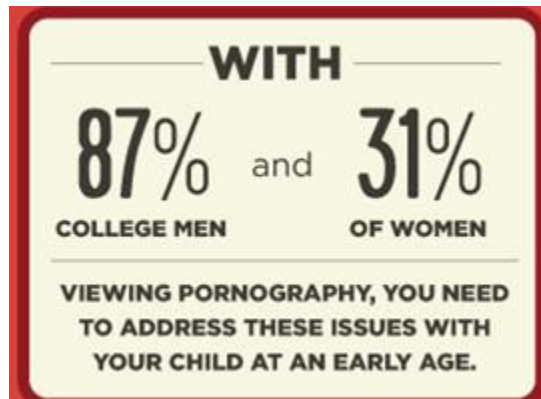
“And what of all these worries about the transformation of the human brain? ‘Temporary synaptic rewiring happens whenever anybody learns anything,’ he says. ‘I’m learning a musical instrument at the moment, and I can feel my synapses rewiring themselves, but it’s just a biological mechanism. And it seems to me that to say that some neural pathways are good and some are bad – well, how can you possibly say that? It could be a good thing: people are becoming adaptive, and more supple in their search for information.’ Carr, he reckons, is guilty of a ‘slippage into an almost evolutionary argument’, and he’s not having it at all.” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“He’s also not impressed by the way Carr contrasts the allegedly snowballing stupidity of the internet age with the altogether more cerebral phase of human progress when we all read books. ‘What if the book is *Mein Kampf*? What if it’s *Jeffrey Archer*? Or *Barbara Cartland*? Am I not better off playing a well-constructed online game, or reading *Aristotle’s poetics* online? I really don’t see why books should particularly promote worthwhile thought, unless they’re worthwhile books. And the same applies to what’s on the internet.’” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“This all sounds both comforting and convincing, until I return to *The Shallows*, and a particularly sobering sentence on page 222 (contrary to Carr’s darker predictions, I easily made it to the end). ‘We are welcoming the frenziedness into our souls,’ he writes. There’s something chilling about those words, and even 20 stupid minutes on YouTube and an impulse buy from Amazon cannot quite remove them from my brain.” (John Harris, “How the internet is altering your mind”, *The Guardian*, August 20, 2010, <http://www.theguardian.com/technology/2010/aug/20/internet-altering-your-mind>)

“HOW PORNOGRAPHY ADDICTION AFFECTS THE TEENAGE BRAIN”

“There is a rising problem of pornography addiction in teens. The negative effects of pornography addiction are even greater in teens as their brains are more susceptible to the chemical overload effects that come with continued viewing.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)



“The Science: What Happens to the Teens Brain”

“The circuitry in the brain undergoes an explosion of growth followed by a rapid pruning of neuron pathways between 10 and 13.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Brain scans have also found the teenage brain is dominated by areas associated with pleasure and reward, and emotional response, perhaps explaining the emotional roller-coaster years associated with puberty.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Dopamine is a neurotransmitter that is central in our drive for personal reward. When teens take part in stimulating or potentially addictive habits, such as pornography, there is a flood of dopamine in the brain. With repetitive increases of dopamine released into the teen brain it is rewired to crave the same effect.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Teen brains are the most sensitive to dopamine at around age 15 and react up to four times more strongly to images perceived as exciting.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“A teen’s brain is at its peak of dopamine production and neuroplasticity, making it highly vulnerable to addiction and rewiring as their brain is not yet finished developing.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Sexuality specifically increases DeltaFosB a protein that serves a role as a mediator in natural reward memory. This study also found that overexpression of DeltaFosB induced a hypersexual syndrome.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Exposure to sexually pornographic material is correlated with:”

- **“Concentration problems”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Low motivation”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Depression”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Social Anxiety”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Negative self-perceptions in terms of physical appearance and sexual functioning.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Erectile dysfunction”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Common warning signs that an adolescent may be experiencing compulsive sexual behavior problems” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- **“A demonstrated lack of empathy toward other individuals involved (either directly or indirectly) in the child’s sexual behavior.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Viewing and/or masturbating to pornography for multiple hours per day/night.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Decreased interest in and/or declining performance in school and extracurricular activities.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- **“Diminished interest in ad/or ability to socialize with peers.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Excessive interest (or a total lack of interest) in typical adolescent dating activity.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Secretiveness around computer and smartphone usage such as erasing browser histories, password protecting devices, etc.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Lying to parents or others about the nature or the amount of sexual/romantic activities.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Sexual aggression, incest, age-inappropriate relationships, etc.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Sexual behavior involving drug use.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

Sources

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060>
<http://www.fightthenewdrug.org/get-the-facts#porn-is-addictive>
<http://www.thefix.com/content/youth-and-pornography-addiction>
<http://www.salvomag.com/new/articles/salvo13/13hilton.php>
<http://thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain/>
<http://yourbrainonporn.com/>
<http://www.freedominstitute.org/blog/adolescents/teenagers-porn-and-sexual-addiction-what-s-the-problem/>
<http://youtu.be/wSF82AwSDiU>
<http://youtu.be/1Ya67aLaaCc>
 (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“5 WAYS PORN AFFECTS THE BRAIN”

“Say goodbye to the most famous bunnies in the world.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Playboy Magazine announced yesterday (Oct. 12) that it was revamping its design. Among its changes: No longer will naked ladies grace the pages of the magazine. (Of course, you only read it for the articles anyway,

right?)” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“‘Playboy’s great success was that it legitimized sexualized images in the context of good fiction, interesting articles and groundbreaking interviews,’ Kim Wallen, a psychologist at Emory University in Atlanta, Georgia, wrote in an email to Live Science. ‘Still, it would not have been able to sell these often-excellent features without including nude women, which was the reason a majority of men bought Playboy.’” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“But ultimately, even the nude pictures weren’t enough to hold readers. The magazine, which first exploded into public consciousness when it published nude shots of Marilyn Monroe in 1953, has been losing readers for years, according the Alliance for Audited Media., largely thanks to the rise of Internet pornography. With the click of a button, a smorgasbord of sexual options, from the violent and disturbing to the frankly weird, are instantly available. [Hot Stuff! 10 Unusual Sexual Fixations]” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Yet porn has effects beyond siphoning readers from the lad mag of a bygone era. It may also be changing people in myriad subtle ways. Scientists don’t fully understand how pornography affects people, but a few studies have revealed surprising — and disturbing — trends. From shrinking the brain to sabotaging relationships, here are five ways pornography affects the brain.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Same old, same old”

“Along with eating, drinking and sleeping, sex is one of the most fundamental human drives. That means it activates ancient parts of the brain such as the limbic system, which also controls basic emotions such as fear and anger, said Joseph J. Plaud, a private, clinical forensic psychologist in Boston, Massachusetts, who has studied the effects of pornography.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“When people look at sexual imagery, dopamine floods these brain regions, causing an intense feeling of pleasure. Over time, people come to associate those direct images (called reinforcers) with the pleasurable feelings. Anything associated with those images, including Playboy's trademark bunny image, could also prime people to seek out that positive rush. [6 (Other) Great Things Sex Can Do for You]” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“However, if that pleasure response gets triggered over and over — with frequent doses of Playboy or other sexually charged imagery — a person will need bigger hits to feel a response, Plaud said.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“‘The more you do and the greater degree of access, the more explicit [it is], you seem to need more and more,’ Plaud told Live Science.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“The incredible shrinking brain”

“Porn may also literally shrink the brain, a 2014 study in the journal JAMA Psychiatry found. Men who regularly consumed porn had smaller brain volume and fewer connections in the striatum, a brain region tied to reward processing, compared with those who didn't view porn.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“However, it's possible this brain region shrinks simply because people become accustomed to viewing pornographic images, and thus find them less rewarding, one researcher previously told Live Science.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Additionally, the same brain regions are smaller in people who are depressed or suffer from alcoholism, and those people are less likely to be in relationships or have busy lives. So it may simply be that people who are depressed are more likely to view pornography, not that porn literally shrinks the brain, the researcher speculated.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Visual turnoff”

“Watching porn also seems to quiet a part of the brain that processes visual imagery, researchers reported in 2012 in the Journal of Sexual Medicine⁷. It's not clear why this happens, but researchers speculated that the brain diverts blood flow from the visual cortex in order to focus on more pressing things, like being turned on.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“The finding makes sense, in that people looking at pornography would be focusing on the sexually explicit image more than the fine details of the background of the image, the researchers speculated. A person who was scanning the horizon for potential threats would have trouble being aroused.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“On the flip side, getting aroused requires feeling safe, and freedom from the need to look out for potential dangers, the researchers said.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Short-term mentality”

“Watching porn may also make people value immediate payoffs over delayed gratification, a study published in September in the Journal of Sex Research found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

Compared with people who abstained from eating their favorite food, people who were asked to abstain from porn for three weeks showed a lower rate of ‘delay discounting,’ meaning they were willing to wait longer for a reward. (Delay discounting refers to the phenomenon in which a reward becomes less valuable the longer one has to wait to receive it.)” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“So simply avoiding porn can put people into a more long-term mind-set, the researchers found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Problem or not?”

“Is pornography use an unhealthy addiction that ruins men for relationships, or a healthy sexual outlet that both men and women enjoy? How people answer may affect whether they are harmed by porn. A study in the September issue of the journal Psychology of Addictive Behavior found that it was the perception of being ‘addicted to porn,’ rather than the intensity of

porn use per se, that was tied with psychological distress.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“And contrary to the notion that pornography fuels misogyny, men who viewed porn tended to hold more egalitarian views about women than did non-porn-using men. Frequent porn users view powerful women, working women and women who have had abortions more favorably than do other men, a study published in August in the Journal of Sex Research found.”

(Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“That may be the case, but women in relationships with porn spectators reported being less happy in those relationships than gals paired up with men who didn't view pornography, found research published in 2012 in the journal Sex Roles.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Even though scientists are beginning to tease out the effects of porn on the brain, there's still a lot they don't understand, in particular about the long-term effect porn has on young viewers, Plaud said.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“‘We're being flooded by an immense amount of very hard-core pornography, and it's a question [what effect it has],’ Plaud said. ‘I think it may have very large implications in the future.’” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“HE RESTORETH MY SOUL”

“...understanding the difficulty of treating pornography and sexual addiction adequately from a spiritual perspective alone.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)

“It is necessary to describe the problem frankly because there are those who doubt they even need to change.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)

“...advocate a simple treatment plan that is based upon willpower or moral character.” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)

“...almost 90 percent of college age young men and 30 percent of the young women view pornography.” (Jason S. Carroll, Laura M. Padilla-walker, Larry J. Nelson, Chad D. Olson, Carolyn McNamara Barry, Stephanie D. Madsen, “Generation XXX: Pornography Acceptance and Use Among Emerging Adults,” Journal of Adolescent Research, Vol. 23(1) 2008, pp6-30). (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)

“...is continued engagement in self-destructive behavior despite adverse consequences.” (Constance Holden, “‘Behavioral’ Addictions: Do They Exist?,” Science, 294, November 2, 2001, pp980-982) (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009)

“Why is it that some consider adrenaline and dopamine to be drugs if drug companies produce them, yet they will not acknowledge these *same chemicals* to be drugs if pornography stimulates the brain to produce them?” (Donald L. Hilton, Jr., MD, “He Restoreth My Soul,” Forward Press Publishing, LLC, © 2009).

“FIGHT THE NEW DRUG”

“Porn Changes the Brain”

“If you’re wondering what a neuron is and why it’s on fire, here’s what that means. A neuron is a brain cell, and when brain cells get activated at the same time by something you see or hear or smell or whatever, they release chemicals that help strengthen the connection between those neurons.”

(Bostwick, J. M. and Bucci, J. E. (2008). Internet Sex Addiction Treated with Naltrexone. Mayo Clinic Proceedings 83, 2: 226–230; Doidge, N. (2007). The Brain That Changes Itself. New York: Penguin Books, 63.) (“Porn Changes the Brain”, Fight the New Drug, August 8, 2014, <http://fightthenewdrug.org/porn-changes-the-brain/#sthash.f4KEwobK.dpbs>)

“For example, when you eat something delicious, your brain releases dopamine, a chemical that makes you feel good.” (Hilton, D. L., and Watts, C. (2011). Pornography Addiction: A Neuroscience Perspective. Surgical Neurology International, 2: 19; (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>) Doidge, N. (2007). The Brain That Changes Itself. New York: Penguin Books, 107; Paul, P. (2007). Pornified: How Pornography Is Transforming Our Lives, Our Relationships, and Our Families. New York: Henry Hold and Co., 75; Nestler, E. J. (2005). Is There a Common Molecular Pathway for Addiction? Nature Neuroscience 9, 11: 1445–1449.) (“Porn Changes the Brain”, Fight the New Drug, August 8, 2014, <http://fightthenewdrug.org/porn-changes-the-brain/#sthash.f4KEwobK.dpbs>)

“Or if you hold hands with someone you care about, your brain releases a chemical called oxytocin, which helps you bond with people.” (Schneiderman, I., Zagoory-Sharon, O., Leckman, J., and Feldman, R. (2012). Oxytocin During the Initial Stages of

Romantic Attachment: Relations to Couples' Interactive Reciprocity. *Psychoneuroendocrinology* 37:1277-1285.)

“While ‘frontal lobe’ sounds really technical, basically it’s the part of the brain that controls logical problem solving and decision making.” (Hilton, D. L. (2013). Pornography Addiction—A Supranormal Stimulus Considered in the Context of Neuroplasticity. *Socioaffective Neuroscience & Psychology* 3:20767.) (“Porn Changes the Brain”, Fight the New Drug, August 8, 2014, <http://fightthenewdrug.org/porn-changes-the-brain/#sthash.f4KEwobK.dpbs>)

“Porn is like a Drug”

“...the brain is trying to protect itself from the overload of dopamine by getting rid of some of its chemical receptors...” (Hilton, D. L., and Watts, C. (2011). Pornography Addiction: A Neuroscience Perspective. *Surgical Neurology International*, 2: 19; (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>) Angres, D. H. and Bettinardi-Angres, K. (2008). The Disease of Addiction: Origins, Treatment, and Recovery. *Disease-a-Month* 54: 696–721.) (“Porn is Like a Drug”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-like-a-drug/#sthash.7UjH4NAT.dpbs>)

“...endless novelty, shock, and surprise—all of which increase the dopamine surge.” (Paul, P. (2007). *Pornified: How Pornography Is Transforming Our Lives, Our Relationships, and Our Families*. New York: Henry Hold and Co., 75; Caro, M. (2004). The New Skin Trade. *Chicago Tribune*, September 19; Brosius, H. B., et al. (1993). Exploring the Social and Sexual ‘Reality’ of Contemporary Pornography. *Journal of Sex Research* 30, 2: 161–70.) (“Porn is Like a Drug”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-like-a-drug/#sthash.7UjH4NAT.dpbs>)

“Porn is Addictive”

“Porn is basically sexual junk food. ...” (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“...the brain will actually cut down on its dopamine receptors—the tiny landing docs that take the dopamine in once it’s been released in your brain.” (Hilton, D. L., and Watts, C. (2011). Pornography Addiction: A Neuroscience Perspective. *Surgical Neurology International*, 2: 19; (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>) Angres, D. H. and Bettinardi-Angres, K. (2008). The Disease of Addiction: Origins, Treatment, and Recovery. *Disease-a-Month* 54: 696–721.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“...the user has to look at more porn, look at porn more often, or find a more hardcore version—or all three—to get aroused.” (Angres, D. H. and Bettinardi-Angres, K. (2008). The Disease of Addiction: Origins, Treatment, and Recovery. *Disease-a-Month* 54: 696–721; Zillmann, D. (2000). Influence of Unrestrained Access to Erotica on Adolescents’ and Young Adults’ Dispositions Toward Sexuality. *Journal of Adolescent Health* 27, 2: 41–44.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“Eventually, as the brain acclimates to the overload of dopamine, users often find that they can’t feel normal without that dopamine high.” (Angres, D.

H. and Bettinardi-Angres, K. (2008). The Disease of Addiction: Origins, Treatment, and Recovery. *Disease-a-Month* 54: 696–721; Berridge, K. C. and Robinson, T. E. (2002). The Mind of an Addicted Brain: Neural Sensitization of Wanting Versus Liking. In J. T. Cacioppo, G. G. Bernston, R. Adolphs, et al. (Eds.) *Foundations in Social Neuroscience* (pp. 565–72). Cambridge, Mass.: MIT Press.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“Little things that used to make them happy, like seeing a friend or playing their favorite sport, can’t compete with the dopamine flood that comes with porn, so they’re left feeling anxious or down until they can get back to it.”

(Paul, P. (2007). *Pornified: How Pornography Is Transforming Our Lives, Our Relationships, and Our Families*. New York: Henry Hold and Co., 90.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“...iFosB’s job is to help you remember to do things that feel good or are important.” (Hilton, D. L. (2013). Pornography Addiction—A Supranormal Stimulus Considered in the Context of Neuroplasticity. *Socioaffective Neuroscience & Psychology* 3:20767.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“While dopamine is motivating your brain to do things and rewarding it for doing them, iFosB is quietly leaving trail markers in your brain, creating a pathway to help you get back there. When this happens with healthy behaviors, it’s a very good thing.” (Hilton, D. L. (2013). Pornography Addiction—A Supranormal Stimulus Considered in the Context of Neuroplasticity. *Socioaffective Neuroscience & Psychology* 3:20767.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“...a teen brain’s reward pathway has a response two to four times more powerful than an adult brain—which means teen brains release even higher levels of dopamine.” (Sturman, D. and Moghaddam, B. (2011). Reduced Neuronal Inhibition and Coordination of Adolescent Prefrontal Cortex during Motivated Behavior. *The Journal of Neuroscience* 31, 4: 1471-1478.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“Teen brains also produce higher levels of iFosB, leaving them extra vulnerable to addiction.” (Ehrlich, M. E., Sommer, J., Canas, E., and Unterwald, E. M. (2002). Periadolescent Mice Show Enhanced DeltaFosB Upregulation in Response to Cocaine and Amphetamine. *The Journal of Neuroscience* 22: 9155–9159.) (“Porn is Addictive”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-is-addictive/#sthash.XVRyb5Mf.dpbs>)

“Porn Affects Your Behavior

“That’s why the types of behaviors we link our pleasure response to tend to become habits and stick around.” (“Porn Affects Your Behavior”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-affects-your-behavior/#sthash.8intUAKv.dpbs>)

“So when someone is looking at porn, while they think they’re just being entertained, their brain is busy at work building pathways between whatever’s happening on their screen and feelings of arousal.” (Doidge, N. (2007). *The Brain That Changes Itself*. New York: Penguin Books, 109.) (“Porn Affects Your Behavior”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-affects-your-behavior/#sthash.8intUAKv.dpbs>)

“One study found that people exposed to significant amounts of porn thought things like sex with animals and violent sex were twice as common as what those not exposed to porn thought.” (Zillmann, D., and Bryant, J. (1984). *Effects of Massive Exposure to Pornography*. In N. M. Malamuth and E. Donnerstein (Eds.) *Pornography and Sexual Aggression*. New York: Academic Press.) (“Porn Affects Your Behavior”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-affects-your-behavior/#sthash.8intUAKv.dpbs>)

“And when people believe a behavior is normal, they’re more likely to try it.” (Layden, M. A. (2004). Committee on Commerce, Science, and Transportation, Subcommittee on Science and Space, U.S. Senate, Hearing on the Brain Science Behind Pornography Addiction, November 18; Cline, V. B. (2001). *Pornography’s Effect on Adults and Children*. New York: Morality in Media; Zillmann, D., and Bryant, J. (1984). *Effects of Massive Exposure to Pornography*. In N. M. Malamuth and E. Donnerstein (Eds.) *Pornography and Sexual Aggression*. New York: Academic Press.) (“Porn Affects Your Behavior”, Fight the new Drug, August 8, 2014, <http://fightthenewdrug.org/porn-affects-your-behavior/#sthash.8intUAKv.dpbs>)

“Porn’s Harm is Changing Fast”

“Between 1998 and 2007, the number of pornographic websites grew by 1,800%.” (Websense Research Shows Online Pornography Sites Continue Strong Growth. (2004). PRNewswire.com, April 4.) (“Porn’s Harm is Changing Fast”, Fight the New Drug, August 4, 2014, <http://fightthenewdrug.org/porns-harm-is-changing-fast/#sthash.XvAu4Fq3.dpbs>)

“...2004 study of Internet traffic in May of that year, porn sites were visited three times more often than Google, Yahoo!, and MSN Search combined.” (Porn More Popular than Search. (2004). InternetWeek.com, June 4.) (“Porn’s Harm is Changing Fast”, Fight the New Drug, August 4, 2014, <http://fightthenewdrug.org/porns-harm-is-changing-fast/#sthash.XvAu4Fq3.dpbs>)

“GREY MATTER: 50 SHADES, PORNOGRAPHY AND THE SHAPING OF OUR BRAINS”

“*Fifty Shades of Grey* hits UK cinemas this Valentine’s day. Six years on from writing a major feature on porn and the UK Church for *Premier Christianity*, Martin Saunders explores the growing impact of

sexually explicit content on modern culture.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Porn, and the way it is shaping our individual and collective cultural mindset, has moved on dramatically since I last wrote on the subject for this title six years ago. Sexually explicit material is no longer on the fringes of our culture; it’s in the mainstream.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Yet while the ‘dirty secret’ about porn is well and truly out, Christians still haven’t made much of a dent in the problem. In fact, porn use is rife among Christians and Christian leaders. In putting this article together I conducted a simple online survey of British Christians (see the box for more details) and, even knowing what we do about the prolificacy of porn, the results make for surprising reading.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“The survey suggests that more than half of Christian men and around a fifth of Christian women in the UK are using porn on a regular or semi-regular basis. Pornography isn’t just something unpleasant going on in the world; it’s right at the heart of our churches.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Why, when the Church has apparently woken up to its porn problem, is its use even more prolific than we perhaps imagined? What has enabled this? Is it time to respond in ways other than the existing, and seemingly flawed ones? To answer these questions, let’s take a step back and look at how society’s relationship with adult material has shifted in recent years.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Blurred Lines”

“The lines between pornographic and mainstream culture have become increasingly blurry; a slow creep in a more ‘liberated’ direction seems to have reached a tipping point. When poorly written publishing phenomenon *Fifty Shades of Grey* (Random House) made the transition

from Kindle to paperback in 2012, pre-existing shame barriers simply disappeared. People were happy to discuss how much they enjoyed the sexually explicit book. They were proud to sit and read a copy on the train. Without any announcement, the boundaries of acceptability had shifted. I recently noticed a dad reading a copy as he sat poolside at our children's swimming lesson." (Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

"Of course, erotic literature, just like risqué art house cinema, is nothing new. What is interesting is how this material is now viewed: not as something to be kept hidden, or at least to be enjoyed in private, but as culturally mainstream as *The X Factor* and James Bond. Just before Christmas, British porn star Brooklyn Blue even released an innuendo-based festive single, which received plenty of lighthearted media coverage, if not critical acclaim. Porn is no longer viewed as a dirty, secret habit. It is considered a bit of fun as long as it's kept out of the hands of children." (Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

"Rewired by Porn"

"Needless to say, it isn't kept out of their hands. Statistics – and the experience of youth workers – suggests that children and young people are accessing pornography from an early age and then consistently through their teenage years. An ICM/BBC3 survey conducted last April revealed that one in four young people had viewed online porn by the age of 12, with around 7% saying they were under ten when they were first exposed to it." (Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

"Baroness Kidron's 2013 documentary film *InRealLife*, in which she interviews several teenage porn users, offers a chilling insight into the entrenched depth of their engagement with porn and what it's doing to their views of relationships, women and the world. The film suggests that their brains are actually being rewired through pornography use." (Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“As a result, the boys in the film echo the claims of youth specialists, who say that pornographic behaviours are being normalised in the way many teenagers now conduct their relationships. Jason Royce, director of Christian youth project Romance Academy, says the sexual expectations among young men and women are often defined by what they see on screen.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“‘Lads see what happens in porn and expect to be able to act out those things with girls,’ he says. ‘Girls often believe that this is also how they should behave, even though these behaviours are often deeply misogynistic and even dehumanising for them.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Adult material consumption is on the rise in popular culture, seemingly for every age group. And a new market for its consumption is being ‘groomed’ before our eyes.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Brains Are Being Rewired Through More Pornography Use”

“More restriction than protest”

“The pornographers aren’t having it all their own way, however. New government legislation proposed within its Audiovisual Media Services regulation (2014) has outlawed the filming and distribution of various ‘hard-core’ sexual practices, most notably those involving physical restraint. In December, the British porn industry led a suitably crass demonstration outside Parliament to protest against the new rules, which have become law.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Meanwhile, lobby groups on the other side of the argument are firmly pushing for more. Christian group Safer Media, working with Premier and others, has successfully campaigned for more responsible Internet filtering from Internet service providers (although this doesn’t apply to most mobile media, the platform through which the majority of pornography is accessed), while Christian Tory MP Claire Perry has led the charge within

Parliament to address underage exposure to adult material.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Pornography is a difficult issue for the politically nuanced to get right. On the one hand, its regulation could be deemed to limit freedoms and can smack of *Daily Mail*-style moral panic. On the other, an increasing body of evidence suggests that porn is having a dangerous and as yet unquantified effect on the brains of those who use it.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“The Impact: Dulling and Erosion”

“If that last claim sounds wild, let me introduce Dr William Struthers, a neuroscientist-slash-theologian specialising in the scientific impact of adult material on the human brain, and a professor at Wheaton College, Chicago.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“His book, *Wired for Intimacy: How Pornography Hijacks the Male Brain* (IVP) was one of the first academically backed works to suggest that pornography could have a damaging effect on consumers. I asked him to explain in simple terms (not always easy for a scientist) what that actually looks like.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“He says: ‘Repeated exposure to sexualised material, and not just graphic porn, will change our standards of what is acceptable sexually and morally. This is known as the “exposure effect” in psychology.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“‘[As a result]...the generation that has been raised on porn is becoming less able to enjoy sexual intimacy, connectedness and the empowerment that comes in healthy sexual relationships, especially in the context of marriage.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Struthers believes our brains are being dulled by pornography, and that our relational abilities are being damaged and eroded as a result. So porn is potentially doing us neurological damage. Even if you want to lay to one side the very valid concerns about the porn industry’s links with human trafficking, or the connections between hard-core pornography use and sexual violence, there’s a strong argument that this is, in fact, a public health issue.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“A Shift in Christian Engagement”

“Not only does the Church need to get its own house in order, it also needs to find ways to speak with grace and compassion about porn, sex and relationships. Sexual violence isn’t compatible with the kingdom of God, and media-induced neurological damage probably doesn’t have a place in it either. I’d like to suggest a few steps we could meaningfully take in the right direction:” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

1. “Recognise the nature of the issue”

“Firstly, a reality check – if one is still needed – for anyone who thinks the Church doesn’t have an issue with porn. My December 2014 survey (something of a straw poll, but sufficiently quantitative to hold some weight) suggested that around 55% of Christian men view Internet porn more than once a month, with a further 20% admitting that they succumb to temptation every so often. That’s 75% of Christian men engaging with pornography on, let’s say, a monthly basis. Among women the figure was much, much lower. Just 15% said they viewed porn online more than once a month, with a further 20% visiting porn sites occasionally.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“However, within those stats there are some interesting details. Only 5% of men said they looked at Internet porn on a daily basis, but a disproportionate 42% said they would describe their behaviour as ‘compulsive or an addiction’. If these men are truly suffering from an addiction, shouldn’t these two percentages be closer together? Is it possible that Christian men who have heard warnings from the Church

about porn addiction and feel ashamed of their own occasional use mistakenly believe they are suffering from an addiction they can't control? By calling them addicts, we have given them a mental excuse to concede defeat. Is that right in the majority of cases? Or can we actually call them higher, to train themselves to steer clear of porn? Of course, there are true addicts, but correctly labelling the issue for the majority could be a simple but key step in changing those statistics."

(Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

2. **"Rethink accountability"**

"My 2009 research highlighted that, after prayer, the main strategy for tackling porn was 'accountability', either in the form of face-to-face meetings or via computer software, which monitored Internet use and sent reports of any indiscreet online behaviour to a trusted friend. Struthers thinks this approach is deeply flawed. In many cases, he says, accountability groups 'become an exercise in either shaming or 'sin reminiscing'." (Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

"He says: 'As a result of the extended period of time that can elapse between meetings, and the nature of confessing something that is embarrassing, these kinds of groups often dissolve because of a lack of efficacy. In contrast, some groups easily fall into a permissive, locker room atmosphere. It becomes more about telling stories about how the week went [reminiscing] and an attitude that lacks the calling to a higher standard.'" (Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

"Struthers is not entirely cynical about their worth, but he says that 'accountability groups that are lazily structured and have no purpose other than confession without instruction are useless'. So, if the approach is accountability it needs to be oriented around building groups of men and women with integrity, not a continual focus on a uniting 'sin'." (Martin Saunders, "Grey Matter: 50 Shades, pornography and the shaping of our brains", Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Alongside this, and bearing in mind that we may be mislabelling casual porn use as ‘addiction’, it is perhaps time to re-embrace the most countercultural gift: self-discipline. This might seem a deeply unremarkable idea, but it’s a firmly biblical one; the fruit of the Spirit that is best suited to helping us conquer temptation (Galatians 5:23). A commitment to prayer and personal discipline is the strongest weapon available to anyone wanting to fight the temptation to use pornography.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

3. “Interrupt the porn conversation”

“Even if we want to flee from the evils of porn, we have a problem. We’re called to be part of a world that is saturated with sexualised materials, and to meet and love the people who live in it. It’s not our job to judge people who think pornography is healthy, but there are ways that a compassionate Christian voice can and should be expressed to the contrary.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“The Church has already been heavily involved in campaigning to ensure children and young people have a better chance at avoiding repeated pornography exposure. We can also play a key role in modelling healthy relationships that don’t use pornography as a guidebook. There is also a part for the Church to play in reaching out to the UK’s adult industries, just as XXXchurch does in the US.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Encouragingly, Struthers believes the future isn’t quite as dark as we might imagine. ‘I see the culture waking up to the reality that pornography has saturated it with a litany of broken promises,’ he declares. ‘The false presentation of ecstasy, intimacy and power presented in porn are finally being seen as hollow.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“He might be right, but at this moment porn is everywhere. This month, the release of the *Fifty Shades of Grey* movie is another leap forward for

pornography in the mainstream. Could the Church respond with self-awareness, intelligence and compassion?” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

“RECENT INTERNET ADDICTION BRAIN STUDIES INCLUDE PORN”

“Brain research on Internet addiction points in only one direction” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Since we wrote Ominous News for Porn Users: Internet Addiction Atrophies Brains, which addressed recent online videogame addiction research, a tide of brand new research has been rolling in from around the world, revealing that a surprisingly large percentage of people in some age groups are addicted to Internet use itself.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“The new research comprises two types of studies. One methodology uses brain scans of physical, addiction-related changes in addicts and control groups. The other uses surveys and addiction tests. Brain scientists also use such tests to divide subjects into test groups of addicts and control groups of non-addicts.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“In this post, we will be discussing research from both categories, but we’re primarily interested in the hard-science brain scans because they are less easy to manipulate with bias. Here are some FAQs about the new research.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“What's the percentage of Internet addicts according to the research?”

“Although the questionnaire studies use somewhat different terminology (‘addiction’ ‘problematic Internet use’ ‘maladaptive Internet use’), rates range from *8 percent to as high as 21 percent* in young people. Moreover, in a study that reported addiction rates by gender, a *quarter* of the male university students tested were diagnosed as addicts—as compared with less than ten percent of female students.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“If there are no brain studies isolating Internet porn users, how can we know Internet porn addiction exists?”

“Internet addiction researchers measure *all* Internet use, so pornography and social media are lumped together. One of the most recent studies, for example, described the Internet use of Chinese addicts:”

“Subjects used the internet almost every day, and spend more than 8 hours ... every day in front of the monitor, mostly for chatting with cyber friends, playing online games, and watching online pornographies or adult movies.[Internet porn, by the way, is officially banned in China.]” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Internet porn use has not been isolated in any of the new studies we have seen. (Who uses the Internet *only* for Internet porn?) But is it necessary to isolate Facebook addicts from Twitter addicts? Or World of Warcraft addicts from EverQuest addicts to determine that all such applications can become addictive for some users? No. Internet porn is simply one more, very popular, Internet pastime, and therefore **potentially addictive.**” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Don't let the fact that many use the Internet as a masturbation aid confuse you. It is the characteristics that make Internet porn *different* from sex—but very similar to videogaming or slot-machine gambling—which account for its ability to hook some users. This 2013 study noted the similarities:” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“It should be pointed out that, as two of the key uses of the internet for a sizable number of internet users are to gain access to *pornography and gambling and these latter activities are clearly subject to potentially-addictive states*, it may be that any results relating to ‘internet addiction’ are actually manifestations of other forms of addiction (i.e. to pornography or gambling).” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“These characteristics include novelty-at-a-click, effortless access, and constant violation of expectations via startling stimuli. All of these release the neurotransmitter dopamine in the reward circuitry. Overconsumption can therefore dysregulate dopamine response in some brains, thus tampering with mood, confidence and ability to respond to pleasure.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Still convinced Internet erotica is a harmless exception to Internet addiction? Sorry, but it has already been determined to be *more likely to lead to compulsion than any other Internet activity*.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“In any case, the fundamental brain changes for all addictions—both behavioral and chemical—are so similar that addiction specialists now consider *all* addiction to be one disease rather than many different diseases. Whether someone is diagnosed with gambling, videogaming or Internet addiction, it indicates that a specific collection of anatomical and physiological abnormalities has occurred (with minor variations).” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Indeed, the same molecular switch triggers addiction-related brain changes in *all* addicts. The master switch that triggers these changes is the protein DeltaFosB. Both chronic, high level consumption of natural rewards (sex, sugar, high-fat) and chronic administration of virtually any drug of abuse cause DeltaFosB to accumulate in the reward circuit, thus triggering a cascade of further brain changes.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“It would be interesting, but redundant, to isolate particular types of Internet addiction in order to establish the reality of any one of them, including porn addiction.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“What brain changes have researchers observed in Internet addicts?”

“Thirty years and thousands of studies on animal and human subjects have revealed a specific *constellation* of addiction-related brain changes. This is why scientists are confident that these brain changes differ from the brain's normal daily activity.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“For example, the Chinese study cited above, researchers concluded that,”

“IAD [Internet addiction] may cause serious damages to the brain, and the neuroimaging findings further illustrate IAD is associated with dysfunctions in the dopaminergic brain systems. Our findings also support the claim that IAD may share similar neurobiological abnormalities with other addictive disorders [such as substance abuse disorders and pathological gambling.]” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Next we'll consider the changes so far observable in human scans, with representative studies in the links next to brain alteration. (Note, this review of Internet Addiction brain studies was published after this article: Internet and Gaming Addiction: A Systematic Literature Review of Neuroimaging Studies)” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

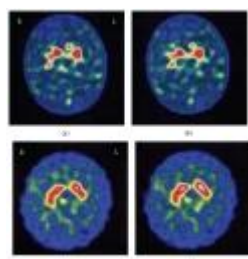
“Desensitization. Refers to a general dialing down of one's responsiveness to all pleasure...a baseline change. Leaves the addict less sensitive to pleasure, and ‘hungry’ for dopamine-raising activities/substances of all kinds. Representative Internet addiction studies: Study 1, study 2.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Sensitization. Hyper-reactivity to addiction-related cues. Leads to hard-to-ignore cravings for one's particular addiction. Study 1, study 2

Hypofrontality. Frontal-lobe gray matter and functioning decrease. Reduces impulse control, decision-making, and the ability to foresee consequences. Study 1, study 2, study 3, study 4, study 5, study 6, study 7, study 8” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Abnormal White Matter. Gray matter is responsible processing information, whereas white matter comprises the communication pathways between different parts of the brain. Abnormalities of pathways between reward circuit structures and the frontal cortex are related to poor impulse control and reduced cognitive abilities. Study 1, study 2, study 3.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“DeltaFosB is known to trigger most, if not all, of these addiction-related changes. They are not beneficial. (More on why in a future post.)” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)



“Are these the only brain changes?”

“No. Each of these broad-brush indicators reflect multiple subtler addiction-related cellular and chemical alterations—just as the scan of a cancer tumor wouldn't show associated subtler cellular/chemical changes.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Most of the subtler changes can't be assessed in human models due to the invasiveness of the technologies required. However, they have been identified in animal models. For example, to track desensitization, scans can measure D2 receptor changes in humans. Yet other key addiction markers, such as higher dynorphin and the accumulation of DeltaFosB, won't show up in scans.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“The point is that where there are macro changes visible in brain scans, there are also subtler, micro changes. The macro changes are the final dominos common to all addictions, so they are also evidence of the micro changes.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“How do we know these brain changes aren't due strictly to pre-existing pathologies?”

“Many experts have been taught that the only people who develop addiction are those with pre-existing disorders, such as OCD, depression, ADHD and so forth, so addiction is always a *secondary* disease, and presumably somewhat unavoidable. While brains do differ in their

vulnerability to addiction (for example, adolescent brains are more vulnerable than adult brains), ASAM's addiction specialists now consider addiction a *primary* disease. That is, it can develop even without the presence of an underlying disorder. And it causes its *own brain changes* apart from any other disorders.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Moreover, one has only to consider the rates of food addiction in the United States (79% of adults overweight and almost half of those obese) to see that one doesn't need to be in a small, congenitally disordered minority to fall into addiction. This is especially true where extreme versions of natural rewards like food and sex are concerned. Junk food and Internet porn are both extreme versions of enticements that all of us evolved to pursue somewhat impulsively.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Moreover, two of the new studies (study 1, study 2) revealed that addiction-related brain changes were reversing themselves in *former* addicts. This wouldn't happen if the brain changes were the product of fixed, pre-existing conditions. Similarly, the longer addicts are hooked, the more severe their addiction-related brain alterations:” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“The gray matter atrophy and white matter FA changes of some brain regions were significantly correlated with the duration of internet addiction.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Indeed, experts recently concluded that they cannot find a solid pathological predictor for Internet addiction disorder. Internet addiction disorder may bring some pathological problems to the addicts [such as depression, anxiety, hostility, interpersonal sensitivity, and psychoticism].” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“On what do you base your information in this post?”

“In addition to the many recent Internet addiction studies cited here, support for this piece comes from the materials published by the American Society of Addiction Medicine (ASAM), a group of eminent doctors and

researchers who are addiction specialists. Here are some excerpts from the ASAM FAQs, which shed light on how experts in the field define addiction.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Qs: What's different about this new definition? [and] Does ASAM really believe that food and sex are addicting?” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“This new definition makes clear that addiction is not about drugs, it's about brains. It is not the substances a person uses that make them an addict; it is not even the quantity or frequency of use. *Addiction is about what happens in a person's brain when they are exposed to rewarding substances or rewarding behaviors*, and it is more about reward circuitry in the brain and related brain structures than it is about the external chemicals or behavior that "turn on" that reward circuitry....Food and sexual behaviors and gambling behaviors *can be associated with the "pathological pursuit of rewards"* described in this new definition of addiction.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“To summarize the current state of addiction neuroscience:”

“Addiction related behaviors and symptoms = a specific set of measurable brain alterations.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“The brain changes found in all addictions include sensitization, desensitization, hypofrontality, and abnormal white matter. An Internet addiction is no exception, whether a user is viewing Internet porn, Facebook, www.reddit.com, or a combination Internet stimuli.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“All addiction-related brain changes (both behavioral and chemical) are triggered by accumulation of DeltaFosB. There's one molecular switch, whether drug, gambling, food, or Internet porn addiction is at work.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“All brain research on Internet addiction done so far (ten studies as of this post) point in only one direction.” (“Recent Internet Addiction Brain Studies Include Porn”,

Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“If you are noticing these unpleasant symptoms, you may have Internet addiction, and your Internet porn use could be part of the problem.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain on Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Dr. William Struthers, author of *Wired for Intimacy*, sounds a similar alarm, teaching that viewing pornography and masturbating actually weakens the region of our brain known as the cingulate cortex—the region that is responsible for moral and ethical decision making and willpower.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“Sex or porn also trigger the release of **oxytocin** and **vasopressin**. These hormones help to lay down the long-term memories for the cells. They “bind” a person’s memories to the object that gave him or her the sexual pleasure.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“With each sexual embrace you are emotionally bounding to this person (oxytocin and vasopressin).” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“9 THINGS YOU SHOULD KNOW ABOUT PORNOGRAPHY AND THE BRAIN”

“Sexually explicit material triggers mirror neurons in the male brain. These neurons, which are involved with the process for how to mimic a behavior, contain a motor system that correlates to the planning out of a behavior. In the case of pornography, this mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. ‘The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on,’ says Struthers. ‘In God’s plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended

to bond a man to his wife and therefore inevitably loosening that bond.”

(Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain>)

“In men, there are five primary chemicals involved in sexual arousal and response. The one that likely plays the most significant role in pornography addiction is dopamine. Dopamine plays a major role in the brain system that is responsible for reward-driven learning. Every type of reward that has been studied increases the level of dopamine transmission in the brain, and a variety of addictive drugs, including stimulants such as cocaine, amphetamine, and methamphetamine, act directly on the dopamine system. Dopamine surges when a person is exposed to novel stimuli, particularly if it is sexual, or when a stimuli is more arousing than anticipated. Because erotic imagery triggers more dopamine than sex with a familiar partner, exposure to pornography leads to ‘arousal addiction’ and teaches the brain to prefer the image and become less satisfied with real-life sexual partners.” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain>)

“Why do men seek out a variety of new explicit sexual images rather than being satisfied with the same ones? The reason is attributed to the Coolidge effect, a phenomenon seen in mammalian species whereby males (and to a lesser extent females) exhibit renewed sexual interest if introduced to new receptive sexual partners, even after refusing sex from prior but still available sexual partners. This neurological mechanism is one of the primary reasons for the abundance and addictiveness of Internet pornography.” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain>)

“Overstimulation of the reward circuitry—such as occurs with repeated dopamine spikes related to viewing pornography—creates desensitization. As Gary Wilson explains, ‘When dopamine receptors drop after too much stimulation, the brain doesn’t respond as much, and we feel less reward from pleasure. That drives us to search even harder for feelings of satisfaction—for example, by seeking out more extreme sexual stimuli, longer porn sessions, or more frequent porn viewing—thus further numbing the brain.’” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain>)

“The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make,’ says Struthers. ‘Whenever the sequence of arousal and response is activated, it forms a neurological memory that will influence future processing and response to sexual cues. As this pathway becomes activated and traveled, it becomes a preferred route—a mental journey—that is regularly trod. The consequences of this are far-reaching.’” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain>)

“What makes Internet porn unique? Wilson identifies a number of reasons, including:”

- “Internet porn offers extreme novelty”
- “Unlike food and drugs, there are almost no physical limitations to Internet porn consumption”
- “With Internet porn one can escalate both with more novel ‘partners’ and by viewing new and unusual genres”
- “Unlike drugs and food, Internet porn doesn't eventually activate the brain's natural aversion system”
- “The age users start watching porn. A teen's brain is at its peak of dopamine production and neuroplasticity, making it highly vulnerable to addiction and rewiring.” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain>)

“Men’s exposure to sexually explicit material is correlated with social anxiety, depression, low motivation, erectile dysfunction, concentration problems, and negative self-perceptions in terms of physical appearance . and sexual functioning.” (Joe Carter, “9 Things You Should Know about Pornography and the Brain”, The Gospel Coalition, May 8, 2013, <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain>)

“NEUROSCIENCE SPEAKS: HOW USING PORN DESTROYS YOUR WILLPOWER”

“Neuroscience now knows that willpower is a function of the prefrontal lobes of the brain. Scientific studies have also confirmed that using porn over and over actually *reshapes* these areas of the brain, literally eroding our willpower and our moral compass.” (Luke Gilkerson, “Neuroscience Speaks: How

“SLAVE MASTER – HOW PORNOGRAPHY DRUGS & CHANGES YOUR BRAIN”

“While some have avoided using the term ‘addiction’ in the context of natural compulsions such as uncontrolled sexuality, overeating, or gambling, let us consider current scientific evidence regarding the brain and addiction.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“This article will seek to answer two questions:”

1. “Biologically, is the brain affected by pornography and other sexual addictions? “
2. “If so, and if such addictions are widespread, can they have a societal effect as well?”

(Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“The Story of the Gypsy Moth”

“Let’s begin with a seeming digression. In 1869 the gypsy moth was brought to America to attempt to jumpstart a silk industry. Rarely have good intentions gone so wrong, as the unforeseen appetite of the moth for deciduous trees such as oaks, maples, and elms has devastated forests for 150 years. Numerous attempts were made to destroy this pest, but a major breakthrough came in the 1960s, when scientists noted that the male gypsy moth finds a female to mate with by following her scent. This scent is called a pheromone, and is extremely attractive to the male.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“In 1971 a paper was published in the journal Nature that described how pheromones were used to prevent the moths from mating. The scientists mass-produced the pheromone and permeated the moths’ environment with it. This unnaturally strong scent overpowered the females’ normal ability to attract the male, and the confused males were unable to find females. A follow-up paper described how population control of the moths was achieved by ‘preventing male gypsy moths from finding mates.’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“The gypsy moth was the first insect to be controlled by the use of pheromones, which work by two methods. One is called the confusion method. An airplane scatters an environmentally insignificant number of very small plastic pellets imbedded with the scent of the pheromone. Then, as science journalist Anna Salleh describes it, ‘The male either becomes confused and doesn’t know which direction to turn for the female, or he becomes desensitized to the lower levels of pheromones naturally given out by the female and has no incentive to mate with her.’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“The other method is called the trapping method: Pheromone-infused traps are set, from which moths cannot escape; a male moth enters looking for a female, only to find a fatal substitute.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Two Fallacies”

“What does this have to do with pornography? Pornography is a visual pheromone, a powerful, \$100 billion per year brain drug that is changing human sexuality by ‘inhibiting orientation’ and ‘disrupting pre-mating communication between the sexes by permeating the atmosphere,’ especially through the internet. I believe we are currently struggling in the war against pornography because many continue to believe two key fallacies:” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Fallacy No. 1: Pornography is not a drug.”

“Fallacy No. 2: Pornography is therefore not a real addiction.”

“Adrenaline Grass”

“First, I would like to share an experience our family had a few years ago on a safari in Africa. While on a game drive along the Zambezi River, our ranger commented on the adrenaline grass growing along the banks. I asked him why he used the word ‘adrenaline,’ and he began to drive slowly through the grass. Abruptly, he stopped the vehicle and said, ‘There! Do you see it?’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“‘See what?’ I asked. He drove closer, and this also changed the angle of the light.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Then I understood. A lion was hiding in the grass watching the river, just waiting for some ‘fast food’ to come and get a drink.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“We were sitting in an open-air Land Rover with no doors and no windows. I then understood why it was called adrenaline grass, as I felt my heart pound. My cerebral cortex saw and defined the danger, which registered in the autonomic, or automatic, part of my nervous system. The brain, which is a very efficient pharmaceutical lab, produced the chemical adrenaline, causing my heart to pound and race in preparation for survival. I was ready to run if needed (not that it would have done any good with the lion).” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“We were told that if we stayed in our seats and remained still, the lion would look at the Land Rover as a whole and not see us as individuals. Fortunately this was the case for us.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“A Drug Is a Drug”

“Interestingly, adrenaline, also called epinephrine, is a drug we physicians use in surgery and in emergencies to start a patient’s heart again when it beats too slow, or even stops. So here is the question: Is epinephrine not a drug if the brain makes it (causing the heart to pound and race), yet is a drug if the same epinephrine is given by a physician?” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Dopamine is important in the parts of our brain that allow us to move, and when the dopamine-producing parts of the brain are damaged, Parkinson’s disease results. To treat Parkinson’s, physicians prescribe dopamine as a drug, and it helps the patient move again. So is dopamine a drug only if the pharmaceutical lab makes it, and not if the brain makes the same chemical for the same purpose?” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“...both of these brain drugs are very important in human sexuality—and in pornography and sexual addiction. Dopamine, in addition to its role in movement, is an integral neurotransmitter, or brain drug, in the pleasure/reward system in the brain.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Disruption of Dopamine”

“Let’s review some of the important components of the reward system of the brain. On the outside is the cerebral cortex, a layer of nerve cells that carry conscious, volitional thought. In the front, over the eyes, are the frontal lobes. These areas are important in judgment, and, if the brain were a car, the frontal lobes would be the brakes. These lobes have important connections to the pleasure pathways, so pleasure can be controlled.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“In the center of the brain is the nucleus accumbens. This almond-sized area is a key pleasure reward center, and when activated by dopamine and other neurotransmitters, it causes us to value and desire pleasure rewards. Dopamine is essential for humans to desire and value appropriate pleasure in life. Without it, we would not be as incentivized to eat, procreate, or even to try to win a game.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“It’s the overuse of the dopamine reward system that causes addiction. When the pathways are used compulsively, a downgrading occurs that actually decreases the amount of dopamine in the pleasure areas available for use, and the dopamine cells themselves start to atrophy, or shrink. The reward cells in the nucleus accumbens are now starved for dopamine and exist in a state of dopamine craving, as a downgrading of dopamine receptors on the pleasure cells occurs as well. This resetting of the ‘pleasure thermostat’ produces a ‘new normal.’ In this addictive state, the person must act out in addiction to boost the dopamine to levels sufficient just to feel normal.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“As the desensitization of the reward circuits continues, stronger and stronger stimuli are required to boost the dopamine. In the case of narcotic addiction, the addicted person must increase the amount of the drug to get the same high. In pornography addiction, progressively more shocking

images are required to stimulate the person.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Frontal Lobe Damage”

“As a feedback of sorts, the frontal lobes also atrophy, or shrink. Think of it as a ‘wearing out of the brake pads.’ This physical and functional decline in the judgment center of the brain causes the person to become impaired in his ability to process the consequences of acting out in addiction. Addiction scientists have called this condition hypofrontality, and have noted a similarity in the behavior of addicted persons to the behavior of patients with frontal brain damage.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Neurosurgeons frequently treat people with frontal lobe damage. In a car crash, for instance, the driver’s brain will often decelerate into the back of his forehead inside his skull, bruising the frontal lobes. Patients with frontal lobe damage exhibit a constellation of behaviors we call frontal lobe syndrome. First, these patients are impulsive, in that they thoughtlessly engage in activities with little regard to the consequences. Second, they are compulsive; they become fixated or focused on certain objects or behaviors, and have to have them, no matter what. Third, they become emotionally labile, and have sudden and unpredictable mood swings. Fourth, they exhibit impaired judgment.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“So cortical hypofrontality, or shrinkage of the frontal lobes, causes these four behaviors, and they can result from a car wreck or from addiction.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“A study on cocaine addiction published in 2002 shows volume loss, or shrinkage, in several areas of the brain, particularly the frontal control areas. A study from 2004 shows very similar results for methamphetamine. But we expect drugs to damage the brain, so these studies don’t really surprise us.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Consider, though, a natural addiction, such as overeating leading to obesity. You might be surprised to learn that a study published in 2006

showed shrinkage in the frontal lobes in obesity very similar to that found in the cocaine and methamphetamine studies. And a study published in 2007 of persons exhibiting severe sexual addiction produced almost identical results to the cocaine, methamphetamine, and obesity studies.

(Encouragingly, two studies, one on drug addiction [methamphetamine] and one on natural addiction [obesity] also show a return to more normal frontal lobe volumes with time in recovery.)” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“So we have four studies, two drug and two natural addiction studies, all done in different academic institutions by different research teams, and published over a five-year period in four different peer-reviewed scientific journals. And all four studies show that addictions physically affect the frontal lobes of the brain.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Addiction Is Addiction”

“As stated in the journal Science, ‘as far as the brain is concerned, a reward’s a reward, regardless of whether it comes from a chemical or an experience.’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“What about pornography and sexual addiction? Dr. Eric Nestler, head of neuroscience research at Mount Cedar Sinai in New York and one of the most respected addiction scientists in the world, published a paper in the journal Nature Neuroscience in 2005 titled ‘Is there a common pathway for addiction?’ In this paper he said that the dopamine reward systems mediate not only drug addiction, but also ‘natural addictions (that is, compulsive consumption of natural rewards) such as pathological overeating, pathological gambling, and sexual addictions.’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Like the addicted rats, the men were desperately seeking the next fix, clicking the mouse just as the rats pushed the lever.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Pornography addiction is frantic learning, and perhaps this is why many who have struggled with multiple addictions report that it was the hardest

for them to overcome. Drug addictions, while powerful, are more passive in a 'thinking' kind of way, whereas pornography viewing, especially on the internet, is a much more active process neurologically. The constant searching for and evaluating of each image or video clip for its potency and effect is an exercise in neuronal learning, limited only by the progressively rewired brain. Curiosities are thus fused into compulsions, and the need for a larger dopamine fix can drive the person from soft-core to hard-core to child pornography—and worse. A paper published in the Journal of Family Violence in 2009 revealed that 85 percent of men arrested for child pornography had also physically abused children.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Dehumanized Sexuality”

“Oxytocin and vasopressin are important hormones in the brain with regard to physically performing sexually. Studies show that oxytocin is also important in increasing trust in humans, in emotional bonding between sexual mates, and in parental bonding. We are wired to bond to the object of our sexuality.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

Read complete article at:

www.salvomag.com/new/articles/salvo13/13hilton.php#sthash.68AojR1Y.dpuf

“THE EFFECTS OF PORN ON THE MALE BRAIN”

“... discussion has focused on the neurobiological aspects of its allure, addictive properties, and long-lasting effects. ...What if pornography merely hijacks a part of our nature that is intended for something better? What if our sexual drive and our neurological nature are wired for intimacy and not just sensuality?”

“In a 2010 interview with Playboy Magazine, Grammy Award-winning musician John Mayer ...”

“Pornography? It’s a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora’s Box of visuals. There have probably been days when I saw 300 [women] before I got out of bed....Internet pornography has absolutely changed my generation’s expectations....You’re

looking for the one photo out of 100 you swear is going to be the one you finish to, and you still don't finish. Twenty seconds ago you thought that photo was the hottest thing you ever saw, but you throw it back...How does that not affect the psychology of having a relationship with somebody? It's got to." (Rob

Tannenbaum, "Interview with John Mayer," Playboy Magazine (March 2010) (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"The on-demand availability of robust sexual stimuli presents a unique problem for developing and maintaining a healthy sexuality. The ease of access, variety of images, and the vigorous sensory constitution of this media go beyond the strength of mental imagery and fantasy. People can see whatever they want, whenever they want, however they want. In doing so they can generate, serve, and satisfy their sensual nature. Pornography creates a world today where the consumer (usually men) has the ability to bring up at their whim graphic (and sometimes interactive) depictions of nudity and sexual encounters. Women are perpetually available for their pleasure with minimal immediate consequences. People become

disposable." (Read Mercer Schuchardt, "Hugh Hefner's Hollow Victory: How the Playboy Magnate Won the Culture War, Lost His Soul, and Left Us with a Mess to Clean Up," Christianity Today, December 2003, 50–54)(William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"First Amendment advocates, and sociologists—a critical voice is being left out. As a brain researcher, I believe it is essential that an understanding of how pornography affects the brain should be included in this discourse. By gaining a better understanding of how sexually explicit material is processed and how it influences brain development, we can begin to understand its effects on our understanding of sexuality, what harm it might lead to, and how our framework of sexuality is evaluated." (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"But if we understand sexuality as only a matter of biological reproduction (making babies), we miss a significant part of the story. Human sexuality is also about intimacy. In our culture, however, the term intimacy is often used to be synonymous with sexual intercourse. So as individuals feel the need for intimacy, it is not uncommon for them to think that sexual activity is the only 'real' form of intimacy." (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“It is here more than anywhere else that pornography takes human sexuality out of its intended purpose—the establishing and deepening of intimacy between two human beings—and makes it a product to be consumed. Human beings become objects of consumption rather than individuals requiring dignity... This harm is not only sociological and psychological, but also spiritual. The pornographic selection may be consumed once, occasionally, or on an ongoing basis, for as often as you would like. Whenever it fails to meet your standards for beauty or excitement, whenever it fails to stimulate your fantasy, or if you just become bored with the images, the people within are disposed of.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The need for human intimacy is ongoing. Like food or water, intimacy is not met once and forevermore fulfilled. The desire for ongoing, deepening intimacy is in our nature, it is part of being made in the relational image of God. Intimacy is what drives us to know and to be known. It pushes us forward through life and is at the heart of our relational nature; it is part of our design—our wiring.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...pornography is influencing and shaping assumptions about identity, sexuality, the value of women, and the nature of relationships...” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...pornography affects the brain – its hormonal, neurochemical, and neurological consequences that play a role in developing attachments.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“This would include acceptance of rape myths, the prevalence and intensity of sexist attitudes, emotional insensitivity in sexual settings, and a variety of influences on sexual offenses.” (Gail Dines, Robert Jensen, and Ann Russo, Pornography: The Production and Consumption of Inequality (London: Routledge, 1998) (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...more recently brain researchers have the ability to look into the brain while someone is viewing pornographic materials and see what effects it has on its activity.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...the brain’s involvement in how we live and have our being is undeniable. The brain is constantly changing in response to what it is being given to process. The things that we see, smell, hear, taste, touch, and experience throughout our day affect it and modify it.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The brain integrates what it is being fed into memories, making sense of the world, and developing our sense of self. If the brain is being fed Scripture, it should come as no surprise that it sees the world through the lens of Scripture.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The plasticity of the beautiful, complex brain can be a blessing or a curse. While the brain is malleable, it typically follows a set of rules in performing its functions. These rules govern how connections are made, how images are processed, how behaviors are executed, and how emotions are triggered. It is here in some of these circuits that pornography seems to be exploiting one of the brain’s Achilles’ heels: the naked human form.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“There are few things in the world that can grab someone’s attention like the naked human body, and fewer still than naked bodies engaged in an intimate sexual act.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“From time to time, brain scientists confirm something that we seem to know intuitively. The question, ‘Do men like looking at porn?’ would seem to be one that common sense and straightforward observation would be sufficient to answer. If, however, one felt the need to actually prove it with brain imaging technology such as a multimillion dollar fMRI machine, then one can rest assured that there is actual scientific data to make this claim. In a small number of studies where people have had their brains imaged while viewing sexually explicit material, the effects on sexual response have been observed, resulting in several interesting findings.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Viewing pornography does not just activate circuits; it generates feelings intended for sexual longing, desire, love, and romance...the hormones the body and the brain produce in response to sexual arousal and sexual activity.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“It provides a false, or counterfeit, way of feeling the need for intimacy.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The regular consumer of porn will begin to find that he fantasizes throughout the day about sex. Each woman he sees will be seen through a pornographic lens. People become an object of consumption or a competitor against whom they compare themselves.” (Todd G. Morrison et al., ‘Exposure to Sexually Explicit Material and Variations in Body Esteem, Genital Attitudes, and Sexual Esteem among a Sample of Canadian Men,’ *The Journal of Men’s Studies* 14, 2 (Spring 2006): 209–22) (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...people are pieces of meat for our consuming pleasure and entertainment...the objectification and commoditization of people will seep into other parts of the viewer’s mind. It will affect the way he views people when he is not watching porn...he fantasizes throughout the day about sex. Each woman he sees will be seen through a pornographic lens...they will be evaluated as to their stimulating ability. It should come as no surprise that that these consequences can destroy a marriage, family, ministry, or career. While it offers the promise of intimacy and connection, pornography only delivers isolation, disconnectedness, and depravity.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The human body consumes and digests food. In a similar way, we can think about the brain as a consumer of stimuli and information. When we eat, food is broken down by the digestive system and used to supply the body with the energy it needs to survive and thrive. Once it has been fully digested, whatever that is unusable (waste) is excreted. This helps to ensure the healthy functioning of the organism. If we take this analogy and extend it to the brain, the brain’s job is to consume and digest information. This information is taken in through the eyes and other senses and digested and stored with meaning and memories. Anything that might have strong emotional content or is highlighted as being important information is stored and used later. The brain doesn’t always get to decide what it wants

to keep and what it doesn't. Sexual images are inherently powerful and have emotional content. As such, pornography forces itself on the brain. Whether one consents or not, pornography becomes a part of the fabric of the mind." (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"...the human brain is the biological anchor of our psychological experience." (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"The male brain seems to be built in such a way that visual cues that have sexual relevance (e.g., the naked female form, solicitous facial expressions) have a hypnotic effect on him. When these cues are detected, they trigger a cascade of neurological, chemical, and hormonal events."⁵ (Harold Mours et al., 'Brain Processing of Visual Sexual Stimuli in Healthy Men: A Functional Magnetic Resonance Imaging Study,' *Neuroimage* 20, 2 (October 2003): 855–69) (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"In some ways they are like the 'hit' of a drug—there is a rush of sexual arousal and energy that accompanies it. How a man learns to deal with this energy and to form an appropriate response to it is part of becoming a mature adult. The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make. Whenever the sequence of arousal and response is activated, it forms a neurological memory that will influence future processing and response to sexual cues. As this pathway becomes activated and traveled, it becomes a preferred route—a mental journey—that is regularly trod. The consequences of this are far-reaching." (William M. Struthers, *Wired for Intimacy: How Pornography Hijacks the Male Brain* (Downers Grove, IL: InterVarsity Press, 2009) (William M. Struthers, "The Effects of Porn on the Male Brain", Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"Another relevant finding by those who are conducting brain research is in the area of what are being called mirror neurons. These neurons make up a circuit located in the frontal and parietal lobes (the region near the top of your head). These neurons are involved with the process for how to mimic a behavior. They contain a motor system that correlates to the planning out of a behavior. Consider this example: if you see someone grab a hammer and pound it, the same part of your brain that you would use to actually pound a hammer would also be activated. Other brain regions may hold that behavior in check, but you now have primed a neural circuit to hammer

a nail. These neurons were originally called ‘monkey see, monkey do’ neurons (they were first discovered in monkeys), and constitute the way we neurologically learn by observing others. Whenever we see a behavior, there is a silent echo; a neurological mirror of ourselves doing that behavior resides in the brain. This is a wonderful thing as we can learn by watching others, but it can also have negative effects, especially with respect to pornography.” (Justin H. G. Williams et al., ‘Imitation, Mirror Neurons and Autism,’ *Neuroscience and Biobehavioral Reviews* 25, 4 (June 2001): 287; Sarah Archibald, ‘Mirror Image,’ *Nature Reviews Neuroscience* 7, 4 (January 2006) (William M. Struthers, “The Effects of Porn on the Male Brain”, *Christian Research Journal*, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“These mirror neurons are involved when someone views pornography because what they view, they vicariously experience and learn from. As men watch the sexually charged scene onscreen, they vicariously ‘mirror’ this, which triggers sexual arousal.” (Harold Mouras et al., ‘Activation of Mirror-Neuron System by Erotic Video Clips Predicts Degree of Induced Erection: An fMRI Study,’ *Neuroimage* 42, 3 (September 2008): 1142–50) (William M. Struthers, “The Effects of Porn on the Male Brain”, *Christian Research Journal*, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“This mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on. In God’s plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.” (William M. Struthers, “The Effects of Porn on the Male Brain”, *Christian Research Journal*, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“These chemicals include the neurotransmitters that brain cells use to communicate with each other, as well as the hormones the body and the brain produce in response to sexual arousal and sexual activity.” (William M. Struthers, “The Effects of Porn on the Male Brain”, *Christian Research Journal*, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“In men, there are five noteworthy chemicals involved in sexual arousal and response.”

1. **Testosterone** is the male hormone that seems to drive sexual interest. It has long been known that castrating animals (removal of the testes that produce the majority of testosterone in males) is an effective way to decrease sex drive and castration also reduces interest in sex in men as

well (i.e., eunuchs). Testosterone seems to be an enabler of sex drive and its production is triggered by the brain through a hormonal process that can be adjusted throughout the day in response to what is going on in the environment. When sexual cues are identified by the brain, a surge of testosterone production is triggered. This testosterone surge heightens sexual anticipation and prepares the body for sexual encounters. What is fascinating is that these cues can be produced by pornography or through sexual fantasizing. So it's not just what you see that causes the testosterone surge to increase sexual interest, it is also what you dwell on that can produce the surge as well.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

2. “**Dopamine** is a neurotransmitter that is known to underlie all drugs of addiction. Dopamine seems to play an important role in helping people identify what things in their environment are significant. This chemical is going to be the primary reason why craving occurs. Often dopamine is referred to as a pleasure chemical. Its levels are increased when we do things that generally perpetuate our lives and the survival of our species. For example, satisfying hunger by eating a meal, satisfying thirst by drinking water, and satisfying the sex drive by engaging in intercourse all are correlated with heightened dopamine levels. External or internal sexual cues can trigger the release of dopamine in key brain regions that are also sensitive to testosterone. The key element to remember here is that dopamine is directing us toward resolving the tension that is being produced by the sexual images and anticipation of sexual release. It provides the rush that men feel when they view pornography.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)
3. “Another neurotransmitter involved in heightening this rush is **norepinephrine**. It has two functions in the development of sexual addictions. First, norepinephrine is a significant player in promoting sexual arousal. It is a cousin to adrenaline chemically, and it is involved in helping the body prepare for sexual activity. In addition to preparing the body, it also is readying the brain to remember how the sexual drive is being met. Norepinephrine helps to store the memories of this event. It should come as no surprise that many men who can't remember what they had for breakfast last week can still remember the image of the first Playboy centerfold that they ever saw. Norepinephrine serves to help store these memories and get these images stuck in the brain because,

presumably, they were memories that were important to be stored.”

(William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

4. “While dopamine and norepinephrine may provide the immediate rush that men get from viewing porn, the key event in determining whether or not viewing becomes a habitual pattern is going to be the release of **endogenous opiates** produced during sexual release (most notably in response to orgasm). Many men will report that this experience is accompanied by feelings of transcendence and euphoria that are known to be related to the release of endogenous opiates. It has been known for decades that the brain produces its own opiates that are involved in pain relief and pleasure. Street drugs such as heroin and medicines such as morphine can produce feelings of euphoria and reduce pain. This ability of orgasm to produce euphoria or release from sexual tension is what provides the psychological reward to the sexual drive. The release of endogenous opiates during masturbation or sexual activity with a partner is part of a larger sequence of sexual arousal and response. Viewing pornography provides the stimuli that help prepare the body for sexual response. When the viewer sexually acts out, resulting in orgasm, it gets stored as a behavior that is known to have a significant payoff. That significant payoff is the release of opiates that provide the chemical substrate for the psychological experience of **orgasm.**” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“While the payoff for orgasm is powerful, it is not an easy thing to achieve. The highs of orgasm are not available on demand. In the real world with real people, considerable effort has to go into cultivating a relationship that may result in a sexual encounter. A great deal of neurological effort, hormonal preparation, and appropriate behaviors usually precede this high. Here is where pornography hijacks God’s intended pattern of sexual attraction, arousal, and response.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

5. “Viewing pornography for sexual arousal and using it to produce the release and euphoria of orgasm provides a merely transient fix to any number of psychological problems. Whether it is depression, poor self-esteem, anger, or any other number of things that cause a person to feel a need for relief or release, pornography becomes part of the ritual that

is used to get a short-term fix. Like eating candy to satisfy hunger, pornography can feel like a healthy way to satisfy the drive for intimacy. In truth, it provides no nourishment whatsoever, and results in a greater degree of need. Even in the absence of acting out, the images have such a robust, salient character that they are stored as memories that can produce a warped sense of sexuality and objectification.” (William M. Struthers, “The Effects of Porn on the Male Brain”, Christian Research Journal, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“It is important to remember that the guidelines we are given in Scripture about how to conduct ourselves sexually are fairly straightforward.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“When we follow these guidelines, we will be more likely to develop minds that focus on those things that are good and noble, right, and pure. When we choose not to follow these guidelines and act in a way that is sexually immoral, we are affected—our thoughts and bodies become polluted. The same can be said for watching immorality, that is to say, viewing pornography.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“This is not only a spiritual reality, but also a neurological one. When a husband and wife restrict themselves to each other, directing their sexual energies toward one another, they will find that they occupy each other’s thoughts. They will find that they will be more closely bound to each other. This is God’s plan for a husband and wife—that they will image God’s exclusive love for His people as they exclusively set this part of themselves (their reproductive nature) aside for one another. For the single person, realizing that needs for intimacy can be met in ways beyond sexual gratification is an important process. When someone is deceived into thinking that sexual intimacy (i.e., sexual intercourse) is a necessary part of living a life worth living, it comes as no surprise that pornography, masturbation, or promiscuity become a cycle of unmet needs and unfulfilled promises of intimacy, love, and connectedness.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“God uses our embodied nature and the laws that govern it to our benefit and His glory. We can begin to move beyond objectification and false intimacy to real relationships, which honor the dignity of each person.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Sexual intimacy is a complex neurochemical, hormonal, and spiritual event. It is one of the most powerful God-given means by which human being form attachments.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“There is no such thing as ‘just looking’ at porn...it affects us neurologically...” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Institute, JAF1345, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Virtually every study looking at addiction has shown shrinkage and abnormality in the reward areas and in judgment centers. These include addictions to drugs such as cocaine...” (Franklin, T. E., Acton, P. D., Maldjian, J. A., Gray, J. D., Croft, J. R., Dackis, C. A., et al. (2002) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“Voon et al., in a study done at Cambridge University and published in two papers in the journal *PlosOne* last year found that the brains of those addicted to pornography light up just like the cocaine addicts when shown pornography cues as compared to normal controls.” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“This new definition makes clear that addiction is not about drugs, it’s about brains.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain On Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“It is not the substances a person uses that make them an addict; it is not even the quantity or frequency of use. *Addiction is about what happens in a person’s brain when they are exposed to rewarding substances or rewarding behaviors...*” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain On Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“PORN, NOVELTY AND THE COOLIDGE EFFECT”

“Nothing natural comes close to releasing as much dopamine as sex... Dopamine is the ‘gotta get it!’ neurochemical behind all motivation. When dopamine drops, so does motivation.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“Internet porn always offers something unexpected, something kinkier.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“...a primitive part of your brain assumes quantity of dopamine equals value of activity even when it doesn't.” [value neutral] (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“He rates her lower not only on attractiveness, but also on warmth and intelligence.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“...experience more novel sex partners every ten minutes than your hunter-gatherer ancestors experienced in a lifetime.” (Gary Wilson, “Porn Novelty and the Coolidge Effect”, Your Brain on Porn, August 8, 2011, <http://www.yourbrainonporn.com/porn-novelty-and-the-coolidge-effect>)

“...the brain move thoroughly wires together all associated cues, making repetition of the experience in the future more automatic.” (Gary Wilson, “Intoxicating Behaviors: 300 Vaginas = A Lot of Dopamine”, Your Brain on Porn, November 30, 2010, <http://www.yourbrainonporn.com/book/export/html/37>)

“BRAIN STRUCTURE AND FUNCTIONAL CONNECTIVITY ASSOCIATED WITH PORNOGRAPHY CONSUMPTION”

“...accessibility, affordability, and anonymity...” (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...64 healthy male adults covering a wide range of pornography consumption reported hours of pornography consumption per week.” (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography

Consumption", JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"We found a significant negative association between reported pornography hours per week and gray matter volume in the right caudate ... with hours of pornography consumption." (Simone Kuhn, Jurgen Gallinat, "Brain Structure and Functional Connectivity Associated with Pornography Consumption", JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis. (Paul P. Pornified. New York, NY: Times Books; 2007.) An estimated 50% of all Internet traffic is related to sex." (McNair B. Striptease Culture. London, United Kingdom: Routledge; 2002.) (Simone Kuhn, Jurgen Gallinat, "Brain Structure and Functional Connectivity Associated with Pornography Consumption", JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"The frequency of pornography consumption has been shown to predict various negative outcome measures in humans. A representative Swedish study on adolescent boys has shown that boys with daily consumption showed more interest in deviant and illegal types of pornography and more frequently reported the wish to actualize what was seen in real life." (Gunter B. Media Sex: What Are the Issues? London, United Kingdom: Routledge; 2001.; Svedin CG, Åkerman I, Priebe G. Frequent users of pornography: a population based epidemiological study of Swedish male adolescents. J Adolesc. 2011; 34(4):779-788.; Fattore L, Melis M, Fadda P, Pistis M, Fratta W. The endocannabinoid system and nondrug rewarding behaviours. Exp Neurol. 2010;224(1):23-36.; Müller CP, Schumann G. To use or not to use: expanding the view on non-addictive psychoactive drug consumption and its implications. Behav Brain Sci. 2011;34(6):328-347.) (Simone Kuhn, Jurgen Gallinat, "Brain Structure and Functional Connectivity Associated with Pornography Consumption", JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption". (Knudsen SV, Mårtenson LL, Månsson S-A. Generation P? Aarhus, Denmark: Aarhus Universitetsforlag; 2007)

"...accessing pornography online was predictive of compulsive computer use after 1 year." (Meerkerk G-J, Van Den Eijnden RJ, Garretsen HFL. Predicting compulsive Internet use: it's all about sex! Cyberpsychol Behav. 2006;9(1):95-103) (Simone Kuhn, Jurgen Gallinat, "Brain Structure and Functional Connectivity Associated with Pornography Consumption", JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"...pornography has an impact on the behavior and social cognition of its consumers." (Simone Kuhn, Jurgen Gallinat, "Brain Structure and Functional Connectivity Associated with Pornography Consumption", JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...high levels of exposure result in a downregulation or habituation of the neural response in the reward network. This is assumed to elicit adaptive processes in which the brain is hijacked, becoming less responsive to pornography.” (Struthers WM. Wired for Intimacy. Downers Grove, IL: InterVarsity Press; 2010.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Compromised prefrontal cortex function is among the major neurobiological modifications discussed in the research on substance abuse disorders common in humans and animals.” (Hyman SE, Malenka RC, Nestler EJ. Neural mechanisms of addiction: the role of reward-related learning and memory. Annu Rev Neurosci. 2006; 29:565-598.) (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Individuals with lower striatum volume may need more external stimulation to experience pleasure and might therefore experience pornography consumption as more rewarding, which may in turn lead to higher PHs.” (Simone Kuhn, Jurgen Gallinat, “Brain Structure and Functional Connectivity Associated with Pornography Consumption”, JAMA Psychiatry, Volume 71, Number 7, July, 2014, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“BRAIN STRUCTURE AND FUNCTIONAL CONNECTIVITY ASSOCIATED WITH PORNOGRAPHY CONSUMPTION”

“Importance. Since pornography appeared on the Internet, the accessibility, affordability, and anonymity of consuming visual sexual stimuli have increased and attracted millions of users. Based on the assumption that pornography consumption bears resemblance with reward-seeking behavior, novelty-seeking behavior, and addictive behavior, we hypothesized alterations of the frontostriatal network in frequent users.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Objective. To determine whether frequent pornography consumption is associated with the frontostriatal network.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Design, Setting, and Participants. In a study conducted at the Max Planck Institute for Human Development in Berlin, Germany, 64 healthy male adults covering a wide range of pornography consumption reported hours of pornography consumption per week. Pornography consumption was associated with neural structure, task-related activation, and functional resting-state connectivity.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Main Outcomes and Measures. Gray matter volume of the brain was measured by voxel-based morphometry and resting state functional connectivity was measured on 3-T magnetic resonance imaging scans.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Results. We found a significant negative association between reported pornography hours per week and gray matter volume in the right caudate ($P < .001$, corrected for multiple comparisons) as well as with functional activity during a sexual cue–reactivity paradigm in the left putamen ($P < .001$). Functional connectivity of the right caudate to the left dorsolateral prefrontal cortex was negatively associated with hours of pornography consumption.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Conclusions and Relevance. The negative association of self-reported pornography consumption with the right striatum (caudate) volume, left striatum (putamen) activation during cue reactivity, and lower functional connectivity of the right caudate to the left dorsolateral prefrontal cortex could reflect change in neural plasticity as a consequence of an intense stimulation of the reward system, together with a lower top-down modulation of prefrontal cortical areas. Alternatively, it could be a precondition that makes pornography consumption more rewarding.” (Simone Kühn, Ph.D., Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” JAMA Psychiatry, July 2014, Vol.71, No.7, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“The Effects of Porn on the Male Brain”

“While pornography is influencing and shaping assumptions about identity, sexuality, the value of women, and the nature of relationships...” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...how pornography affects the brain – its hormonal, neurochemical, and neurological consequences that play a role in developing attachments.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“In a 2010 interview with *Playboy* Magazine, Grammy Award-winning musician John Mayer: (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Pornography? It’s a new synaptic pathway. You wake up in the morning, open a thumbnail page, and it leads to a Pandora’s Box of visuals. There have probably been days when I saw 300 [women] before I got out of bed....Internet pornography has absolutely changed my generation’s expectations....You’re looking for the one photo out of 100 you swear is going to be the one you finish to, and you still don’t finish. Twenty seconds ago you thought that photo was the hottest thing you ever saw, but you throw it back...How does that not affect the psychology of having a relationship with somebody? It’s got to.” (Rob Tannenbaum, “Interview with John Mayer,” *Playboy* Magazine, March 2010) (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The ease of access, variety of images, and the vigorous sensory constitution of this media go beyond the strength of mental imagery and fantasy. People can see whatever they want, whenever they want, however they want.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Women are perpetually available for their pleasure with minimal immediate consequences.” (Read Mercer Schuchardt, “Hugh Hefner’s Hollow Victory: How the Playboy Magnate Won the Culture War, Lost His Soul, and Left Us with a Mess to Clean Up,” *Christianity Today*, December 2003, 50–54)

(William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“....a better understanding of how sexually explicit material is processed and how it influences brain development.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...pornography takes human sexuality out of its intended purpose—the establishing and deepening of intimacy between two human beings—and makes it a product to be consumed. Human beings become objects of consumption rather than individuals requiring dignity...This harm is not only sociological and psychological, but also spiritual.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The pornographic selection may be consumed once, occasionally, or on an ongoing basis, for as often as you would like. Whenever it fails to meet your standards for beauty or excitement, whenever it fails to stimulate your fantasy, or if you just become bored with the images, the people within are disposed of.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The need for human intimacy is ongoing. Like food or water, intimacy is not met once and forevermore fulfilled. The desire for ongoing, deepening intimacy is in our nature, it is part of being made in the relational image of God.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“It provides a false, or counterfeit, way of feeding the need for intimacy...people are pieces of meat for our consuming pleasure and entertainment...the objectification and commoditization of people will seep into other parts of the viewer’s mind. It will affect the way he views people when he is not watching porn...he fantasizes throughout the day about sex. Each women he see will be seen through a pornographic lens.” (Todd G. Morrison et al., “Exposure to Sexually Explicit Material and Variations in Body Esteem, Genital Attitudes, and Sexual Esteem among a Sample of Canadian Men,” *The Journal of Men’s Studies* 14, 2 (Spring 2006): 209–22.)

(William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"...these consequences can destroy a marriage, family, ministry, or career. While it offers the promise of intimacy and connection, pornography only delivers isolation, disconnectedness, and depravity." (William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"The human body consumes and digests food. In a similar way, we can think about the brain as a consumer of stimuli and information. When we eat, food is broken down by the digestive system and used to supply the body with the energy it needs to survive and thrive. Once it has been fully digested, whatever that is unusable (waste) is excreted. This helps to ensure the healthy functioning of the organism. If we take this analogy and extend it to the brain, the brain's job is to consume and digest information. This information is taken in through the eyes and other senses and digested and stored with meaning and memories. Anything that might have strong emotional content or is highlighted as being important information is stored and used later. The brain doesn't always get to decide what it wants to keep and what it doesn't. Sexual images are inherently powerful and have emotional content. As such, pornography forces itself on the brain. Whether one consents or not, pornography becomes a part of the fabric of the mind." (William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"This would include acceptance of rape myths, the prevalence and intensity of sexist attitudes, emotional insensitivity in sexual settings, and a variety of influences on sexual offenses." (Gail Dines, Robert Jensen, and Ann Russo, Pornography: The Production and Consumption of Inequality (London: Routledge, 1998) (William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"...more recently brain researchers have the ability to look into the brain while someone is viewing pornographic materials and see what effects it has on its activity." (William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...the brain’s involvement in how we live...The brain is constantly changing in response to what it is being given to process. The things that we see, smell, hear, taste, touch, and experience throughout our day affect it and **modify it.**” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The brain integrates what it is being fed into memories, making sense of the world, and developing our sense of self. If the brain is being fed Scripture, it should come as no surprise that it sees the world through the **lens of Scripture.**” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The plasticity of the beautiful, complex brain can be a blessing or a curse. While the brain is malleable, it typically follows a set of rules in performing its functions. These rules govern how connections are made, how images are processed, how behaviors are executed, and how emotions are triggered. It is here in some of these circuits that pornography seems to be exploiting one of the brain’s Achilles’ heels: the naked human form.”

“There are few things in the world that can grab someone’s attention like the naked human body, and fewer still than naked bodies engaged in an **intimate sexual act.**” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“From time to time, brain scientists confirm something that we seem to know intuitively. The question, ‘Do men like looking at porn?’ would seem to be one that common sense and straightforward observation would be sufficient to answer. If, however, one felt the need to actually prove it with brain imaging technology such as a multimillion dollar fMRI machine, then one can rest assured that there is actual scientific data to make this claim. In a small number of studies where people have had their brains imaged while viewing sexually explicit material, the effects on sexual response have been observed, resulting in several interesting findings.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“The male brain seems to be built in such a way that visual cues that have sexual relevance (e.g., the naked female form, solicitous facial expressions) have a hypnotic effect on him. When these cues are detected, they trigger a cascade of neurological, chemical, and hormonal events.” (Harold Mouras et al., “Brain Processing of Visual Sexual Stimuli in Healthy Men: A Functional Magnetic Resonance Imaging Study,” *Neuroimage* 20, 2 (October 2003): 855–69) (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” *Christian Research Journal*, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“In some ways they are like the ‘hit’ of a drug—there is a rush of sexual arousal and energy that accompanies it. How a man learns to deal with this energy and to form an appropriate response to it is part of becoming a mature adult. The psychological, behavioral, and emotional habits that form our sexual character will be based on the decisions we make. Whenever the sequence of arousal and response is activated, it forms a neurological memory that will influence future processing and response to sexual cues. As this pathway becomes activated and traveled, it becomes a preferred route—a mental journey—that is regularly trod. The consequences of this are far-reaching.” (William M. Struthers, *Wired for Intimacy: How Pornography Hijacks the Male Brain* (Downers Grove, IL: InterVarsity Press, 2009) (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” *Christian Research Journal*, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Another relevant finding by those who are conducting brain research is in the area of what are being called mirror neurons. These neurons make up a circuit located in the frontal and parietal lobes (the region near the top of your head). These neurons are involved with the process for how to mimic a behavior. They contain a motor system that correlates to the planning out of a behavior. Consider this example: if you see someone grab a hammer and pound it, the same part of your brain that you would use to actually pound a hammer would also be activated. Other brain regions may hold that behavior in check, but you now have primed a neural circuit to hammer a nail. These neurons were originally called ‘monkey see, monkey do’ neurons (they were first discovered in monkeys), and constitute the way we neurologically learn by observing others. Whenever we see a behavior, there is a silent echo; a neurological mirror of ourselves doing that behavior resides in the brain. This is a wonderful thing as we can learn by watching others, but it can also have negative effects, especially with respect to

pornography.” (Justin H. G. Williams et al., “Imitation, Mirror Neurons and Autism,” *Neuroscience and Biobehavioral Reviews* 25, 4 (June 2001): 287; Sarah Archibald, “Mirror Image,” *NatureReviews Neuroscience* 7, 4 (January 2006) (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” *Christian Research Journal*, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“These mirror neurons are involved when someone views pornography because what they view, they vicariously experience and learn from. As men watch the sexually charged scene onscreen, they vicariously ‘mirror’ this, which triggers sexual arousal.” (Harold Mouras et al., “Activation of Mirror-Neuron System by Erotic Video Clips Predicts Degree of Induced Erection: An fMRI Study,” *Neuroimage* 42, 3 (September 2008): 1142–50)

“This mirror neuron system triggers the arousal, which leads to sexual tension and a need for an outlet. The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on. In God’s plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” *Christian Research Journal*, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“But it would be wrong to think of viewing pornography as just a simple circuit board. The human brain is not like a computer; it has a chemical soup in which it operates and functions. There are hormones and brain chemicals (known as neurotransmitters), which provide the chemical medium for brain activity. Viewing pornography does not just activate circuits; it generates feelings intended for sexual longing, desire, love, and romance. It also alters the chemical medium of the entire body in profound ways. These chemicals include the neurotransmitters that brain cells use to communicate with each other, as well as the hormones the body and the brain produce in response to sexual arousal and sexual activity.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” *Christian Research Journal*, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“In men, there are five noteworthy chemicals involved in sexual arousal and response. Testosterone is the male hormone that seems to drive sexual

interest. It has long been known that castrating animals (removal of the testes that produce the majority of testosterone in males) is an effective way to decrease sex drive and castration also reduces interest in sex in men as well (i.e., eunuchs). Testosterone seems to be an enabler of sex drive and its production is triggered by the brain through a hormonal process that can be adjusted throughout the day in response to what is going on in the environment. When sexual cues are identified by the brain, a surge of testosterone production is triggered. This testosterone surge heightens sexual anticipation and prepares the body for sexual encounters. What is fascinating is that these cues can be produced by pornography or through sexual fantasizing. So it's not just what you see that causes the testosterone surge to increase sexual interest, it is also what you dwell on that can produce the surge as well." (William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"A second player in the cavalcade of chemicals is dopamine. Dopamine is a neurotransmitter that is known to underlie all drugs of addiction. Dopamine seems to play an important role in helping people identify what things in their environment are significant. This chemical is going to be the primary reason why craving occurs. Often dopamine is referred to as a pleasure chemical. Its levels are increased when we do things that generally perpetuate our lives and the survival of our species. For example, satisfying hunger by eating a meal, satisfying thirst by drinking water, and satisfying the sex drive by engaging in intercourse all are correlated with heightened dopamine levels. External or internal sexual cues can trigger the release of dopamine in key brain regions that are also sensitive to testosterone. The key element to remember here is that dopamine is directing us toward resolving the tension that is being produced by the sexual images and anticipation of sexual release. It provides the rush that men feel when they view pornography." (William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

"...neurotransmitter...norepinephrine. It is a cousin to adrenaline chemically...it also is readying the brain to remember how the sexual drive is being met. Norepinephrine helps to store the memories of the event." (William M. Struthers, Ph.D., "The Effects of Porn on the Male Brain," Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“It should come as no surprise that many men who can’t remember what they had for breakfast last week can still remember the image of the first Playboy centerfold that they ever saw. Norepinephrine serves to help store these memories and get these images stuck in the brain because, presumably, they were memories that were important to be stored.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“While dopamine and norepinephrine may provide the immediate rush that men get from viewing porn, the key event in determining whether or not viewing becomes a habitual pattern is going to be the release of endogenous opiates produced during sexual release (most notably in response to orgasm). Many men will report that this experience is accompanied by feelings of transcendence and euphoria that are known to be related to the release of endogenous opiates. It has been known for decades that the brain produces its own opiates...” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Street drugs such as heroin and medicines such as morphine can produce feelings of euphoria and reduce pain.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Viewing pornography provides the stimuli that help prepare the body for sexual response. When the viewer sexually acts out, resulting in orgasm, it gets stored as a behavior that is known to have a significant payoff. That significant payoff is the release of opiates that provide the chemical substrate for the psychological experience of orgasm.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“While the payoff for orgasm is powerful, it is not an easy thing to achieve. The highs of orgasm are not available on demand. In the real world with real people, considerable effort has to go into cultivating a relationship that may result in a sexual encounter. A great deal of neurological effort, hormonal preparation, and appropriate behaviors usually precede this high. Here is where pornography hijacks God’s intended pattern of sexual attraction, arousal, and response.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...pornography becomes part of the ritual that is used to get a short-term fix. Like eating candy to satisfy hunger, pornography can feel like a healthy way to satisfy the drive for intimacy.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“In truth, it provides no nourishment whatsoever, and results in a greater degree of need. Even in the absence of acting out, the images have such a robust, salient character that they are stored as memories that can produce a warped sense of sexuality and objectification.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...lasting neurological and hormonal effects on the brain...It is important to remember that the guidelines we are given in Scripture about how to conduct ourselves sexually are fairly straightforward.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“When we follow these guidelines, we will be more likely to develop minds that focus on those things that are good and noble, right, and pure. When we choose not to follow these guidelines and act in a way that is sexually immoral, we are affected—our thoughts and bodies become polluted. The same can be said for watching immorality, that is to say, viewing pornography.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“This is not only a spiritual reality, but also a neurological one. When a husband and wife restrict themselves to each other, directing their sexual energies toward one another, they will find that they occupy each other’s thoughts. They will find that they will be more closely bound to each other. This is God’s plan for a husband and wife—that they will image God’s exclusive love for His people as they exclusively set this part of themselves (their reproductive nature) aside for one another. For the single person, realizing that needs for intimacy can be met in ways beyond sexual gratification is an important process. When someone is deceived into thinking that sexual intimacy (i.e., sexual intercourse) is a necessary part of living a life worth living, it comes as no surprise that pornography, masturbation, or promiscuity become a cycle of unmet needs and unfulfilled

promises of intimacy, love, and connectedness.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“...God uses our embodied nature and the laws that govern it to our benefit and His glory...” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“We can begin to move beyond objectification and false intimacy to real relationships, which honor the dignity of each person.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“Sexual intimacy is a complex neurochemical, hormonal, and spiritual event. It is one of the most powerful God-given means by which human beings form attachments. The question ‘Who or what are you bound to?’ has to be asked in the arena of sexuality, and it has a neurobiological answer. There is no such thing as ‘just looking’ at porn. There can be no doubt that it affects us neurologically in long-lasting ways. How we choose to exercise that knowledge—for sanctification or for depravity—is up to each one of us.” (William M. Struthers, Ph.D., “The Effects of Porn on the Male Brain,” Christian Research Journal, volume 34, number 05, 2011, <http://www.equip.org/article/the-effects-of-porn-on-the-male-brain-3/>)

“2 Big Ways Porn Affects Those Who Watch It”

“Dr. Struthers has explained elsewhere that viewing pornography and masturbating weakens the region of our brain known as the cingulate cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

“Here are some brain changes that show up in all addictions, whether substance or behavioural:” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp97-98)

1. **“Desensitisation**, or a numbed response to pleasure. Reduced dopamine signaling and other changes leave the addict less sensitive to everyday pleasures and ‘hungry’ for dopamine-raising activities and substances.” (Haifeng Hou, et al., "Reduced Striatal Dopamine Transporters in People with Internet Addiction Disorder," Journal of Biomedicine and Biotechnology (2012), Article ID 854524, 5 pages, doi:10.1155/2012/854524) (S.H. Kim et al., "Reduced striatal dopamine D2 receptors in people with Internet addiction," Neuroreport 22/8 (2011): 407-411, doi: 10.1097/WNR.0b013e328346e16e) (Jim Rosack, "Volkow May Have Uncovered Answer to Addiction Riddle," Psychiatric News, June 4, 2004, <http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=107597>. (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-98)

“The addict may neglect other interests and activities that were once high priorities.” (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-98)

“Desensitisation is probably the first addiction-related brain change porn users notice. They need greater and greater stimulation to achieve the same buzz (‘tolerance’). They may spend more time online, prolonging sessions through edging, watching when not masturbating, or searching for the perfect video to end with. But desensitisation can also take the form of escalating to new genres, sometimes harder and stranger, or even disturbing. Remember: shock, surprise and anxiety can jack up dopamine.” (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

2. **“Sensitisation**, or an unconscious super-memory of pleasure that, when activated, triggers powerful cravings. Rewired nerve connections cause the reward circuit to buzz in response to addiction-related cues or thoughts – the ‘fire together wire together’ principle. This Pavlovian memory makes the addiction more compelling than other activities in the addict's life.” (G. Dong, J. Huang, A. Du, "Enhanced reward sensitivity and decreased loss sensitivity in Internet addicts: an fMRI study during a guessing task," J Psychiatr Res 45/11 (2011): 1525-1529. doi: 0.1016/j.jpsychires.2011.06.017.) (Adam Withnall, "Pornography addiction leads to same brain activity as alcoholism or drug abuse, study shows," The Independent, September 22, 2013, <http://www.independent.co.uk/life-style/health-and-families/healthnews/pornography-addiction-leads-to-same-brain-activity-as-alcoholism-or-drug-abuse-study-shows-8832708.html>) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

“Cues, such as turning on the computer, seeing a pop-up, or being alone, trigger intense cravings for porn. Are you suddenly much hornier (true libido) when your wife goes shopping? Unlikely. But perhaps you feel as if you are on autopilot, or someone else is controlling your brain. Some describe a sensitised porn response as ‘entering a tunnel that has

only one escape: porn'. Maybe you feel a rush, rapid heartbeat, even trembling, and all you can think about is logging onto your favourite tube site. These are examples of sensitised addiction pathways activating your reward circuit, screaming, 'Do it now!'" (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

3. **"Hypofrontality**, or reduced brain activity in the prefrontal regions, which weakens willpower in the face of strong subconscious cravings. Alterations in the prefrontal regions' grey matter and white matter correlate with reduced impulse control and the weakened ability to foresee consequences. A recent German review of brain and psychological studies concluded that reduced brain function in internet addicts may be related to their loss of control over their internet use. (Kai Yuan, et al., "Microstructure Abnormalities in Adolescents with Internet Addiction Disorder," PLoS One, June 03, 2011, doi: 10.1371/journal.pone.0020708.) (Y. Zhou, et al., "Grey matter abnormalities in Internet addiction: a voxel-based morphometry study," Eur J Radiol 9/1 (2011): 92-95. doi: 10.1016/j.ejrad.2009.10.025) (Fuchun Lin, et al., "Abnormal White Matter Integrity in Adolescents with Internet Addiction Disorder: A Tract-Based Spatial Statistics Study," PLoS One, January 11, 2012, doi: 10.1371/journal.pone.0030253) (G. Dong, H. Zhou, X. Zhao, "Impulse inhibition in people with Internet addiction disorder: electrophysiological evidence from a Go/NoGo study," Neurosci Lett 485/2 (2010): 138-142, doi: 10.1016/j.neulet.2010.09.002) (G. Dong, H. Zhou, X Zhao, "Male Internet addicts show impaired executive control ability: evidence from a color-word Stroop task," Neurosci Lett 499/2 (2011): 114-118, doi: 10.1016/j.neulet.2011.05.047) (Matthias Brand, Kimberly S. Young and Christian Laier, " Prefrontal control and Internet addiction: a theoretical model and review of neuropsychological and neuroimaging findings," Frontiers in Human Neuroscience 8/375 (2014), doi: 10.3389/fnhum.2014.00375) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

"Hypofrontality shows up as the feeling that two parts of your brain are engaged in a tug-of-war. The sensitised addiction pathways are screaming 'Yes!' while your 'higher brain' is saying, 'No, not again!' While the executive-control portions of your brain are in a weakened condition the addiction pathways usually win." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

4. **"Dysfunctional stress circuits**, which can make even minor stress lead to cravings and relapse because they activate powerful sensitised pathways." (Leigh MacMillan, "Reward-stress link points to new addiction targets," Reporter, January 9, 2009, <http://www.mc.vanderbilt.edu/reporter/index.html?ID=6916>) (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

"To sum up, if these neuroplastic changes could speak, desensitisation would be moaning, 'I can't get no satisfaction'. At the same time, sensitisation would be poking you in the ribs saying, 'hey, I've got just

what you need', which happens to be the very thing that caused the desensitisation. Hypofrontality would be shrugging and sighing, 'bad idea, but I can't stop you'. Dysfunctional stress circuits would be screaming, 'I NEED something NOW to take the edge off!'" (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

"These phenomena are at the core of all addictions. One recovering porn addict summed them up: 'I will never get enough of what doesn't satisfy me and it never, ever satisfies me'. Recovery reverses these changes. Slowly, the addict relearns how to 'want' normally." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

"Withdrawal Many people believe that addiction always entails both tolerance (a need for more stimulation to get the same effect, caused by desensitisation) and brutal withdrawal symptoms. In fact, neither is a prerequisite for addiction – although today's porn users often report both. What all addiction assessment tests share is, 'continued use despite negative consequences'. That is the most reliable evidence of addiction." (Gary Wilson, "Your Brain on Porn," Commonwealth Publishing, 2014, pp97-99)

"Blame It On the Brain"

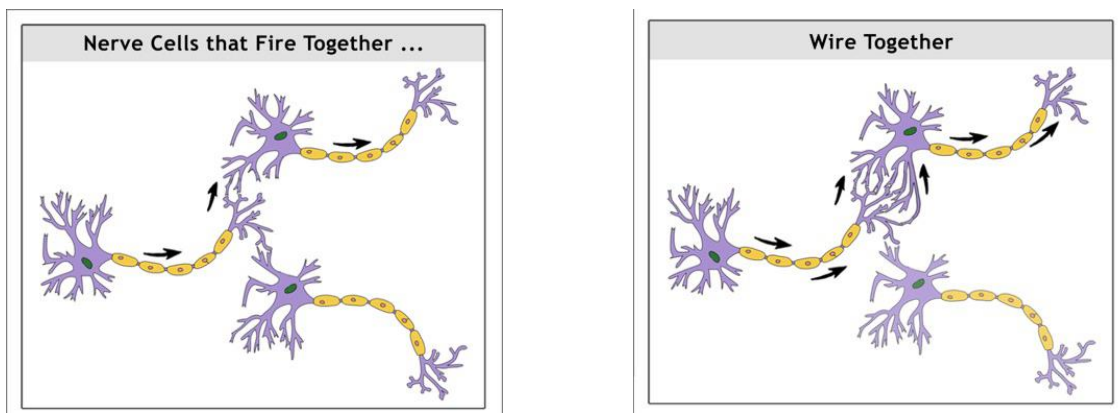
"David Ley sounds like a lone voice crying in the wilderness, especially since so many therapists believe sexual addiction is a real phenomenon."

(Luke Gilkerson, "'Porn Addiction is a Myth': The Debate Continues," Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

"Dr. Donald Hilton calls pornography 'a powerful, \$100 billion per year brain drug that is changing human sexuality.' His vivid description is not new; the porn-is-a-brain-drug language has been around a long time. A decade ago, a U.S. Senate subcommittee brought in a panel of experts to have a hearing on 'the brain science behind pornography addiction'. The panelists made some bold claims, saying that modern science shows us that 'the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction.'" (Luke Gilkerson, "'Porn Addiction is a Myth': The Debate Continues," Covenant Eyes, September 26, 2014, <http://www.covenanteyes.com/2014/09/26/porn-addiction-like-drug-addiction/>)

“Human brains are surprisingly plastic. Psychiatrist Normal Doidge (The Brain That Changes Itself) has explained that brain plasticity means porn causes physiological changes in the brain. Dr. Jeffrey Swartz (author of The Mind and the Brain, and other relevant titles) has shown that even OCD patients can often rewire compulsive behavior by substituting other actions when urges arise. This seems to be critical information for would-be, and existing, porn users to become aware of. Once they understand how brain plasticity works, they can both gauge the effects of porn use, and know what’s entailed in recovery if use becomes compulsive.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Brains are plastic, and once you wire up a new cue you have no way of knowing when it will trigger a future reaction. Much as Pavlov's dog learned to salivate to the bell, today's porn users learn to wire unexpected stimuli to their erections. The brain's primitive reward circuitry isn't aware that the bell isn't food, or that the novel porn isn't ‘my’ porn. Its axiom is simply ‘Dopamine good’.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)



“In 2004 Swedish researchers found that 99% of young men had consumed pornography.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p84)

VII. BEHAVIOR

VIII. CONSEQUENCES

“Based on the on-going researches, the following topics seem to be the most prominent in regards to the internet pornography consumption and marital relationship:

1. “Online sexual pursuits as a predictor of marital distress, separation, and divorce”

“A survey research conducted by Bridges, Bergner and Hesson-McInnis (2003) found that married women are significantly more distressed by the partner’s online pornography consumption than women in dating relationships, and that internet pornography consumption is viewed as a threat to the marital relationship. The distress reported by the women increased according to the perceived frequency of online sexual activities and, surprisingly, was not as strongly influenced by religious beliefs. In 2000, Schneider found that cybersex addiction was a major contributing factor to separation and divorce for affected couples. Level I (or mild) pornography consumption may seem to be culturally acceptable or tolerable, it has negative impact on marital relationships despite the belief of the culture. An informal survey data was collected at the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois regarding the impact of internet usage on marriages. This professional organization comprises the nation’s top 1600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62% of the 350 attendees said that internet had been a significant factor in divorces they had handled during the year of 2000. Additionally, the following observations were made by the lawyers polled with regard to how the internet had played a role in divorces that year:” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

- “68% of the divorce cases involved one party meeting a new love interest over the internet” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

- “56% of the divorce cases involved one party having an obsessive interest in pornographic websites” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- “47% of the divorce cases involved one party spending excessive time on the computer” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- “33% of the divorce cases cited excessive time communicating in sexualized chat rooms or forums” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

2. “Decreased sexual satisfaction”

“Prior to internet pornography becoming readily available, Zillman and Bryant (1988) conducted a study that looked at the impact of consuming common, non-violent pornographic material on male and female participants. Results showed that exposure to pornography negatively impacted self-assessment of sexual experience, while other aspects of life (e.g., professional satisfaction) remained unchanged. There is less satisfaction with their intimate partner specifically with their partner’s affection, physical appearance, sexual curiosity, and sexual performance.” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

3. “Decreased sexual intimacy”

Schneider’s 2000 study has concluded that when one partner has cybersex compulsivity and/or addiction, adverse effects on the sexual relationship within marriage are reported, including decreased sexual intimacy. Based on the results, more than half (52.1%) of the cybersex users had lost interest in relational sex, as had one-third (33.3%) of the partners. Schneider also points out that spouses of pornography users often report being repulsed by the partner’s sexual pursuits. For the cybersex users who have already substituted online sexual activity for relational sexual intimacy, their perception of their partner’s repulsion and loss of interest is not as problematic or distressing compared to average couples. Recurring themes are reported in Schneider’s study:”

(Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

- **"Cybersex user often makes excuses to avoid sexual intimacy with the partner"** (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **"The partner feels hurt, angry, sexually rejected, inadequate, and unable to compete with computer images and sexy online women (or men) who are willing to do anything upon request"** (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **"During relational sex, the cybersex user appears distant, emotionally detached, and interested only in his/her own pleasure"** (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **"The partner ends up doing most or all of the initiating, either to get her/his own needs met or as an attempt to get the cybersex user to decrease the online activities"** (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **"Cybersex user often blames the partner for their sexual problems"** (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **"Cybersex user often wants the partner to participate in sexual activities that she/he finds objectionable"** (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"The recurring themes listed above are typical characteristics of people with any types of addictions. It is believed that people with addictions tend to blame others for the problem's existence and take no responsibility for the situation." ." (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well,

4. “Infidelity”

“Infidelity is commonly understood as a violation of the marital agreement, a betrayal of one’s trust, and a threat to the marital bond. Although pornography consumption seems to be commonly accepted by the culture, it is nevertheless a violation of marital agreement because one seeks sexual fulfillment outside of the marriage and that sexual intimacy is no longer exclusive between the married couple. Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet pornography than individuals who had not had an affair. The same study also revealed that people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. Unfortunately, the study failed to indicate a causal relationship between internet pornography consumption and unfaithful behaviour; the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity. Further research is needed to explore whether internet pornography influence unfaithful behaviours, or whether unfaithful behaviours coincide with pre-existing traits that predispose someone to engage in internet pornography. In conclusion, the study conducted by Stack et al. (2004) has validated a correlation between internet pornography consumption and infidelity and that online infidelity are perceived as an act of betrayal similar to any offline unfaithful behaviours.” .” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“Fifty-six percent of divorces involve one spouse with a pornography addiction (mind-armor.com).” (Susan Knight, The Five Stages of Pornography Addiction”, News OK, April 6, 2016, <http://newsok.com/article/5407775>)

“Acting out sexually. Acting out is the next stage of escalation. The addict moves from viewing pornography to seeking a real world experience. It leads to risky behaviors, like stealing from joint bank accounts to pay for prostitutes, binge drinking for heightened courage to act out, unexplained anger or promiscuous sex. The latter may, and does, cause STDs (Sexually Transmitted Diseases). Leaving their

boring spouses behind, who long ago failed to fulfill sexual gratification, addicted men and women actively seek other live sex partners. If married, the addict will think nothing of committing adultery to satiate the craving for intense sexual novelty. Men will visit prostitutes, women will pick up men in bars or at the gym, or resort to cyber porn (including email, chat rooms, and social media). Chatting with strangers who vicariously satisfy sexual needs behind closed doors is adultery—ask any spouse who is victim of their partner's porn addiction and has acted out in the cyber world. It's emotional adultery and may lead to acting out **with live partners.**" (Susan Knight, "The Five Stages of Pornography Addiction", News OK, April 6, 2016, <http://newsok.com/article/5407775>)

"Depending on the level of graphic, hardcore porn the addict has viewed in order to spiral to the acting out level, some escalate to the deviant sexual behaviors and perversions of rape, child molestation, incest and even murder. Pornography could be considered a gateway drug to **severe criminal behaviors.**" (Susan Knight, "The Five Stages of Pornography Addiction", News OK, April 6, 2016, <http://newsok.com/article/5407775>)

"In Ted Bundy's final interview on the day of his execution, James Dobson uncovered the knowledge that the impetus of this serial killer's criminal rampage began with an addiction to pornography which **escalated to acting out.**" (Susan Knight, "The Five Stages of Pornography Addiction", News OK, April 6, 2016, <http://newsok.com/article/5407775>)

5. **"Other issues such as overspending and debt, and decreased job security."** (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"Pornography and Sex"

"In pornography, sex exists without love. It is just raw and ritualistic intercourse—not spiritual, only physical. There is no tenderness or gentleness. There are no consequences and no children. There's no giving, only getting. The man's pleasure and how he performs are all that's important. Orgasm is the only and ultimate goal. Their wives are **imprisoned by their husbands' desires.**" (Sam Serio, "Preaching and Pornography", Preaching.com, August 22, 2012, <http://www.preaching.com/resources/articles/11674938/?page=4>)

“Along the way, normal sexual relations with one's wife become boring to porn addicts. ... These men are trapped.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, <http://www.preaching.com/resources/articles/11674938/?page=4>)

“Pornography and Marriage”

“Because the wife can't produce or perform as the other women he has seen, the man feels entitled and compelled to go elsewhere. Sexual desire ultimately takes precedence over marital vows. Adultery is common for porn addicts in the quest for the ultimate sex partner. The wife can't produce the goods he wants, so he goes on the prowl for delivery. Her body is not as curvy or flexible, her breasts are not as ample, her taste for sexual adventure is not as wild, and her mouth is not as willing. The list continues.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, <http://www.preaching.com/resources/articles/11674938/?page=4>)

“After he has exhausted his wife with all the possible sexual practices, he then goes after different sexual partners. An enslaved man is never content, never satisfied. He is not enthusiastic about the wife of his youth anymore; she alone no longer satisfies him (Proverbs 5:29). Instead, he plunges into a world of fantasy, not reality. He feels much safer in a world of pages, pictures, partners, perversions and sexual positions. The last thing the porn addict wants is a spiritual partnership. He only wants sexual pleasure.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, <http://www.preaching.com/resources/articles/11674938/?page=4>)

“God doesn't want us to enter the marriage bed with previous experiences, partners or memories...” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, <http://www.preaching.com/resources/articles/11674938/?page=4>)

“A massive analysis spanning seven countries has found that people who view pornography are more likely to be physically or verbally aggressive than those who do not.” (Ben Johnson, “Porn viewers more likely to rape, sexually harass, use threats to ‘obtain sex’: massive study”, Life Site News, January 7, 2016, <https://www.lifesitenews.com/news/pornography-viewers-more-likely-to-be-sexually-aggressive-study-finds>)

“‘Consumption of pornography was associated with an increased likelihood of committing actual acts of sexual aggression,’ according to the report, which was published in the *Journal of Communication* on December 29.” (Ben Johnson, “Porn viewers more likely to rape, sexually harass, use threats to ‘obtain sex’: massive

study", Life Site News, January 7, 2016, <https://www.lifesitenews.com/news/pornography-viewers-more-likely-to-be-sexually-aggressive-study-finds>)

"Researchers from Indiana University and the University of Hawaii at Manoa performed a meta-analysis of 22 studies from around the globe. ... Significantly, they found that it made no difference whether the porn consumer was male or female – and whether the content was viewed on the internet or another medium." (Ben Johnson, "Porn viewers more likely to rape, sexually harass, use threats to 'obtain sex': massive study", Life Site News, January 7, 2016, <https://www.lifesitenews.com/news/pornography-viewers-more-likely-to-be-sexually-aggressive-study-finds>)

"PORNOGRAPHY AND ITS CONSEQUENCES"

"It has moved from the margins of our culture to the mainstream." (Cathy Cleaver Ruse, "Pornography and its consequences," LifeSite, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

"...pornography alters both sexual attitudes and behavior...cannot be seen as a private choice without public consequence." (Cathy Cleaver Ruse, "Pornography and its consequences," LifeSite, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

A. "Pornography and the Family"

1. "...feel less satisfied with their conjugal relations and less emotionally attached to their wives. Source: Dolf Zillman and Jennings Bryant, "Pornography's Impact on Sexual Satisfaction," Journal of Applied Social Psychology 18 (1988): 438-53 (439-440). (Cathy Cleaver Ruse, "Pornography and its consequences," LifeSite, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
2. "...a pathway to infidelity and divorce, and is frequently a major factor in these family disasters. Couples affected by one spouse's addiction usually experience a loss of interest in sexual intercourse and good family relations." (Source: Steven Stack, Ira Wasserman, and Roger Kern, "Adult Social Bonds and Use of Internet Pornography," Social Science Quarterly 85 (2004): 75-88; Jill Manning, Senate Testimony, November 10, 2005, referencing: J. Dedmon, "Is the Internet bad for your marriage? Online affairs, pornographic sites playing greater role in divorces." 2002, press release from American Academy of Matrimonial Lawyers, 14.; J.P. Schneider, "Effects of Cybersex Addiction on the Family," Sex and the Internet: A Guidebook for Clinicians, ed. A. Cooper (New York: Brunner-Routledge, 2002): 39-40.) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

3. "Pornography use and "cybersex" can often be just as damaging to family relationships as real-life infidelity...a troubling percentage of 'sex addicts' lose their spouses, 58 percent suffer considerable financial losses, and about a third lose their jobs." Source: Zillman and Bryant, "Pornography's Impact on Sexual Satisfaction," 438-53; Schneider, "Effects of Cybersex Addiction on the Family," 31-58; Barbara A. Steffens and Robyn L. Rennie, "The Traumatic Nature of Disclosure for Wives of Sexual Addicts," *Sexual Addiction & Compulsivity* 13 (2006): 247-67. Mary Anne Layden, Ph.D. (Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania). Testimony for U.S. Senate Committee on Commerce, Science and Transportation, November 18, 2004, 2.) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
4. "...the wives of these users have deep psychological wounds, with feelings of betrayal, mistrust, and anger towards their partner, sometimes requiring clinical treatment for trauma." Source: Peter Jochen and Patti M. Valkenburg, "Adolescents' Exposure to Sexually Explicit Internet Material, Sexual Uncertainty, and Attitudes Toward Uncommitted Sexual Exploration: Is There a Lin?" *Communication Research* 35 (2008): 596; Todd G. Morrison, Shannon R. Ellis, Melanie A. Morrison, Anomi Bearden, and Rebecca L. Harriman, "Exposure to Sexually Explicit Material and Variations in Body Esteem, Genital Attitudes, and Sexual Esteem Among a Sample of Canadian Men," *The Journal of Men's Studies* 14 (2006): 209-22 (216-7); Michele L. Ybarra and Kimberly J. Mitchell, "Exposure to Internet Pornography among Children and Adolescents: A National Survey," *CyberPsychology & Behavior* 8 (2005): 473-86 (479). (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
5. "A study of adolescents revealed that viewing sexually explicit internet materials can significantly increase their uncertainties about sexuality, can lower their self-esteem, and bring about feelings of loneliness and depression." (Source: Dolf Zillman and Jennings Bryant, "Pornography's Impact on Sexual Satisfaction," *Journal of Applied Social Psychology* 18 (1988): 448.) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

B. "Pornography and the Individual"

1. "Users tend to become desensitized to and bored with the type of pornography they use, seeking more perverse forms of sexual imagery." (Source: Dolf Zillman, "Influence of Unrestrained Access to Erotica on Adolescents' and Young Adults' Dispositions toward Sexuality," *Journal of Adolescent Health* 27S (2000): 41.) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
2. "Men who view pornography regularly have a higher tolerance for abnormal sexuality, including rape, sexual aggression, and sexual

promiscuity.” (Source: Vanessa Vega and Neil M. Malamuth, "Predicting Sexual Aggression: The Role of Pornography in the Context of General and Specific Risk Factors," *Aggressive Behavior* 33 (2007): 104-17 (109); Zillman, "Influence of Unrestrained Access to Erotica," 42.) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

3. "Prolonged consumption of pornography by men produces notions of women as commodities or as 'sex objects.'" (Source: Peter Jochen and Patti M. Valkenburg, "Adolescents' Exposure to a Sexualized Media Environment and Their Notions of Women as Sex Objects," *Sex Roles* 56 (2007): 381-395 (390) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
4. "Pornography engenders greater sexual permissiveness, leading to a greater risk of out-of-wedlock births and STDs." (Source: Nicole Daluga, "A Content Analysis of Sexual Risk and Protective Behaviors and Messages in Sexually Explicit Web Pages Viewed by a National Probability Sample of U.S. Adolescents" (Atlanta, Georgia: Rollins School of Public Health of Emory University, 2002), 255-279; Gina M. Wingood, Ralph J. DiClemente, Kathy Harrington, Suzy Davies, Edward W. Hook, and M. Kim Oh, "Exposure to X-rated Movies and Adolescents' Sexual and Contraceptive-related Attitudes and Behaviors," *Pediatrics* 107 (2001): 1116-19.) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
5. "Child-sex offenders are more likely to view pornography regularly or to be involved in its distribution." (Source: W.L. Marshall, "The Use of Sexually Explicit Stimuli by Rapists, Child Molesters, and Nonoffenders," *The Journal of Sex Research* 25 (1988): 267-288 (279) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
6. "A greater amount of sexual stimuli becomes necessary to arouse habitual users, leading them to pursue more deviant forms of pornography to fulfill their sexual desires, e.g., watching 'depictions of group sex, sadomasochistic practices, and sexual contact with animals.'" (Source: Zillman, "Influence of Unrestrained Access to Erotica," 41; James B. Weaver III, "The Effects of Pornography Addiction on Families and Communities," (Testimony presented before the Subcommittee on Science, Technology, and Space of the Senate Committee on Commerce, Science, and Transportation, Washington, D.C., November 18, 2004), 3.) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

C. "Pornography and the Community"

1. "Pornography viewing and sexual offense are inextricably linked. There is a connection between the consumption of violent pornography with behavioral aggression and the incidence of rape." Source: Richard McCleary, "Crime Risk in the Vicinity of a Sexually Oriented Business: A Report to the Centralia City Attorney's Office" (Revised Report, February 28, 2004) (Cathy Cleaver Ruse,

"Pornography and its consequences," Life Site News, July 31, 2014,
<https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

2. "Studies have shown that individuals who were convicted of the collection and distribution of internet child pornography had also committed an average of over thirteen different child sex abuses."

Source: Michael L. Bourke and Andres E. Hernandez, "The 'Butner Study' Redux: A Report of Incidence of Hands-on Child Victimization by Child Pornography Offenders," Journal of Family Violence 24 (2009): 183-91 (187) (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

"Conclusion"

"The main defenses against pornography are close family life, a good marriage, and good relations between parents and children, coupled with deliberate parental monitoring of internet use." (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

"...aggressive enforcement of *all* pornography laws." (Cathy Cleaver Ruse, "Pornography and its consequences," Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

"For far too many, once they become "hooked," their satisfaction with "soft-core" porn diminishes and they require something more enticing and stimulating." ("Pornography", Oregon Family Council, Accessed November 13, 2015, <http://www.oregonfamilycouncil.org/issues/pornography/>)

"Dr Cline's study reveals the progressive nature of pornography in four stages: Addiction, Escalation, Desensitization, and Acting out Sexually." ("Pornography", Oregon Family Council, Accessed November 13, 2015, <http://www.oregonfamilycouncil.org/issues/pornography/>)

"The Bible clearly teaches several significant purposes for sex in human experience. First, sexual intercourse forms a spiritual-physical union between husband and wife (Gen. 2:24-25). The "one flesh" union established in marriage is not to be broken (Matt. 19:4-6). Second, sexual intimacy results in an intimate, personal level of understanding between husband and wife. The Old Testament word *yadah*, translated "to know," refers to intimate personal knowledge (Gen. 4:1, 17; 19:8). Third, sex was

also designed for mutual pleasure to be shared by husband and wife (Prov. 5:18-19). Fourth, sexual intercourse was given as the means by which the human race would be propagated (Gen. 1:28).” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“PORNOGRAPHY AND ITS IMPACT ON PARENTING”

“National Public Radio implored society to ‘imagine a drug so powerful it can destroy a family simply by distorting a man’s perception of his wife.’ Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages (Getting Serious, 2010).” (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, <https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/>)

1. The first was the development of stress in the relationship that stemmed from attachment infidelity. (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, <https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/>)
2. The second factor was the widening rift between husband and wife because of the distance and disconnect perceived by the women or **wives**. (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, <https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/>)
3. And lastly, there was a large and culminating ‘estrangement’ in the relationship because of the sense of being emotionally and psychologically unsafe in the relationship. (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, <https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/>)
4. They concluded that mistrust is what breaks down attachment among couples and a strong correlation between the effects on pornography use and ‘deception in the pair-bond relationship’ (Butler, Zitzman, 2009).” (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014,

“... ‘a hidden public health hazard exploding, ...Manning closes by stating, ‘Internet pornography is grooming young generations of Americans in such a way that their chances of enjoying healthy and enduring relationships are handicapped’ (Manning, 2005).” (Allison Cook, “Pornography and its impact on parenting”, The United Families International, October 13, 2014, <https://unitedfamiliesinternational.wordpress.com/2014/10/13/pornography-and-its-impact-on-parenting/>)

“‘Finding the Criminal Who Fits the Crime,’ about the work of retired NYPD detective Ray Pierce that appeared in the *New York Times* (3/29/00). According to the *Times* article, Raymond Pierce founded the NYPD's Criminal Assessment and Profiling Unit and was trained in psychological profiling by the FBI.” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Republic, September 16, 2004, [http:// http://www.freerepublic.com/focus/news/1218097/posts](http://www.freerepublic.com/focus/news/1218097/posts))

“Since I was aware of an FBI study of 36 serial killers conducted in the 1980s, which revealed that 29 of these killers were attracted to pornography and incorporated it into their criminal sexual activity, including serial rape-murder...” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Republic, September 16, 2004, [http:// http://www.freerepublic.com/focus/news/1218097/posts](http://www.freerepublic.com/focus/news/1218097/posts))

“...the perpetrator was a user of pornography? I've investigated somewhere between 750 and a thousand cases, but was I looking for it all the time? No, I wasn't. But my estimation would be that pornography is expected by the police in those cases. It's expected that they [the suspects] read pornographic literature and magazines. Anywhere between 60 and 80 percent of the cases, if I were looking for it, I would have found it. But realistically, well over 80 percent.” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Republic, September 16, 2004, [http:// http://www.freerepublic.com/focus/news/1218097/posts](http://www.freerepublic.com/focus/news/1218097/posts))

“For this paper, Zillman and Bryant’s (1984 and 1988) work is used to give a general overview of the kinds of effects with which pornography has been associated and those that have fueled debate. Zillman and Bryant found the effects of repeated exposure to standard, nonviolent, and commonly available pornography included:” (Jill C. Manning, “The Impact of Internet Pornography

on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

1. “Increased callousness toward women;”
2. “Trivialization of rape as a criminal offense;”
3. “Distorted perceptions about sexuality;”
4. “Increased appetite for more deviant and bizarre types of pornography (escalation and addiction);”
5. “Devaluation of monogamy;”
6. “Decreased satisfaction with a partner’s sexual performance, affection, and physical appearance;”
7. “Doubts about the value of marriage;”
8. “Decreased desire to have children; and”
9. “Viewing non-monogamous relationships as normal and natural behavior.” (Drake, R. E. (1994). Potential health hazards of pornography consumption as viewed by psychiatric nurses. *Archives of Psychiatric Nursing*, 8(2), 101–106; Zillman, D., & Bryant, J. (1982). Pornography, sexual callousness, and the trivialization of rape. *Journal of Communication*, 32(4), 10–21; Zillman, D., & Bryant, J. (1984). Effects of massive exposure to pornography. In N. M. Malamuth & E. Donnerstein (Eds.), *Pornography and Sexual Aggression* (pp. 115–138). Orlando, FL: Academic; Zillman, D., & Bryant, J. (1988, December). Effects of prolonged consumption of pornography on family values. *Journal of Family Issues*, 9(4), 518–544.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“One of the most comprehensive meta-analyses regarding pornography’s effects on individuals is a relatively recent study conducted by Oddone-Paolucci, Genuis, and Violato (2000). (Oddone-Paolucci, E., Genuis, M., & Violato, C. (January 2000). A meta-analysis of the published research on the effects of pornography. *The Changing Family and Child Development*, 48–59.) For this meta-analysis, 46 studies published in various academic journals were analyzed to determine the effect of pornography on:

1. “Sexual deviancy (e.g., excessive or ritualistic masturbation)”
2. “Sexual perpetration (e.g., rape)”
3. “Attitudes regarding intimate relationships (e.g., viewing people as sexual objects)”
4. “Attitudes regarding the rape myth (e.g., believing women cause rape or rapists deserve lenient sentences). In order to be selected for the metaanalysis, each study had to include a sample size of 12 or greater and include a comparison group. The studies ranged in date from 1962 to 1995 and comprised a total sample of 12,323 people. Eighty-five

percent of the studies (39) were conducted in the United States, 11 percent (5) were conducted in Canada, and two studies were conducted in Europe. Table 1 shows the number of studies and sample size for each outcome examined in the meta-analysis.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“...found that exposure to pornographic material puts one at increased risk for developing sexually deviant tendencies, committing sexual offenses, experiencing difficulties in one’s intimate relationships, and accepting rape myths. In terms of the degree of risk, the analysis revealed a 31 percent increase in the risk of sexual deviancy, a 22 percent increase in the risk of sexual perpetration, a 20 percent increase in the risk of experiencing negative intimate relationships, and a 31 percent increase in the risk of believing rape myths.” (These percentages were based on the average weighted Cohen d scores, which is a measure of effect size. Uncorrected average weighted d scores were also available for all of the outcomes.

Correcting for demographics (i.e., age, gender, socioeconomic status, etc.), the effect sizes were higher for deviancy and intimate relations; corrected d scores were not available for the sex perpetration or rape myth outcomes.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“In North American culture, it is most common for people to select a marriage partner according to romantic love as opposed to family arrangement or economic necessity...is useful in clarifying what romantic love entails from a social science perspective. They found that romantic love embodies the following characteristics:” (Roberts, M. (1982). Men and women:

Partners, lovers and friends. In K. Davis & T. Mitchell (Eds.), *Advances in descriptive psychology*, 2, pp. 57–78: Greenwich, CT: JAI Press.) (Davis, K., & Todd, M. (1982). Friendship and love relationships. In K. Davis & T. Mitchell (Eds.), *Advances in descriptive psychology*, 2, pp. 79–122: Greenwich, CT: JAI Press.) (Davis, K. (1985, February). Near and dear: Friendship and love compared. *Psychology Today*, 22–30.) and Bergner (2000)69

1. “Investment in the well-being of the beloved”
2. “Respect”
3. “Admiration”
4. “Sexual desire”
5. “Intimacy”
6. “Commitment”
7. “Exclusivity”
8. “Understanding.”

(Bergner, R. M. & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. *Journal of Sex & Marital Therapy*, 28, 193–206.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“The researchers found that when these characteristics are present in a romantic relationship, people tend to feel fully loved. On the other hand, when there are violations to these characteristics and the violations are sufficient in magnitude, partners will commonly conclude that they are no longer loved as they once were and re-evaluates their place in their partners’ world. As Bergner and Bridges (2002) point out, many women who discover a partner’s intense involvement with pornography engage in just such a reappraisal of their relationship.” (Bergner, R. M. & Bridges, A. J. (2002).

The significance of heavy pornography involvement for romantic partners: Research and clinical implications. *Journal of Sex & Marital Therapy*, 28, 193–206.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Maurer’s work also helps clarify what satisfying sexual relationships entail. Maurer found three common traits that distinguish sexually satisfied couples from unsatisfied couples:”

1. “Acceptance of one’s own sexuality,”
2. “Listening to one’s partner and being aware of a partner’s likes and dislikes,”
3. “Open and honest communication.”

(Maurer, H. (1994). *Sex: Real people talk about what they really do*. New York: Penguin Books. In J. DeLamater & W. N. Friedrich (2002). *Human sexual development*, *The Journal of Sex Research*, 39(1), 10–14.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Moreover, according to data from the General Social Survey in 2000 (N = 531), people who report being happily married are 61 percent less likely to report using Internet pornography compared to those who also used the Internet and who had completed the General Social Survey in 2000.” (Stack, S., Wasserman, I., & Kern, R. (2004). Adult social bonds and use of Internet pornography. *Social Science Quarterly*, 85(1), 75–88.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“As Stack, Wasserman, and Kern (2004) conclude, “The strengthening of adult social bonds, especially those to religion and marriage, might reduce the attraction to cyberpornography in general.” (Stack, S., Wasserman, I., & Kern, R. (2004). Adult social bonds and use of Internet pornography. *Social Science Quarterly*, 85(1), 86.) (Jill C.

Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"Looking to more extreme situations, a 2000 study by Schneider found that cybersex addiction was a major contributing factor to separation and divorce for affected couples.⁷⁸ This study analyzed survey responses from 94 individuals (91 women, 3 men) who..." (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

1. "Ranged in age from 24 to 57"
2. "Had been in a relationship for an average of 12.6 years (range of 0.5 to 39 years)"
3. "Were seeking therapy to cope with a partner's Internet involvement."

(The sample was recruited through 20 therapists who were treating sex addicts and who were aware of individuals who would be interested in participating in this research. Although a range of online sexual activities were listed, viewing and/or downloading pornography accompanied by masturbation was present in 100 percent of the cases." (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"Although not a formal study, important survey data was collected at the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois, regarding the impact of Internet usage on marriages." (Dedmon, J. (November 2002). Is the Internet bad for your marriage? Online affairs, pornographic sites playing greater role in divorces. Press Release from The Dilenschneider Group, Inc.) (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"This professional organization comprises the nation's top 1,600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62 percent of the 350 attendees said the Internet had been a significant factor in divorces they had handled during the last year. Additionally, the following observations were made by the lawyers polled with regard to why the Internet had played a role in divorces that year:" (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- "68 percent of the divorce cases involved one party meeting a new love interest over the Internet." (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- “56 percent of the divorce cases involved one party having an obsessive interest in pornographic websites.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “47 percent of the divorce cases involved one party spending excessive time on the computer.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “33 percent of the divorce cases cited excessive time communicating in chat rooms (a commonly sexualized forum).” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Prior to Internet pornography becoming readily available, Dolf Zillman and Jennings Bryant (1988) conducted a study that looked at the impact of consuming common, nonviolent pornographic material on male and female participants. The participants represented college and non-student populations from a Midwestern city (N = 160).” (Zillman, D., & Bryant, J. (1988). Pornography’s impact on sexual satisfaction. *Journal of Applied Social Psychology*, 18, 438–453.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“As part of the study, participants were exposed to either pornographic or innocuous, non-pornographic content in hourly sessions over six consecutive weeks. In the seventh week, participants were asked to rate their personal happiness regarding various domains of experience and the relative importance of gratifying experiences.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Results showed that exposure to pornography negatively impacted self-assessment of sexual experience, while other aspects of life (e.g., professional satisfaction) remained constant. Participants reported less satisfaction with their intimate partner and specifically with their partner’s affection, physical appearance, sexual curiosity, and sexual performance.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Additionally, participants who were repeatedly exposed to pornographic material assigned increased importance to sexual relations without emotional involvement. Furthermore, all of these effects were uniform

across male and female participants. Although the authors point out that pornography is unlikely to be the only genre of entertainment to affect aesthetic dissatisfaction with self and/or one's partner, it appears from the research that pornography is the only genre that impacts sexual dissatisfaction specifically." (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

The first theme these women voiced was that of decreased sexual desire by their partners. As one participant stated, "I am no longer sexually attractive or desirable to him. He's more attracted to the women depicted in his movies, magazines, and websites than he is to me, and I feel completely unable to compete with these women." (Bergner, R. M., & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. *Journal of Sex & Marital Therapy*, 28, 193–206.) (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

Secondly, it was common for pornography users to continue sexual relations with their female partner, but the sexual advances conveyed a message of objectification as opposed to meaningful interaction. For example, one woman stated, "I am no longer a sexual person or partner to him, but a sexual object. He is not really with me, not really making love to me.... He seems to be thinking about something or someone else—likely those porn women.... He is just using me as a warm body." (Bergner, R. M., & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. *Journal of Sex & Marital Therapy*, 28, 193–206.) (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research", Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

"Schneider's 2000 study involving the spouses of cybersex addicts is another study that supports Zillman and Bryant's 1988 findings regarding decreased sexual satisfaction. (Schneider, J. P. (2000). Effects of cybersex addiction on the family: Results of a survey. *Sexual Addiction & Compulsivity*, 7, 31–58.) Schneider's work revealed that compulsive cybersex has several adverse effects on the conjugal sexual relationship, including decreased sexual intimacy. (Schneider, J. P. (1998). The new "elephant in the living room": Effects of compulsive cybersex behaviors on the spouse. In A. Cooper (1998). *Sexuality and the Internet: Surfing into the new millennium*. CyberPsychology & Behavior, 1(2), 169–186.) Schneider collected data from 94 respondents who were in different types of committed relationships to individuals struggling with cybersex addictions. (Schneider, J. P. (2000). Effect of cybersex addiction on the family. *Sexual Addiction and Compulsivity*, 7, 31–58.) Two-thirds (68 percent) of the respondents experienced decreased sexual intimacy with

their partner. Moreover, the participants reported that these difficulties coincided with the beginning of the cybersex activities—a point that is important to highlight for those who wish to limit the findings to those who have dealt with chronic sexually addictive or compulsive behavior.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“More than half (52.1 percent) of the cybersex users had lost interest in relational sex, as had one-third of the partners. Furthermore, in 18.1 percent of the relationships surveyed, both partners had decreased interest in sex. Schneider also points out that spouses of pornography users often report being repulsed by the user’s sexual pursuits. For the cybersex users who have already substituted online sexual activity for relational sexual intimacy, their partner’s repulsion and loss of interest is not as problematic or distressing.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Schneider outlined the following recurrent themes in the survey data:”

- “The user makes excuses to avoid sexual intimacy with the partner (e.g., not in the mood or too tired).” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “The partner feels hurt, angry, sexually rejected, inadequate, and unable to compete with computer images and sexy online women (or men) who are willing to do “anything.”” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “During relational sex, the cybersex user appears distant, emotionally detached, and interested only in his/her own pleasure.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- “The partner ends up doing most or all of the initiating, either to get her/his own needs met or as an attempt to get the user to decrease the online activities.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- **“The user blames the partner for their sexual problems.”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“The user wants the partner to participate in sexual activities that she or he finds objectionable.”** (Schneider, J. P. (1998). The new “elephant in the living room”: Effects of compulsive cybersex behaviors on the spouse. In A. Cooper (1998), *Sexuality and the Internet: Surfing into the new millennium*. CyberPsychology & Behavior, 1(2), p. 178.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“For those who may argue decreased sexual intimacy is an effect linked solely with cybersex addicts, Bergner and Bridges’ 2002 study supports the fact that women in relationships (married, engaged, or dating) with men perceived as heavy pornography consumers report decreased and altered sexual intimacy as a common symptom.” (Bergner, R. M., & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. *Journal of Sex & Marital Therapy*, 28, 193–206.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

Women commonly report feelings of betrayal, loss, mistrust, devastation, and anger as responses to the discovery or disclosure of a partner’s pornography use and/or online sexual activity.” (Bridges, A. J., Bergner, R. M., & Hesson-McInnis, M. (2003). Romantic partner’s use of pornography: Its significance for women. *Journal of Sex & Marital Therapy*, 29, 1–14; Bergner, R. M., & Bridges, A. J. (2002). The significance of heavy pornography involvement for romantic partners: Research and clinical implications. *Journal of Sex & Marital Therapy*, 28, 193–206; Schneider, J. P. (2000). Effects of cybersex addiction on the family: Results of a survey. *Sexual Addiction & Compulsivity*, 7, 31–58) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Schneider’s 2000 study concluded that women “overwhelmingly” felt cyber affairs were as emotionally painful to them as live or offline affairs, and many viewed the online sexual activity to be just as much adultery or cheating as live affairs. (Schneider, J. P. (2000). Effects of cybersex addiction on the family: Results of a survey. *Sexual Addiction & Compulsivity*, 7, 31–58.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“...that approximately 70 percent of all adult content traffic occurs during the 9 a.m. to 5 p.m. workday, the risk of financial and employment ramifications becomes more apparent.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“In one of the first large-scale studies of online sexual pursuits, Cooper, Scherer, Boies, and Gordon (1999) found that 5.8 percent of respondents admitted using an office computer for sexual pursuits, and 12.7 percent said they use both home and work computers for this (N = 9,177).” (Cooper, A., Scherer, C., Boies, S. C., & Gordon, B. (1999). Sexuality on the Internet: From sexual exploration to pathological expression. *Professional Psychology: Research and Practice*, 3(2), 154–164.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Furthermore, a survey conducted by SurfControl (2000) revealed 59 percent of Internet use at the office is not work related, and Goldberg’s work (1998) revealed adult content websites were the fourth most visited category on the Internet while at work during the month of April 1998.”

(Griffiths, M. (2003). Internet abuse in the workplace: Issues and concerns for employers and employment counselors. *Journal of Employment Counseling*, 40, 87–96.) (Goldberg, A. (1998). Monthly users report on adult sexually oriented sites for April 1998. Washington, D.C.: Relevant Knowledge.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Schneider found that the following negative effects could impact children in homes where a parent’s compulsive and/or addictive sexual behavior is occurring:”

- **“Decreased parental time and attention (from the consumer and the parent preoccupied with the consumer);”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Encountering pornographic material a parent has acquired;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Encountering a parent masturbating;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Overhearing a parent engaged in phone sex;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Increased risk of parental separation and divorce;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- **“Increased risk of parental job loss and financial strain;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Increased risk for consuming pornography themselves;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Exposure to the objectification of human beings, especially women;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Witnessing and/or being involved in parental conflict; and”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Witnessing and/or experiencing stress in the home related to online sexual activities.”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Negative Reactions to Pornography”

“Challenging the prevalent assumption that young people are motivated to actively seek out pornography, the Youth Internet Safety Survey (2000) found that in a nationally representative sample of 1,501 youth ages 10 to 17 (796 boys and 705 girls), 25 percent reported unwanted exposure to sexual material, 19 percent reported unwanted sexual solicitation, and 6 percent had been harassed online.” (Mitchell, K. J., Finkelhor, D., & Wolak, J. (2003). The exposure of youth to unwanted sexual material on the Internet: A national survey of risk, impact, and prevention. *Youth & Society*, 34(3), 330–358.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“According to research with first-year college students, the following effects and/or risks are associated with frequent exposure to erotica. These effects and/or risks are listed here because of the potential they have for shaping sexual development as well as future marital and familial relationships:” (Zillman, D. (2000). Influence of unrestrained access to erotica on adolescents’ and young adults’ dispositions toward sexuality. *Journal of Adolescent Health*, 27, 41–44.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- **“Normalization of adverse reactions to offensive material;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Developing tolerance toward sexually explicit material, thereby requiring more novel or bizarre material to achieve the same level of arousal or interest;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Misperceptions of exaggerated sexual activity in the general populace;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Overestimating the prevalence of less common sexual practices (e.g., group sex, bestiality, and sadomasochistic activity);”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Diminished trust in intimate partners;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Abandoning the goal of sexual exclusivity with a partner;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Perceiving promiscuity as a normal state of interaction;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Perceiving sexual inactivity as constituting a health risk;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Developing cynical attitudes about love;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Believing superior sexual satisfaction is attainable without having affection for one’s partner;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- **“Believing marriage is sexually confining;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Believing that raising children and having a family is as an unattractive prospect; and”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Developing a negative body image, especially for women.”** (Siegel, S. (1997). Applying social comparison theory to women’s body image and self-esteem: The effects of pornography. Dissertation, Pacific University, Palo Alto, CA.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Robert E. Freeman-Longo, an expert in sexual abuse assessment, prevention, and treatment, adds to the list.” (Freeman-Longo, R. E. (2000). Children, teens, and sex on the Internet. *Sexual Addiction & Compulsivity*, 7, 75–90.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

- **“Increased risk for developing sexual compulsions;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Increased risk for developing a sexual addiction;”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Increased risk of exposure to incorrect information about human sexual behavior (e.g., bestiality or sex with children); and”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)
- **“Exposure to age-inappropriate sexual material”** (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“In recent years, an Australian Child at Risk Assessment Unit in Canberra, New South Wales, noticed a disturbing increase in the number of sexually abusive or aggressive children under the age of 10 who were being referred to their services. In the early 1990s, approximately 3 children per year were being referred for sexually aggressive behavior. However, by 2003, approximately 70 children per year were being referred, many of whom had preyed on other children by forcing them to take part in sexual

acts.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“To determine why this increase was occurring, the National Child Protection Clearinghouse and the Canberra Hospital conducted a retroactive study on case files. The review revealed, among other commonalities, a pattern between such sexually abusive children and their access to sexually explicit material on the Internet.” (Limb, J. November 26, 2003, Alarming rise in children’s sexually-abuse behavior. The World Today. Retrieved June 10, 2005, from <http://www.abc.net.au/worldtoday/content/2003/s997751.htm>.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Social worker, Cassandra Tinning, stated,”

“We noticed a number of really interesting issues. Of course, this primary issue is around the use of the Internet. Almost all of the children who accessed our services in the last three years in relation to sexually harmful behaviors, almost all those children had accessed the Internet and specifically had accessed the Internet for pornographic material.” (Limb, J. November 26, 2003, Alarming rise in children’s sexually-abuse behavior. The World Today. Retrieved June 10, 2005, from <http://www.abc.net.au/worldtoday/content/2003/s997751.htm>.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Victor B. Cline, a Professor Emeritus of Psychology at the University of Utah, has made clinical observations that support the Australian findings. For example, he stated:”

“I have also interviewed some children, where as a result of hearing Dial-A-Porn messages, they engaged in sexual assaults on other children. One 12 year-old boy in Hayward, California listened to Dial-A-Porn for nearly two hours on the phone.... A few days later he sexually assaulted a four-year-old girl in his mother’s day care center. He had never been exposed to pornography before. He had never acted out sexually before and was not a behavior problem in the home. He had never heard or knew of oral sex before listening to Dial-A-Porn. And this was how he assaulted the girl, forcing oral sex on her in direct imitation of what he had heard on the phone.” (Cline, V. (2001). Pornography’s effects on adults & children. New York: NY: Morality in Media, p. 10.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“Additionally, Malamuth, Addison, and Koss (2000) found that very frequent pornography use was associated with much higher rates of sexual aggression among older adolescent boys and young men already at high risk for aggressive behavior.” (Malamuth, N. M., Addison, T., & Koss, M. (2000). Pornography and sexual aggression: Are there reliable effects and can we understand them? Annual Review of Sex Research, 11, 26–91.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“High risk factors that were taken into consideration for this study included impulsivity, hostility toward women, and promiscuity. Youth who had the same risk levels of aggressive behavior, but who consumed pornography ‘somewhat,’ ‘seldom,’ or ‘never’ did not show the same levels of sexual aggression.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005,http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“The solitary and secretive natures of internet pornography consumption do not isolate the impact from others; rather, the impact of viewing the sexually explicit material is often being felt by the entire family system, not to mention other systems (i.e. work) of the user.” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“Based on the on-going researches, the following topics seem to be the most prominent in regards to the internet pornography consumption and marital relationship:” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

1. **“Online sexual pursuits as a predictor of marital distress, separation, and divorce”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
2. **“Decreased sexual satisfaction”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
3. **“Decreased sexual intimacy”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

4. **“Infidelity”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
5. **“Other issues such as overspending and debt, and decreased job security”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“An informal survey data was collected at the November 2002 meeting of the American Academy of Matrimonial Lawyers in Chicago, Illinois regarding the impact of internet usage on marriages. This professional organization comprises the nation’s top 1600 divorce and matrimonial law attorneys who specialize in matrimonial law, including divorce and legal separation. At this meeting, 62% of the 350 attendees said that internet had been a significant factor in divorces they had handled during the year of 2000. Additionally, the following observations were made by the lawyers polled with regard to how the internet had played a role in divorces that year:” (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

- **“68% of the divorce cases involved one party meeting a new love interest over the internet”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **“56% of the divorce cases involved one party having an obsessive interest in pornographic websites”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **“47% of the divorce cases involved one party spending excessive time on the computer”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- **“33% of the divorce cases cited excessive time communicating in sexualized chat rooms or forums”** (Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“Stack, Wasserman, and Kern (2004) found individuals who have had an extramarital affair were 3.18 times more likely to have used internet pornography than individuals who had not had an affair. The same study also revealed that people who have engaged in paid sex (i.e. prostitution) were 3.7 times more apt to use internet pornography than those who had not used internet pornography. Unfortunately, the study failed to indicate a causal relationship between internet pornography consumption and unfaithful behaviour; the statistics indicate that internet pornography is associated with activities that undermine marital exclusivity and fidelity.”

(Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“Job security is also jeopardized when online sexual activity is occurring in the workplace. According to the statistics collected by Family Safe Media (2006), 20% of men admitted to accessing internet pornography at work. It is obvious that work productivity is drastically affected by one’s excessive computer usage, whether it occurs at home or at work. Approximately 70% of all adult content traffic on the internet occurs during the 9am to 5pm workday, it is apparent that cybersex user’s financial and employment status are at stake.”

(Vivan Chan, MC, RCC, “The Impact of Pornography on Marital Relationships”, The Wishing Wells, January 11, 2009, <http://www.wishingwellscounselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“It is estimated that 2 million children worldwide have been offered on the web or depicted in sexualized violence. According to the annual report of ECPAT (End Child Prostitution, Pornography and Trafficking of children for Sexual Purposes), in the European Union alone, several hundred thousand children are trafficked every year. Many thousands of children are abducted and never seen again. This traffic in children serves the Internet supply and demand.” (Michael O’Brien, “The pornography plague is stripping our humanity”, Lifesite News, April 8, 2015, <https://www.lifesitenews.com/opinion/the-pornography-plague-is-stripping-our-humanity>)

“Most people understand intuitively or from looking at research or clinical experience that there is a connection between using child pornography and the behavior of child rape. The images in child pornography are Permission-Giving for sexual behavior between adults and children. Child rapists tell me they “know” that kids like to have sex with adults because they have seen their smiling faces in the child pornography they access on

the Internet.” (Mary Anne Layden, “Pornography and Crime: Reporting the presence of pornography connected to crime”, AFA-KSMO, February 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“Relationships aren't the only area where compulsive porn use can be damaging. Psychologists describe anecdotal reports of people losing their jobs because they couldn't control the urge to visit adult websites at work, for instance. “When porn use becomes so intense in frequency or duration, it starts to interfere with the other aspects of a person's life,” Bridges says.” (Kirsten Weir, “Is Pornography Addictive?”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“So in the last two decades, we have conducted a vast experiment on the social consequences of such material. If the supporters of censorship were right, we should be seeing an unparalleled epidemic of sexual assault. But all the evidence indicates they were wrong. As raunch has waxed, rape has waned.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“This is part of a broad decrease in criminal mayhem. Since 1993, violent crime in America has dropped by 58 percent. But the progress in this one realm has been especially dramatic. Rape is down 72 percent and other sexual assaults have fallen by 68 percent. Even in the last two years, when the FBI reported upticks in violent crime, the number of rapes continued to fall.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“Nor can the decline be dismissed as the result of underreporting. Many sexual assaults do go unreported, but there is no reason to think there is less reporting today than in the past. In fact, given everything that has been done to educate people about the problem and to prosecute offenders, victims are probably more willing to come forward than they used to be.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?”, Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“No one would say the current level of violence against women is acceptable. But the enormous progress in recent years is one of the most gratifying successes imaginable.” (Steve Chapman, “Is Pornography a Catalyst of Sexual

Violence?", Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

"How can it be explained? Perhaps the most surprising and controversial account comes from Clemson University economist Todd Kendall, who suggests that adult fare on the Internet may essentially inoculate against sexual assaults." (Steve Chapman, "Is Pornography a Catalyst of Sexual Violence?", Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

"In a paper presented at Stanford Law School last year, he reported that, after adjusting for other differences, states where Internet access expanded the fastest saw rape decline the most. A 10 percent increase in Internet access, Kendall found, typically meant a 7.3 percent reduction in the number of reported rapes. For other types of crime, he found no correlation with Web use. What this research suggests is that sexual urges play a big role in the incidence of rape -- and that pornographic Web sites provide a harmless way for potential predators to satisfy those desires." (Steve Chapman, "Is Pornography a Catalyst of Sexual Violence?", Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

"That, of course, is only a theory, and the evidence he cites is not conclusive. States that were quicker to adopt the Internet may be different in ways that also serve to prevent rape. It's not hard to think of other explanations why sexual assaults have diminished so rapidly -- such as DNA analysis, which has been an invaluable tool in catching and convicting offenders." (Steve Chapman, "Is Pornography a Catalyst of Sexual Violence?", Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

"Changing social attitudes doubtless have also played a role. Both young men and young women are more aware today of the boundaries between consensual and coercive sex. Kim Gandy, president of the National Organization for Women, thinks the credit for progress against rape should go to federal funding under the Violence Against Women Act and to education efforts stressing that 'no means no.'" (Steve Chapman, "Is Pornography a Catalyst of Sexual Violence?", Reason.com, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

"These are some of the devastating effects of Internet pornography upon marriage, the family and the individual:"

- “It destroys the trust and intimacy within the husband-wife relationship and often leads to the end of the marriage itself.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)
- “It creates obstacles to real communication and personal interaction with one’s spouse and with others.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)
- “It stimulates within the porn addict a distorted view of sexuality that can lead to the desire for riskier, perverse and even criminal sexual behaviors.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)
- “It draws focus away from one’s family life and relationship with God and sets a destructive example for one’s children.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“He is using pornography as a substitute for real human relationships...” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“IS PORNOGRAPHY ADDICTIVE?”

“Pornography is a loaded subject. Opponents argue that it can ruin marriages, lead to sexual addiction or other unhealthy behaviors, and encourage sexual aggression.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Proponents claim that erotica can enhance sex lives, provide a safe recreational outlet and perhaps even reduce the incidence of sexual assault. (After pornography was legalized in Denmark in 1969, for instance, researchers reported a corresponding decline in sexual aggression.)” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“But in some ways, both arguments are moot: Whether or not you think it's moral, the fact is, people like porn. Various international studies have put porn consumption rates at 50 percent to 99 percent among men, and 30

percent to 86 percent among women, according to Gert Martin Hald, PhD, and colleagues in *The APA Handbook of Sexuality and Psychology* (Vol. 2).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“‘Porn is practically ubiquitous,’ says Ana Bridges, PhD, a psychologist at the University of Arkansas. And the Internet has made it easier than ever to get an erotic fix. The late sex researcher Alvin Cooper, PhD, called this the ‘triple-A engine’ effect: The accessibility, affordability and anonymity provided by the Web have put adult content right at our fingertips.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Many people argue that's a good thing. In a 2002 survey conducted for PBS/Frontline by the Kinsey Institute for Research in Sex, Gender and Reproduction at Indiana University, 86 percent of respondents said porn can educate people, and 72 percent said it provides a harmless outlet for fantasies. Among those who reported using pornography, 80 percent said they felt ‘fine’ about it.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“‘There are a lot of people out there using a lot of porn who have no problems with it whatsoever,’ says Erick Janssen, PhD, a senior scientist at the Kinsey Institute. ‘So when does it become an addiction?’” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“That, of course, is a key question for researchers trying to understand pornography's dark side.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Real-life relationships”

“While many viewers of adult content don't seem to suffer ill effects, porn can become problematic for others. The Kinsey Institute survey found 9 percent of porn viewers said they had tried unsuccessfully to stop.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“When pornography use becomes excessive, romantic relationships can suffer. Destin Stewart, PhD, and Dawn Szymanski, PhD, at the University of Tennessee, Knoxville, surveyed female college students and found that those who perceived their boyfriends' porn use to be problematic

experienced lower self-esteem, poorer relationship quality and lower sexual satisfaction (*Sex Roles*, 2012).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“But it's not always that simple. In a 2013 study, researchers at Brigham Young University and the University of Missouri surveyed heterosexual couples who were married or living together and found that men's use of porn was associated with lower sexual quality for both men and their partners. Female use of porn, however, was associated with improved sexual quality for women (*Journal of Sex Research*, 2013).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Bridges and Patricia Morokoff, PhD, reported similar findings: When men used porn, they tended to report lower levels of sexual intimacy in their real-life relationships. When women used porn, however, intimacy increased (*Personal Relationships*, 2011).” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Bridges points to two possible explanations for the finding. First, she says, while men tend to view pornography solo, women are more likely to watch it with their partners in a shared sexual experience. ‘This was something that they incorporated into their lovemaking ritual,’ she says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Also, men and women typically use different types of porn. Men are more often drawn to videos showing sex acts absent of context. ‘You might not even see anybody's face,’ she says. Women, though, tend to watch ‘couples porn,’ with story lines and softer angles. ‘When partners use porn together, they tend to watch things where both people are more egalitarian participants in a sexual act,’ Bridges says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Although some couples seem to benefit from pornography, that's not the case for everyone. When one partner uses porn at a high frequency — typically the men in the heterosexual couples Bridges has studied — there can be a tendency to withdraw emotionally from the relationship. Those men report ‘increased secrecy, less intimacy and also more depression,’ she says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“It's not clear, however, whether pornography is the proverbial chicken or the egg. Does a person turn to pornography because he's already in an unsatisfying relationship? Or do women pull away and lose interest in sex when they discover their partner is spending quality time with adult film stars?” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Bridges says both scenarios are probably true, based on the couples she's interviewed. And indeed, the two scenarios tend to feed off each other. If a couple goes through a dry spell, the man may watch more porn to fill the void. Some women may feel threatened or confused by that response. They often report feeling less attractive, like they could never measure up to the X-rated actresses. The result: even less sex, even more porn and a relationship that continues to falter.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Bridges is now testing interventions to help men curb their excessive pornography use, primarily using cognitive-behavioral interventions. Eventually, she hopes to develop a couples-based treatment manual to help both partners come to an understanding — one that may or may not include pornography.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Addicted to love?”

“Relationships aren't the only area where compulsive porn use can be damaging. Psychologists describe anecdotal reports of people losing their jobs because they couldn't control the urge to visit adult websites at work, for instance. ‘When porn use becomes so intense in frequency or duration, it starts to interfere with the other aspects of a person's life,’ Bridges says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“However, experts disagree over how to classify excessive porn use. ‘We're still not completely sure what this behavior is,’ says Bridges.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“When the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) was being drafted, experts considered a proposed diagnostic addiction called hypersexual disorder, which also included a pornography subtype. But in the end, reviewers determined that there wasn't enough evidence to include hypersexual disorder or its subtypes in

the 2013 edition.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“If compulsive pornography use is not a hypersexual disorder, could it be considered an addiction akin to drug or alcohol addiction? That's what Valerie Voon, MD, PhD, a neuropsychiatrist at the University of Cambridge, is exploring. By scanning the brains of compulsive porn users with MRI while they view erotic images, she's testing whether they show brain activity patterns similar to substance abusers viewing beer bottles or drug paraphernalia.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“The crimes that are connected to these Permission-Giving Beliefs which are spread in pornography are not just incest and child rape. They are adult rape, sexual harassment, adult and child prostitution, adult and child sex trafficking and domestic violence combined with sexual assault. All of these connections with pornography have been found in both clinical experience and in research.” (Dr. Mary Anne Layden, “Pornography and Crime, Reporting the presence of pornography connected to crime”, American Family Association of Kansas & Missouri, February, 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“My own research indicates that the earlier young males are exposed to pornography the more likely they are to engage in non-consensual sex and the more pornography females use the more likely they are to be victims of non-consensual sex. Pornography is an equal opportunity toxin for both males and females.” (Dr. Mary Anne Layden, “Pornography and Crime, Reporting the presence of pornography connected to crime”, American Family Association of Kansas & Missouri, February, 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“A split-second look at an image can convey more information than a split-second look at words. Words are often perceived as opinions while images are often perceived as events or facts.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“We also learn better when aroused.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“...learning is better if it is reinforced.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Learning is also better if we see role models perform a behavior.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“...we learn better when the learning is rewarded.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography can offer all these elements—images, arousal, reinforcement, the example of others, and reward—so it is a potent teacher of both beliefs and behaviors. It provides the ideal conditions for learning.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography is an ideal teacher of these releaser beliefs. It can teach specific sexual behaviors and general attitudes toward women and children, teach what relationships are like and teach the nature of sexuality, and thus give permission for a wide range of actions.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography can teach what to do, with whom to do it, when and how often to do it, it’s okay to do it, and then stimulate the urge to do it now.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“...messages of pornography teach beliefs and behaviors.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“[Pornography] study reported that 29 of the 30 juveniles studied had been exposed to magazines or videos, and the average age of first exposure was about 7.5 years.” (Wieckowski, E., Hartsoe, P., Mayer, A., and Shortz, J. 1998. Deviant sexual behavior in children and young adolescents: Frequency and patterns. Sexual Abuse: A Journal of Research and Treatment, 10, 4, 293-304.) (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“Pornography also encourages physically risky behavior. In pornography no one is shown contracting and dying from AIDS, and no negative consequences are ever shown for having deviant kinds of sex.” (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“That’s staggering. That means across the country, with about one million divorces each year, we have 500,000 divorces annually where pornography is a major player.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, <http://wifamilycouncil.org/pornography-destroying-marriages-families-2/>)

“This 2014 ProvenMen survey showed, tragically, that the number of Christian men involved with pornography mirrors the world. 77% of Cristian men between the ages of 18 and 30 say they look at pornography at least monthly. 64% of Christian men between the ages of 31 and 49 say they view pornography at least monthly. 36% of 18-30 year-old Christian men say they view porn at least daily and at least 32% of that age group admit to being addicted. 18% of Christian men ages 31-49 admit to addiction.” (“Pornography: Destroying Marriages & Families,” Wisconsin Family Connection Transcript, February 10, 2015, <http://wifamilycouncil.org/pornography-destroying-marriages-families-2/>)

“A 10 percent increase in Internet access, Kendall found, typically meant a 7.3 percent reduction in the number of reported rapes. For other types of crime, he found no correlation with Web use. What this research suggests is that sexual urges play a big role in the incidence of rape -- and that pornographic Web sites provide a harmless way for potential predators to satisfy those desires.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?” Reason, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“That, of course, is only a theory, and the evidence he cites is not conclusive.” (Steve Chapman, “Is Pornography a Catalyst of Sexual Violence?” Reason, November 5, 2007, <https://reason.com/archives/2007/11/05/is-pornography-a-catalyst-of-s>)

“HOW PORNOGRAPHY HARMS CHILDREN”

“The habitual consumption of pornography can result in a diminished satisfaction with mild forms of pornography and a correspondingly strong desire for more deviant and violent material.” (Take Action Manual (Washington, DC: Enough is Enough, 1995-96), 9.) (Donna Rice Hughes, “How Pornography Harms Children”, ProtectKids.com, September 1998, <http://www.protectkids.com/effects/harms.htm#ii>)

“HOW PORNOGRAPHY ADDICTION AFFECTS THE TEENAGE BRAIN”

“Exposure to sexually pornographic material is correlated with:

- **“Concentration problems”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Low motivation”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Depression”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Social Anxiety”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Negative self-perceptions in terms of physical appearance and sexual functioning.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Erectile dysfunction”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

RESEARCH CONFIRMS PORNOGRAPHY HARMS”

“The paper, titled ‘Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations’ is based on a survey of 487 American college men aged 18-29. The survey found that use of pornography

correlates with decreased enjoyment of sex with a real partner.” (Chyng Sun, Ana Bridges, Jennifer Johnason, Matt Ezzell, “Pornography and the Male Sexual Script: An analysis of Consumption and Sexual Relations”, Research Gate, July 17, 2013, [269173515_Pornography_and_the_Male_Sexual_Script_An_Analysis_of_Consumption_and_Sexual_Relations](http://www.researchgate.net/publication/269173515_Pornography_and_the_Male_Sexual_Script_An_Analysis_of_Consumption_and_Sexual_Relations)) (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

“In a 2008 study titled ‘Generation XXX,’ researchers recruited 813 university students from six U.S. college campuses to complete online questionnaires regarding their attitude toward and use of pornography. Their study found that two thirds of young men and half of young women agree that viewing pornography is acceptable. Nine out of ten young men and almost one third of young women reported using pornography.” (Jason S. Carroll, Laura M. Padilla-Walker, Larry J. Nelson, Chad D. Olson, Carolyn McNamara Barry, Stephanie D. Madsen, “Generation XXX Pornography Acceptance and Use Among Emerging Adults”, Research Gate, January 2008, http://www.researchgate.net/publication/247721479_Generation_XXXPornography_Acceptance_and_Use_Among_Emerging_Adults) (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

“Speaking before a U.S. Senate Sub-committee in 2005, Dr. Manning offered testimony about the effects of pornography that were ‘not rooted in anecdotal accounts or personal views, but rather in findings from studies in peer-reviewed research journals.’ She listed seventeen trends associated with pornography use, including ‘increased marital distress, and risk of separation and divorce,’ ‘increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices,’ and ‘devaluation of monogamy, marriage and child rearing.’” (Jill C. Manning, “Hearing on Pornography’s Impact on Marriage and the Family Subcommittee on the Constitution, Civil Rights and Property Rights Committee on Judiciary United States Senate, Amazon, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf) (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

“PORNOGRAPHY: ONE OF THE GREATEST ENEMIES OF THE FAMILY TODAY”

“Dr. Victor Cline, a clinical psychologist, who has treated over 300 sex addicts documents the slippery slope to addiction. He says the four steps are: addiction, escalation, desensitization, and acting out.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Ted Bundy. Ted Bundy, an infamous serial killer responsible for the murder of as many as 36 to 50 young women and girls, granted an

interview with Dr. James Dobson on January 24, 1988, the day before he was executed. Ted Bundy stated in this interview, ‘In the beginning, it [pornography] fuels this kind of thought process ... Like an addiction, you keep craving something that is harder, harder, something which gives you a greater sense of excitement--until you reach a point where the pornography only goes so far, you reach that jumping-off point where you begin to wonder if maybe actually doing it would give you that which is beyond just reading or looking at it.’” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“FBI findings. The Federal Bureau of Investigation found that eighty percent (29 of 36) of recent mass murderers used pornography extensively and used it as an integral part of their murderous sexual activity, which often included serial rape-murders.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Other researchers have confirmed that 64 percent of all homosexual child molesters and 86 percent of all rapists used pornography at or immediately before the time of their crimes.” (“Pornography: one of the greatest enemies of the family today”, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“BRAIN STRUCTURE AND FUNCTIONAL CONNECTIVITY ASSOCIATED WITH PORNOGRAPHY CONSUMPTION”

“...accessibility, affordability, and anonymity...” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“We found a significant negative association between reported pornography hours per week and gray matter volume in the right caudate. Functional connectivity of the right caudate to the left dorsolateral prefrontal cortex was negatively associated with hours of pornography consumption.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...prefrontal cortex could reflect change in neural plasticity as a consequence of an intense stimulation of the reward system...” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...the Internet is not subject to regulations; it has emerged as a vehicle for circulation of pornography.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Research in the United States has shown that 66% of men and 41% of women consume pornography on a monthly basis.” (Paul P. Pornified. New York, NY: Times Books; 2007) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“An estimated 50% of all Internet traffic is related to sex.” (McNair B. Striptease Culture. London, United Kingdom: Routledge; 2002) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...a mass phenomenon that influences our society.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“The frequency of pornography consumption has been shown to predict various negative outcome measures in humans.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“A representative Swedish study on adolescent boys has shown that boys with daily consumption showed more interest in deviant and illegal types of pornography and more frequently reported the wish to actualize what was seen in real life.” (Gunter B. Media Sex: What Are the Issues? London, United Kingdom: Routledge; 2001. Svedin CG, Åkerman I, Priebe G. Frequent users of pornography: a population based epidemiological study of Swedish male adolescents. *J Adolesc*. 2011; 34(4):779-788. Fattore L, Melis M, Fadda P, Pistis M, Fratta W. The endocannabinoid system and nondrug rewarding behaviours. *Exp Neurol*. 2010;224(1):23-36. Müller CP, Schumann G. To use or not to use: expanding the view on non-addictive psychoactive drug consumption and its implications. *Behav Brain Sci*. 2011;34(6):328-347) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption.” (Knudsen SV, Mårtensson LL, Månsson S-A. Generation P? Aarhus, Denmark: Aarhus Universitetsforlag; 2007) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“A longitudinal study following Internet users has found that accessing pornography online was predictive of compulsive computer use after 1

year.” (Meerkerk G-J, Van Den Eijnden RJ, Garretsen HFL. Predicting compulsive Internet use: it's all about sex! *Cyberpsychol Behav.* 2006;9(1):95-103) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...pornography has an impact on the behavior and social cognition of its consumers.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“In studies on pharmacological addiction in humans, volumetric alterations have been shown in the striatum and prefrontal cortex.” (Barrós-Loscertales A, Garavan H, Bustamante JC, et al. Reduced striatal volume in cocaine-dependent patients. *Neuroimage.* 2011;56 (3):1021-1026. Das D, Cherbuin N, Anstey KJ, Sachdev PS, Easteal S. Lifetime cigarette smoking is associated with striatal volume measures. *Addict Biol.* 2012;17 (4):817-825. Ersche KD, Barnes A, Jones PS, Morein-Zamir S, Robbins TW, Bullmore ET. Abnormal structure of frontostriatal brain systems is associated with aspects of impulsivity and compulsivity in cocaine dependence. *Brain.* 2011;134(pt 7):2013-2024) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...because men are exposed to pornography at a younger age, consume more pornography, and are more likely to encounter problems compared with women.” (Hald GM. Gender differences in pornography consumption among young heterosexual Danish adults. *Arch Sex Behav.* 2006;35(5):577-585. Ross MW, Månsson S-A, Daneback K. Prevalence, severity, and correlates of problematic sexual Internet use in Swedish men and women. *Arch Sex Behav.* 2012;41(2):459-466) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“The prefrontal cortex has mostly been implicated in cognitive control as well as in response inhibition, behavioral flexibility, attention, and future planning.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...prefrontal cortex that houses the internal representation of goals and the means to achieve them.” (Miller EK, Cohen JD. An integrative theory of prefrontal cortex function. *Annu Rev Neurosci.* 2001;24(1):167-202. Fuster JM. The prefrontal cortex—an update: time is of the essence. *Neuron.* 2001;30(2):319-333) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“However, the observed volumetric association with PHs in the striatum could likewise be a precondition rather than a consequence of frequent pornography consumption. Individuals with lower striatum volume may need more external stimulation to experience pleasure and might therefore

experience pornography consumption as more rewarding, which may in turn lead to higher PHs.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“HOW PORN REALLY AFFECTS RELATIONSHIPS”

“More than 4,000 people who had sought help because pornography had a negative impact on their personal lives or relationships...” (Kevin B. Skinner, Ph.D., “How Porn Really Affects Relationships,” *Psychology Today*, August 5, 2014, <https://www.psychologytoday.com/blog/inside-porn-addiction/201408/how-porn-really-affects-relationships>)

“Their frequency of viewing pornography (3-5 times a week or more) is related to elevated depression, anxiety, and loneliness...less overall happiness and life satisfaction. These are the results of research on more than 3,000 married and single men and women.” (Kevin B. Skinner, Ph.D., “How Porn Really Affects Relationships,” *Psychology Today*, August 5, 2014, <https://www.psychologytoday.com/blog/inside-porn-addiction/201408/how-porn-really-affects-relationships>)

“Michael kept insisting that his viewing pornography wasn’t hurting anybody. ‘I’m divorced, and what else am I going to do with my sex drive? This isn’t hurting me; it’s actually helping me.’” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“This was a conversation I had with a friend a few years ago. Not long afterward he remarried, but the years of porn usage poisoned his marriage, and it failed. The messages and attitudes of porn distorted his view of sex and relationships. But Michael’s porn usage didn’t just impact himself and his marriage. He failed to realize that his porn usage hurt far more people than he was willing to see or admit.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Michael kept insisting that his viewing pornography wasn’t hurting anybody. ‘I’m divorced, and what else am I going to do with my sex drive? This isn’t hurting me; it’s actually helping me.’” (Nicholas Black,

“Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>) (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“This was a conversation I had with a friend a few years ago. Not long afterward he remarried, but the years of porn usage poisoned his marriage, and it failed. The messages and attitudes of porn distorted his view of sex and relationships. But Michael’s porn usage didn’t just impact himself and his marriage. He failed to realize that his porn usage hurt far more people than he was willing to see or admit.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>) (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“In the last few years, although pornography is becoming more endemic (or ‘normalized’) in society, we are finally hearing reports that show a connection between the production and usage of pornography and the explosion of commercial sex enterprises, like prostitution and sex trafficking. Covenant Eyes, a ministry offering accountability software for computers and mobile devices, has a few excellent articles on its website (covenanteyes.com) that show the link between pornography and sex trafficking. One article, “The Connections between Pornography and Sex Trafficking,” refers to a report that states, ‘Pornography is the primary gateway to the purchase of humans for commercial sex.’ In a compelling *Newsweek* article that describes how pornography usage increases men’s aggression and fuels the demand for commercial sex enterprises” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Nowhere do we see more of the destructive and dehumanizing effects that pornography spawns than in prostitution and sex trafficking. The image of the happy hooker (Julia Robert’s *Pretty Woman*) is a Hollywood lie. The vast majority enter prostitution (and other commercial sex enterprises, like strip clubs, erotic massage, escort services, the production of porn movies, etc.) because of complex social, emotional, and economic reasons. Divorce, abandonment, abuse, drugs, mental illness and poverty have long been the broken social fabric that propels women into such activities. And sex trafficking is even more damaging, where through the

use of manipulation or force a person (frequently a minor) is trafficked for sex, oftentimes kidnapped and transported for such acts far from their home environment.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“True, not everyone goes from viewing pornography to buying sex. But we must see the deeper connections that viewing pornography facilitates. Participating in the ‘business’ of just looking at pornography keeps the industry going. Whether the pornography is free, paid, professional or amateur, *people* are being used. As prostitution was once erroneously called ‘a victimless crime,’ pornography is equally not a victimless activity. Somewhere along the line, somewhere in the complex web of sexual distortions that pornography weaves among its viewers, the dignity of men and women made in the image of God is increasingly defaced. Viewing it, engaging in it, contributes to the entire ‘system’ of broken sexuality throughout the world. Those looking at porn are “served” through the oppression of many.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Using simple logistic regression, they find that pornography users are less likely to attend church, more likely to involve themselves in other deviant sexual behavior such as adultery and prostitution, and less likely to be involved in self-described happy marriages. By contrast, Kendall (2007) uses state-level variation in availability of the Internet in its formative years to argue that accessibility of pornography via the Internet is associated with a decline in the incidence of rape.” (The effect is particularly strong for teenagers, who cannot easily access non web-based pornography) (Kendall, Todd D. (2007). Pornography, Rape and the Internet. Online. <http://obu-investigators.com/xuk/porn/clemson/kendall.pdf>) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“We show that increased Internet usage is negatively associated with marriage formation. Pornography consumption specifically has an even stronger effect.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“...we find that for young men there is a large degree of substitutability between Internet and pornography usage and marriage – heavy Internet usage generally, and use of pornography specifically, are associated with lower participation in marriages.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“We assert that increasing ease of accessing pornography is an important factor underlying the decline in marriage formation and stability.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“...find that pornography usage is associated with a negative attitude towards women and with premarital sexual permissiveness generally, both of which suggest a negative association with marriage formation.” (Lo, Ven-Hwei and Wei, Ran (2005). Exposure to Internet Pornography and Taiwanese Adolescents’ Sexual Attitudes and Behavior. *Journal of Broadcasting and Electronic Media* 49: 221-237.) (Lam, Chun Bun and Chan, Darius K.S. (2007). The Use of Cyberpornography by Young Men in Hong Kong: Some Psychosocial Correlates. *Archives of Sexual Behavior* 36: 588-598.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“Doran and Price show that adults who watch X-rated films are more likely to be unhappy in their marriages, more likely to have extra-marital affairs and more likely to divorce.” (Doran, Kirk, and Price, Joseph (2014). “Pornography and Marriage.” Forthcoming in *Journal of Family and Economic Issues*.) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men?” The Institute for the Study of Labor (IZA), November, 2014, http://www.iza.org/en/webcontent/publications/papers/viewAbstract?dp_id=8679)

“Manning (2006) and Zitzman and Butler (2009) also argue that pornography consumption can reduce the happiness and stability associated with existing marriages.” (Manning, Jill C. (2006). The Impact of Internet Pornography on Marriage and the Family: A Review of the Research. *Sexual Addiction and Compulsivity* 13: 131-165) (Zitzman, Spencer T. and Butler, Mark H. (2009). Wives’ Experience of Husbands’ Pornography Use and Concomitant Deception as an Attachment Threat in the Adult Pair-Bond Relationship. *Sexual Addiction and Compulsivity* 16: 210-240) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“...pornography consumption substitutes for marital sex, the effect of making pornography easier to access is straightforward. Cheaper pornography expands the budget set in the single state and so, if a man

can choose whether to get married at the beginning of the period, higher utility from marriage is required in order for the man to marry.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“For Internet usage generally, all models show a negative and statistically significant association between hours of web usage and marital status.”

(Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“It is not surprising that the negative association between marriage and pornography specifically is stronger than the association between marriage and web usage generally since viewing pornography is a strict subset of Internet usage.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“Declining rates of marriage formation and deteriorating stability of marriages that do form bring with them a multiplicity of demographic and socio-economic changes. Friedman (2000) argues that stable marriages create substantial welfare improvements for society, especially to the degree that marital stability produces high-quality children.” (Friedman, David D. (2000). Law’s Order: What Economics Has to Do with Law and Why It Matters. Princeton: Princeton University Press) (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“As policymakers seek to understand and respond to these rapid changes in marital behavior, an awareness of the causal factors that lie behind them is crucial. In this paper, we have explored the possibility that the rapidly-proliferating Internet is in some way substitutable for marriage, especially to the extent that use of pornography can provide low-cost sexual gratification. If one of the important reasons to get married has a low-cost alternative, then it is natural to wonder about the extent to which one can replace the other.” (Michael Malcolm, George Naufal, “Are Pornography and Marriage Substitutes for Young Men? IZA Discussion Paper No. 8679, November 2014, <http://ftp.iza.org/dp8679.pdf>)

“PORN AND VIDEO GAME ADDICTS RISK ‘MASCULINITY CRISIS’, SAYS STANFORD PROFESSOR”

“Men who play video games ‘in excess’ and watch online porn are facing what has been called a masculinity crisis, according to a leading US

psychologist.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“For those who think online video games and porn are passive online activities that have no real consequences in the real world, take heed.”

(“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“Psychologist Philip Zimbardo interviewed 20,000 young people in the United States, 75 percent of them male, and found that excessive, solitary playing of video games and watching porn is seriously damaging the social development of young men.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“Our focus is on young men who play video games to excess, and do it in social isolation - they are alone in their room,’ *Zimbardo, who just released a book on the subject, entitled ‘Man (Dis)Connected,’* told the BBC in an interview.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“Now, with freely available pornography - which is unique in history - they are combining playing video games, and as a break, watching on average, two hours of pornography a week.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“Zimbardo says ‘excessive’ use of video games and pornography is not necessarily a matter of specific time, but rather the psychological change in mindset that such isolated activities produce, where the individual begins to feel he’d rather be doing that particular activity than anything else.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“When I’m in class, I’ll wish I was playing World of Warcraft. When I’m with a girl, I’ll wish I was watching pornography, because I’ll never get rejected,’ he explained. The brains of young men are actually becoming ‘*digitally rewired*’ by these new pastimes.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“Zimbardo says that one of the consequences is the so-called ‘*porn-induced erectile dysfunction*,’ or PIED, where young men who should be

sexually active are *'having a problem getting an erection.'*” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“You have this paradox - they're watching exciting videos that should be turning them on, and they can't get turned on.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“While playing video games and watching pornography are not necessarily bad activities, they can begin to have a negative effect on the social development of individuals if used in excess, the psychologist said.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“He believes that parents need to take more control of the situation by taking simple steps, like keeping a journal for tracking how much time is being set aside for a variety of different activities, like doing homework, reading and writing.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“At the same time, schools need to rethink their sexual education requirements, and instead of placing excessive emphasis on the physical side of relations, talk more about communication and expressing emotions, he said.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“We need to set standards of excellence, and be aware that there is a problem in the first place,” Zimbardo said.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford Professor”, RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

“Phillip Zimbardo, 82, is a psychologist and a professor emeritus at Stanford University. He is perhaps best known for his 1971 experiment in which students were asked to play the roles of 'guards' and 'prisoners' in a mock prison. Intended to continue for two weeks, the experiment was aborted in less than a week as the initially normal 'guards' eventually became sadistic and the 'prisoners' became submissive and depressed. Zimbardo has also written introductory psychology books, textbooks for college students, and other notable works, including *The Lucifer Effect* and *The Time Cure*. Zimbardo is the founder and president of the Heroic Imagination Project.” (“Porn and video game addicts risk ‘masculinity crisis’, says Stanford

Professor", RT Question More, May 10, 2015, <https://www.rt.com/news/257269-porn-gaming-study-youth/>)

"A paper published last month in the scientific journal Archives of Sexual Behavior adds significant data to the growing body of research on pornography. The paper, titled 'Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations' is based on a survey of 487 American college men aged 18-29. The survey found that use of pornography correlates with decreased enjoyment of sex with a real partner. The younger the men were first exposed to pornography, the higher their current use of pornography, and those who reported high use of pornography were more likely to rely on pornography to achieve and maintain sexual excitement." (Lara Updike, "Research Confirms Pornography Harms", Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

"Researchers Chyng Sun, Ana Bridges, Jennifer Johnson and Matt Ezzell explain in their abstract: 'The more a user watches a particular media script, the more embedded those codes of behavior become in their worldview and the more likely they are to use those scripts to act upon real life experiences. We argue pornography creates a sexual script that then guides sexual experiences.'" (Lara Updike, "Research Confirms Pornography Harms", Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

"With the rise of the Internet and mobile devices, pornography can be accessed almost everywhere, all the time, and thus pornography use has skyrocketed. In a 2008 study titled 'Generation XXX,' researchers recruited 813 university students from six U.S. college campuses to complete online questionnaires regarding their attitude toward and use of pornography. Their study found that two thirds of young men and half of young women agree that viewing pornography is acceptable. Nine out of ten young men and almost one third of young women reported using pornography." (Lara Updike, "Research Confirms Pornography Harms", Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

"In an interview with Pornharms.com, sociologist and therapist Dr. Jill Manning reported that a frequent question from the teenagers she works with is, 'What's the big deal about pornography?' These young people, she reports, are surprised when she tells them what research has shown about

pornography use; they often express dismay that no one has warned them about its dangers.” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

“Speaking before a U.S. Senate Sub-committee in 2005, Dr. Manning offered testimony about the effects of pornography that were ‘not rooted in anecdotal accounts or personal views, but rather in findings from studies in peer-reviewed research journals.’ She listed seventeen trends associated with pornography use, including ‘increased marital distress, and risk of separation and divorce,’ ‘increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices,’ and ‘devaluation of monogamy, marriage and child rearing.’” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

“Not enough people are talking about pornography. Fortunately, there are more and more individuals and organizations working to address this public health crisis. A wealth of information and addiction recovery resources is available online and can be found with a simple Google search. It’s imperative that we become educated about this issue, inform our neighbors and arm the rising generation with the tools to avoid pornography’s trap.” (Lara Updike, “Research Confirms Pornography Harms”, Family Policy Institute, January 21, 2015, <http://www.fpiw.org/blog/2015/01/21/research-confirms-pornography-harms/>)

“HOW PORNOGRAPHY HARMS CHILDREN”

“While there are many ways that pornography harms children, I want to assure you that every child who views pornography will not necessarily be affected and, at worst, traumatized in the same way. The effects of pornography are progressive and addictive for many people. Just as every person who takes a drink does not automatically become an alcoholic, every child who is exposed to pornography does not automatically become a sexual deviant or sex addict. However, since pornography has a new door to the home, school, and library through the Internet, it is important for us to look at the many ways that pornography can potentially harm our children.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Exposure to Pornography Threatens to Make Children Victims of Sexual Violence”

“The Internet has proven a useful tool for pedophiles and sexual predators as they distribute child pornography, engage in sexually explicit conversations with children, and seek victims in chat rooms. The more pornography these individuals access, the higher the risk of their acting out what they see, including sexual assault, rape, and child molestation.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Pornography's Relationship to Rape and Sexual Violence

According to one study, early exposure (under fourteen years of age) to pornography is related to greater involvement in deviant sexual practice, particularly rape. Slightly more than one-third of the child molesters and rapists in this study claimed to have at least occasionally been incited to commit an offense by exposure to pornography. Among the child molesters incited, the study reported that 53 percent of them deliberately used the stimuli of pornography as they prepared to offend.” (W. L. Marshall, “The Use of Sexually Explicit Stimuli by Rapists, Child Molesters, and Nonoffenders,” *The Journal of Sex Research* 25, no.2 (May 1988): 267-88.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“The habitual consumption of pornography can result in a diminished satisfaction with mild forms of pornography and a correspondingly strong desire for more deviant and violent material.” (See H.J. Eysenck, “Robustness of Experimental Support for the General Theory of Desensitization,” in Neil M. Malamuth and Edward Donnerstein, eds., *Pornography and Sexual Aggression* (Orlando, Florida: Academic Press, 1984), 314. D. Zillmann, “Effects of Prolonged Consumption of Pornography,” in *Pornography: Research Advances and Policy Considerations*, eds. D. Zillman and J. Bryant (Hillsdale, N.J.: Erlbaum, 1989), 129.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Pornography's Relationship to Child Molestation”

“In a study of convicted child molesters, 77 percent of those who molested boys and 87 percent of those who molested girls admitted to the habitual use of pornography in the commission of their crimes. (*Take Action Manual* (Washington, D.C.: Enough is Enough, 1995-96), 9.) Besides stimulating the perpetrator, pornography facilitates child molestation in several ways. For example, pedophiles use pornographic photos to demonstrate to their victims what they want them to do. They also use them to arouse a child or to lower a child's inhibitions and communicate to the unsuspecting child that a particular sexual activity is okay: ‘This person is enjoying it; so will YOU.’” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Exposure to Pornography Frequently Results in Sexual Illnesses, Unplanned Pregnancies, and Sexual Addiction”

“As more and more children are exposed not only to soft-core pornography, but also to explicit deviant sexual material, they are learning an extremely dangerous message from pornographers: *Sex without responsibility is acceptable and desirable*. Because pornography encourages sexual expression without responsibility, it endangers children's health.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“One of the grimmer consequences of adult-like sexual activity among children has been a steady increase in the extent to which youth are afflicted with venereal disease.” (Neil Postman, *The Disappearance of Childhood* (New York: Vintage, 1994), 137.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“In the United States about one in four sexually experienced teenagers acquires a sexually transmitted disease (STD) every year, resulting in three million cases of teenage STDs. Infectious syphilis rates have more than doubled among teenagers since the mid-1980s. More children contract sexually transmitted diseases each year than all the victims of polio in its eleven-year epidemic, 1942-1953.” (Tom Minnery, *Pornography: A Human Tragedy* (Wheaton: Tyndale House).) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Another obvious result of children involved in adult sexual activity is the increased rate of pregnancy among teenagers.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Research has shown that ‘males who are exposed to a great deal of erotica before the age of 14 are more sexually active and engage in more varied sexual behaviors as adults than is true for males not so exposed.’” (K.E. Davis and G.N. Braucht, *Exposure to Pornography, Character and Sexual Deviance*, Technical Reports of the Commission on Obscenity and Pornography (1970), 7.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“One study reveals that among 932 sex addicts, 90 percent of the men and 77 percent of the women reported that pornography was significant to their addiction.” (Patrick Carnes, *Don't Call It Love: Recovery from Sexual Addictions* (New York: Bantam, 1991).) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Exposure to Pornography May Incite Children to Act Out Sexually against Other Children”

“Children often imitate what they've seen, read, or heard. Studies suggest that exposure to pornography can prompt kids to act out sexually against younger, smaller, and more vulnerable children. Experts in the field of childhood sexual abuse report that any premature sexual activity in children always suggests two possible stimulants: experience and exposure. This means that the sexually deviant child may have been molested or simply exposed to sexuality through pornography.” (Stephen J. Kavanagh, *Protecting Children in Cyberspace* (Springfield, VA: Behavioral Psychotherapy Center, 1997), 58-59.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“In a study of six hundred American males and females of junior high school age and above, researcher Dr. Jennings Bryant found that 91 percent of the males and 82 percent of the females admitted having been exposed to X-rated, hard-core pornography. Over 66 percent of the males and 40 percent of the females reported wanting to try out some of the sexual behaviors they had witnessed. And among high schoolers, 31 percent of the males and 18 percent of the females admitted actually *doing* some of the things they had seen in the pornography within a few days after exposure.” (Victor B. Cline, *Pornography's Effects on Adults and Children* (New York: Morality in Media, 1990), 11.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Exposure to Pornography Shapes Attitudes and Values”

“Most of us caring, responsible parents want to instill in our children our own personal values about relationships, sex, intimacy, love, and marriage. Unfortunately, the powerful irresponsible messages of pornography may be educating our children on these very important life issues. Just as thirty-second commercials can influence whether or not we choose one popular soft drink over another, exposure to pornography shapes our attitudes and values and, often, our behavior.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Photographs, videos, magazines, virtual games, and Internet pornography that depict rape and the dehumanization of females in sexual scenes constitute powerful but deforming tools of sex education. The danger to children stems at least partly from the disturbing changes in attitude that are facilitated by pornography. Replicated studies have demonstrated that exposure to significant amounts of increasingly graphic forms of pornography has a dramatic effect on how adult consumers view women,

sexual abuse, sexual relationships, and sex in general. These studies are virtually unanimous in their conclusions:” “When male subjects were exposed to as little as six weeks' worth of standard hard-core pornography, they:” (Edward Donnerstein, "Ordinances to Add Pornography to Discrimination against Women," statement at Public Hearing of Minneapolis City Council Session (12 December 1983). See also Luis T. Garcia, "Exposure to Pornography and Attitudes about Women and Rape: A Correlative Study," AG 22 (1986), 382-83. This study found "subjects with a greater degree of exposure to violent sexual materials tended to believe that: (a) women are responsible for preventing their own rape, (b) rapists should not be severely punished, and (c) women should not resist a rape attack. In addition, researchers found that exposure to violent sexual material correlated significantly with the belief that rapists are normal. See also Zillman, "Effects of Prolonged Consumption," 129; and N. Malamuth and J. Ceniti, 129-37. "Study...results consistently showed a relationship between one's reported likelihood to rape and responses associated with convicted rapists such as sexual arousal to rape stimuli, callous attitudes toward rape, beliefs in the rape myths, and hostility towards women.") (Donna Rice Hughes, "How Pornography Harms Children", Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

- “developed an increased sexual callousness toward women” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)
- “Began to trivialize rape as a criminal offense or no longer considered it a crime at all” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)
- “Developed distorted perceptions about sexuality” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)
- “Developed an appetite for more deviant, bizarre, or violent types of pornography (normal sex no longer seemed to do the job)” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)
- “Devalued the importance of monogamy and lacked confidence in marriage as either a viable or lasting institution” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)
- “Viewed nonmonogamous relationships as normal and natural behavior” (Cline, *Pornography's Effects*, 8.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Exposure to Pornography Interferes with a Child's Development and Identity”

“During certain critical periods of childhood, a child's brain is being programmed for sexual orientation. During this period, the mind appears to be developing a ‘hardwire’ for what the person will be aroused by or

attracted to. Exposure to healthy sexual norms and attitudes during this critical period can result in the child developing a healthy sexual orientation. In contrast, if there is exposure to pornography during this period, sexual deviance may become imprinted on the child's 'hard drive' and become a permanent part of his or her sexual orientation.” (Kavanagh, *Protecting Children in Cyberspace*, 58-59.) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Psychologist Dr. Victor Cline's findings suggest that memories of experiences that occurred at times of emotional arousal (which could include sexual arousal) are imprinted on the brain by epinephrine, an adrenal gland hormone, and are difficult to erase. (This may partly explain pornography's addicting effect.) Viewing pornography can potentially condition some viewers to have recurring sexual fantasies during which they masturbate. Later they may be tempted to act out the fantasies as sexual advances.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Sexual identity develops gradually through childhood and adolescence. In fact, children generally do not have a *natural* sexual capacity until between the ages of ten and twelve. As they grow up, children are especially susceptible to influences affecting their development. Information about sex in most homes and schools, comes, presumably, in age-appropriate incremental stages based on what parents, educators, physicians, and social scientists have learned about child development. But pornography short-circuits and/or distorts the normal personality development process and supplies misinformation about a child's sexuality, sense of self, and body that leaves the child confused, changed, and damaged.” (Interview with Ann Burgess, professor of nursing, University of Pennsylvania, 15 January 1997. "Pornography - Victims and Perpetrators," Symposium on Media Violence & Pornography, Proceedings Resource Book and Research Guide, ed. D. Scott (1984).) (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“Pornography often introduces children prematurely to sexual sensations that they are developmentally unprepared to contend with. This awareness of sexual sensation can be confusing and overstimulating for children.” (Donna Rice Hughes, “How Pornography Harms Children”, Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

“The sexual excitement and eventual release obtained through pornography are mood altering. For example, if a young boy's early stimulus was pornographic photographs, he can be conditioned to become

aroused through photographs. Once this pairing is rewarded a number of times, it is likely to become permanent. (Jerry Bergman, Ph.D. , "The Influence of Pornography on Sexual Development: Three Case Histories," *Family Therapy IX*, no. 3 (1982): 265.) The result is that it becomes difficult for the individual to experience sexual satisfaction apart from pornographic images." (Donna Rice Hughes, "How Pornography Harms Children", Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

"Most of us find it difficult to talk to our children about sex in general, let alone the harmful effects of pornography, as graphically described in this chapter. We want to protect the innocence and purity of childhood for as long as possible." (Donna Rice Hughes, "How Pornography Harms Children", Protect Kids, 2001, <http://www.protectkids.com/effects/harms.htm>)

"5 WAYS PORNOGRAPHY DEVASTATES LIVES"

"Our culture is inundated with pornography." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"Sitting at my laptop the other day, a pop-up invited me to 'see more.' I declined. The pornography industry is aggressive in recruiting men, and women too, to view nudity and sex online." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"Seventy-five years ago it was magazines with one nude centerfold. The magazines looked like the undergarment ads in the Sunday paper of today. Nowadays, it's photos, videos, blogs, gifs and more." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"So, was pornography OK in the past? Has the definition of pornography changed?" (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"Pornography has always been evil. Whether it is just suggestive pictures of women in their underwear, or a graphic video, pornography stirs up lust in the viewer. That is its purpose. Pornography is addictive." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“God has a beautiful plan for nudity and sex—between a husband and wife. Sex outside marriage is sin and so is lust. God commands women to dress modestly so that they will not stir up lust in the men around them.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“In contrast, we are surrounded with so much pornography that we do not even realize it as pornography. We watch opening scenes of favorite shows that show women dressed immodestly and pole dancing. Popular movies show nudity and sex scenes without shame. Does all of this harm us?” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Yes, it does. Pornography harms its viewers, but it also harms our culture as well.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Sex Is Removed From Love and Commitment”

“Our Creator designed sex as an expression of love inside a committed relationship. Instead of desire stirring up toward his wife, a man is aroused by watching a girl he doesn't know. Sex is no longer something sacred and beautiful.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“God's plan involves a man cherishing and providing for his wife, not just having sex with her. He must put forth effort to win her heart and work hard to provide for his family. Pornography requires no effort or work.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“For this is the will of God, your sanctification: that you should abstain from sexual immorality, that each one of you should know how to possess his own vessel in sanctification and honor, not in the lust of depravity, even as the Gentiles who do not know God, and that no man take advantage of and defraud his brother in any matter, because the Lord is the avenger in all these things, as we also have forewarned you and testified. For God has not called us to uncleanness, but to holiness. Therefore he that despises does not despise man, but God, who has also given us His Holy Spirit’ (1 Thess. 4:3-8).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Women Lose Their Value”

“In pornography, women exist to please men. They have no needs; they don't get pregnant. But that young woman being lusted after is someone's daughter. She is made in the image of God and has value. She is not an object to desire, but a woman to be loved and cherished.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Husbands, love your wives, just as Christ also loved the church and gave Himself for it, that He might sanctify and cleanse it with the washing of water by the word, and that He might present to Himself a glorious church, not having spot, or wrinkle, or any such thing, but that it should be holy and without blemish. In this way men ought to love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord cares for the church’ (Eph. 5:25-29).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Women Try to Be Pornography”

“As women lose their value in our culture, the only way young girls believe they can get attention from boys is to be pornography. As a result, young girls and older ladies wear skimpy, tight clothing designed to stir up lust in guys. However, God's word mentions modesty and propriety.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“In like manner also, that women clothe themselves in modest clothing, with decency and self-control, not with braided hair, gold, pearls, or expensive clothing (1 Tim. 2:9).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Pornography Is Addiction”

“Once you start looking at pornography, it is hard to stop because pornography is addictive. Like drugs, pornography gives temporary pleasure and, for many, freedom from the pain of their dismal life. Unfortunately, as all addicts know, it eventually takes more and more to achieve the same effect.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Ask anyone who is trying to stop indulging in pornography and he/she will tell you of his/her struggles. It seems that there is a force that tries to keep

someone involved in this addiction. Well, that's because there is. Often times, pornography opens the addict up to demonic influence. Then, it is beyond just a matter of resisting temptation to a matter of fighting spiritual darkness too.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Pornography Changes You”

“Pornography is evil and the evil eventually resides in the watcher. A pornography viewer eventually becomes a different person.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“I have a friend who, after a long struggle, is finally free from pornography. Do you know what I noticed right away? He is so much nicer, more pleasant to be around. He cares more about other people and treats them with kindness. When he was addicted to pornography, he was so selfish and mean. Was pornography the cause of his mean personality? I believe so. Freedom definitely brought a personality change; back to the person we used to know.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Pornography stirs up selfishness, anger and all kinds of evil desires. Pornography addicts don't even realize the darkness that fills their life. If you are addicted to pornography, you may be keeping it a secret vice, but others notice the change in your personality.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“And do not let sexual immorality, or any impurity, or greed be named among you, as these are not proper among saints. Let there be no filthiness, nor foolish talking, nor coarse joking, which are not fitting. Instead, give thanks. For this you know, that no sexually immoral or impure person, or one who is greedy, who is an idolater, has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty words, for because of these things the wrath of God is coming upon the sons of disobedience. Therefore do not be partakers with them’ (Eph. 5:3-7).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“Good News About Pornography Addiction”

“The good news is that Jesus Christ is the Bondage Breaker, the one who brings freedom from all addictions. His death on the cross paid the penalty

for your sin of pornography. His grace provides freedom to say no to ungodly lusts and to say 'YES!' to living a holy life for the glory of Christ.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“For freedom Christ freed us. Stand fast therefore and do not be entangled again with the yoke of bondage (Gal. 5:1, MEV).” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“If you would like to experience freedom from pornography, I recommend that you talk to your pastor or strong Christian friend. You can also visit the Setting Captives Free online Bible course.” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“You can live free from pornography!” (Meredith Curtis, “5 Ways Pornography Devastates Lives”, Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

“PORNOGRAPHY AND CRIMINAL BEHAVIOR AND ATTITUDES RESEARCH RESULTS”

“Adult (>18 years old) exposure to pornographic media is connected with:”

1. “Believing a rape victim enjoyed rape
2. “Believing women suffer less from rape
3. “Believing women in general enjoy rape
4. “Believing a rape victim experienced pleasure and "got what she wanted"
5. “Believing women make false accusations of rape
6. “Believing rapist deserve less jail time
7. “More acceptance of the rape myth
8. “More acceptance of violence against women
9. “More likely to go to a prostitute and to go more frequently
10. “Increasing their estimates of how often people engage in sex with violence
11. “More self-reported likelihood of forcing a women sexually
12. “More self-reported likelihood of rape
13. “Creating more sexually violent fantasies to get aroused

14. "Engaging in more sexual harassment behaviors
15. "More likelihood of forcing a woman sexually
16. "More likelihood of future rape
17. "Using physical coercion to have sex
18. "Using verbal coercion to have sex
19. "Using drugs and alcohol to sexually coerce women
20. "Having engaged in rape
21. "Having engaged in date rape
22. "Having engaged in marital rape
23. "Being an adult sex offender
24. "Being a child molester
25. "Being an incest offender
26. "Engaging in sexual abuse of a battered spouse
27. "More willingness to have sex with 13-14 year olds
28. "More sexual attraction to children
29. "Having sexually abused children

(Mary Ann Layden, "Pornography and Criminal Behavior and Attitudes Research Results", Kansas Legislature, March 10, 2011,

http://www.kslegislature.org/li_2012/b2011_12/committees/misc/ctte_s_jud_1_20110310_07_other.pdf)

"THE IMPACT OF PORNOGRAPHY ON MARITAL RELATIONSHIPS"

Schneider's 2000 study has concluded that when one partner has cybersex compulsivity and/or addiction, adverse effects on the sexual relationship within marriage are reported, including decreased sexual intimacy. Based on the results, more than half (52.1%) of the cybersex users had lost interest in relational sex, as had one-third (33.3%) of the partners." (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009,

<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

"Cybersex user often makes excuses to avoid sexual intimacy with the partner"

- "The partner feels hurt, angry, sexually rejected, inadequate, and unable to compete with computer images and sexy online women (or men) who are willing to do anything upon request" (Vivian Chan, "The Impact of Pornography on Marital Relationships", The Wishing Well, January 11, 2009, <http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- "During relational sex, the cybersex user appears distant, emotionally detached, and interested only in his/her own pleasure" (Vivian Chan, "The

Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009,
<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

- “The partner ends up doing most or all of the initiating, either to get her/his own needs met or as an attempt to get the cybersex user to **decrease the online activities**” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009,
<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- “Cybersex user often blames the partner for their sexual problems” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009,
<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)
- “Cybersex user often wants the partner to participate in sexual activities that she/he finds objectionable” (Vivian Chan, “The Impact of Pornography on Marital Relationships”, The Wishing Well, January 11, 2009,
<http://www.wishingwells counselling.com/family/the-impact-of-pornography-on-marital-relationships/>)

“As director of the National Institute on Drug Abuse, Alan Leshner observes the power of an addiction over rational thought, saying, ‘it isn’t the case that the crack-addicted mother does not love her children. She just loves drugs more.’ One may say similarly, it isn’t the case that the pornographically addicted father does not love his children. He just loves pornography **more.**” (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000)

YOUR BRAIN ON PORN (Gary Wilson)

“It is almost certainly the cause of the widespread sexual dysfunction found in recent studies of late adolescence.” (Sherry Pagoto, PhD, “What Do Porn and Snickers Have in Common?” Psychology Today blogs, August 7, 2012,
<http://www.psychologytoday.com/blog/shrink/201208/what-do-porn-and-snickers-have-in-common>) (Dr. Anthony Jack, Western Reserve University – forward to Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p9)

“...her forum on sexual relationships had been overrun by men seeking clues about their porn-related problems: loss of attraction to real partners, delayed ejaculation or complete inability to orgasm during sex, alarming new sexual tastes as they escalated through porn fetishes, even **unaccustomed premature ejaculation.**” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p28)

“Existing studies do find that frequency of porn viewing correlates with...”

- “Depression” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)
- “Anxiety” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)
- “Stress” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)
- “Social (mal)functioning” (Michael E. Levin, Jason Lillis, Steven C. Hayes, "When is Online Pornography Viewing Problematic Among College Males? Examining the Moderating Role of Experiential Avoidance," Sexual Addiction & Compulsivity 19/3 (2012): 168-180, doi: 10.1080/10720162.2012.657150.) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)
- “Less sexual and relationship satisfaction” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)
- “Altered sexual tastes” (E.M. Morgan, "Associations between young adults' use of sexually explicit materials and their sexual preferences, behaviors, and satisfaction," J Sex Res 48/6 (2011): 520-530, doi: 10.1080/00224499.2010.543960) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)
- “Poorer quality of life and health” (J.B. Weaver 3rd, et. al., "Mental- and physical-health indicators and sexually explicit media use behavior by adults," J Sex Med. 8/3 (2011): 764-72, doi: 10.1111/j.1743-6109.2010.02030.x) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)
- “Real life intimacy problems” (Andreas G. Philaretou, Ahmed Y. Mahfouz, Katherine R. Allen, "Use of internet pornography and men's wellbeing," Men's Studies Press 4/2 (2005): 149-169, doi 10.3149/jmh.0402.149) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p34)

“Today's porn users are regularly diagnosed with – and prescribed medication for – social anxiety, low self-esteem, concentration problems, lack of motivation, depression, performance anxiety (even when they also can't achieve an erection or climax on their own – unless they use porn), and so forth.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p35)

“Any of the following may precede or accompany delayed ejaculation and erectile dysfunction:”

- “Earlier genres of porn are no longer exciting” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)

- **“Uncharacteristic fetishes develop”** (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)
- **“Porn use is more sexually exciting than a partner”** (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)
- **“Sensitivity of penis decreases”** (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)
- **“Sexual arousal with sexual partners declines”** (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)
- **“Erections fade when attempting penetration or shortly thereafter”** (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)
- **“Penetrative sex is not stimulating”** (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)
- **“Porn fantasy is necessary to maintain erection or interest with partner”** (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp41-42)

“In 2014, a Canadian sexologists' study showed that problems in sexual functioning are curiously higher in adolescent males than in adult males (which are already rising). Said researchers:”

“53.5% [of male teens] were classified as reporting symptoms indicative of a sexual problem. Erectile dysfunction and low desire were the most common.” (Lucia F. O'Sullivan, et al., "Prevalence and Characteristics of Sexual Functioning among Sexually Experienced Middle to Late Adolescents," J Sex Med 11/3 (2014): 630-641, doi: 10.1111/jsm.12419) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p44)

“The recent Cambridge study by addiction neuroscientists found that almost 60% of the addicts they examined, ‘experienced diminished libido or erectile function specifically in physical relationships with women (although not in relationship to the sexually explicit material)’ as a result of excessive porn use.” (Valerie Voon, et al., "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours", PLOS One (2014): DOI: 10.1371/journal.pone.0102419) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp44-45)

“One possibility is boredom or habituation meeting the developing adolescent brain. Teens are thrill seeking and easily bored. They love novelty. The stranger the better. Many a young man has described

masturbating with one hand while clicking through videos with the other hand. Lesbian porn grows boring, so he tries out transgender porn. Novelty and anxiety ensue – and both increase sexual arousal. Before he knows it he has climaxed and a new association begins imprinting his sexual circuits.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p51)

“Men have long believed that what arouses them to orgasm is ironclad evidence of their sexual orientation. Therefore, it can be especially distressing to escalate through shifting porn fetishes that ultimately cast doubt on sexual orientation. Yet such escalation to unexpected tastes is surprisingly common today, especially among young people who grew up dabbling in ‘anything-goes’ tube sites from an early age.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p55)

“‘Young Japanese men are growing indifferent or even averse to sex, while married couples are starting to have it even less,’ reported the Japan Times, citing a 2010 poll that revealed a striking trend. More than 36% of men aged 16 to 19 had no interest in sex, more than double the 17.5 % from 2008. Men between 20 and 24 showed a similar trend, jumping from 11.8 % to 21.5 %, while men between 45 and 49 leaped from 8.7 % to 22.1 %.” (Yuri Tomikawa, “No Sex, Please, We’re Young Japanese Men,” The Wall Street Journal, January 13, 2011) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p58)

“Japan isn’t alone. In France, a 2008 survey found that 20 percent of younger French men had no interest in sex. Something peculiar is afoot.” (Henry Samuel, “French women ‘are the sexual predators now,’” The Telegraph, March 7, 2008) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p58)

“Research in humans also suggests that too much stimulation weakens pair bonds. According to a 2007 study, mere exposure to numerous sexy female images causes a man to devalue his real-life partner.” (Jennifer Viegas, “Flirty strangers sway how men see partners,” Discovery News/ABC Science, March 26, 2007, <http://www.abc.net.au/science/articles/2007/03/26/1881621.htm>) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp61-62)

“He rates her lower not only on attractiveness, but also on warmth and intelligence. Also, after pornography consumption, subjects of both sexes report less satisfaction with their intimate partner – including the partner’s affection, appearance, sexual curiosity and performance.” (Dolf Zillmann and Jennings Bryant, “Pornography’s Impact on Sexual Satisfaction,” Journal of Applied Social Psychology 18/5 (1988): 438–453, doi: 10.1111/j.1559-1816.1988.tb00027.x) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp61-62)

“And both men and women assign increased importance to sex without emotional involvement.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, pp61-62)

“Those who reboot commonly report that they have ‘better concentration’, ‘no more brain fog’, ‘clearer thinking’ and ‘improved memory’. Addiction neuroscientists have repeatedly shown that internet addiction produces memory, concentration and impulse-control problems in some users, as well as corresponding brain changes.” (Matthias Brand, Kimberly S. Young and Christian Laier, “Prefrontal control and Internet addiction: a theoretical model and review of neuropsychological and neuroimaging findings,” *Frontiers in Human Neuroscience* 8/375 (2014), doi: 10.3389/fnhum.2014.00375) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p67)

“For example, researchers found that the severity of ADHD symptoms correlates with the severity of internet addiction, even when they take into account anxiety, depression and personality traits.” (E. Dalbudak and C. Evren, “The relationship of Internet addiction severity with Attention Deficit Hyperactivity Disorder symptoms in Turkish University students; impact of personality traits, depression and anxiety,” *ComprPsychiatry*, 55/3 (2014): 497-503, doi: 10.1016/j.comppsy.2013.11.018) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p67)

“And, as we'll see later, German researchers recently confirmed that moderate porn use, even by non-addicts, correlates with shrunken grey matter in regions of the brain associated with cognitive function.” (Simone Kühn and Jürgen Gallinat, “Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn,” *JAMA Psychiatry* (2014), doi:10.1001/jamapsychiatry.2014.93) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p67)

“Scientists now view depression as a condition of low energy and little motivation. Recent research confirmed that the ‘go get it!’ neurochemical dopamine is the main player.” (Andrew Myers, “Researchers both induce, relieve depression symptoms in mice by stimulating single brain region with light,” *Stanford School of Medicine*, December 12, 2012, <http://med.stanford.edu/ism/2012/december/deisseroth.html>.) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p69)

“In fact, impaired/restored dopamine signalling may be behind many of the symptoms/improvements reported by recovering users. Again, I'll have a lot more to say about that in the next chapter.” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p69)

“...masturbation is the one great habit that is a ‘primary addiction,’ and that the other addictions, for example, alcohol, morphine, tobacco, excessive gambling, etc., only enter into life as a substitute and replacement for it.” –

Sigmund Freud (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

“It probably doesn’t come as much of a shock to people that using drugs can damage the brain. Studies have shown that those addicted to meth or cocaine show volume loss, or shrinkage, in different areas of the brain—in particular, the frontal control regions.” (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

“What neuroscientists are now finding, however, is that process or ‘natural’ addictions work the same way. MRI scans of the brain show similarities between the brains of heavy porn users and drug addicts or alcoholics. In this video I give a run-down of the hormones and neurotransmitters triggered while watching pornography.” (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

“Our brains are wired to be drawn to things that provide natural rewards: things like food or sex. Porn mimics what our brains want to see, triggering surge after surge of dopamine, overriding our natural satiation mechanisms, and causing a buildup of the protein Delta-FosB in the brain’s reward circuit.” (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

This numbs a person’s response to other pleasures (desensitization), makes someone hyper-reactive to porn (sensitization), and leads to an erosion of willpower (hypofrontality). (Matt Fradd, “Does Porn Impact the Brain?”, Covenant Eyes, February 17, 2015, <http://www.covenanteyes.com/2015/02/17/porn-impact-brain/>)

“Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”

“Recent research is telling us a lot about the brain when it comes to watching porn.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“Over a decade ago, Dr. Judith Reisman called porn an ‘erototoxin,’ theorizing that the brain itself might be damaged while watching porn. She speculated that future brain studies would reveal that the surge of neurochemicals and hormones released when someone watches porn has measurably negative effects on the brain.” (Luke Gilkerson, “Brain Chemicals and Porn

Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>

“Recent studies are validating her theory about brain chemicals and porn addiction.”

“What Brain Scans Tell Us”

“Cambridge Neuropsychiatrist Valerie Voon was featured last year in the UK documentary Porn on the Brain. Her research demonstrates that the brains of habitual porn users show great similarity to the brains of alcoholics. A brain structure called the ventral striatum plays a significant role in the reward system of the brain—the pleasure pathways. It is the same part of the brain that ‘lights up’ when an alcoholic sees a picture of a drink.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“Dr. William Struthers, author of Wired for Intimacy, sounds a similar alarm, teaching that viewing pornography and masturbating actually weakens the region of our brain known as the cingulate cortex—the region that is responsible for moral and ethical decision making and willpower.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“The Brain Chemicals of Sex”

“In The Porn Circuit, Sam Black describes the various hormones and neurotransmitters involved when someone views porn and how each ingredient in this neuro-cocktail contributes to the problem:”

- “When having sex or watching porn, dopamine is released into a region of the brain responsible for emotion and learning, giving the viewer a sense of sharp focus and a sense of craving: ‘I have got to have this thing; this is what I need right now.’ It supplies a great sense of pleasure. The next time the viewer gets the ‘itch’ for more sexual pleasure, small packets of dopamine are released in the brain telling the user: ‘Remember where you got your fix last time. Go there to get it.’” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)
- “Norepinephrine is also released, creating alertness and focus. It is the brain’s version of adrenaline. It tells the brain, ‘Something is about to happen, and we need to get ready for it.’” (Luke Gilkerson, “Brain Chemicals and

Porn Addiction: Science Shows How Porn Harms Us", Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

- “Sex or porn also trigger the release of oxytocin and vasopressin. These hormones help to lay down the long-term memories for the cells. They ‘bind’ a person’s memories to the object that gave him or her the sexual pleasure.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)
- “The body releases endorphins, natural opiates that create a ‘high,’ a wave of pleasure over the whole body.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)
- “After sexual release serotonin levels also change, bringing a sense of calm and relaxation.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“This system works the way it is supposed to work when you’re having sex with your spouse. Together you can experience a high, an alertness of sexual pleasure, and the deep calm afterwards (norepinephrine, endorphins, and serotonin). With each sexual embrace you are emotionally bonding to this person (oxytocin and vasopressin). Over time a craving for sex is transformed into a desire for one another (dopamine).

But porn short-circuits the system.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“How Porn Hijacks the Brain”

“Multiple problems happen when porn is used. First, instead of forming a deep connection to a person, your brain ends up ‘bonding’ to a pornographic experience. Your brain remembers where the sexual high was experienced, and each time you desire sexual stimulation, you feel a sharp sense of focus: I’ve got to go back to the porn.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“In addition, pornography gives the brain an unnatural high. In a recent TEDx talk, physiology teacher Gary Wilson explained that when men look at porn, they experience surge after surge of dopamine in the brain. The brain eventually fatigues, stopping the production of dopamine, leaving the

viewer wanting more but unable to reach a level of satisfaction. As a result, everyday pleasures stop causing excitement and the viewer seeks out more novel, more intense pornography to get the same high as before. This imbalance in the brain leads to many problems: impotence with your spouse, frequent masturbation with very little satisfaction, anxiety, fatigue, lack of motivation, inability to concentrate, and escalating tastes for more bizarre or novel porn.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“Get Free from Porn”

“From a behavioral standpoint, change is possible. Men and women have broken free from the grip of pornography and reclaimed their sexuality. You can learn more in the free book, *The Porn Circuit: Understanding Your Brain and Break Porn Habits in 90 Days*.” (Luke Gilkerson, “Brain Chemicals and Porn Addiction: Science Shows How Porn Harms Us”, Covenant Eyes, February 3, 2014, <http://www.covenanteyes.com/2014/02/03/brain-chemicals-and-porn-addiction/>)

“THE EFFECTS OF PORNOGRAPHY ON INDIVIDUALS, MARRIAGE, FAMILY AND COMMUNITY”

“Pornography is a visual representation of sexuality which distorts an individual's concept of the nature of conjugal relations. This, in turn, alters both sexual attitudes and behavior. It is a major threat to marriage, to family, to children and to individual happiness. In undermining marriage it is one of the factors in undermining social stability.” (Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, <http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community>)

“Social scientists, clinical psychologists, and biologists have begun to clarify some of the social and psychological effects, and neurologists are beginning to delineate the biological mechanisms through which pornography produces its powerful negative effects.” (Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, <http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community>)

“The Family and Pornography”

- “Married men who are involved in pornography feel less satisfied with their conjugal relations and less emotionally attached to their wives. Wives notice and are upset by the difference.”

- “Pornography use is a pathway to infidelity and divorce, and is frequently a major factor in these family disasters.”
- “Among couples affected by one spouse's addiction, two-thirds experience a loss of interest in sexual intercourse.”
- “Both spouses perceive pornography viewing as tantamount to infidelity.”
- “Pornography viewing leads to a loss of interest in good family relations.”

(Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, <http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community>)

“The Individual and Pornography”

- “Pornography is addictive, and neuroscientists are beginning to map the biological substrate of this addiction.”
- “Users tend to become desensitized to the type of pornography they use, become bored with it, and then seek more perverse forms of pornography.”
- “Men who view pornography regularly have a higher tolerance for abnormal sexuality, including rape, sexual aggression, and sexual promiscuity.”
- “Prolonged consumption of pornography by men produces stronger notions of women as commodities or as ‘sex objects.’”
- “Pornography engenders greater sexual permissiveness, which in turn leads to a greater risk of out-of-wedlock births and STDs. These, in turn, lead to still more weaknesses and debilities.”
- “Child-sex offenders are more likely to view pornography regularly or to be involved in its distribution.”

(Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, <http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community>)

“Other Effects of Pornography”

- “Many adolescents who view pornography initially feel shame, diminished self-confidence, and sexual uncertainty, but these feelings quickly shift to unadulterated enjoyment with regular viewing.”
- “The presence of sexually oriented businesses significantly harms the surrounding community, leading to increases in crime and decreases in property values.”
- “The main defenses against pornography are close family life, a good marriage and good relations between parents and children, coupled with deliberate parental monitoring of Internet use. Traditionally, government

has kept a tight lid on sexual traffic and businesses, but in matters of pornography that has waned almost completely, except where child pornography is concerned. Given the massive, deleterious individual, marital, family, and social effects of pornography, it is time for citizens, communities, and government to reconsider their laissez-faire approach.”

(Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, <http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community>)

“A 2000 study of college freshmen found that the habitual use of pornography led to greater tolerance of sexually explicit material, thus requiring more novel and bizarre material to achieve the same level of arousal or interest.” (Dolf Zillmann, “Influence of Unrestrained Access to Erotica on Adolescents’ and Young Adults’ Dispositions toward Sexuality,” *Journal of Adolescent Health* 27S (2000): 41-44 (42).) (Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, <http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community>)

“For example, habituation may lead to watching ‘depictions of group sex, sadomasochistic practices, and sexual contact with animals, engaging in anal intercourse and trivializing ‘nonviolent forms of the sexual abuse of children.’” (James B. Weaver III, “The Effects of Pornography Addiction on Families and Communities” (Testimony presented before the Subcommittee on Science, Technology, and Space of the Senate Committee on Commerce, Science, and Transportation, Washington, DC, November 18, 2004), 4.) (Häggström-Nordin, Hanson, and Tydén, “Associations between Pornography Consumption and Sexual Practices among Adolescents in Sweden,” 104-5.) (Pat Fagan, “The Effects of Pornography on Individuals, Marriage, Family and Community,” Family Research Council, March 2011, IF11C04, <http://www.frc.org/issuebrief/the-effects-of-pornography-on-individuals-marriage-family-and-community>)

“THE EFFECTS OF PORN ON MARRIAGE”

“Researcher Patric Fagan, Ph.D. completed a major study of pornography...56% of divorces had one partner with an obsessive interest in porn...I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/the-effects-of-porn-on-marriage/>)

“On average, 40 million Americans regularly view porn, and the overwhelming majority are men. That’s the admitted figure. I feel safe writing to you that I believe well over 90% of the men that will read this (including the one writing it) have viewed porn on the internet. If allowed to fester in our lives, porn slowly erodes not only our rational senses but our

very souls. A marriage is diseased when outside sexual influences work their way into it, and as those influences progress, the marriage falls deeper and deeper into despair.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/the-effects-of-porn-on-marriage/>)

“True Passion is Nullified”

“Great marital sex has little to do with technique, stamina, or experience. The genuine passion built up between two people in love connecting in the highest physical form of intimacy is what makes for great marital sex. This is difficult to achieve even without porn introduced into the equation.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/the-effects-of-porn-on-marriage/>)

“...many women will say they don’t feel that their porn addicted husband is truly present when they make love.” (“The Effects of Porn on Marriage”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/the-effects-of-porn-on-marriage/>)

“Now, we need to proclaim a positive sexual apologetic, one that articulates the goodness of God’s design and develops a positive theology of sexuality to counteract the increasingly alluring false worldview that has captured so many.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“THE NATURE AND DYNAMICS OF INTERNET PORNOGRAPHY EXPOSURE FOR YOUTH”

“We examined exposure to Internet pornography before the age of 18...Ninety-three percent of boys and 62% of girls were exposed to online pornography during adolescence.” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“Substantial numbers of youth Internet users are exposed to online pornography.” (Penn State Harrisburg, Middletown, Pennsylvania; Crimes Against Children Research Center, University of New Hampshire, Durham, New Hampshire) (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“72.8% of participants (93.2% of boys, 62.1% of girls) had seen online pornography before age 18. Most exposure began when youth were ages 14-17...” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“A small minority of participants, 12.0% of boys (n 20) and 18.7% of girls (n 37), said they had viewed online pornography before the age of 18 that had a strong effect on their attitudes or emotions (not shown in table). Asked about these strong reactions, boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls), while girls reported significantly more embarrassment (73% of girls, 25% of boys) and disgust (51% of girls, 20% of boys). Over two-thirds of both boys and girls with strong effect experiences described feeling shock or surprise (65% of boys, 78% of girls). Half of boys and about one-third of girls (32%) felt guilt or shame. About equal numbers of boys and girls said that as a result of the encounter they were less eager to seek sexual activity (20% of boys, 22% of girls with strong effect experiences), had unwanted thoughts about the experience (25% of girls, 24% of boys), or felt unattractive or inadequate (15% of boys, 19% of girls).” (Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

	Boys	Girls
“Number of times spent viewing for more than 30 minutes”		76.8%
• Never	30.6%	76.8%
• Once	6.9	9.1
• Up to 10 times	27.8	11.4

	Boys	Girls
“Reasons for viewing Internet pornography		
• “Wanted the sexual excitement”	69.3%	16.8%
• “Curious about different things people do sexually”	53.1	26.1
• “Wanted information about sex”	39.7	19.5
• “With friends who wanted to do it”	34.1	20.8
• “Never looked for pornography on purpose”	6.8	42.3

(Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” *CyberPsychology & Behavior*, Volume 11, Number 6, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“THE PORN PROBLEM”

“For nearly four years, David’s days typically started and ended the same way. Around 6 a.m., he’d wake up, grab his phone or tablet from next to his bed and begin watching porn. Leaving little time to get ready and have breakfast, he’d head off to work around 8 a.m., where he would keep himself heavily caffeinated, anxiously waiting to leave. After work, he would head home, ‘literally running,’ and sometimes skip dinner to spend the rest of the evening fully engrossed in the clicks and hits of Internet

pornography.” (Heather Schroering, “The Porn Problem,” *Chicago Tribune*, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘I’d go until 11:30, 12, sometimes 1 [a.m.], until my eyes literally hurt,’ said David, 33, from Albany Park.” (Heather Schroering, “The Porn Problem,” *Chicago Tribune*, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“If it was a weekend, he’d spend it entirely at home watching porn. ‘I had no life. It was as if the whole world didn’t exist. That’s how I lived for many years,’ said David, who didn’t want his real name used for this article. (While RedEye’s typical standard is to include a source’s first and last name, we are allowing some anonymity in stories dealing with addiction because of the sensitive nature of the topic.)” (Heather Schroering, “The Porn Problem,” *Chicago Tribune*, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“There’s an ongoing debate over whether Internet pornography is addictive, but David’s days depended on it. Not only are the statistics hard to track,

but also a clinical definition of pornography addiction has yet to be agreed on by experts. Although a proposed hypersexual disorder category was considered for inclusion in the American Psychiatric Association's 2013 fifth edition of the 'Diagnostic and Statistical Manual of Mental Disorders,' the standard for the mental health industry, reviewers decided in 2012 that there was not enough research and evidence to include the category."

(Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Gary Wilson, author of 'Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction,' said there are no official statistics or surveys on porn addicts because the addiction hasn't been acknowledged yet. But a few polls on the subject were taken by organizations last year, including one by Proven Men Ministries, a Christian-focused organization that offers help to those who identify as porn and sex addicts. The nonprofit surveyed 1,000 adults, both men and women of various ages, races and geographical locations; a breakdown of those demographics, including religious backgrounds, could not be provided. It found that 33 percent of men ages 18–30 think they are addicted to pornography or are unsure if they're addicted. Overall, 18 percent of all men said the same." (Heather

Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Whether it is recognized as an addiction or not, people are talking about the trouble with porn. It's interfering with users' lives, and Chicago psychotherapist Jens Hussey believes that it is 'the fastest-growing addiction that's out there right now,' particularly in younger men." (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Trained to need porn"

"Before Internet porn, users were limited to the analog stuff, consuming magazines and videos in lesser quantity. But today, the Internet has helped put porn into the hands of anyone who wants it, as much as they want it. With Internet access and a viewing device, anyone has the ability to watch thousands of naked strangers anywhere at any time—in the car, in the bathroom at work, before even getting out of bed in the morning." (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Back then I could only look at a picture of a naked girl, and what did I know about sex, when I was 12 or 13?" said Wilson, who also runs the

website yourbrainonporn.com. ‘But now ... imagination has been replaced by what’s on the screen. You become a voyeur to watch and click and surf, conditioning sexuality—that this is the way you do sex, this is how you have it...because it’s real people having what you think is real sex.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Wilson’s site references several studies that show how the brain is affected by porn, suggesting that too much Internet porn could be rewiring the brain, even if you’re not addicted, by ‘taking advantage of these innate types of reward circuit responses,’ he said, that keep dopamine—the feel-good chemical in the brain—surging. Although what’s on screen isn’t real sex, the brain naturally finds voyeurism, novelty, shock and surprise, seeking and searching and other aspects sexually stimulating. Every time a person watching porn clicks to a new video with new naked people and new surprises, his dopamine shoots up. David said that while he was watching porn six hours a day, he’d only watch each video for about 10 seconds and then move on to the next.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Not everyone who watches porn uses it compulsively. But those who do crave it say it’s affecting their sex lives, causing erectile dysfunction, changing how they view real partners and their own body image and, in some cases, ruining relationships and careers.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Hussey, who specializes in addiction, said access is a key component in the problem with porn. ‘When most people go to their jobs, alcohol is not there, cocaine is not on the job, but porn could be on the job,’ he said. ‘Because of access, it becomes very difficult to get away from it.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Because it’s so accessible, young people are growing up with it, meaning that their brains are too: ‘Your brain keeps developing until about age 24,’ Hussey said. ‘So if you start masturbating and watching porn at age 12 or 13 and you have 10 years of brain development, and let’s say you have a guy who every time he masturbates he watches porn, ... he is now developing sexuality to be trained to need porn.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“David watched his first porn video at age 13 and started using it regularly at 26. When he was in his 20s, his parents began pressuring him to get married. A closeted gay man, the prospect of marrying a woman triggered his compulsive behavior, he said. At 29, he came out, hoping to begin dating and living a ‘normal life,’ but he wasn’t interested in meeting people—it made him uncomfortable. The more he tried to stop watching porn, the deeper and deeper he’d fall into it.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘I can’t describe obsession with the Internet, that unlimited supply,’ he said. ‘It was like there was a drug dealer living in my laptop.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Like a drug”

“A few studies have explored connections between drug and porn addiction, suggesting that the same parts of the brain are involved in both compulsive drug and porn use. A study by the University of Cambridge published last year suggested that a porn addict’s brain looks similar to a drug addict’s brain. It assessed 19 men with ‘compulsive sexual behavior’ and 19 men without, monitoring brain function of both groups while they looked at short videos with either sexually explicit content or sports. The study found that three drug-related regions in the brain were more active in those with a compulsive penchant for porn.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“For Kevin, 37, of Joliet, who didn’t want his last name used in this story, the lightbulb in his head went on when he saw Wilson’s ‘The Great Porn Experiment,’ a TEDx Talk (an independently organized event similar to the big Technology, Entertainment and Design convention). He realized that porn ‘caused the problem for myself and for the person that I cared so much about.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Kevin didn’t watch a ton of porn when he was a teenager, but he started using more and more when he found that he wasn’t sexually fulfilled in his marriage. He divorced and met someone else he was happy with, but when he started traveling for work, money got bad and so did things in the bedroom. He thought it was performance anxiety and thought porn would

help, so he was watching it about once a day.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘Guys are trained to think of masturbation as practice for sex, but it’s not at all,’ Kevin said. ‘You’re thinking to yourself, ‘It’ll relax you, it’ll keep your libido high because you’re thinking about sex, it’ll make you more confident,’ but it doesn’t, it makes you the exact opposite.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Kevin didn’t feel more confident with porn and found that he was comparing himself to it. This is especially common in female porn addicts, which there are seemingly fewer of compared to men (the Proven Men Ministries study found that 7 percent of women ages 18 to 30 thought they were addicted to porn or unsure, and 3 percent of all women said the same). However, it hits the male demographic too. ‘I thought that I should be this mind-blowingly great partner because I knew all of these moves from porn,’ Kevin said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Kevin tried counseling and meditation and eventually turned to a doctor who prescribed him sexual enhancement drugs. Nothing was helping. Then he heard about nofap.com, a porn recovery site, which got him thinking about quitting porn altogether. Wilson’s TEDx Talk was the wake-up call. ‘I wish I could turn back the clock and have my doctor send me to nofap.com instead of getting me on the little blue pill,’ Kevin said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“The problem isn’t below the belt”

“Wilson said he’s heard similar sentiments echoed by people struggling with porn addiction ‘thousands of times over the years.’ Erectile dysfunction and low libido rates in men under 40 have skyrocketed. There are few studies looking at ED in younger men before 2000. A 1999 cross-sectional study found that only 5 percent of men ages 18-59 were affected by ED, concluding that it was mostly an issue for older men. Since 2012, studies looking at ED in younger men have said the rates are between 27 and 33 percent for men under 40, according to Wilson’s site. Of all recent studies, only the Cambridge study published last year linked porn as a potential cause for ED, finding that more than half of the participants with compulsive sexual behavior reported such problems. When the sexual enhancement

drugs aren't working for the younger guys, the problem could be addiction-related, Wilson said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“...The problem isn't below the belt, where Viagra works, nor is the problem really psychological,’ he said in his TEDx Talk. ‘It's due to physical changes in the brain, those addiction-related changes. Their numb brains are sending weaker and weaker signals to their [penises].” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Mike Middleton's problem, however, wasn't getting an erection, it was finishing. The 30-year-old Wicker Park resident was ensnared in a failing marriage, and his addictive tendencies didn't help. Rather than therapy, he turned to alcohol, pot, cocaine, hash, pills. He had no sex drive, and he and his wife only had sex twice in the last year and a half of their two-and-a-half year marriage. Eventually porn became another vice, with him watching once or twice a day. Even after his wife left him, he was afraid of getting intimate with anyone else, nervous he couldn't perform. ‘I would find myself going crazy in my mind trying to find something to think of that could trigger me,’ Middleton said in an email.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“The 1999 study also found that low sexual desire affected about 5 percent of men ages 18-59, and most were older. However, researchers around the world are making shocking discoveries. The Cambridge study found that more than half of the guys with compulsive sexual behavior said they've had issues getting turned on in physical relationships but not by watching porn. These men also first started watching porn at an earlier age (about 14) than the guys without compulsive sexual behavior did (about 17). A Canadian study published last year in the Journal of Sexual Medicine reported that 53.5 percent of males 16-21 have some symptom related to sexual problems, including ED (26 percent), low sexual desire (24 percent) and issues orgasming (11 percent). These rates were much higher in males than in females, unlike in earlier studies.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“As Middleton fell deeper down the porn rabbit hole, he said, he started exploring fetishes. Wilson said it's common for heavy porn users to escalate to more shocking stimulation to get aroused. Middleton said he

grew critical of his wife's 'lack of sexual curiosity/exploration' toward the end of their marriage." (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Hussey said men's sexuality is often affected in ways that real sex, even in relationships, becomes boring. Women in porn have 'perfect' bodies, videos are well-lit and the sexual retelling is fine-tuned and edited. 'It's all power and pumping and exactly what somebody wants it to be on a fantasy level, but real-life sex is kind of a letdown comparatively for people because it doesn't have said production value,' Hussey said. '... It really kind of screws up the ability for someone to enjoy real sex.' Hussey said he's heard men say that women in real life don't turn them on, or that they won't do what they like women in porn to do. Men feel detached from real sex, and it's more of a letdown on the fantasy and visual stimulation level."

(Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"'As with most use of anything that provides an immediate...dopamine release, [porn] has left me lonely, self-loathing and hopeless,' Middleton said in an email. 'I consider my past porn usage...to be just as dangerous as my drug and alcohol usage. It tarnished my character, made me a weaker person and took a considerable toll on my sense of self.'" (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"But Wilson said porn addicts can recover from ED and a low libido, although it might take some time." (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Rebooting"

"Hussey said that in addiction therapy, it's important to get to the root of the purpose the addiction serves. 'Does it help them manage anger, loneliness, stress, relationship conflicts—these are big reasons why people use addictive processes and substances,' he said. 'They work very well to manage stress.' Socially awkward guys who are lonely, stressed and bored might turn to alcohol, porn or cocaine for a distraction, he said." (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Like Middleton, David also struggled with an alcohol addiction and other internalized battles. When he decided it was time to get off porn, he had to

quit the booze if he was going to commit. But porn proved to be a harder habit to kick. ‘I’ve been sober in all of this time, but the porn site has been a lot of struggle,’ he said. ‘It’s completely different than alcoholism ... [with it] being a substance ... but porn, all the images, the videos, everything, they’re still in my head.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“David started his recovery in January 2012. A few months earlier, he saw the movie ‘Shame,’ about a sex addict, and while David wasn’t sexually active, he felt strangely connected with the main character. It hit him one day when he was driving home on the highway, at 60-70 mph, searching his phone browser to get videos ready to watch when he got home. ‘I could see myself, at the affliction of how obsessed I have become that I don’t care about my own life, anybody’s life, all I want is to have...these videos open the moment I open my door,’ he said. ‘That I would say was a painful moment—the moment of painful realization of how much powerlessness I have. It was just compulsion beyond my comprehension.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“He started seeing a therapist and began 12-step programs in the city for alcoholism and porn addiction. During the therapy process, he discovered that he was sexually abused as a child. Although a gay man, he didn’t watch gay porn—it was usually with men and women, but moreover, it was an escape. ‘Maybe in a way, I was trying to hide from everybody, and the moment I found porn, I found the one thing which will keep me isolated,’ David said. ‘I was really afraid of people, and I thought that if I can keep everybody away I am safe.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Today, David doesn’t have Internet access at home. He uses security apps and works with his provider to help foolproof his phone, blocking any pornographic images from the server end. He has friends, goes on dates and has made a commitment to go dancing once a month. He said he feels like a teenager. ‘Most refreshing is I think I may be an extrovert,’ he said. ‘I do like people’s company. ... I am this social being who just never exploded.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“About six weeks ago, a small group from Middleton’s church went over to his house for what he thought was Bible study. By the end of the night, he

was in an intervention for his drug and alcohol abuse. That week, he started an intensive outpatient rehab program at a Hazelden Betty Ford Foundation clinic. He goes four days a week for three hours in the evenings. On Facebook, he came across Fight the New Drug, a nonprofit whose mission is to raise awareness of the ‘harmful effects of pornography.’ He said it’s really opened his eyes to get sober. While he values the anonymity of addiction programs, he chooses to be open with friends and family. ‘Every time I take a stand to grab more control over my life and let people in, I feel less shame, and more confidence.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“For Kevin, help was at nofap.com, which has a following on Reddit of more than 160,000 ‘fapstronauts’ (followers). The site refers to recovery from porn addiction as “rebooting” and challenges users to refrain from porn, masturbation and maybe even sex altogether for a period of time. Kevin started April 7, and already he feels like a different person. He feels more confident, procrastinates less and feels like he has more testosterone. He said he thinks his ED has gone away and described random erections in the middle of the night. However, there have been struggles in his recovery. The hardest part: ‘Dealing with the anger of not finding it before while I was still with the person I really wanted to be with.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Hussey said it’s important for anyone with an addiction to work with an individual psychotherapist. ‘They need to get to the underlying causes of why they ended up addicted in the first place,’ he said. He also recommends support groups, such as Sex and Love Addicts Anonymous, which, he said, takes on ‘healthier attitudes toward sex in general.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘You don’t have to be isolated anymore,’ David said. ‘You are a social being, and you deserve a full social life. Come out, ask for help. ... There is help out there. Just opening the door is all it takes.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“A recent University of Sydney study, in which two professors surveyed more than 800 men, found that excessive porn consumption was reported by almost half the respondents (85 per cent of whom were married or in a relationship), and was harming their professional success and relationships.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, <http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why>)

“The numbers were dramatic: 47 per cent of the male subjects watched between 30 minutes to three hours of porn per day, one in three said it harmed their work efforts, and one in five would rather watch porn than have sex with their partners.” (Naomi Wolf, “How Porn is Destroying Modern Sex Lives, Feminist Writer Naomi Wolf has an Unsettling Explanation for why Britons are Having Less Sex,” Your Brain on Porn.com, December 12, 2013, <http://www.yourbrainonporn.com/how-porn-destroying-modern-sex-lives-feminist-writer-naomi-wolf-has-unsettling-explanation-why>)

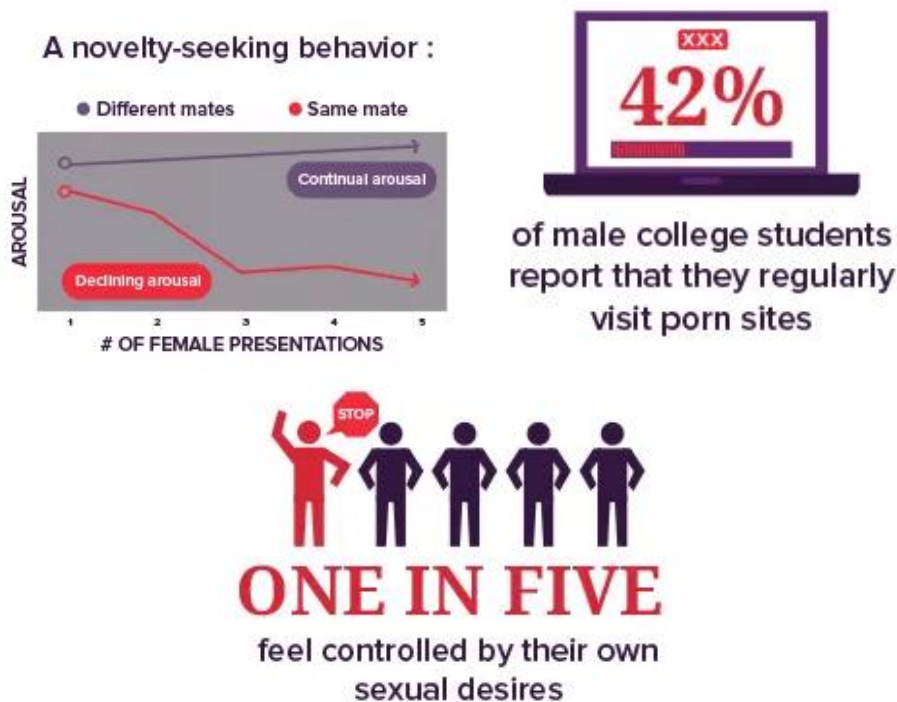
“THE NOFAP EXPERIMENT: A VOYAGE THROUGH PORN ADDICTION, SUPPORT AND RECOVERY”

“Internet porn poses a significant risk of addiction:”

1. “It induces a state of hyper-stimulation”
2. “Provides constant novelty”
3. “Is highly accessible”
4. “Costs nothing”
5. “Can be used in the privacy of one’s own home”

(“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“Unlike porn in other media, net porn doesn't come in physical formats that must be acquired (and concealed), carry a high cost of ownership, and offer little in the way of variety before becoming ‘stale’. Online porn is potentially endless, and often free ... most internet porn is fully legal to view. The barriers to accessing net porn anytime, anywhere, are largely nonexistent: it's always just a click away.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)



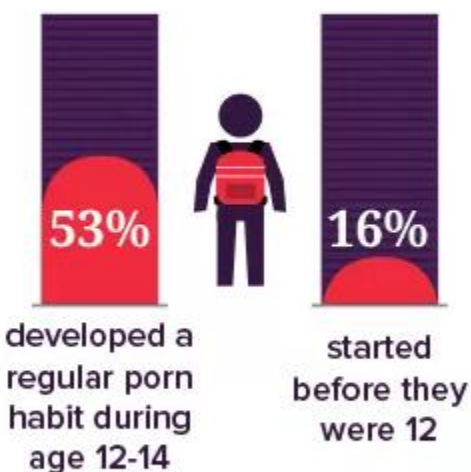
“...internet porn allows its viewers to remain safely anonymous...100 million page views a day and serves 4,000 VIDEOS a second during its peak hours...2% of the internet’s totally traffic.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“...a new female mate is largely more stimulating and exciting than mates that the male has been with before...allowing them to have more sex, more frequently.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“Porn viewers have the opportunity to browse through as much new porn – ‘new mates’ – as they wish, for as long as they wish. This provides a constant source of novelty.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

Fapstronauts report becoming regular porn users at a surprisingly young age.



(Their problem often begins before they're even out of middle school.)



59%, spend a remarkable
4-15 HOURS
per week on porn

**TAKING A
WHACK
AT PORN**

Profiling the Voyage of 73,000+ Fapstronauts

Today's young adults are voracious consumers of online porn — an endless stream of videos can give you anything you want, whenever you want it. But what happens when this habit becomes a problem — can porn addiction ever be broken?

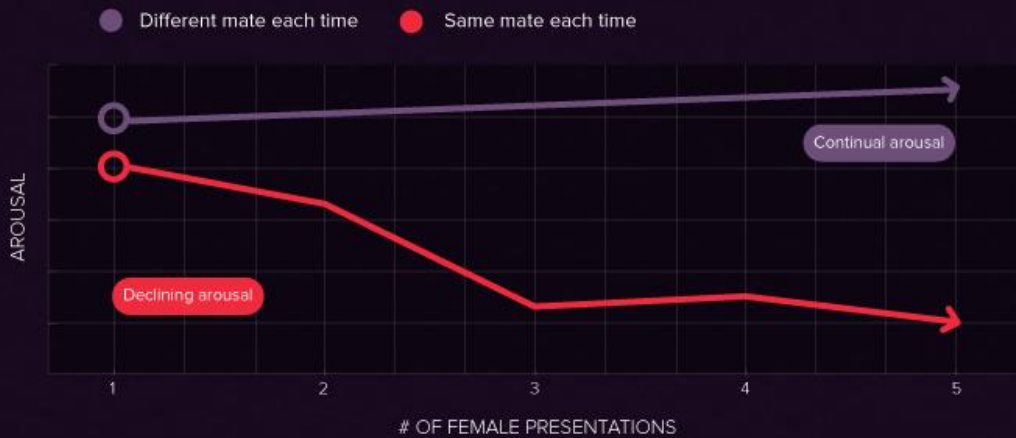


64%
report that their
tastes in porn
have become
more extreme
or deviant

PØRN: THE NET GENERATION'S PERFECT ADDICTION

THE COOLIDGE EFFECT:

The male sex drive is novelty-seeking – new mates are more arousing than familiar mates; this has been empirically demonstrated in rats and other animals. With new mates, male rats climax in a much shorter period than with the same mate.



HOW BIG IS
THE SCALE
OF PORN
ADDICTION:



42%

of male college students
regularly visit explicit
websites.



19%

feel they are "controlled"
by their sexual desires.



12%

of male college students
spend 5 hours or more per
week on explicit material online.

SEVERAL FEATURES OF HIGH-SPEED NET PORN MAKE IT ALIGN PERFECTLY WITH
NOVELTY-SEEKING SEXUAL BEHAVIOR:

IN YOUR HOME

There's no need to travel
elsewhere to obtain it.



ENDLESS

With millions of porn
sites, the novelty is
endless. WebMD gives
a number of
420 million pages.



FREE

Porn users don't have
to spend any money
to find as much porn
as they like.

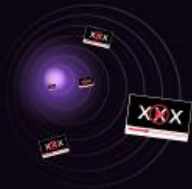


THE
SECOND-LARGEST
PORN SITE,



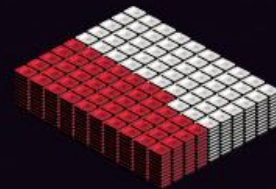
serves up

100 million views a day
— one view for every three americans



This one site is responsible for 2% of the Internet's entire traffic, transferring 950tb per second.

That's the equivalent of transferring 475 consumer hard drives every second.



THE FAPSTRONAUTS:

A COMMUNITY STRUGGLES TO BREAK THEIR HABIT

Amid millions of porn users, a community on [Reddit.com](#), known as NoFap, is fighting back against their problem and lending support to others who share their struggle.



THE GLOSSARY OF NOFAP

FAPPING	The act of masturbation.
FAPSTRONAUT/FEMSTRONAUT:	Male and female NoFap users.
PMO	"Porn, masturbation, orgasm," the cycle of porn use that constitutes the core of addiction.
DEATH GRIP (MALE) / DEATH SCHLICK (FEMALE)	Overly intense stimulation during masturbation in conjunction with porn use, which can compromise sexual response.
REBOOT	Abstaining from porn for long enough for your brain to return to normal - can take 60-120 days.

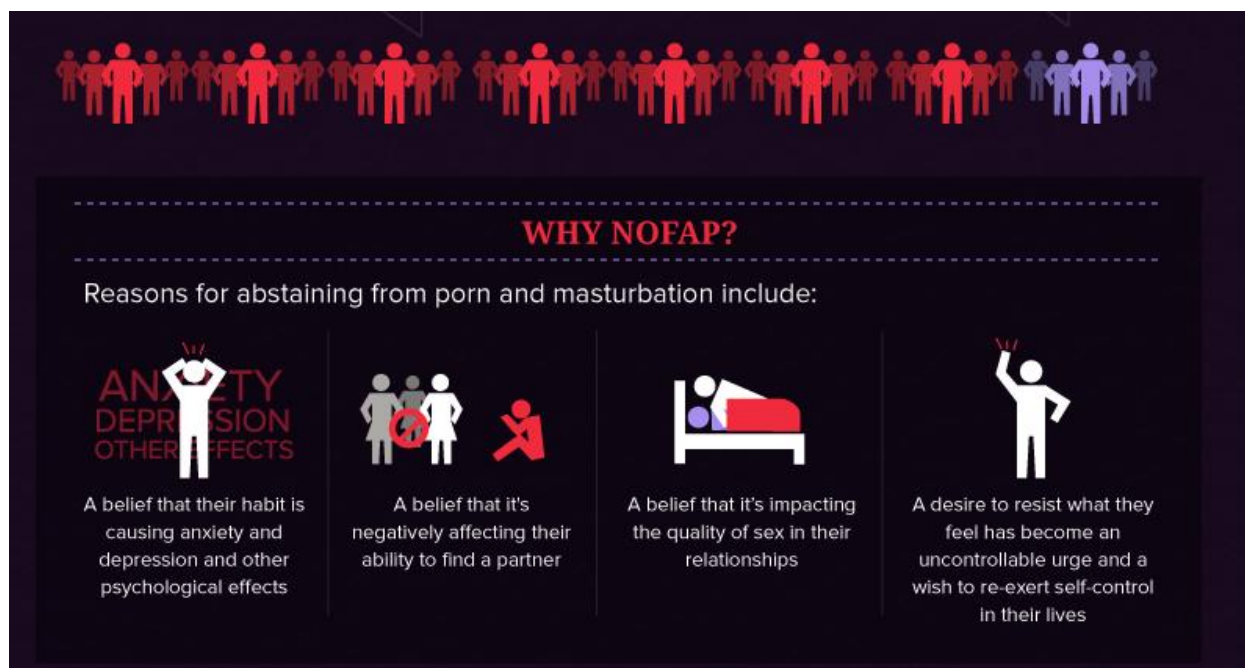
RAPID
GROWTH:

More than
73,000 users
at the time of this writing.

In the past month,
NoFap had over

4,000
new suscribers

more than
140 per day.



For more information and to read complete article, please visit [The Nofap Experiment: A Voyage Through Porn Addiction, Support and Recovery](#).

“Jill Manning, the research indicates pornography consumption is associated with the following six trends, among others:”

- “Increased marital distress, and risk of separation and divorce.”
- “Decreased marital intimacy and sexual satisfaction.”
- “Infidelity”
- “Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices.”
- “Devaluation of monogamy, marriage and child rearing”
- “An increasing number of people struggling with compulsive and addictive sexual behavior”

(Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

“PORNOGRAPHY: A PUBLIC HEALTH CRISIS”

“Youth with greater pornography exposure have been found more likely to:”

- “have sex at a younger age”
- “engage in risky sexual behavior”

- “have negative attitudes toward using condoms”
- “have oral sex, anal sex, and sex with multiple partners, which increases their risk for sexually transmitted infections”
- “view women as sex objects”
- “have attitudes that support violence against women”
- “believe “rape myths”—beliefs that justify or defend rape”
- “report decreased empathy for rape victims”
- “choose not to intervene when witnessing college sexual assault”
- “have increasingly aggressive behavioral tendencies”
- “report increased interest in coercing partners into unwanted sex acts”
- “experience increased difficulty in developing intimate relationships with partners”
- “report decreased sexual interest in their girlfriends or wives”
- “develop compulsive Internet use”

(For a more detailed account of the studies, see Owens, E.W., Behun, R., Manning, J., & Reid, R. (2012). The impact of Internet pornography on adolescents: A review of the research. *Sexual Addiction and Compulsivity* 19, 99-122) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“...‘teen porn’ has grown rapidly, and is now the largest single genre, whether measured in terms of search term frequency or proportion of web sites...Total searches for teen-related porn reached an estimated 500,000 daily in March 2013...representing approximately one-third of total daily searches for pornography web site...18 million teen-related pages...” (Gail Dines & David Levy, “A Rare Defeat for Corporate Lobbyists” Counter Punch, August 1, 2013, <http://www.counterpunch.org/2013/08/01/a-rare-defeat-for-corporate-lobbyists/>) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“WHY MORE AND MORE WOMEN ARE USING PORNOGRAPHY”

“A committed Christian, she first came across porn at the age of 11 in a magazine that belonged to her brother, and was addicted for eight years before she got her wake-up call when she arranged an anonymous hook-up with a man she met over the net. Renaud recalls: ‘I had no friends. No passions. I had one mission and purpose in my life: pornography. Any way I could find it, I would. It didn't matter where I was or what I was doing.

Home, school, my friend's houses, summer camp and yes, even church: my addiction came too.”

“As a trained counsellor, Renaud now calls women's addiction to pornography ‘widespread and silent’. In almost every case, the women she meets believe they are the only ones ever to have struggled with the issue. ‘Porn and sexual addiction has always been referred to as a man's problem,’ says Renaud. ‘But for women it's an unspoken struggle. We have to give them the opportunity to say: ‘Me too.’”

(Taniith Carey, “Why More and More Women are Using Pornography”, The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

“...the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction: Only the delivery system is different.”

(Dr.Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addition and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“...more elusive sexual jolt...” (Dr.Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addition and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Thus, drugs are no longer at the heart of the matter. ‘What is coming up fast as being the central core issue ... is continued engagement in self-destructive behavior despite adverse consequences,’ says Steven Grant of NIDA.” (Dr.Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addition and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Research indicates that 70% of the hits on Internet sex sites occur between 9-5 on business computers...my clinical experience supports that 40% of sex addicts will lose their spouse, 58% will suffer severe financial losses, and 27-40% will lose their job or profession. (Dr.Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addition and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“Research indicates that women who get breast implants are four times as likely to commit suicide as other women are.” (Dr. Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“...observed a frequent connection between pornography (including stripping) and sexual crimes...” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, <http://www.freerepublic.com/focus/news/1218097/posts>)

“Al Cooper, a California psychologist: 'There's only so many naked women's breasts you can see until you get tired of it,' Cooper said. 'For sex sites to make money, they need to supply people with new material...something new and exciting'...'We're seeing a tremendous increase in people looking for child porn online, then trying to solicit kids for sex,' Cooper said.” (‘Porn Spam: It's Getting Raunchier,’ Wired News, 9/30/02) (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, <http://www.freerepublic.com/focus/news/1218097/posts>)

“...one in five high school girls has been physically or sexually abused by her boyfriend.” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, <http://www.freerepublic.com/focus/news/1218097/posts>)

“...she has been physically hurt or forced to have intercourse against her will.” (Robert Peters, “The Link Between Pornography and Violent Sex Crimes”, Free Public, March, 20014, <http://www.freerepublic.com/focus/news/1218097/posts>)

““A Canberra (Australia)-based health unit working with abused and abusive children has recorded a significant rise in the number of children aged younger than 10 who are committing sexual offenses, including 'oral sex and forced intercourse,' against other children. ... 'We're not talking about kids playing mummies and daddies together,' [the unit manager Annabel] Wyndham said in a phone interview. 'We're talking about things like one child holding another child up by the neck ... and pulling their pants down and doing things to them.' Most of the children seen in this category came from troubled backgrounds, and 40 percent had been abused themselves. ... Nonetheless, the unit also recorded startling data relating to Internet use. Of the ... sexually-abusive children seen ... 90 percent admitted having seen sexually explicit material online, the report said. A full

one-quarter deliberately sought out pornography online as their main use of the Internet, while about 40 percent said they used the Internet for other purposes as well as accessing pornography. . . . Wyndham said her unit did not believe the rise in cases of children behaving in a sexually aggressive manner was merely a matter of increased recognition of a longstanding problem...The research paper was presented by the Canberra unit and a government-funded body called the National Child Protection Clearinghouse. One of its child protection experts, Dr. Janet Stanley, said...'We're suggesting there's an association between children's exposure to inappropriate material on the Internet . . . and their acting out in sexually aggressive behavior, experimenting and modeling what they are seeing.'" ('Online Porn Driving Sexually Aggressive Children,' CNSNews.com, 11/26/03) (Robert Peters, "The Link Between Pornography and Violent Sex Crimes", Free Public, March, 20014, <http://www.freerepublic.com/focus/news/1218097/posts>)

"On campuses, one in four women are victims of rape or attempted rape, the film maintains. In another study, reported in the Commonwealth Fund Survey of Women's Health, 31 percent of American women said they had been physically or sexually abused by a husband or boyfriend sometime in their lives.'" (Robert Peters, "The Link Between Pornography and Violent Sex Crimes", Free Public, March, 20014, <http://www.freerepublic.com/focus/news/1218097/posts>)

"The correlation (85%) between viewing child pornography and participating in actual sexual relations with children was demonstrated by Bourke and Hernandez." (Bourke M, Hernandez A. The 'Butner Study' redux: A report of the incidence of hands-on child victimization by child pornography offenders. J Fam Violence. 2009;24:183–91) (Donald L. Hilton and Clark Watts, "Pornography addiction: A neuroscience perspective," NCBI, February 21, 2011, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>)

"87% of college age men view pornography, 50% weekly and 20 daily or every other day, with 31% of women viewing as well. (Carroll J, Padilla-Walker LM, Nelson LJ. Generation XXX: Pornography acceptance and use among emerging adults. J Adoles Res. 2008;23:6–30) (Donald L. Hilton and Clark Watts, "Pornography addiction: A neuroscience perspective," NCBI, February 21, 2011, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060/>)

"PORNOGRAPHY"

"Consider if and how your own pornography use has affected your expectations of bodies, both yours and your partners':"

- “Does your pornography use create unrealistic expectations regarding female breasts, vulva, pubic hair, or body type?”
- “Does your pornography use create unrealistic expectations regarding male penis size, capacity for multiple orgasm, stamina or body type?”

(“Pornography”, Brown University, Accessed September 17, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“Pornography may also change **your expectations of sex** to normalize degrading, violent or cruel sexual practices.”

- “Does the pornography you consume glorify violence against sexual partners, depict rape, physically painful sex, cruelty, non-consensual sex, sex with children or sex with animals?”
- “Does the pornography you consume depict the degradation of those in the film or photographs by showing acts like ejaculation on one partner’s face or breasts?”

(“Pornography”, Brown University, Accessed September 17, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“Nearly half of the 304 scenes analyzed contained verbal aggression, while over 88% showed physical aggression. Seventy percent of aggressive acts were perpetrated by men, and 87% of the acts were committed against women. By far the victims’ most common responses were pleasure or neutrality. Fewer than 5% of the aggressive acts provoked a negative response from the victim, including flinching and requests to stop. This pornographic ‘reality’ was further highlighted by the relative infrequency of more positive behaviors, such as verbal compliments, embracing, kissing, or laughter.” (Ana J. Bridges, “Pornography’s Effects on Interpersonal Relationships,”[on the wife], Porn Harms Research, accessed November 19, 2015, http://pornharmresearch.com/wp-content/uploads/Bridges_Pornography's_Effect_on_Interpersonal_Relationships.pdf)

“Porn, ironically, inhibited me from actually getting my needs met in any kind of deep, connected or sustained way. It kept me stuck in a never-ending cycle of ‘tension and release’ that made true intimacy impossible.”
 “There’s a real sense of grief for me in acknowledging all this – I feel like I’ve been living a pornographed lie: like my experience of my own ‘sexuality’ has often amounted to little more than a superficial obstruction,

blocking the true essence of embodied sexual power that lay dormant within me.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“The primary effects of pornography according to the ‘ProLife Encyclopedia,’”

1. “Even ‘soft’ porn is harmful--to everyone.”
2. “All pornography desensitizes the viewer.”
3. “Pornography is addictive.”
4. “Pornography degrades marriages.”
5. “Pornography increases crime in dangerous offenders.”
6. “Pornography encourages and facilitates other crimes.”

(“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Pornography is harmful to everyone. Eighteen separate studies have shown pornography desensitizes all viewers, and may lead to extremely violent behavior.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Pornography desensitizes the viewer. All pornography – soft, hard, and even so-called ‘neutral’ sex-education materials, desensitize the viewer, enabling him to be conditioned to sexual acts, violent and nonviolent, as an essential part of human behavior. This conclusion has been reached in 26 separate studies.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Leading sexual violence researchers Neil Malamuth, Ed Donnerstein, and Dolf Zillman state that, in general, ‘Pornography desensitizes. Exposure to these materials, whether violent or nonviolent, coercive or noncoercive, experimentally increases male aggressive behavior against women, and decreases both male and female sensitivity to rape and the plight of the rape victim. Both males and females, after viewing this material, judge the female rape victim to be less injured, less worthy, and more responsible for her own plight.’” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Pornography is addictive. Several studies have shown that all persons, normal and unbalanced, who view pornography develop a craving for ever more deviant materials. Many persons even begin to employ more violent methods in their sexual relations. As with drug users, those who use pornography seek more and more deviant materials to maintain their previous level of sexual arousal.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Pornography degrades marriages. Pornography users generally view material that shows attractive women performing almost any type of act with any number of men (or animals, for that matter). The users begin to expect that their wives should also perform acts that are at least a little more 'adventurous' or 'experimental' than those they are used to, and will become dissatisfied when their non-using partners will not live up to their porn-induced fantasies. They may even become dissatisfied with their wife's physical imperfections.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Pornography increases crime in dangerous offenders. More than 65 studies have shown that dangerous offenders (child molesters, killers, rapists, incest fathers) are not only more likely to commit their crimes if they employ pornography, they are likely to precede their violent acts with the extended use of deviant materials. Male sex offenders soon begin to display addictive and compulsive behavior when using porn. Their mechanisms for relieving stress soon all become related to deviant sex. They offend more and more often.” (“Pornography: one of the greatest enemies of the family today,” These Last Days Ministries, April 2, 2012, <http://www.tldm.org/News6/purity2.htm>)

“Pornography: Young children and teens who send sex images risk mental problems”

“A report by online safety group the Internet Watch Foundation and Microsoft, the technology giant, which worked together on the research, said they identified nearly 4,000 images and videos in a snapshot covering three months last autumn.” (David Barrett, “Pornography: Young children and teens who send sex images risk mental problems”, Telegraph, May 11, 2015, <http://www.telegraph.co.uk/news/uknews/crime/child-protection/11595824/Pornography-Young-children-and-teens-who-send-sex-images-risk-mental-problems.html>)

“Of those, 667 (17.5 per cent) featured children who were 15 years old or younger and of those 286 were thought to be under 10.” (David Barrett, “Pornography: Young children and teens who send sex images risk mental problems”, Telegraph, May 11, 2015, <http://www.telegraph.co.uk/news/uknews/crime/child-protection/11595824/Pornography-Young-children-and-teens-who-send-sex-images-risk-mental-problems.html>)

“The children are told if they do not co-operate their sexual images will be distributed to friends and to their parents – luring the frightened youngsters to produce highly sexual photographs and videos.” (David Barrett, “Pornography: Young children and teens who send sex images risk mental problems”, Telegraph, May 11, 2015, <http://www.telegraph.co.uk/news/uknews/crime/child-protection/11595824/Pornography-Young-children-and-teens-who-send-sex-images-risk-mental-problems.html>)

“ONLINE PORNOGRAPHY SEEKING BEHAVIORS”

Abstract

“Given the prevalence of online pornography and the ease with which this content can be accessed using internet search engines, it is important to understand different ways to measure online pornography seeking behaviors. Research that has used self-report data to analyze online pornography searches and behavior is discussed and the limitations of this methodology are outlined. An alternative approach, which samples a portion of Google web searches in order to determine how many searches for specific keywords have been conducted in a given time period, is then presented as a useful method for assessing this behavior. Using this method, the changes in pornographic keyword searches across the last eight years are discussed along with how pornographic searches change across a given week. Finally, research is presented in order to demonstrate how this methodology can be used to examine various psychological and social theories.” (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

Introduction

“Pornography is available via a variety of media, including books, magazines, film, and video. Currently, one of the most prevalent means of distributing pornography is the internet. In 2006, the revenues from online pornography were nearly \$5 billion.” (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filterreview.toptenreviews.com/internetpornography-statistics.html>)

(Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"By simply typing a few keywords into a search engine (e.g., Google), it is extremely easy to search for pornography on the internet. It is so easy that it has been speculated that every second, 372 individuals are typing pornographic keywords into a search engine. Altogether, it is estimated that up to 25% of all internet search engine requests are for pornography."

(Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html>) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

Approximately 13% of the US population regularly views internet pornography and the majority of these individuals (75%) are men." (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html>) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"Theorists and researchers suggest that this interest in pornography can be attributed to men's evolved interest in sexual variety and multiple partners."

(Mosher, D. L. (1988). Pornography defined: Sexual involvement theory, narrative context, and goodness-of-fit. *Journal of Psychology and Human Sexuality*, 1, 67– 85) (Malamuth, N. (1996). Sexually explicit media, gender differences and evolutionary theory. *Journal of Communication*, 46, 8-31) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"As noted by Symons (1979), men tend to fantasize about a place where, 'sex is sheer lust and physical gratification, devoid of more tender feelings and encumbering relationships, in which women are always aroused, or at least easily arousable, and ultimately are always willing.'" (Symons, D. (1979). *The Evolution of Human Sexuality*. New York: Oxford University Press, p171) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"In other words, men may have evolved a desire to have sex with multiple women who are uninterested in commitment. Online pornography provides men with a multitude of physically attractive "virtual" partners, which help provide physical gratification without commitment." (Malamuth, N. (1996). Sexually

explicit media, gender differences and evolutionary theory. *Journal of Communication*, 46, 8-31) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"Given the expansion in internet pornography as a business and the vast number of individuals who engage in internet pornography use, it is important for researchers to understand different ways to assess this behavior. Past research examining traditional media pornography consumption (e.g., pornographic magazines, movies, etc.) has relied almost exclusively on self-report assessments. Unfortunately, assessing changes in pornography consumption across time using these self-reports has proven difficult." (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"Data presented by the Attorney General's Commission on Pornography, which combined survey data from 1970 and 1985 on pornography consumption, found that in 1970 20% of individuals indicated they read a pornographic magazine whereas in 1985 this number increased to 67%." (U.S. Department of Justice. (1986). Attorney General's Commission on Pornography: Final Report. Washington, DC: U.S. Government Printing Office) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"However, in 1970 15% reported seeing a pornographic movie whereas in 1985 this dropped to 7%. Although such results are interesting, the exact meaning of them is somewhat unclear." (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

"First, not only did these studies utilize samples which were drawing from different populations, but these studies also worded the questions about pornography consumption differently." (Brown, D., & Bryant, J. (1989). The manifest content of pornography. In D. Zillmann & J. Bryant (Eds.), *Pornography: Research advances and policy considerations* (pp. 3-24). Hillsdale, NJ: Erlbaum/Dingfelder, S. F. (2004). Solutions to resolution dilution. *Monitor on Psychology*, 35, 34) (Smith, T. W. (1987). The polls – a review: The use of public opinion data by the Attorney General's Commission on Pornography. *Public Opinion Quarterly*, 51, 249-257) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“For example, in 1970 participants were asked about the purchase of sexually explicit magazines in the ‘past year’ whereas in 1985 they were asked if a purchase for such material had ‘ever’ occurred. It would be much more informative if researchers were able to examine changes in pornography consumption across time using a standard methodology.”

(Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016,

http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“Even when online pornography consumption is examined, researchers still frequently relay on self-reports. In these studies, researchers simply ask participants how much they utilize online pornography (e.g., “In the past three months, how many times have you visited computer porn internet sites?”

(Twohig, M. P., Crosby, J. M., & Cox, J. M. (2009). Viewing Internet pornography: For whom is it problematic, how, and why. *Sexual Addiction and Compulsivity*, 16, 253-266) (Grubbs, J. B., Sessoms, J., Wheeler, D. M., & Volk, F. (2010). The Cyber-Pornography Use Inventory: The development of a new assessment instrument. *Sexual Addiction and Compulsivity*, 17, 106-126) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016,

http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“Results from such research suggest a wide range of negative outcomes for individuals who frequently view online pornography, including depression, isolation and damaged relationships.”

(Schneider, J. P. (2000). A qualitative study of cybersex participants: Gender differences, recovery issues, and implications for therapists. *Sexual Addiction and Compulsivity*, 7, 249–278) (Twohig, M. P., Crosby, J. M., & Cox, J. M. (2009). Viewing Internet pornography: For whom is it problematic, how, and why. *Sexual Addiction and Compulsivity*, 16, 253-266) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016,

http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“Although research using self-report assessments of online pornography use and searching behaviors has provided important insight into the psychology of online pornography, it is methodologically limited. Self-reports are susceptible to self-enhancement and self-deception errors.”

(John, O. P., & Robins, R. W. (1993). Determinants of interjudge agreement on personality traits: The Big Five domains, observability, evaluativeness, and the unique perspective of the self. *Journal of Personality*, 61, 521-551) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016,

http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“When relations are found between self-report measures of pornography and other self-report variables (e.g., depression) it is difficult to untangle

whether this effect is due to a sustentative relationship or some variety of method variance.” (Funder, D. C. (1999). Personality judgment: A realistic approach to person perception. San Diego, CA: Academic Press, Inc, San Diego) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“Most importantly, selfreport data is limited because, in the end, researchers are not interested in predicting merely what a person says he or she does; researchers are interested in understanding what people actually do.” (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“Instead of asking individuals about their online pornography behaviors, researchers have also examined the keyword searches individuals use to find pornography. Keywords are the words individuals enter into various search engines in order to find something online. For example, a person might type in the word ‘porn’ or ‘sex’ into the Google search engine when attempting to find pornography. Given the multitude of keyword searches for pornography, such a method provides researchers with an extremely large data set they can utilize to examine various hypotheses. One useful resource for researchers interested in examining online pornography keyword searches (or any keyword search) is Google Trends.” (Ropelato, J. (2006). Internet pornography statistics. Retrieved November 6, 2009 from TopTenReviews Web site: <http://internet-filterReview.toptenreviews.com/internetpornography-statistics.html>) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

For complete article, please click [Online Pornography Seeking Behaviors](#).

“Since free porn videos became widely available at high speed, about five years ago, heavy porn users also increasingly report inability to become aroused by real mates, and early onset of erectile dysfunction.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“This is a concern, says Stone because studies have shown that seeing a vast amount of pornography long before becoming sexually active can have damaging effects due to the amount of sexual conditioning that occurs in adolescence.” (Peter Kenny, “Study finds adult concern at US teens and young adults use of porn, Barna finds”, Ecumenical News, January 29, 2016, <http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm>)

“‘Ill-timed exposure to explicit material could cause lifelong problems with relationships and personal sexual health, and create unrealistic beliefs about sex and sexuality,’ she says.” (Peter Kenny, “Study finds adult concern at US teens and young adults use of porn, Barna finds”, Ecumenical News, January 29, 2016, <http://www.ecumenicalnews.com/article/study-finds-adult-concern-at-us-teens-and-young-adults-use-of-porn-barna-finds/37867.htm>)

“...the pornography industry, has been the country’s main ‘sex’ educator of young people...” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“As feminist Naomi Wolfe said, ‘For the first time in human history, the images’ power and allure have supplanted that of real . . . women. Today, real . . . women are just bad porn.’” (Naomi Wolfe, The Porn Myth, New York Magazine) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“Adult Internet pornography is the most common form of teen sex education in the US ...” (Mary Anne Layden, PhD, Director, Sexual Trauma and Psychopathology Program, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

UTAH “S.C.R. 009 RESOLUTION ON THE PUBLIC HEALTH CRISIS”

“Pornography is contributing to:

1. **“The hyper-sexualization of teens...”** (Gail Dines, lecture at the Pornography: A Public Health Crisis U.S. Capitol Symposium: Today’s Pornography and the Crisis of Violence Against Women and Children (July 14, 2015); Marty Machia & Sharon Lamb, Sexualized Innocence: Effects of Magazine Ads Portraying Adult Women as Sexy Little Girls, 21 JOURNAL OF MEDIA PSYCHOLOGY, 15-24 (2009). (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

“...27% of older millennials (age 25-30) reporting that they first viewed pornography before puberty.” (Barna Group, The Porn Phenomenon: A Comprehensive New Survey on Americans, the Church, and Pornography, (forthcoming April 2016), <https://www.barna.org/blog/culture-media/barna-group/porn-press-conference#.VrS9OrSJndI>) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

2. **“Low self-esteem and eating disorders”** (Amy E. Bonomi, Julianna M. Nemeth, Lauren E. Attenburger, Melissa Anderson, Anastasia Snyder & Irma Dotto, Fiction or Not? Fifty Shades is Associated with Health Risks in Adolescent and Young Adult Females, 23 JOURNAL OF WOMEN’S HEALTH 720–728 (2014) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
3. **“Increase in problematic sexual activity at younger ages”** (Gail Dines, lecture at the Pornography: A Public Health Crisis U.S. Capitol Symposium: Today’s Pornography and the Crisis of Violence Against Women and Children (July 14, 2015); Joris Van Ouytsel, Koen Ponnet, & Michael Walrave, The Associations between Adolescents’ Consumption of Pornography and Music videos and Their Sexting Behavior, 17 CYBERPSYCHOLOGY, BEHAVIOR, AND SOCIAL NETWORKING 772–778 (December 9, 2014); Cicely Marston & Ruth Lewis, Anal Heterosex among Young People and Implications for Health Promotion: A Qualitative Study in the UK, 4 SEXUAL HEALTH 1–6 (2014); Eileen M. Alexy, Ann W. Burgess, & Robert A. Prentky, Pornography Use as a Risk Marker for an Aggressive Pattern of Behavior among Sexually Reactive Children and Adolescents, 14 JOURNAL OF THE AMERICAN PSYCHIATRIC NURSES ASSOCIATION 442–456 (2009); Carol J. Pardun, Kelly Ladin L’Engle & Jane D. Brown, Linking Exposure to Outcomes: Early Adolescents’ Consumption of Sexual Content in Six Media, 8 MASS COMMUNICATION AND SOCIETY 75–91 (2005) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
4. **“Increased desire to engage in risky sexual behavior as young adolescents”** (Gail Dines, lecture at the Pornography: A Public Health Crisis U.S. Capitol Symposium: Today’s Pornography and the Crisis of Violence Against Women and Children (July 14, 2015); Cicely Marston & Ruth Lewis, Anal Heterosex among Young People and Implications for Health Promotion: A Qualitative Study in the UK, 4 SEXUAL HEALTH 1–6 (2014); Joris Van Ouytsel, Koen Ponnet, & Michael Walrave, The Associations between Adolescents’ Consumption of Pornography and Music videos and Their Sexting Behavior, 17 CYBERPSYCHOLOGY, BEHAVIOR, AND SOCIAL NETWORKING 772–778 (December 9, 2014); Eric W. Owens, Richard J. Behun, Jill C. Manning & Roy C. Reid, The Impact of Internet Pornography on Adolescents: A Review of the

Research, 19 SEXUAL ADDICTION & COMPULSIVITY 1–2 (2012); Carol J. Pardun, Kelly Ladin L'Engle, & Jane D. Brown, Linking Exposure to Outcomes: Early Adolescents' Consumption of Sexual Content in Six Media, 8 MASS COMMUNICATION AND SOCIETY 75–91 (2005) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

Pornography “often times:”

5. **“Serves as their sex education and shapes their sexual templates”**
(Cordelia Anderson, lecture at the Pornography: A Public Health Crisis U.S. Capitol Symposium: Why Pornography is a Public Health Issue (July 14, 2015); Eileen M. Alexy, Ann W. Burgess & Robert A. Prentky, Pornography Use as a Risk Marker for an Aggressive Pattern of Behavior among Sexually Reactive Children and Adolescents, 14 JOURNAL OF THE AMERICAN PSYCHIATRIC NURSES ASSOCIATION 442–456 (2009); (2009); Jane Brown & Kelly L. L'Engle, X-Rated: Sexual Attitudes and Behaviors Associated with U.S. Early Adolescents' Exposure to Sexually Explicit Media, 36 COMMUNICATION RESEARCH 129–151 (2009); Tori DeAngelis, Web Pornography's Effect on Children, 38 AMERICAN PSYCHOLOGICAL ASSOCIATION 50 (2007); Carol J. Pardun, Kelly Ladin L'Engle & Jane D. Brown, Linking Exposure to Outcomes: Early Adolescents' Consumption of Sexual Content in Six Media, 8 MASS COMMUNICATION AND SOCIETY 75–91 (2005) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

6. **“Treats women as objects”** (Tori DeAngelis, Web Pornography's Effect on Children, 38 AMERICAN PSYCHOLOGICAL ASSOCIATION 50 (2007); Jochen Peter & Patti Valkenburg, Adolescents' Exposure to a Sexualized Media Environment and Their Notions of Women as Sex Objects, 56 SEX ROLES 381–395 (2007) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

7. **“Teaches girls they are to be used and boys to be users”** (Amy E. Bonomi, Julianna M. Nemeth, Lauren E. Attenburger, Melissa L. Anderson, Anastasia Snyder & Irma Dotto, Fiction or Not? Fifty Shades is Associated with Health Risks in Adolescent and Young Adult Females, 23 JOURNAL OF WOMEN'S HEALTH 720–728 (2014); David Horsey, Internet Porn Is an Experiment in Dehumanization, THE LOS ANGELES TIMES (December 15, 2014), <http://www.latimes.com/opinion/topoftheticket/la-na-tt-internet-porn-20141215-story.html>; Neil Malamuth, Pornography's Impact on Male Adolescents, 4 ADOLESCENT MEDICINE 563 (2010); Kevin M. Williams, Barry S. Cooper, Teresa M. Howel, John C. Yuille, & Delroy L. Paulhus, Inferring Sexually Deviant Behavior from Corresponding Fantasies: The Role of Personality and Pornography Consumption, 36 CRIMINAL JUSTICE & BEHAVIOR 198 (2008); Tori DeAngelis, Web Pornography's Effect on Children, 38 AMERICAN PSYCHOLOGICAL ASSOCIATION 50 (2007); Jochen Peter & Patti Valkenburg, Adolescents' Exposure to a Sexualized Media Environment and Their Notions of Women as Sex Objects, 56 SEX ROLES 381–395 (2007); Silvio Bonino, Silvia Ciairano, Emanuela Rabaglietta, Elana Cattelino, Use of Pornography and Self-Reported Engagement in Sexual Violence Among Adolescents, 3 EUROPEAN JOURNAL OF DEVELOPMENTAL PSYCHOLOGY 265 (2006) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

8. **“Normalizes violence and abuse of women and children”** (John D. Foubert, Matthew W. Brosi & R. Sean Bannon, Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault, 18 SEXUAL ADDICTION & COMPULSIVITY: THE JOURNAL OF TREATMENT AND PREVENTION 212–231 (2011); Neil Malamuth, Pornography’s Impact on Male Adolescents, 4 ADOLESCENT MEDICINE 563 (2010); Gert Martin Hald, Neil M. Malamuth & Carlin Yuen, Pornography and Attitudes Supporting Violence Against Women: Revisiting the Relationship in Non-experimental Studies 36 AGGRESSIVE BEHAVIOR 14–20 (2009); Marty Machia & Sharon Lamb, Sexualized Innocence: Effects of Magazine Ads Portraying Adult Women as Sexy Little Girls, 21 JOURNAL OF MEDIA PSYCHOLOGY 15–24 (2009); Drew A. Kingston, Paul Fedoroff, Philip Firestone, Susan Curry, John M. Bradford, Pornography Use and Sexual Aggression: The Impact of Frequency and Type of Pornography Use on Recidivism Among Sexual Offenders 34 AGGRESSIVE BEHAVIOR 341 (2008); Janet Hinson Shope, When Words Are Not Enough: The Search for the Effect of Pornography on Abused Women VIOLENCE AGAINST WOMEN 56 (2004); Josetta L. Carr & Karen M. VanDeusen, Risk Factors for Male Sexual Aggression on College Campuses 15 JOURNAL OF FAMILY VIOLENCE 279 (2000) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
9. **“Treats women and children as objects”** (APA Report, THE SEXUALIZATION OF GIRLS, (2010); Jochen Peter & Patti Valkenburg, Adolescents’ Exposure to a Sexualized Media Environment and Their Notions of Women as Sex Objects, 56 SEX ROLES 381–395 (2007); Elizabeth Oddone Paolucci, Mark Genuis & Claudio Violato, A Meta-Analysis of the Published Research on the Effects of Pornography, NATIONAL FOUNDATION FOR FAMILY RESEARCH AND EDUCATION (Calgary, Alberta, University of Calgary, 2000); Doug McKenzie-Mohr and Mark P. Zanna, Treating Women as Sexual Objects: Look to the (Gender Schematic) Male Who Has Viewed Pornography, 16 PERSONALITY & SOCIAL PSYCHOLOGY BULLETIN 296–308 (1990) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
10. **“Depicts rape and abuse as if it were harmless”** (Ana Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun & Rachel Liberman, Aggression and Sexual Behavior in Best-Selling Pornography Videos: Content Analysis Update, 16 VIOLENCE AGAINST WOMEN 1065–1085 (2010) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
11. **“Equates violence towards women and children with sex and pain with pleasure”** (Catherine A. Simmons, Peter Lehmann, & Shannon Collier-Tennison, Linking Male Use of the Sex Industry to Controlling Behaviors in Violent Relationships: An Exploratory Analysis, 14 VIOLENCE AGAINST WOMEN 406 (2008); D. L. Wheeler, The relationship between pornography usage and child molesting. 57(8-A), Dissertation Abstracts International Section A: Humanities and Social Sciences 3691 (1997); Kathy Smiljanich & John Briere, Self-reported sexual interest in children: Sex differences and psychosocial correlates in a university sample, 11 VIOLENCE AND VICTIMS 39 (1996); Charlene Y. Senn, The research on women and pornography: The many faces of harm, MAKING VIOLENCE SEXY: FEMINIST VIEWS ON PORNOGRAPHY 179–193 (Diane E. H. Russell 1993). Cordelia Anderson, lecture at the Pornography: A Public Health Crisis U.S. Capitol Symposium: Why Pornography is a Public Health Issue (July 14, 2015); Cicely Marston & Ruth Lewis, Anal Heterosex among Young People and Implications for Health Promotion: A Qualitative Study in the UK, 4 SEXUAL HEALTH 1–6 (2014); Gary Wilson, The Great Porn Experiment, TED TALKS (May 17, 2012), <http://tedxtalks.ted.com/video/TEDxGlasgow-Gary-Wilson-The-G-2>) (“S.C.R. 009

12. **“Increases the demand for sex trafficking, prostitution, and child sexual abuse images / child pornography.”** (Cordelia Anderson, lecture at the Pornography: A Public Health Crisis U.S. Capitol Symposium: Why Pornography is a Public Health Issue (July 14, 2015); Robert Peters, Laura Lederer & Shane Kelly, *The Slave and the Porn Star: Sexual Trafficking and Pornography*, THE PROTECTION PROJECT JOURNAL OF HUMAN RIGHTS & CIVIL SOCIETY, Fall 2012; Melissa Farley, Emily Schuckman, Jacqueline Golding, Kristen Houser, Laura Jarett, Peter Qualliotine & Michelle Decker, Paper presented at Psychologists for Social Responsibility Annual Meeting: Comparing Sex Buyers with Men who Don’t Buy Sex: “You can have a good time with the servitude” vs. “You’re supporting a system of degradation” (July 15, 2011); John D. Foubert, Matthew W. Brosi & R. Sean Bannon, *Pornography Viewing among Fraternity Men: Effects on Bystander Intervention, Rape Myth Acceptance and Behavioral Intent to Commit Sexual Assault*, 18 SEXUAL ADDICTION & COMPULSIVITY: THE JOURNAL OF TREATMENT AND PREVENTION 212–231 (2011); Marty Machia & Sharon Lamb, *Sexualized Innocence: Effects of Magazine Ads Portraying Adult Women as Sexy Little Girls*, 21 JOURNAL OF MEDIA PSYCHOLOGY, 15-24 (2009); Drew A. Kingston, Paul Fedoroff, Philip Firestone, Susan Curry, John M. Bradford, *Pornography Use and Sexual Aggression: The Impact of Frequency and Type of Pornography Use on Recidivism Among Sexual Offenders* 34 AGGRESSIVE BEHAVIOR 341 (2008); Dennis Howitt & Kerry Sheldon, *The Role of Cognitive Distortions in Paedophilic Offending: Internet and Contact Offenders Compared* 13 PSYCHOLOGY, CRIME & LAW 467 (2007); Catherine Mackinnon, Talk given at Pornography: Driving the Demand in International Sex Trafficking Conference: Pornography as Trafficking (May 14, 2005); Evelina Giobbe, Mary Harrigan & Jayme Ryan, *A FACILITATOR’S GUIDE TO PROSTITUTION: A MATTER OF VIOLENCE AGAINST WOMEN* (Denise Gamache, WHISPER, Inc. 1990) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

Pornography “has potential detrimental effect on the user such as:”

13. **“Emotional, mental and medical illnesses”** (Thomas Edward Kaspera, Mary Beth Shorta & Alex Clinton Milam, *Narcissism and Internet Pornography Use* 41 JOURNAL OF SEX & MARITAL THERAPY 481 (2015); Valerie Voon, Thomas B. Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana R. Lapa, Judy Karr, Neil A. Harrison, Marc N. Potenza & Michael Irvine, *Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors*, 9 PLOS ONE, July, 2014; Thomas M. Mick & Eric Hollander, *Impulsive-Compulsive Sexual Behavior*, 11 CNS SPECTRUMS 944 (2006). Mary Anne Layden, lecture at the Pornography: A Public Health Crisis U.S. Capitol Symposium: Sexual Obesity: Research on the Public Health Crisis of Pornography (July 14, 2015); Valerie Voon, Thomas B. Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana R. Lapa, Judy Karr, Neil A. Harrison, Marc N. Potenza & Michael Irvine, *Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors*, 9 PLOS ONE, July, 2014) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
14. **“Shaping deviant sexual arousal”** (Melissa Farley, Emily Schuckman, Jacqueline Golding, Kristen Houser, Laura Jarett, Peter Qualliotine & Michelle Decker, Paper presented at Psychologists for Social Responsibility Annual Meeting: Comparing Sex Buyers with Men who Don’t Buy Sex: “You can have a good time with the servitude” vs. “You’re supporting a system of degradation” (July 15, 2011); Kevin M. Williams, Barry S. Cooper, Teresa M. Howel, John C. Yuille, &

Delroy L. Paulhus, Inferring Sexually Deviant Behavior from Corresponding Fantasies: The Role of Personality and Pornography Consumption, 36 CRIMINAL JUSTICE & BEHAVIOR 198 (2008) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

15. "Difficulty forming or maintaining intimate relationships" (Thomas Edward Kaspera, Mary Beth Shorta & Alex Clinton Milam, Narcissism and Internet Pornography Use 41 JOURNAL OF SEX & MARITAL THERAPY 481 (2015); Malcolm & Naufal, 2014; Chyng Sun, Ana Bridges, Jennifer Johnson & Matt Ezzell, Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations ARCHIVES OF SEXUAL BEHAVIOR, December, 2014; Paul Wright, Robert Tokunaga & Soyoung Bae, More than a Dalliance? Pornography Consumption and Extramarital Sex Attitudes among Married U.S. Adults 3 PSYCHOLOGY OF POPULAR MEDIA & CULTURE 97 (2014); Amanda Maddox, Galena Rhoades & Howard Markman, Viewing Sexually-Explicit Materials Alone or Together: Associations with Relationship Quality 40 ARCHIVES OF SEXUAL BEHAVIOR 441 (2009); PAMELA PAUL, PORNIFIED: HOW PORNOGRAPHY IS DAMAGING OUR LIVES, OUR RELATIONSHIPS, AND OUR FAMILIES (New York Times Books, 2005); Steven Stack, Ira Wasserman & Roger Kern, Adult Social Bonds and Use of Internet Pornography 85 SOCIAL SCIENCE QUARTERLY 75 (2004) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
16. "Brain development and functioning" (Simon Kuhn & Jurgen Gallinat, Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn 71 JAMA PSYCHIATRY 827 (2014); Valerie Voon, Thomas B. Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana R. Lapa, Judy Karr, Neil A. Harrison, Marc N. Potenza & Michael Irvine, Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors, 9 PLOS ONE, July, 2014; Kyle Pitchers, Vincent Vialou, Eric Nestler, Steven Laviolette, Michael Lehman, & Lique Coolen, Natural and Drug Rewards Act on Common Neural Plasticity Mechanisms with FosB as a Key Mediator 33 THE JOURNAL OF NEUROSCIENCE 3434 (2013); Donald L. Hilton, Pornography Addiction – A Supranormal Stimulus Considered in the Context of Neuroplasticity 3 SOCIOEFFECTIVE NEUROSCIENCE & PSYCHOLOGY 20767 (2013) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
17. "Problematic or harmful sexual behaviors" (Chyng Sun, Ana Bridges, Jennifer Johnson & Matt Ezzell, Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations ARCHIVES OF SEXUAL BEHAVIOR, December, 2014; Kevin M. Williams, Barry S. Cooper, Teresa M. Howel, John C. Yuille, & Delroy L. Paulhus, Inferring Sexually Deviant Behavior from Corresponding Fantasies: The Role of Personality and Pornography Consumption, 36 CRIMINAL JUSTICE & BEHAVIOR 198 (2008); Kelly Cue Davis, Jeanette Noris, William George, Joel Martell & Julia Heiman, Men's Likelihood of Sexual Aggression: The Influence of Alcohol, Sexual Arousal, and Violent Pornography, 2006; Malamuth, Centini, Repeated Exposure to Violent and Nonviolent Pornography: Likelihood of Raping Ratings and Laboratory Aggression Against Women, 2006; Mick & Hollander, Impulsive-Compulsive Sexual Behavior 32 AGGRESSIVE BEHAVIOR 581 (2006); Venessa Vega & Neil M. Malamuth, Predicting Sexual Aggression: The Role of Pornography in the Context of General and Specific Risk Factors, 33 AGGRESSIVE BEHAVIOR 104 (2006); Janet Hinson Shope, When Words Are Not Enough: The Search for the Effect of Pornography on Abused Women 10 VIOLENCE AGAINST WOMEN 56 (2004); Raquel Bergen & Kathleen Bogle, Exploring the Connection between Pornography and Sexual Violence 15 VIOLENCE AND VICTIMS 227 (2000); Azy Barak, William Fisher, Sandra Belfry & Darrel Lashambe, Sex, Guys, and Cyberspace:

Effects of Internet Pornography and Individual Differences on Men's Attitudes toward Women 11 JOURNAL OF PSYCHOLOGY & HUMAN SEXUALITY 63 (1999) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

18. "Addiction" (Donald L. Hilton, Pornography Addiction – A Supranormal Stimulus Considered in the Context of Neuroplasticity 3 SOCIOEFFECTIVE NEUROSCIENCE & PSYCHOLOGY 20767 (2013); Valerie Voon, Thomas B. Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana R. Lapa, Judy Karr, Neil A. Harrison, Marc N. Potenza & Michael Irvine, Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors, 9 PLOS ONE, July, 2014; Kyle Pitchers, Vincent Vialou, Eric Nestler, Steven Laviolette, Michael Lehman, & Lique Coolen, Natural and Drug Rewards Act on Common Neural Plasticity Mechanisms with FosB as a Key Mediator 33 THE JOURNAL OF NEUROSCIENCE 3434 (2013); Donald L. Hilton & Clark Watts, Pornography Addiction; A Neuroscience Perspective 2 SURGICAL NEUROLOGY INTERNATIONAL 2:19 2011; NORMAN DOIGE, Chapter 4: Acquiring Tastes and Loves: What Neuroplasticity Teaches About Sexual Attraction and Love, in THE BRAIN THAT CHANGES ITSELF (December 18, 2007). ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

19. "Is potentially biologically addictive which means the user requires more novelty, which is often more shocking material, in order to be satisfied." (Donald L. Hilton, Pornography Addiction – A Supranormal Stimulus Considered in the Context of Neuroplasticity 3 SOCIOEFFECTIVE NEUROSCIENCE & PSYCHOLOGY 20767 (2013); Valerie Voon, Thomas B. Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana R. Lapa, Judy Karr, Neil A. Harrison, Marc N. Potenza & Michael Irvine, Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors, 9 PLOS ONE, July, 2014; Kyle Pitchers, Vincent Vialou, Eric Nestler, Steven Laviolette, Michael Lehman, & Lique Coolen, Natural and Drug Rewards Act on Common Neural Plasticity Mechanisms with FosB as a Key Mediator 33 THE JOURNAL OF NEUROSCIENCE 3434 (2013); Donald L. Hilton & Clark Watts, Pornography Addiction; A Neuroscience Perspective 2 SURGICAL NEUROLOGY INTERNATIONAL 2:19 2011; NORMAN DOIGE, Chapter 4: Acquiring Tastes and Loves: What Neuroplasticity Teaches About Sexual Attraction and Love, in THE BRAIN THAT CHANGES ITSELF (December 18, 2007). ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

20. Pornography has led to:"

- a. "Increasing themes of risky sexual behaviors"
- b. "Extreme degradation"
- c. "Violence"
- d. "Child sexual abuse image / child pornography"

(Melissa Farley, Emily Schuckman, Jacqueline Golding, Kristen Houser, Laura Jarett, Peter Qualliotine & Michelle Decker, Paper presented at Psychologists for Social Responsibility Annual Meeting: Comparing Sex Buyers with Men who Don't Buy Sex: "You can have a good time with the servitude" vs. "You're supporting a system of degradation" (July 15, 2011); Ana Bridges, Robert Wosnitzer, Erica Scharrer, Chyng Sun & Rachel Liberman, Aggression and Sexual Behavior in Best-Selling Pornography Videos: Content Analysis Update, 16 VIOLENCE AGAINST WOMEN 1065–1085 (2010) ("S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016,

21. “Pornography use has a detrimental effect on the family as it is linked to:”

- a. “Lessening desire in young men to marry” (Michael Malcolm & George Naufal, Are Pornography and Marriage Substitutes for Young Men? INSTITUTE OF THE STUDY OF LABOR (November 2014). (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
- b. “Dissatisfaction in marriage”(PAMELA PAUL, PORNIFIED: HOW PORNOGRAPHY IS DAMAGING OUR LIVES, OUR RELATIONSHIPS, AND OUR FAMILIES (New York Times Books, 2005); Steven Stack, Ira Wasserman & Roger Kern, Adult Social Bonds and Use of Internet Pornography 85 SOCIAL SCIENCE QUARTERLY 75 (2004) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)
- c. “Infidelity” (Amanda Maddox, Galena Rhoades & Howard Markman, Viewing Sexually-Explicit Materials Alone or Together: Associations with Relationship Quality 40 ARCHIVES OF SEXUAL BEHAVIOR 441 (2009); Paul Wright, Robert Tokunaga & Soyoung Bae, More than a Dalliance? Pornography Consumption and Extramarital Sex Attitudes among Married U.S. Adults 3 PSYCHOLOGY OF POPULAR MEDIA & CULTURE 97 (2014) (“S.C.R. 009 Resolution on the Public Health Crisis, Sponsored by Senator Todd Weiler, written by the National Center on Sexual Exploitation, February 2016, <http://utahcoalition.org/wp-content/uploads/2016/02/Utah-Resolution-Updated-and-Revised-1-5-2016.pdf>)

“Individuals addicted to pornography exhibit the same cycle of abuse, including:”

- “Increased tolerance over time, requiring more viewing and more extreme pornography”
 - “Loss of control and compulsive behavior”
 - “Painful physical and psychological withdrawal symptoms when they attempt to stop viewing pornography”
 - “Abnormal social behavior and difficulty forming normal relationships”
- (Timothy Allen, “Digital Pornography Addiction,” Focus of the Family, 2016, p6)

“Exposure to sexually pornographic material is correlated with:”

- **“Concentration problems”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Low motivation”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Depression”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Social Anxiety”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Negative self-perceptions in terms of physical appearance and sexual functioning.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Erectile dysfunction”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Common warning signs that an adolescent may be experiencing compulsive sexual behavior problems” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- **“A demonstrated lack of empathy toward other individuals involved (either directly or indirectly) in the child’s sexual behavior.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Viewing and/or masturbating to pornography for multiple hours per day/night.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Decreased interest in and/or declining performance in school and extracurricular activities.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Diminished interest in and/or ability to socialize with peers.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

- **“Excessive interest (or a total lack of interest) in typical adolescent dating activity.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Secretiveness around computer and smartphone usage such as erasing browser histories, password protecting devices, etc.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Lying to parents or others about the nature or the amount of sexual/romantic activities.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Sexual aggression, incest, age-inappropriate relationships, etc.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Secrecy in general, such as spending large amounts of time alone in a room with the door locked.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)
- **“Sexual behavior involving drug use.”** (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

Sources

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3050060>

<http://www.fightthenewdrug.org/get-the-facts#porn-is-addictive>

<http://www.thefix.com/content/youth-and-pornography-addiction>

<http://www.salvomag.com/new/articles/salvo13/13hilton.php>

<http://thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain/>

<http://yourbrainonporn.com/>

<http://www.freedominstitute.org/blog/adolescents/teenagers-porn-and-sexual-addiction-what-s-the-problem/>

<http://youtu.be/wSF82AwSDiU>

<http://youtu.be/1Ya67aLaaCc>

(“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“BRAIN STRUCTURE AND FUNCTIONAL CONNECTIVITY ASSOCIATED WITH PORNOGRAPHY CONSUMPTION”

“...accessibility, affordability, and anonymity...” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“We found a significant negative association between reported pornography hours per week and gray matter volume in the right caudate. Functional connectivity of the right caudate to the left dorsolateral prefrontal cortex was negatively associated with hours of pornography consumption.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...prefrontal cortex could reflect change in neural plasticity as a consequence of an intense stimulation of the reward system...” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...the Internet is not subject to regulations; it has emerged as a vehicle for circulation of pornography.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...a mass phenomenon that influences our society.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“The frequency of pornography consumption has been shown to predict various negative outcome measures in humans.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“A representative Swedish study on adolescent boys has shown that boys with daily consumption showed more interest in deviant and illegal types of pornography and more frequently reported the wish to actualize what was seen in real life.” (Gunter B. Media Sex: What Are the Issues? London, United Kingdom: Routledge; 2001. Svedin CG, Åkerman I, Priebe G. Frequent users of pornography: a population based epidemiological study of Swedish male adolescents. *J Adolesc*. 2011; 34(4):779-788. Fattore L, Melis M, Fadda P, Pistis M, Fratta W. The endocannabinoid system and nondrug rewarding behaviours. *Exp Neurol*. 2010;224(1):23-36. Müller CP, Schumann G. To use or not to use: expanding the view on non-addictive psychoactive drug consumption and its implications. *Behav Brain Sci*. 2011;34(6):328-347) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with

Pornography Consumption," *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"In partnerships, a decrease in sexual satisfaction and a tendency to adopt pornographic scripts have been associated with frequent Internet pornography consumption." (Knudsen SV, Mårtensson LL, Månsson S-A. *Generation P?* Aarhus, Denmark: Aarhus Universitetsforlag; 2007) (Simone Kühn, PhD; Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"A longitudinal study following Internet users has found that accessing pornography online was predictive of compulsive computer use after 1 year." (Meerkerk G-J, Van Den Eijnden RJ, Garretsen HFL. Predicting compulsive Internet use: it's all about sex! *Cyberpsychol Behav*. 2006;9(1):95-103) (Simone Kühn, PhD; Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"...pornography has an impact on the behavior and social cognition of its consumers." (Simone Kühn, PhD; Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"In studies on pharmacological addiction in humans, volumetric alterations have been shown in the striatum and prefrontal cortex." (Barrós-Loscertales A, Garavan H, Bustamante JC, et al. Reduced striatal volume in cocaine-dependent patients. *Neuroimage*. 2011;56 (3):1021-1026. Das D, Cherbuin N, Anstey KJ, Sachdev PS, Easteal S. Lifetime cigarette smoking is associated with striatal volume measures. *Addict Biol*. 2012;17 (4):817-825. Ersche KD, Barnes A, Jones PS, Morein-Zamir S, Robbins TW, Bullmore ET. Abnormal structure of frontostriatal brain systems is associated with aspects of impulsivity and compulsivity in cocaine dependence. *Brain*. 2011;134(pt 7):2013-2024) (Simone Kühn, PhD; Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"...because men are exposed to pornography at a younger age, consume more pornography, and are more likely to encounter problems compared with women." (Hald GM. Gender differences in pornography consumption among young heterosexual Danish adults. *Arch Sex Behav*. 2006;35(5):577-585. Ross MW, Månsson S-A, Daneback K. Prevalence, severity, and correlates of problematic sexual Internet use in Swedish men and women. *Arch Sex Behav*. 2012;41(2):459-466) (Simone Kühn, PhD; Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

"The prefrontal cortex has mostly been implicated in cognitive control as well as in response inhibition, behavioral flexibility, attention, and future planning." (Simone Kühn, PhD; Jürgen Gallinat, PhD, "Brain Structure and Functional Connectivity Associated with Pornography Consumption," *JAMA Psychiatry*. 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“...prefrontal cortex that houses the internal representation of goals and the means to achieve them.” (Miller EK, Cohen JD. An integrative theory of prefrontal cortex function. *Annu Rev Neurosci.* 2001;24(1):167-202. Fuster JM. The prefrontal cortex—an update: time is of the essence. *Neuron.* 2001;30(2):319-333) (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“However, the observed volumetric association with PHs in the striatum could likewise be a precondition rather than a consequence of frequent pornography consumption. Individuals with lower striatum volume may need more external stimulation to experience pleasure and might therefore experience pornography consumption as more rewarding, which may in turn lead to higher PHs.” (Simone Kühn, PhD; Jürgen Gallinat, PhD, “Brain Structure and Functional Connectivity Associated with Pornography Consumption,” *JAMA Psychiatry.* 2014;71(7):827-834, <http://archpsyc.jamanetwork.com/article.aspx?articleid=1874574>)

“Why is pornography so dangerous?”

“While some people feel there is nothing wrong with pornography, evidence shows that there can be very real and dangerous effects on both individuals and society as a whole. Research indicates that pornography can be extremely addictive. Pornography conditions a person to respond emotionally and sexually to a self-centered, artificial world. Many online relationships are similar to pornography in that they are not based in reality: what individuals ‘read and see about people, relationships, and sex is distorted.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Research demonstrates that repeated exposure to pornography results in...”

- 1) “Increased callousness toward women”
- 2) “Trivialization of rape as a criminal offense”
- 3) “Distorted perceptions about sexuality”
- 4) “Increased appetite for more deviant and bizarre types of pornography”
- 5) “Devaluation of monogamy”
- 6) “Decreased satisfaction with a partner’s sexual performance, affection and physical appearance”
- 7) “Doubts about the value of marriage”
- 8) “Decreased desire to have children”

- 9) “Viewing non-monogamous relations as normal and natural behavior.”
 (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

IX. MEN

“THE NATURE AND DYNAMICS OF INTERNET PORNOGRAPHY EXPOSURE FOR YOUTH”

“Considerable numbers of boys and girls had seen images of paraphilic or criminal sexual activity, including child pornography and sexual violence, at least once before the age of 18. Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys, $p = 0.001$) to report never looking for pornography on purpose, indicating they were involuntarily exposed.” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“...boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls).” (Chiara Sabrina, Janis Wolak, David Finkelhor, “The Nature and Dynamics of Internet Pornography Exposure for Youth”, University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

“Theorists and researchers suggest that this interest in pornography can be attributed to men’s evolved interest in sexual variety and multiple partners.” (Mosher, D. L. (1988). Pornography defined: Sexual involvement theory, narrative context, and goodness-of-fit. *Journal of Psychology and Human Sexuality*, 1, 67– 85) (Malamuth, N. (1996). Sexually explicit media, gender differences and evolutionary theory. *Journal of Communication*, 46, 8-31) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“As noted by Symons (1979), men tend to fantasize about a place where, ‘sex is sheer lust and physical gratification, devoid of more tender feelings and encumbering relationships, in which women are always aroused, or at least easily arousable, and ultimately are always willing.’” (Symons, D. (1979). *The Evolution of Human Sexuality*. New York: Oxford University Press, p171) (Patrick M. Markey, Charlotte N. Markey, “Online Pornography Seeking Behaviors,” accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

“In other words, men may have evolved a desire to have sex with multiple women who are uninterested in commitment. Online pornography provides men with a multitude of physically attractive “virtual” partners, which help provide physical gratification without commitment.” (Malamuth, N. (1996). Sexually

explicit media, gender differences and evolutionary theory. Journal of Communication, 46, 8-31) (Patrick M. Markey, Charlotte N. Markey, "Online Pornography Seeking Behaviors," accessed March 17, 2016, http://interpersonalresearch.weebly.com/uploads/1/0/4/0/10405979/online_pornography_seeking_behaviors_-_markey_markey_4-11-11.pdf)

X. WOMEN / SPOUSES

“Why more and more women are using pornography” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

“It was an ordinary weekday morning when Caroline first noticed how much pornography was taking over her life. With 15 minutes to go before she was due to leave for a job interview, she opened up her laptop to print off an extra copy of her CV and there, onscreen, was a grab she'd saved from pornhub.com.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

“‘I remember the feeling of being sucked in, really wanting that two-minute fix, that numbness I got when I used porn,’ says Caroline. ‘I was stressed out, and I risked being late for my interview, but I pressed play anyway and fast-forwarded it to the bit I wanted. It took two minutes.’ But the relief was to be short-lived. ‘Afterwards I just hated myself for giving in and getting off on images that treated women like pieces of meat. But I kept going back.’” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

“Although there is much debate about whether ‘porn addiction’ even exists, Caroline, a 21-year-old English graduate, has just finished seeing a sex addiction therapist to help get her porn habit under control. Having started watching porn out of curiosity when it became available over the internet in her mid-teens, she and her mates used it as a graphic form of sex education. She saw nothing wrong with it, particularly as she was raised in a generation of girls for whom it was seen as hip and liberated to enjoy watching sex.” (Tanith Carey, “Why more and more women are using pornography”, The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

“Then, as she entered a depressed job market after university, it became a form of escape, a default she turned to whenever she felt anxious or bored. ‘I’d be stuck at home in front of my laptop on my own all day. I’d wake up with all these ideas for the day – and end up surfing for porn, trying to distract myself, eating and then going back for more porn. No one would ever have known. But I didn’t get much done. It was like a constant battle

between my sexual urges and my self-control. I'd think to myself: 'It's not doing any harm.' But then I started to loathe myself for giving in and wasting so much time on it.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"Caroline is not alone. While it's accepted that women are watching – and enjoying – porn more and more, it's less recognised that some are also finding it hard to stop. At Quit Porn Addiction, the UK's main porn counselling service, almost one in three clients are women struggling with their own porn use, says founder and counsellor Jason Dean. Two years ago, there were none. While more than six out of 10 women say they view web porn, one study in 2006 by the Internet Filter Review found that 17% of women describe themselves as 'addicted'." (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"Dean says: 'I remember getting my first woman contacts about two years ago and thinking that was fairly unusual. Now I'm hearing from about 70 women a year who are coming for their own reasons, not because their male partners have a problem.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"There is little difference in the way the genders become hooked, says Jason. There is the same pattern of exposure, addiction, and desensitisation to increasingly hardcore images. The main contrast between male and female porn addicts is how much more guilty women feel. 'Porn addiction is seen as a man's problem – and therefore not acceptable for women,' says Dean. 'There's a real sense among women that it's bad, dirty, wrong and they're often unable to get beyond that.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"Orgasm releases a dopamine-oxytocin high that has been compared to a heroin hit, and many regular users of internet porn report experiencing an almost trance-like effect that not only makes them feel oblivious to the world, but also gives them a sense of power that they don't have in real life. 'The PC becomes an erogenous zone. The more you keep trying to put porn out of your mind, the more it keeps popping back in. The brain then learns that porn is the only way to cope with anxiety.'" (Tanith Carey, "Why more

and more women are using pornography", The Guardian, April 7, 2011,
<http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"Yet, what strikes you on the porn addiction websites is the real sense of despair and loneliness for the women who get caught up in it – and how early it starts. Many talk of a problem dating back to their early teens, before they've even had a relationship." (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011,
<http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"One 19-year-old college student writes: 'It started seriously when I was about 14, I stumbled across some pictures while doing homework. Because all I had typed into Google was 'cream and sugar', I knew my parents wouldn't notice. I learnt all the ways round the parental controls, meticulously deleted my activities on the history and deleted the search engine entries every time.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011,
<http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"Psychotherapist Phillip Hodson, of the British Association of Counselling and Psychotherapy, says that in consulting rooms, the issue of woman habitually using porn 'is something that has not been aired before. It's something new that's just beginning to surface . . . Traditionally women's voices have been against porn. It's seen as more of a male thing, because it's men who are supposed to be visually stimulated. But that doesn't mean that women aren't. Men are just maybe more so.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011,
<http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"Women who become regular users can suffer depression and low self-esteem because it can be hard to reconcile their enjoyment of porn with their intellectual dislike of seeing women used as sex objects. 'Porn has an instant effect on the human body and mind and the psyche, even if you disapprove of what you are seeing . . . So women may find their body is saying yes, even though their mind may be saying no – and that can be upsetting.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"But as porn becomes more pervasive, Hodson observes that women are now also using it as a quick way to have sex without emotional investment, just as men traditionally have. 'For women, just as for men, the internet is

able to satisfy that need in rather a raw, crude sense, quickly and easily. Why serenade someone and go through all the courtship rituals with another person when you have Google?" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"But it's important not to turn lone use of porn into a catastrophe, adds Hodson. For many women, it's a phase that will pass – either because they take stock, they realise it's becoming a problem, it becomes boring – or their life fills up again with better alternatives." (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"I have a problem with the word addiction,' he says. 'Sex is a very natural function – and what is an abnormal level of sex to have or to want? If a woman is taking two minutes to orgasm to porn, and she's doing it, say, 10 times a day, that's still only 20 minutes a day.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"But if porn does become a habit that interferes in other areas, it might be an opportunity to take stock and realise there's not enough happening in your life. Forgive yourself for being tempted and having a few orgasms. If it goes beyond that, there are people outside who can help.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"The first support group in the US run for women by women was founded by Crystal Renaud, who also wrote a new book on women's addiction to porn, called **Dirty Girls Come Clean**." (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"A committed Christian, she first came across porn at the age of 11 in a magazine that belonged to her brother, and was addicted for eight years before she got her wake-up call when she arranged an anonymous hook-up with a man she met over the net. Renaud recalls: 'I had no friends. No passions. I had one mission and purpose in my life: pornography. Any way I could find it, I would. It didn't matter where I was or what I was doing. Home, school, my friend's houses, summer camp and yes, even church: my addiction came too.'" (Tanith Carey, "Why more and more women are using

pornography", The Guardian, April 7, 2011,
<http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"Porn. Masturbation. Cybersex. Webcam sex. Phone sex. Anything you could think up, I watched, experienced and enjoyed. No matter how many times I said I would stop, I would just keep doing it." (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011,
<http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"As a trained counsellor, Renaud now calls women's addiction to pornography 'widespread and silent'. In almost every case, the women she meets believe they are the only ones ever to have struggled with the issue. 'Porn and sexual addiction has always been referred to as a man's problem,' says Renaud. 'But for women it's an unspoken struggle. We have to give them the opportunity to say: 'Me too.'" (Tanith Carey, "Why more and more women are using pornography", The Guardian, April 7, 2011,
<http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

"THE NATURE AND DYNAMICS OF INTERNET PORNOGRAPHY EXPOSURE FOR YOUTH"

"Considerable numbers of boys and girls had seen images of paraphilic or criminal sexual activity, including child pornography and sexual violence, at least once before the age of 18. Girls were significantly more likely than boys (42.3% of girls; 6.8% of boys, p 0.001) to report never looking for pornography on purpose, indicating they were involuntarily exposed." (Chiara Sabrina, Janis Wolak, David Finkelhor, "The Nature and Dynamics of Internet Pornography Exposure for Youth", University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

"...boys were significantly more likely to report feeling sexual excitement (80% of boys, 27% of girls)." (Chiara Sabrina, Janis Wolak, David Finkelhor, "The Nature and Dynamics of Internet Pornography Exposure for Youth", University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

"High risk factors that were taken into consideration for this study included impulsivity, hostility toward women, and promiscuity. Youth who had the same risk levels of aggressive behavior, but who consumed pornography 'somewhat,' 'seldom,' or 'never' did not show the same levels of sexual aggression." (Jill C. Manning, "The Impact of Internet Pornography on Marriage and the Family: A

"Bridges and Patricia Morokoff, PhD, reported similar findings: When men used porn, they tended to report lower levels of sexual intimacy in their real-life relationships. When women used porn, however, intimacy increased (*Personal Relationships*, 2011)." (Kirsten Weir, "Is Pornography Addictive", American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

"Bridges points to two possible explanations for the finding. First, she says, while men tend to view pornography solo, women are more likely to watch it with their partners in a shared sexual experience. 'This was something that they incorporated into their lovemaking ritual,' she says." (Kirsten Weir, "Is Pornography Addictive", American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

"Also, men and women typically use different types of porn. Men are more often drawn to videos showing sex acts absent of context. 'You might not even see anybody's face,' she says. Women, though, tend to watch 'couples porn,' with story lines and softer angles. 'When partners use porn together, they tend to watch things where both people are more egalitarian participants in a sexual act,' Bridges says." (Kirsten Weir, "Is Pornography Addictive", American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

"Women Lose Their Value"

"In pornography, women exist to please men. They have no needs; they don't get pregnant. But that young woman being lusted after is someone's daughter. She is made in the image of God and has value. She is not an object to desire, but a woman to be loved and cherished." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"Husbands, love your wives, just as Christ also loved the church and gave Himself for it, that He might sanctify and cleanse it with the washing of water by the word, and that He might present to Himself a glorious church, not having spot, or wrinkle, or any such thing, but that it should be holy and without blemish. In this way men ought to love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own

flesh, but nourishes and cherishes it, just as the Lord cares for the church' (Eph. 5:25-29)." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"Women Try to Be Pornography"

"As women lose their value in our culture, the only way young girls believe they can get attention from boys is to be pornography. As a result, young girls and older ladies wear skimpy, tight clothing designed to stir up lust in guys. However, God's word mentions modesty and propriety." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"In like manner also, that women clothe themselves in modest clothing, with decency and self-control, not with braided hair, gold, pearls, or expensive clothing (1 Tim. 2:9)." (Meredith Curtis, "5 Ways Pornography Devastates Lives", Charisma News, June 23, 2015, <http://www.charismanews.com/opinion/50198-5-ways-pornography-devastates-lives>)

"WHY MORE AND MORE WOMEN ARE USING PORNOGRAPHY"

"A committed Christian, she first came across porn at the age of 11 in a magazine that belonged to her brother, and was addicted for eight years before she got her wake-up call when she arranged an anonymous hook-up with a man she met over the net. Renaud recalls: 'I had no friends. No passions. I had one mission and purpose in my life: pornography. Any way I could find it, I would. It didn't matter where I was or what I was doing. Home, school, my friend's houses, summer camp and yes, even church: my addiction came too.'"

"As a trained counsellor, Renaud now calls women's addiction to pornography 'widespread and silent'. In almost every case, the women she meets believe they are the only ones ever to have struggled with the issue. 'Porn and sexual addiction has always been referred to as a man's problem,' says Renaud. 'But for women it's an unspoken struggle. We have to give them the opportunity to say: 'Me too.'"

(Tanith Carey, "Why More and More Women are Using Pornography", The Guardian, April 7, 2011, <http://www.theguardian.com/culture/2011/apr/07/women-addicted-internet-pornography>)

“Research indicates that women who get breast implants are four times as likely to commit suicide as other women are.” (Dr. Judith Reisman, Dr. Jeffrey Stainover, Dr. Mary Anne Layden & Dr. James B. Weaver, III, “Hearing on the Brain Science Behind Pornography Addiction and the Effects of Addiction on Families and Communities”, CCV.org, November 11, 2004, http://www.ccv.org/wp-content/uploads/2010/04/Judith_Reisman_Senate_Testimony-2004.11.18.pdf)

“The Effects of Pornography on the Spouse and Marriage”

“When a wife discovers her husband’s pornography use, the emotions experienced are similar to the grieving process associated with the death of a loved one: shock, disbelief or denial, anger, depression and, finally, acceptance. Acknowledging, accepting and allowing those feelings to take their course are important. Pornography frequently changes the addict’s personality, influences the way he treats others and causes an emotional distance from those around him. The spouse often feels betrayed, rejected, abandoned and unimportant. Feelings of deep loneliness and responsibility for the addiction are almost universal. Anger at the addicted spouse and even toward God is common. ‘I did everything I was supposed to do. Is this what I get for it?’ They may feel abandoned not only physically and emotionally, but also spiritually.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography addicts frequently pressure their spouses to keep the issue private. This isolation compounds the downward spiral of unhealthy feelings and counter-productive behavior. Without appropriate help and counseling, the emotional, physical and spiritual health of the spouse will deteriorate.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography use may eventually lead to divorce. Statistically, fifty-five percent of divorces are related to pornography. Nevertheless, a large number of couples are able to find recovery and healing through recognition of this addiction and by seeking appropriate help. Several factors influence the probability of healing the relationship:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “The addict willingly discloses the problem and is completely open and honest before he is caught” (“Safety Net – Resources to Protect Your Family from

Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “The addict chooses to get appropriate help, including counseling and participation in a 12-Step program rather than assuming he can recover on his own” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “The couple has realistic expectations. Change takes time and there will usually be relapses. With good counseling and support, however, these slips become less severe and less frequent” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Both the addict and the spouse get the counseling and support they need” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Is pornography a problem for women?”

“While pornography use is currently not as common among women as it is for men, the number of women who view pornography is rapidly increasing. Seventy percent of new pornography websites are geared towards women. Pornography addiction in women frequently takes different forms than for men. For example, men tend to respond to visual images, while women initially tend to be more drawn to verbal and written forms of pornography such as graphic romance novels, explicit chat rooms, or online romantic role playing. Many women are drawn into social media relationships that can lead to the production of self-pornography for dissemination to individuals they meet online. Some women agree to watch pornography with their boyfriend or husband as a way to “spice up” the relationship or in an ineffective attempt to keep him from viewing it alone. In many cases, women can become addicted to the pornographic material. The same dangers of addiction and the same process of recovery that apply to men also apply to women.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Spouses of Addicts”

“Typically, how does a spouse respond when they find out about a pornography problem?”

“Feeling intense hurt, sadness, low self-worth, betrayal, anger, or even hatred is common. It is important for spouses to recognize how they are responding emotionally, and to find a trusted friend or family member or ecclesiastical leader with whom they can share these feelings and seek support. It is also important to honestly share those feelings with the addicted spouse.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Keeping things in perspective is important. Having a pornography problem does not negate everything good in the addicted spouse. Still, it is a significant, serious problem and should not be minimized. Remembering positive experiences can help provide motivation to work through the difficult times ahead and apply the necessary effort to save the marriage. It is helpful to try to be calm and compassionate. On the other hand, feeling responsible to change the addict’s behavior or lashing out in anger is not helpful. The addict’s spouse needs help and support as she works through her emotions and sets appropriate boundaries. Getting help will ensure the emotional well-being of the spouse and will aid in repairing the marriage relationship.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Why can’t my spouse just stop viewing pornography?”

“Pornography is addictive. Once the addiction is established it is extremely difficult to quit and it is almost impossible to stop without outside help.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How is the addiction of a spouse/loved one likely to affect me personally?”

“Many spouses of addicts feel a sense of isolation and abandonment after discovering the addiction. It is common for the addict’s spouse to avoid telling others about the addiction, hide her feelings, or pretend that nothing is wrong. She often feels a great deal of pressure to protect the addicted spouse and preserve the image of normalcy. As the addict’s spouse withdraws, it is common for her to feel increasingly lonely and hopeless. Depression and even thoughts of suicide may result.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Discovering an addiction can start a chain of devastating emotional responses. Many spouses of addicts experience intense anger, while others respond by feeling numb and listless. Thoughts such as, ‘How could this happen to me?’ or ‘What did I do to deserve this?’ are common. Many spouses have feelings of guilt or a false misplaced sense of personal responsibility for the addiction. Spouses often experience feelings of low self-worth and fall into thinking, ‘This wouldn’t have happened if I had just been a better wife,’ or ‘If I was were just more attractive or sexy, this wouldn’t be a problem.’ This type of thinking is often followed by feeling the need to fix the problem and the belief that some action on their part, such as working harder to be pleasant or losing weight, will make the problem go away. When such efforts to fix the problem do not work, feelings of fear, anxiety, hopelessness, and despair increase. Fear and uncertainty about the future—‘What is going to happen? If I were to leave the marriage, what would I do? What about the children? What about our marriage?’—can become overwhelming.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As emotional wellbeing deteriorates, spouses often fall into counter-productive behaviors or dangerous coping mechanisms. Spouses commonly try to be the policeman by constantly monitoring the addict or trying to manage his recovery. They frequently become obsessed with looking for ‘evidence’ by checking their spouse’s email, reading their journal, looking for unusual charges on credit card statements, or checking the calls on their spouse’s cell phone. Many develop eating disorders such as anorexia, bulimia, overeating, or under-eating. Serious depression is very common. Hopeful feelings like ‘We have finally gotten to the bottom of this and will put this behind us forever,’ alternate with feelings such as, ‘There is no hope for ever getting out of this endless cycle.’ The addict’s spouse may wonder what is wrong and why they she feels so out of control.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How is the addiction of a spouse likely to affect our relationship?”

“Discovering that your spouse is addicted to pornography can turn your world upside down. Many spouses of addicts feel deeply hurt, betrayed, angry, ashamed, numb, sad, depressed, or helpless. Many initially worry that they will never be able to trust their spouses again. Spouses often feel

uncertainty and fear for the future.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The cycle of feelings experienced is very similar to grieving for the death of a loved one and may include the following symptoms:

- 1) “Shock”
- 2) “Disbelief or denial”
- 3) “Anger”
- 4) “Bargaining”
- 5) “Depression”
- 6) “Acceptance.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Acknowledging, accepting, and allowing those feelings to take their course are important steps. Addicts frequently withdraw and disconnect from relationships. The addict may exert pressure on the spouse to protect his secrecy or to not pursue help. It is crucial for spouses of addicts to get help, regardless of whether the addicted approves.” (“Safety Net – Resources to Protect

Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As the spouse of an addict, what can I do to find healing for my damaged relationship?”

“It is just as important for the spouse of an addict to reach out and get help as it is for the addict. This means developing a strong support network, getting appropriate counseling, participating in a 12-Step program, and having a sponsor. If both parties are willing to do their part in working toward recovery, usually trust can be rebuilt over time and the relationship can begin to heal. The initial focus, however, needs to be on individual recovery. While many spouses of addicts want to jump in and work on fixing the marriage relationship, working to heal the marriage can be ineffective and even counterproductive as long as the addiction and its effects on the addict’s spouse are active and unresolved. It is like pumping air into a tire that has a hole in it. As long as the hole is there, any air pumped into the tire will just leak out. The hole in the marriage needs to be repaired first as each individual gets help. Repairing the marriage relationship will come later. Counseling from a qualified therapist who specializes in sexual addiction is often useful in this process.” (“Safety Net –

Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Spouses of addicts frequently fall into behaviors that are counterproductive to the recovery process. They may try to control or compel the addict’s recovery. On the other extreme, they may be so afraid of “rocking the boat” that they will not set boundaries to protect themselves or set consequences if those boundaries are crossed. Relationships have the greatest chance of healing if the spouse focuses on her own individual recovery and well-being rather than obsessing about her spouse. The spouse of the addict also needs to set the clear boundaries and expectations with the addict as well as establish consequences if the boundaries are crossed they are not met.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How do I find hope and healing for myself as the spouse of an addict?”

“For the spouse of an addict, there are many things that can be done to more effectively handle the difficult emotions and trauma that may be experienced. The following are five elements to healing that many have found helpful:”

- 1) “Break the secrecy: Develop a support system and find others to safely confide in. This may include a parent, a close friend, a religious leader, and/or a therapist.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- 2) “Become educated: Learn about the nature of pornography addiction. While spouses of addicts can support recovery, it is important to understand that the addict is responsible for the progression of his own addiction and it that cannot be fixed by trying to control the addict.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- 3) “Practice self-care and set boundaries: Slow down and allow time before making life changing decisions. Prayerfully set boundaries defining unacceptable behavior in order to protect your emotional, physical, and spiritual wellbeing. Make time for daily physical and spiritual care.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- 4) “Get Therapy: Seek appropriate personal and marital counseling.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- 5) “Find a 12-Step Program: Network with the spouses of other addicts. Work the 12 steps of recovery and find a sponsor.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What programs and resources are available for me as the spouse of an addict?”

“12-Step programs: S-Anon is a 12-Step program for spouses or other family members, whose lives have been impacted by the behavior of sex addicts, including those with pornography problems. It is allied with Sexaholics Anonymous.”

SA Lifeline: www.salifeline.org

“How do I balance my need for support and healing with my desire to maintain my spouse’s anonymity?”

“For the spouse of a pornography addict, getting the support and help needed is particularly difficult because doing so involves disclosing the addict’s behavior to someone else, and thus breaking anonymity to some degree. One of the most serious side effects of a pornography addiction for the spouse of an addict is that she can either consciously or subconsciously be manipulated into remaining quiet and suffering in silence. It is important to realize that although the addict has control over his actions, he has no right to control his spouse’s behavior. The addict’s spouse must feel free to build a safe support network, to attend recovery meetings, and to seek appropriate counseling. The decision about how much information to disclose and to whom should be made with sensitivity and discretion. Many women find it helpful to share what they are experiencing with a trusted friend, family member, ecclesiastical leader, sponsor, or support group. Indiscriminate disclosure of a pornography addiction is not advisable and can result in adverse consequences for children and others involved.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“YOUR SEXY PLASTIC BRAIN: PORN ADDICTION CAN’T BE BLAMED ON BIOLOGY”

“By ‘plasticity’ he means that our brains and our sexuality are molded by our experiences, interactions, and other means of learning, which is why people vary in what they say is attractive or what turns them on. The brain actually creates neural pathways that label a specific type of person or activity as arousing.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, <http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/>)

“In Elizabethan times lovers were so enamored of each other’s body odors that it was common for a woman to keep a peeled apple in her armpit until it had absorbed her sweat and smell. She would give this ‘love apple’ to her lover to sniff in her absence. We, on the other hand, use synthetic aromas of fruits and flowers to mask our body odor from our lovers. Which of these two approaches is acquired and which is natural is not so easy to determine. A substance as ‘naturally’ repugnant to us as the urine of cows is used by the Masai tribe of East Africa as lotion for their hair — a direct consequence of the cow’s importance in their culture. Many tastes we think ‘natural’ are acquired through learning and become ‘second nature’ to us. We are unable to distinguish our ‘second nature’ from our ‘original nature’ because our neuroplastic brains, once wired, develop a new nature, every bit as biological as our original.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, <http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/>)

“This will come as sad news to many. The attraction, compulsion, and even addiction to porn are learned behaviors, which means people play a huge role in their own habituation. Don’t blame it on biology or evolution.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, <http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/>)

“SPIRITUAL HEALING IN THE MIDST OF A HUSBAND’S ADDICTION TO PORNOGRAPHY”

“A short time ago, while posting a poem titled ‘I Looked for Love in Your Eyes,’ I lamented that while there are many, many books written to help men overcome an addiction to pornography, there is very little written to help the women who have been victims of a husband’s addiction. Shortly after I received an email from Vicki Tiede who has written just such a title. Her book, titled *Mosaic Heart: Spiritual Healing in the Midst of a Husband’s Addiction to Pornography* (Update: The book has been released as *When Your Husband*

Is Addicted to Pornography) will be published by New Growth Press, probably about a year from now.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“I asked Vicki if, in the meanwhile, she’d be willing to do an interview to offer some words of help to women who are struggling with the effects of their husband’s sin. She was kind enough to do so. Here is what I asked her:”

- **“What is the scope of this problem? How many women are struggling with the effects of a husband’s addiction to pornography?”**

“For nearly every man who regularly views pornography, there is likely a wife or girlfriend experiencing the fallout resulting from his choices. According to TopTenReviews.com, 28.8 million U.S. men regularly visit pornography websites. 50-60% of Christian men struggle with addiction.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

- **“From a wife’s perspective, is there a difference between an addict and a more casual user? Should there be?”**

“This is a great question. First let me give you a technical response and then I’ll give you a heart response. The term ‘addiction’ implies that there is a progression, tolerance, and an inability to stop the behavior even when there is a desire to stop. A single act of viewing pornography would not be an addiction. However, a ‘casual user,’ indicates more than a single act and I would suggest that a ‘casual user’ is already on the slippery slope of addiction. Pornography has a snowball effect; what may begin as seemingly ‘innocent,’ occasional visits to a porn site often slowly increases to greater frequency of visits and for larger amounts of time.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Sadly, this increased exposure to porn results in desensitization and tolerance, so when free internet pornography no longer satisfies their supposed needs, some men expand their repertoire to include subscription pornography, massage parlors, strip clubs, prostitutes, hotel rooms, and travel expenses for clandestine affairs. So to answer your

initial question - Is there a difference between a one-time exploration and an addiction? Yes. Is there a difference between an addict and a more casual user? No, there is not enough difference to suggest that we can dismiss casual use as harmless.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Now, here’s the heart response of a wife ... I would ask the question, ‘Is the betrayal any less heartbreaking if a husband only has an extra-marital sexual affair ‘once in a while,’ and he insists he can ‘stop having affairs anytime he chooses to do so,’ than if he seeks sexual fulfillment from someone other than his wife several times a week and can’t stop himself?’ It seems ridiculous to even answer such a question, doesn’t it? Whether a man claims to be a casual user of porn or is addicted, his wife still experiences the same feelings of rejection and loss.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“To be honest, in my book I tell women that they should thank God if their husband is struggling with his addiction to pornography. That struggle is an indication that the Holy Spirit is at work. It’s when a husband feels no conviction for his sexual sin that hope seems harder to hold onto.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

- **“What is the struggle of women whose husbands are battling (or perhaps given over to) pornography? What do men need to know about the way a husband’s use of pornography tends to affect his wife?”**

“When the truth is unveiled about a husband’s addiction to lust, self-gratification, and pornography a wife needs to take time to grieve her losses, of which there are many. They don’t need to pretend everything is okay, when it’s absolutely not. Topping the list of losses is trust. She trusted her husband enough to share everything with him—her heart, mind, and body— and that’s been betrayed. I spend a lot of time helping women wrestle down this issue in my book.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Many women also lose financial security and health. When most people grieve losses (i.e. in the case of a death), they are able to share their

pain with friends and family who are aware of their suffering. Grief resulting from betrayal is unfortunately usually very private, covered in secrecy and shame. I sincerely want women to know that they are not alone and I equip them to choose safe and healthy support networks.”

(“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“It’s also very normal for the wife of a porn addict to feel suffocated by feelings of fear, need for control, guilt, anger, and dependence on her husband for her happiness and sense of self-worth. In my book, we walk through the process of surrendering those feelings and replacing them with healthy alternative, which are grounded in Scripture.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Finally, it stands to reason that when a man chooses to burn the midnight oil looking at computer-enhanced images and engaging in self-gratification rather than enjoying real intimacy with his wife, there are going to be significant repercussions in the marriage bed. Consequently, often much healing is necessary in the area of sexual intimacy.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

- **“When writing on this topic, why do you focus on spiritual healing? What about other types of healing (emotional, sexual, etc)?”**

“My prayer is that a woman will focus her eyes on the God of Hope, rather than basing her hope and happiness on her husband’s choices. Learning to allow God to meet her greatest needs is a long and learned process, probably longer than the amount of time it will take to go through my interactive book. It’s a slow dance through brokenness in the arms of the Almighty. I know. I’ve been in her shoes and I’ve learned the intricate steps to finding Hope in the midst of a husband’s addiction to pornography.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“As a woman works her way through the book, learning how to let God heal her heart, she will also be dealing with her damaged emotions and painful sexual experience—total healing.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“ More than anything, I want my reader to know she is not alone or abnormal in her experience and the ensuing feelings that come with a husband’s choice to engage in pornography. I do this by providing true, first-hand accounts from 26 other women who have made it through or are successfully navigating sexual betrayal.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“*Mosaic Heart* is interactive, giving the reader ample opportunity to engage in Scripture related to the stages of healing her heart. Guiding questions and plenty of white space give the reader a place to process her own story and discover how what she is learning in *Mosaic Heart* applies to her unique situation. As a result, she is able to redeem the pain of her own sexual betrayal in the wake of her husband’s pornography addiction, and embrace personal and spiritual growth.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

- **“What are two or three things a woman needs to know in order to begin to think biblically about her husband’s addiction to pornography?”**

“Only two or three? Okay, here it goes ...”

“First, she can’t base her hope on her husband. Throughout the course of the book, many times she’ll hear me say that her hope and happiness must not be dependent on the choices her husband makes every day.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Second, God longs to meet her in the center of her pain. He can handle her tears. He knows her anger. There isn’t a feeling she’s experienced that He hasn’t experienced Himself. He hears her cries for mercy and He will come to her relief. Regardless of how deep her pit of despair, His hand can reach her. She can trust that whatever He allows in her life has eternal value.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Finally, even while she is in the midst of her husband’s addiction to pornography, God is able to collect her broken and fragmented heart and begin creating a work of splendor in His masterful hands. Believe it.

It's true." ("Spiritual Healing in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

- **"What should a wife's role be in helping her husband overcome an addiction to pornography? What should it *not* be?"**

"I want to be clear about two things. First, *Mosaic Heart* is not meant to give a woman a list of tools and skills to fix her husband. This book is for and about her, not her husband. There are several outstanding nonfiction books that offer general information about what a pornography addiction is all about, however, my book is about healing her broken heart, it's not a 'How to cure your husband's pornography addiction' manual. God is the only one who can and will heal her husband if her husband is willing to commit to the hard work. Our God, after all, is on a wild rescue mission to restore each of us to a right relationship with him. God can do it. She can't." ("Spiritual Healing in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

"Second, despite anything her husband or others might have told her to the contrary, there is absolutely nothing she has done or not done that has caused her husband to choose pornography. Period." ("Spiritual Healing in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

"Having said that, there are some things she can do to promote a healthy environment for healing. I address these at the end of my book. She can..."

- "Work toward forgiveness. (This is a process, not an event!)"
- "Fix her eyes on God and credit Him for the work He's doing in her heart, her husband's heart, and in their marriage."
- "Talk to her husband about true intimacy."
- "Address the issue of the pornography addiction. Talk about it!"
- "Be extremely sensitive to sexually charged media or resources in their home."
- "Remember that God appointed the Holy Spirit the task of conviction. She is only responsible for her obedience to the Word of God. She is not responsible for his daily choices."

("Spiritual Healing in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

- “A healthy environment for healing does not include ...”
 - “Acting like the ‘porn police.’”
 - “Withholding forgiveness because it feels like a ‘get out of jail free’ card.”
 - “Withholding intimacy, especially when healthy intimacy had been reestablished.”
 - “Being vengeful.”
 - “Ignoring her own issues of sin or brokenness.”
 - “Being unwilling to separate his addiction from who he is aside from the deviant behavior. He is not all ‘bad,’ just as she is not all ‘good.’”
 - (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)
- **“It seems that most pornogrpahy counseling focuses on helping the man overcome his addiction. Are pastors who counsel men prone to overlook the way pornography may have affected this man’s wife?”**

“Yes.”

“Oh, you were looking for more than a one word answer?”

“I think this is absolutely true, but not because they intend to overlook the wife. I believe most available resources focus their attention on the man and how to help them stop their behavior. Many resources specifically for wives, are meant to educate women about the addiction. I wrote *Mosaic Heart* because I could find not published Christian books specifically addressing the spiritual healing that only God can provide a woman as she seeks total healing in the wake of sexual betrayal.”

(“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“In addition to reading *Mosaic Heart* and working through the questions in the book, I strongly encourage women to seek professional counseling with a qualified therapist, pastor, or counselor-led support group. To be honest, many pastors feel ill-equipped to counsel a woman in this situation. I pray this book will provide an additional tool for therapists and pastors to offer wives, and that it will minister to her heart in order to equip her to be a healthy partner, which in turn promotes a

restored marriage.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

- **“What would you say to the woman who can’t wait a year for your book?”**

“To gain understanding about the addiction, I recommend the following book and website:”

“I wish I could send every woman to her home church, but I’m hesitant to do so. I am well aware that some churches take the ‘medicate the symptoms’ rather than ‘acknowledge and address the disease’ approach when faced with issues like pornography and advanced levels of sexual addiction in the family. I love the local church and I feel very strongly about submitting to the authority of a healthy local church (emphasis on healthy). However, I encourage women to prayerfully proceed with caution. It pains me to feel the necessity to give this warning, but not all churches and pastors are safe places. I’ve heard too many stories of wounded women going to their church after learning about their husband’s addiction, and receiving counsel that does not promote healing. In Mosaic Heart, I help women discern whether or not her church is a safe place to go for healing. My prayer is that with continued transparency about this issue in churches, more and more churches will become safe places for these women.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“THE BATTLE PLAN”

“3 recommendations for a woman struggling with porn (by Audrey Assad)”

1. **“Confession.** Speaking your sins aloud to someone you trust is the surest way to begin to confront them, and then to walk away from them.” [Josh note: Confess your sins one to another] (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)
2. **“Accountability.** Pick several people in your life (probably of your same gender, unless you’re choosing you brother or your dad) who know you well and who don’t judge you for your sins, but who care enough about

you to hold you accountable to what you are attempting to do. A great way to be accountable online is to use Covenant Eyes.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

3. **“Counseling.** Pornography feeds on what is, deep-down, a good and innocent need – the need for intimacy, for love, and for affection. Most often when someone is addicted to pornography, the foothold of the enemy is to warp and twist those natural, God-given needs and desires. A good counselor can help you unravel the spiritual and emotional reasons those needs and desires are being preyed on, and help you develop healthy ways to meet those needs at your stage in life and in your state of life.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

“It’s extremely helpful that you examine each stage in the sequence and honestly reflect upon your own experience. Once you have done this you can then write a deactivation sequence ... A game plan.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

1. **“Stimulus or Trigger.** One encounters something which activates the sequence. (Internet ad, mindlessly searching on YouTube)” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)
2. **“Emotional Response.** One has an emotional response (instant excitement, interest or curiosity)” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)
3. **“Thought.** Almost simultaneously with the emotion is a thought. (‘What will I see;’ ‘can look at pornography;’ ‘no one has to know’).” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

“Here are five questions...are you addicted?”

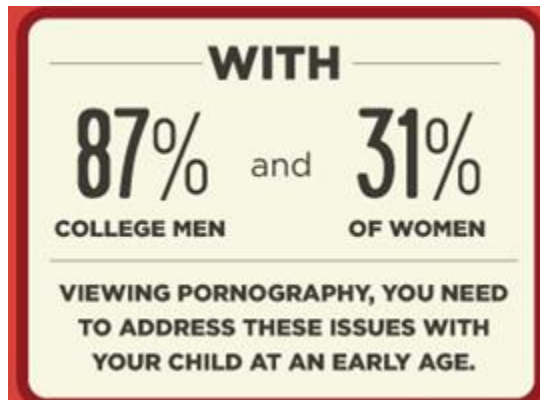
1. “Do you have a preoccupation with pornography?”
2. “Have you had repeated unsuccessful attempts to control or stop viewing pornography?”
3. “Do you use pornography as a reward for hard work, and/or a way to escape problems or negative emotions?”
4. “Are you risking the loss of a significant relationship, job or educational or career opportunity because of the use of porn?”

5. “Have you been thinking that you might need counseling because of your pornography use?”

(Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

XI. CHILDREN

“In Great Britain, *The News Telegraph* reported recent research by the Institute of Public Policy Research. A year-long study of 30 families and responses from pupils and teachers in 10 schools found ‘net porn seen by nine out of ten children’ in the UK, with roughly half solicited for by an adult for an apparent sexual meeting. As confirmed in similar research in the USA, the child who, using an innocent sounding word to search for information or pictures was instead guided to stealth ‘sex sites.’ Sonia Livingstone, a professor of social psychology at the LSE, who conducted the research, said that such experiences were common. ‘From my research, nearly all – 90 per cent - of the children had seen some kind of pornographic content. The numbers engaging in chat with people they had never met was about half.’” (*The News Telegraph* from the United Kingdom, November 25, 2001.) (Judith A. Reisman, PhD, “The Psychopharmacology of Pornography: A Clear & Present Danger”, The Institute for Media Education, January 2000, In Set Free Resources – Unavailable online)



“The Science: What Happens to the Teens Brain”

“The circuitry in the brain undergoes an explosion of growth followed by a rapid pruning of neuron pathways between 10 and 13.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Brain scans have also found the teenage brain is dominated by areas associated with pleasure and reward, and emotional response, perhaps explaining the emotional roller-coaster years associated with puberty.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Dopamine is a neurotransmitter that is central in our drive for personal reward. When teens take part in stimulating or potentially addictive habits, such as pornography, there is a flood of dopamine in the brain. With

repetitive increases of dopamine released into the teen brain it is rewired to crave the same effect.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Teen brains are the most sensitive to dopamine at around age 15 and react up to four times more strongly to images perceived as exciting.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“A teen’s brain is at its peak of dopamine production and neuroplasticity, making it highly vulnerable to addiction and rewiring as their brain is not yet finished developing.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Sexuality specifically increases DeltaFosB a protein that serves a role as a mediator in natural reward memory. This study also found that overexpression of DeltaFosB induced a hypersexual syndrome.” (“How Pornography Addiction Affects the Teenage Brain – Infographic”, Help Your Teen Now, September 25, 2014, <http://helpyourteennow.com/how-pornography-addiction-affects-the-teenage-brain-infographic/>)

“Additionally, Malamuth, Addison, and Koss (2000) found that very frequent pornography use was associated with much higher rates of sexual aggression among older adolescent boys and young men already at high risk for aggressive behavior.” (Malamuth, N. M., Addison, T., & Koss, M. (2000). Pornography and sexual aggression: Are there reliable effects and can we understand them? Annual Review of Sex Research, 11, 26–91.) (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“High risk factors that were taken into consideration for this study included impulsivity, hostility toward women, and promiscuity. Youth who had the same risk levels of aggressive behavior, but who consumed pornography ‘somewhat,’ ‘seldom,’ or ‘never’ did not show the same levels of sexual aggression.” (Jill C. Manning, “The Impact of Internet Pornography on Marriage and the Family: A Review of the Research”, Amazon News, November 10, 2005, http://s3.amazonaws.com/thf_media/2010/pdf/ManningTST.pdf)

“It is estimated that 2 million children worldwide have been offered on the web or depicted in sexualized violence. According to the annual report of ECPAT (End Child Prostitution, Pornography and Trafficking of children for Sexual Purposes), in the European Union alone, several hundred thousand children are trafficked every year. Many thousands of children are abducted and never seen again. This traffic in children serves the Internet supply and demand.” (Michael O’Brien, “The pornography plague is stripping our humanity”, Lifesite News, April 8, 2015, <https://www.lifesitenews.com/opinion/the-pornography-plague-is-stripping-our-humanity>)

“Most people understand intuitively or from looking at research or clinical experience that there is a connection between using child pornography and the behavior of child rape. The images in child pornography are Permission-Giving for sexual behavior between adults and children. Child rapists tell me they “know” that kids like to have sex with adults because they have seen their smiling faces in the child pornography they access on the Internet.” (Mary Anne Layden, “Pornography and Crime: Reporting the presence of pornography connected to crime”, AFA-KSMO, February 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“Only 11% of juvenile sex offenders said they did not use sexually explicit material.” (Becker, J. V. & Stein, R. M. (1991). Is sexual erotica associated with sexual deviance in adolescent males? International Journal of Law and Psychiatry, 14, 85-95.) (Mary Anne Layden, PhD, “Pornography and Violence: A New Look at Research,” Social Costs of Pornography, Accessed November 19, 2015, http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf)

“HOW PORNOGRAPHY HARMS CHILDREN”

“The habitual consumption of pornography can result in a diminished satisfaction with mild forms of pornography and a correspondingly strong desire for more deviant and violent material.” (Take Action Manual (Washington, DC: Enough is Enough, 1995-96), 9.) (Donna Rice Hughes, “How Pornography Harms Children”, ProtectKids.com, September 1998, <http://www.protectkids.com/effects/harms.htm#ii>)

“Adult Internet pornography is the most common form of teen sex education in the US ...” (Mary Anne Layden, PhD, Director, Sexual Trauma and Psychopathology Program, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“INDEPENDENT PARLIAMENTARY INQUIRY INTO ONLINE CHILD PROTECTION”

“Since the early days of the World Wide Web, pornography has been one of the most widely available forms of internet content.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...‘the whole history of human sexual perversion is only a few clicks away.’ ...our children, with their natural curiosity and superior technological skills, are finding and viewing these images.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...so called device-level filters – rather than blocking content at a network level. ... in tackling child abuse imagery by collectively ... with the IWF to block sites known to contain illegal abuse images.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Children spend increasing amounts of time online, are often more ‘tech savvy’ and knowledgeable than their parents and know how to circumvent or avoid device filters.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“A network-level ‘Opt-In’ system, maintained by ISPs, that delivered a clean internet feed to customers as standard but allowed them to choose to receive adult content, would preserve consumer choice but provide an additional content barrier that protected children from accessing age inappropriate material. This model would emulate the system already used by most major UK mobile phone companies, where access to adult content is blocked until an age verification check is conducted by the network operator, and could use the filtering technology already operating in all schools and on some public Wi-Fi hubs.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Many parents report feeling left behind by the evolution of technology and that they lack the knowledge and skills to educate their children about internet safety. Parents are also concerned about many other forms of disturbing internet content including cyber bullying, extreme violence, self-harm, suicide and pro-anorexia websites.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...six out of ten children can access the internet without filters in their homes.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“No filtering system will ever deliver total protection and parents will still need to remain engaged and active in helping their families stay safe online.” (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...nine out of ten children aged 5 to 15 have internet access at home.” (Ofcom children’s and parents’ media use and attitudes report 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“The average age when a child first uses the internet in the UK is 8 years old, and the majority of children access the internet alone...” (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The Perspective of European Children 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“A 2008 YouGov survey found that 27 per cent of boys were accessing pornography every week, with 5 per cent viewing it every day.” (Sex Education Survey, YouGov 2008) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“...but one quarter of teenage boys in this study said that they view sexual images online.” (Livingstone, S., Haddon, L., Gorzig, A., and Olafsson, K. (2011) EU Kids Online, Risks and Safety on the Internet: The Perspective of European Children 2011) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“Smallscale and more anecdotal studies suggest four out of five children aged 14-16 regularly access online porn at home.” (Psychologies Magazine, July 2010) (“Independent Parliamentary Inquiry into Online Child Protection”, Media March, May, 2012, <http://www.mediamarch.org.uk/Images/final-report.pdf>)

“One prominent researcher called the inundation of young children with extreme Internet pornography as ‘the single, largest unregulated social experiment in history.’” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

“The study found an increasing trend for the distribution of sexually explicit content produced by younger children using laptop webcams...” (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

- “17.5% of content depicted children aged 15 years or younger
- “85.9% of content depicting children aged 15 or younger was created using a webcam.”
- “93.1% of the content depicting children aged 15 or younger featured girls.”

(Publication: Internet Watch Foundation, Author: Internet Watch Foundation, in partnership with Microsoft, Date: 03/10/2015) (“Pornography: A Public Health Crisis”, National Center on Sexual Exploitation, July 14, 2015, <http://shop.endsexualexploitation.org/collections/frontpage/products/pornography-a-public-health-crisis-how-porn-fuels-sex-trafficking-child-exploitation-sexual-violence-booklet-and-free-download?variant=8300519939>)

Table 1 Characteristics of Exposure to Internet Pornography before Age 18

	Boys n = 192	Girls n = 371
Exposure to Internet Pornography		
Yes, before 18	93.2%	62.1%
Yes after 18	4.2	20.6
...		
Reasons for viewing Internet pornography before 18		
Sexual excitement	69.3%	16.8%
Curious	53.1	26.1
Wanted information about sex	39.7	19.5

(Chiara Sabrina, Janis Wolak, David Finkelhor, "The Nature and Dynamics of Internet Pornography Exposure for Youth", University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

"We know from the young people who contact ChildLine that viewing porn is a part of everyday life, and our poll shows that one in [20%] five 12 to 13-year-olds thinks that watching porn is normal behaviour." (Patrick Howse, "Pornography addiction worry' for tenth of 12 to 13 year-olds", BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

"CHILDREN MAY BE TOO CLEVER FOR OUR INTERNET PORN FILTERS, MINISTER ADMITS"

"The government's plans to prevent children from accessing internet pornography may fail because young people are 'smarter' than adults when it comes to technology..." (Laura Hughes, "Children May be Too Clever for our Internet Porn Filters, Minister Admits," The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

The [U.K.] minister for internet safety and security and a former Facebook executive... 'whatever solutions' the government puts in place children 'will find their way round it.'" (Laura Hughes, "Children May be Too Clever for our Internet Porn Filters, Minister Admits," The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

"She said: 'Whatever solutions are put in place, they will fail at times. Young people are smarter than we are at technology, they will find their way around it and they will find their way to this material. We must be absolutely realistic. In most cases we will never be able to solve this problem completely.'" (Laura Hughes, "Children May be Too Clever for our Internet Porn Filters, Minister Admits," The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

"She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed." (Laura Hughes, "Children May be Too Clever for our Internet Porn Filters, Minister Admits," The Telegraph, November 5, 2015,

<http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>

“She said if it was necessary, the government would ‘enshrine in law’ the ability to provide family friendly filters, which she said was ‘a vital tool for parents.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

“5 THINGS I’LL TEACH MY BOYS ABOUT PORNOGRAPHY”

“But where does it begin? How does it start? How can we prevent it?” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

“Science tells us children define gender roles and sexual value patterns between age 2-5 and form more advanced views by age 10. As parents and leaders, we must recognize a warped definition of sexuality at age 9 will likely produce significant damage in a child’s ability to form healthy relationships as an adult.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

“So, how can we protect our boys and set them up for a successful and healthy sex life with their spouse? How can we help these little gentlemen protect and respect women for more than their bodies?” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

“The Growing Epidemic”

“‘Wait! I need to talk to you!’ a woman’s voice called out as I crossed the lobby following a church presentation. Her eyes revealed her distress, and she blurted out, ‘I just found out my 11-year-old daughter’s been watching online porn for months. What should I do?’ Many Christians assume that they are insulated from problems such as these. Sadly, this mother’s situation is far from unique. Parents call us regularly because they’ve discovered their children’s exposure to Internet pornography. Not the pornography of yesteryear; rather, the kind that exists today, a cornucopia of increasing depravity. The Internet offers a depth of degradation that

wouldn't have been available even in adult bookstores 20 years ago. Tragically, I received a call from parents after catching their 8-year-old watching bestiality videos on his iPod Touch.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

XII. SOLUTIONS

“...parents need to educate themselves about pornography – and to talk candidly to their children about how little justice it does to one of life’s great pleasures. That will be difficult for many. But the best weapon against misinformation is the truth, not an embarrassed silence.” (“Generation XXX”, Economist, September 26, 2015, <http://www.economist.com/news/leaders/21666614-free-pornography-ever-more-plentiful-online-right-response-involves-better-sex>)

“The main defenses against pornography are close family life, a good marriage, and good relations between parents and children, coupled with deliberate parental monitoring of internet use.” (Cathy Cleaver Ruse, “Pornography and its consequences,” Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

“...aggressive enforcement of *all* pornography laws.” (Cathy Cleaver Ruse, “Pornography and its consequences,” Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

“PORNOGRAPHY BIBLICAL INSIGHTS”

“In 1 Thessalonians 4:3 God commands us to “abstain from fornication” (KJV). The word “fornication,” from the Greek word *porneia*, is the same root from which we get the word pornography. Fornication refers to any sexual behavior deviant from God’s moral law. Thus, 1 Thessalonians 4:3 is a command to “abstain from pornography” since it is God’s will that we be sanctified or set apart. Attempting to live a life of holiness and moral purity is a spiritual battle and personal struggle (Rom. 7:8-23). But it is not a struggle that cannot be overcome.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“A desire for self-gratification in our first human parents led to their downfall and sin (Gen. 3:5-7). It must be understood that sin exists as a distortion of what is true and good. Pornography is an example of such a distortion; it distorts something wonderful (sex) that God has provided for mankind. God created sex as a wonderful act between a man and a woman, and it is important that we understand why God created sex so that we understand

the difference between distorted sexuality (pornography and lust) and biblical sexuality. God created sex as a physical expression of the “one flesh” union between a man and a woman in marriage (Gen. 2:24). It provides intimacy and pleasure within marriage, and leads to the miracle of procreation. It is important that this proper view of biblical sexuality is understood, taught, and practiced.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“We are not free, however, to do as we please; we are free to do that which pleases Him (1 Thess. 4:1)” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“The Battle Against Pornography is a Winnable Battle”

“Paul reminded the Ephesians of their former lifestyle directed by Satan (Eph. 2:2) and indulgent fleshly lusts (2:3). They had been delivered through the grace and power of God (2:4-10). Like the Ephesians, through the power of Christ’s death and resurrection we also are able to put off the old person corrupted by deceitful lusts (4:22) and put on a new person (4:23) created in righteousness and true holiness.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“We must present ourselves to Him daily and allow Him to transform our minds (Rom. 12:1-2). We must also abstain from that which feeds fleshly lusts (1 Thess. 4:3).” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“We must replace impure thoughts with pure ones. Whatever is true, honest, just, pure, lovely, good, should be our pattern for thinking (Phil. 4:8-9).” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“We must recognize that winning the battle against pornography on a personal level is the same as combating any other temptation. Joseph gives us a perfect example of the way to win this battle. When tempted to become involved in an adulterous affair with Potiphar’s wife, he won the battle through following these simple steps:” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

- “He kept before him the trust that his master had placed in him (Gen. 38:8-9). God likewise has entrusted to us the opportunity for abundant life in Christ.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

- “He saw that such a sin would be not only against his master, but against God (39:9). Even before the Ten Commandments were written, Joseph maintained a high moral standard. We must not compromise God’s moral standards (1 Tim. 4:15-16).” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)
- “He separated himself from the persistent temptation of Potiphar’s wife and fled (39:12). Many people lose the battle by constantly flirting with temptation.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

“Winning the battle against pornography within our community and nation will require cooperation with all who oppose it. As good citizens, we should oppose pornography because it has a deteriorating effect on society. Pornography is a source for many marriage and family problems and is a hidden factor in many divorces. Pornographic material is another weapon in the attack on marriage and the home. We must go beyond simply opposing the sale and use of pornographic materials; we must express concerns in the community, parents must teach their children a biblical view of sex, pastors must warn their congregations about the dangers of pornography, and we must elect and support local and state officials who will stand against pornography.” (“Pornography: Biblical Insights, ERLC, August 4, 2009, <https://erlc.com/article/pornography-biblical-insights>)

SOLUTION-ORIENTED WEBSITES (see appendix for many Christian websites)

- **“Porn Harms (pornharms.com)** - Leading national organization opposing pornography and indecency through public education and the application of law.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Sex Addicts Anonymous (SAA, saa-recovery.org)** - A recovery program based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for recovery from sex addiction.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

- **“Sexaholics Anonymous (SA, sa.org) - A recovery program based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for recovery from sex addiction.”** (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Recovering Couples Anonymous (RCA, recovering-couples.org) - A recovery program based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for couples recovering from sex addiction.”** (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“S-Anon(sanon.org) - A recovery program for men and women whose lives have been affected by someone else's compulsive sexual behavior. It is based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for couples recovering from sex addiction.”** (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Co-dependents of Sex Addicts (COSA, cosa-recovery.org) - A recovery program for men and women whose lives have been affected by their partner or spouse's compulsive sexual behavior. It is based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for couples recovering from sex addiction.”** (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Recovering Couples Anonymous (RCA, recovering-couples.org) - A recovery program for men and women whose lives have been affected by their partner or spouse's compulsive sexual behavior. It is based on the principles of Alcoholics Anonymous (Twelve Steps and Twelve Traditions) adapted, with permission, for couples recovering from sex addiction.”** (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Protecting Children against Pornography”** (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Enough Is Enough - enough.org”**

- **“Fight The New Drug** - fightthenewdrug.org”
- **“iKeepSafe** - ikeepsafe.org”
- **“Internet Safety 101** - internetsafety101.org”
- **“The Porn Talk** - Awareness/Education - theporntalk.com”
- **“Movieguide** - movieguide.org”
- **“Prevention and Help For Those in the Pornography/Sex Industry”**
- **“CyberTip Line** (report.cybertip.org) - Official place to file complaints with the Federal Government about child pornography and suspected child sexual exploitation. Directed by The National Center for Missing and Exploited Children in connection with the FBI.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“The Pink Cross Foundation** (thepinkcross.org)- help for those in the porn industry” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Shelley Lubben** (shelleylubben.com) - A former performer in pornography, turned anti-porn activist. Helps many performers get out of the industry and transition to life they want to have.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Sex Industry Survivors Anonymous** (sexindustrysurvivors.org), or check out Anne Bissell's website (annebissell.com).” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“Girls Educational and Mentoring Services’** (GEMS, gems-girls.org) - A mentoring organization with a mission is to empower girls and young women, ages 12-24, who have experienced commercial sexual exploitation and domestic trafficking to exit the commercial sex industry and develop to their full potential.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

- **“LightDancers** (lightdancers.us) - Faith-based outreach to for exotic dancers.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)
- **“JC's Girls** (jcsgirls.org) - Women's ministry, started by a former stripper, to help women who currently are or have been in the Adult Entertainment Industry” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

“Cathy Cleaver Ruse is a Senior Fellow for Legal Studies at the Family Research Council. Ruse has also served as legal counsel and program director for the National Law Center for Children and Families, a law firm devoted to strengthening and defending laws against pornography. Reprinted with permission from *FRC.org*.” (Cathy Cleaver Ruse, “Pornography and its consequences”, Life Site News, July 31, 2014, <https://www.lifesitenews.com/opinion/pornography-and-its-consequences>)

“PORNOGRAPHY”

“What are some warning signs that pornography use could be a problem?”

- “You decide that watching pornography is taking up too much time in your life and you try to cut back but you aren’t able to.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “You’ve made promises to your partner that you will change your pornography habits but begin to lie about your use.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “The time spent watching pornography is impacting your academic, work, social, and family responsibilities.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “Your relationships are being negatively impacted as a result of your use.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

- “Your pornography use, whether you are single or in a relationship, replaces or becomes preferable to sexual intimacy with a partner.”
 (“Pornography”, Brown University, Accessed July 20, 2015,
http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“These warning signs could indicate compulsive sexual behavior.”

(“Pornography”, Brown University, Accessed July 20, 2015,
http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“We’re not religious. We don’t judge. We’ve been avid Porn fans for most of our lives. But we just know the benefit of living a life without it and want you to experience it too.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“Not all men have a problem with porn. Some can watch it when they want and lead healthy successful lives and crush it with the ladies. But if it holds you back (with women or in general), *even a little*, then this is something to think about.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“Now the top ten reasons to stop watching porn:”

1. “The best version of yourself doesn’t watch porn”

“I know he’s not a real man, but do you think the character James Bond was watching porn in between killing bad guys and slaying gorgeous women? Do you think George Clooney and Brad Pitt were spending hours streaming porn and fapping in their trailers on the set on Ocean’s 13.” “There’s not a chance.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“Guys who live lives that you envy, get girls you want, and carry themselves like you should, don’t waste their time jerking off to internet porn. They are ambitious. They approach women and are smooth when they do so. The best version of you can be like this. Or you can turn to your laptop when you get aroused. Up to you.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

2. “Porn makes you lazy”

“Men no longer have to make any attempt at fulfilling their sexuality. It is the worst thing that ever happened to the race. Men used to go out of their way to win the hearts of women they wanted. They used to be romantic and bold. Now they just stay home and spend countless hours jerking off to internet porn instead.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

3. “Porn strips you of your desire for improvement”

“There is no reason to go to the gym. There is no reason to do your hair and make yourself look good. Porn will never reject you no matter how you look, and regardless of how much money you make. When there is no primal need to impress the opposite sex in order to fill mans instinctive need for lust, men let themselves go and lurk their house in their underwear.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

4. “Porn causes insecurity”

“Porn sets unrealistic standards for men. To be in porn men must have abnormally large ‘talent.’ Men who watch porn consistently grow to see that as the norm and themselves as inadequate.”

“It’s a slippery slope because this insecurity keeps men from having sex with women, in turn driving them deeper into porn use.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

5. “Many men find porn more stimulating then sex”

“Porn is now so fantastically HD, with every sexual fantasy imaginable at the click of a mouse. The pleasure of watching porn is starting to overtake the pleasure of actual sex, if it hasn’t already done so.”

“Men searching hundreds of fetishes and videos in the matter of an hour now find sex with a woman of the standard they can get (because of the porn) boring, and unpleasurable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“I could link you 100 + examples easy, of just men who write about it online. If this sounds like you, you really need to sort yourself out. Get on the forums, there are many people who have been through the same thing who can help you along the way.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

6. “Porn causes ED”

“Because of reason 4 and 5, porn causes erectile dysfunction in an enormous amount of men. Porn becomes the only thing that can stimulate them because of the intense visual experience it offers the brain. This experience is unnatural, and real sex become bland and unstimulating.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“The experience of porn is so unnatural, that it actually causes the brain to release unnatural amounts of Dopamine, the reward chemical. The brain becomes so accustom to this unnatural level of Dopamine that without porn you can not achieve an erection and you straight feel like crap.”

“It is a proven fact that porn affects the brain the exact same way as other addictive drugs. [Educate yourself on the matter.](#)” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

7. “You will find women more attractive”

“I think the greatest gift of living a porn free is how you start to perceive women around you. After months free of porn, your attraction to women will go through the roof. It is truly remarkable.” Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- **“Just the sight of a woman’s skin will turn you on”**

“Being free of porn you start to really appreciate the beauty of women. Just the sight of a woman’s skin, or her smell will be enough to throw your attraction into overdrive. Your sexual instincts will be back where they are supposed to be, and you will crave women like never before.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- **“You will start to notice women you once found unattractive”**

“Women that once were not up to your porn standards really start to pop out at you. You will start to see the beauty in women that you once overlooked because they did not have the bodies of porn stars. I find myself more and more surprised at some of the women I find attractive and for what reasons. It is really a beautiful thing.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

8. **“You will be better with women”**

“This should be reason enough for anyone to stop watching internet porn. I promise you that after months of no porn, and even better, no masturbation, you will be better with women (out of necessity!). And not just a little better, but *a lot better*.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- **“You will crave women, instead of craving your favorite videos”**

“Have you ever gotten that incredible sexual urge that comes out of nowhere. To a regular porn viewer to first thing they do is head to the internet. To men who don’t watch porn, the first thing they do is head to their cell phone to call a real girl. Or they go out and meet one.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- **“You will find it easier to talk to women”**

“Many men who give up porn find that they start to interact much smoother with women. A lot of their anxiety towards the opposite sex fades and they start to feel more confident and smooth.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

9. **“Sex will be more satisfying”**

“Instead of having ED and not finding sex as satisfying as porn, you will be the opposite. After months without porn in your life your pleasure for sex will skyrocket.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- **“You will have better, harder erections with women”**

“Without porn numbing your sexual stimulation, just the touch of a woman will be enough to get you up and going. Actual sex will feel so different than it ever did. So much more powerful and pleasurable.”

(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- **“Your intimacy levels during sex will be something that you never experienced before”**

“If you are like most men who started porn at an extremely young age, you have probably never even experienced intense intimacy. You have sexually numbed yourself from porn for years, and your first sexual experience free from porn will be like a sexual awakening.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“You will also be much better at sex itself. You will be more in touch with a woman’s body, and your own. You won’t have any performance anxiety issues and your sexual freedom and spirituality will increase.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“Sex can be the greatest experience there is, you just need to lose the porn.”(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

10. “You will simply be a better version of yourself”

“It’s a fact that if you can give up porn you will be a better version of yourself.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- **“You will think clearer and be less stressed”**
- **“You will find women more attractive”**
- **“You will be better with women”**
- **“Your sex life will improve”**
- **“You will have more energy”**

“Try it. If it doesn’t work, porn will be waiting for you right where you left it.”
(Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“There’s so many ways you will improve by just dropping one thing out of your life, it’s incredible. It seems so obvious and crazy that not everybody does it. But porn is so addicting and drawing which is why most men will

never quit. But you can.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“You can have an advantage over millions of men in the world. **You can have a better life.** If you want to reap the benefits right away, without failing over and over like thousands of men do daily, check out our program: **How to Quit Porn FOR GOOD.**” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“To help stem the tide of this criminal and psychological catastrophe, we need laws, we need enforcement, we need education, we need research, we need treatment. A good first step would be to have police report the presence of pornography connected to crimes. They may find what I have found that there is no case of sexual violence that does not involve pornography. Knowledge is power but once you know the truth, silence is complicity. I urge you not to be silent. I urge you to pass this bill.” (Mary Anne Layden, “Pornography and Crime: Reporting the presence of pornography connected to crime”, AFA-KSMO, February 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“Some warning signs might be:”

- “Preoccupation with Internet gaming/porn” “Withdrawal symptoms when Internet is taken away”
- “Development of tolerance. This means the need to spend increasing amounts of time engaged in gaming/porn to get the same effect/pleasure”
- “Unable to control gaming/porn habits”
- “Continued use despite knowledge of negative impact”
- “Loss of previous interest in hobbies, entertainment, sports”
- “Use of gaming/sports to escape unpleasant moods”
- “Deception toward family, therapists and others regarding amount of time spent gaming/on porn sites”
- “Loss of job, relationship, career opportunity because of gaming/porn use”

(Anne Engelland, “Adolescent Online Porn Addiction”, Your Brain on Porn, August 8, 2012, <http://yourbrainonporn.com/adolescent-online-porn-addiction>)

“...guys describe what this shift feels like. Keep in mind that most of them have been through a tough withdrawal phase and a month (or several months) of avoiding porn/masturbation.”

- “In the past I would get intense sexual cravings to view really extreme, hardcore explicit scenes. But now those types of cravings are diminishing. I'm no longer battling myself to visit a porn site - but rather to wanting to see a really stunning, toned, hot woman...even if she is wearing clothes. It's like I am regressing to a state before hardcore - when more subtle sexual cues could get me excited. This is awesome and exciting! I remember when I got off of sugary drinks years ago - I used to drink 5 or more cola drinks per day. I never thought I was addicted but when I gave them up I wanted a coke badly at every meal. Just having water felt strange. But after sticking with it for about 2 months I was completely past it. Not even any cravings. I did once have a coke since then, and I didn't really like it - I found I actually prefer **water.**” (Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “During the heights of my porn addiction, I never looked forward to much of anything: dreaded going to work, and never saw socializing with friends and family as all that great, especially in comparison to my porn rituals, which gave me more pleasure and stimulation than anything else. With the addiction gone, little things make me really happy. I find myself laughing often, smiling for no real reason, and just being in good spirits all around. I thought I was a pessimist, but really I was just an addict. Today, a spontaneous erection lasted over 25 minutes. I did not really feel the urge to masturbate. I just lay there and enjoyed the sensation, and thought about how far I'd come.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “I've found as I progress, my dreams become more sex-oriented and more surreal, instead of just seeing myself spanking the monkey in front of my computer. Also, I feel more like masturbating when I see an attractive girl when I'm out—instead of feeling like looking at porn. Previously, I never felt like ‘just masturbating.’ I always wanted porn.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

- “I am still getting some porn flashbacks: porn stars or parts of scenes. At the beginning of my reboot, the first couple weeks, these flashbacks would make me strongly consider masturbating or looking at porn. Now, when I get them, I don't really feel the desire to do those things. I get a small rush from seeing those images in my head, but that's about it. I'm able to shake them away fairly quickly and without consequence. Their power is receding.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “In the past I noticed beauty, of course, but never FELT a DESIRE to be with a girl. I directed all my sex drive toward porn. Everything sexual for me WAS porn. I could never think about me, this guy with this d*ck, having real sex with a real girl. Now, I feel like sex is the most natural thing to do. ‘Hell yeah it's possible for me to have sex. Hell yeah there's a lot of girls out there wanting to have it with me!’ Suddenly, self-defeating thoughts seem so stupid and time-wasting. I finally feel what most males feel. And it's awesome.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “Eventually I decided to masturbate to some porn. One thing was strange: I didn't seem to get the same enjoyment from the porn as I recalled. Even finding favorite scenes didn't seem to deliver. Porn was a bit boring in some way. Even though it wasn't as ‘good’ as I remembered it, I was still drawn back to it. Since the porn was not nearly as great as I remembered it, not going back will be easier.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “The first time I started masturbating again, I felt my brain looking for the porn. This is going to be hard to describe...there was a spot in my brain where the porn junk went (memories, cravings, etc). When I denied the porn, I literally felt a collapse or an empty feeling in that part of my brain. Like it just did not exist anymore and my brain realized it. It was like when you clap your hands. My brain was expecting something in between the hands, but then it realized there was nothing in between except air.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

- “So here I am, 75 days into my reboot and feeling pretty good. It seems natural, now, not to seek porn or masturbate. While at the drug store a I bought a magazine about drag racing, the way it was in the '60s and '70s. There was an article about a drag racer and it featured, prominently, pictures of his somewhat busty girlfriend. I remember seeing the same pictures when they were first published, back in the early '70s. Back then they were whacking material, tonight I didn't feel any excitement at all. I think that I've finally learned to look at a woman without depersonalizing her and letting my thoughts head for the gutter. She was a beautiful woman, no doubt about that, but she's just another member of the human family. It used to be that I would feel a little twinge of evil when the thought of looking at porn came into my mind. It was like I was stealing something . . . I'm pretty sure it was basically a sense of thrill that started with that twinge. It was a short circuit of my normal desires. Anyhow, that twinge seems to have abated. Just being able to say that makes me feel wonderful. I'm not out of the woods, but I'm better than I've ever been in my life, happier too.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
 - “The handful of times that I’ve been exposed to materials that were near-porn, over the last 18 months, I tended to react strongly (at first). I think it’s probably a defensive thing, akin to a recovering alcoholic that is just death on drinking and will call someone out for drinking even if that person doesn’t actually have a problem. My reaction to such things is becoming more normal at this point. I was seeking something from porn and I am no longer doing so. IMHO, when we desire sex it is actually the emotional connection that we desire. I think that this explains, BTW, why animals go to the bother of seeking a mate instead of stimulating themselves. I’m certain that even in the realm of animals there is an emotional component to mating, albeit much less complex than it is for humans.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)
- “One key in my understanding of this problem was when I realized that I didn’t want meaningless sex. [Same guy a year later] I am ever more amazed the degree to which this has happened. I haven't been posting to the forums much lately. I feel like I've moved on with my life now. I'm not saying that I'm immune, that would be a foolish thing to conclude, but I have reached a point where I don't feel any temptation to masturbate and

the sneaky attraction to porn is gone too. That may be the strangest thing, porn seems to have lost its power over me. All of my life, until two years ago, porn could have a profound effect upon me. Just dwelling upon the prospect of seeing porn could put me into an altered state. It no longer has that power. It's a quantum shift that I find amazing. Its like I have a completely different reaction to it. It doesn't interest me, I don't find it desirable, the prospect of viewing porn seems completely undesirable. It's like this; for most of my life I looked at porn and it was never enough. Now I don't look at porn at all and it's more than enough. Whatever it was that I was looking for in porn I'm no longer seeking.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“In short, cues may still evoke a powerful feeling of *anticipation*. Yet as you become more responsive to real pleasures, masturbation to pixels seems increasingly pointless and unfulfilling. Of course, if you return to exclusive porn use, you fire up the sensitization process again. In other words, recovery of sexual function doesn't protect you against future excess.” Gary Wilson, “Why Do I Find Porn More Exciting than a Partner?”, Your Brain on Porn, January 17, 2012, <http://www.yourbrainonporn.com/why-do-i-find-porn-more-exciting-partner>)

“10 WAYS TO FIGHT PORNOGRAPHY”

1. **“Admit you have a problem.** We live in a world that wants us to make allowance for justifying and tolerating almost every off-color thing we could think of. One of the best things you can do for yourself, your marriage and your children is to admit you have a problem with pornography.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)
2. **“Invite trusted friends to speak into your life, hold you accountable and encourage you.** We would also suggest bringing your wife in on your struggle. Voicing your struggle to others and admitting you have a problem is a huge step in the right direction.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)
3. **“Online accountability.** Use software to monitor your online activity. Covenant Eyes is a great resource for men. It allows you to receive your accountability partner's reports weekly for the sites they visit and the searches they make. It lets you know when you need to follow up with

each other on questionable activity. Finally, it allows you to celebrate with each other in putting online struggles to death.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)

4. **“Set boundaries with your mobile device.** Nowadays, our smartphones and tablets are even more of a gateway to pornography than a desktop computer. The same online accountability applies to your mobile device. Set boundaries and use software to monitor all online activity.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)
5. **“If you have offline pornography at your disposal, destroy it.** If you are wanting to fight your addiction to pornography, but are hanging on to that magazine or DVD (in its secret hiding place) then your ‘fight’ is really just a masquerade. Man up, and destroy those items. Right now.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)
6. **“Take all forms of media seriously.** Don’t think to yourself that TV shows or movies that emphasize sexual situations or portray women in the wrong light are harmless. Even if they are not considered ‘porn’, they are damaging. If you’re struggling with pornography these types of entertainment will only make your struggle harder. Instead, think on these things.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)
7. **“If you are married, take a step back and think on your marriage.** Are you satisfied and happy in your marriage? What’s awesome about your marriage? What is lacking? Are you content with the level of sexual intimacy within your marriage? These are great questions to ask yourself. They just might lead you to the root cause for your addiction.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)
8. **“Realize that you didn’t just become addicted to porn.** How you conduct yourself in public and where you look everyday have greatly influenced where you find yourself today. That long stare at the passing woman, the double take at the lady you just walked by, the thoughts that come to mind when you see the magazines in the checkout lane at the grocery store... *This* is where the battle starts - in the everyday scenarios and situations. Fight the good fight here too. Guard your eyes

and guard your mind.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)

9. **“Take a second and think beyond the images or videos you're looking at.** This is a person, a real woman, a human being created by God, just like you. She's somebody's daughter, sister, or even mother. Think of what her life must be like in front of the camera day after day - exploited and made insanely vulnerable. Chances are she is wrapped up in some kind of string of human sex trafficking and your addiction is helping to fund this multi-billion dollar business. She is not there for your enjoyment. She is being held captive and more than likely is crying out for help.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)
10. **“Your pornography addiction is a heart-issue first and foremost.** It's an idolatry issue. You are exchanging truth for a lie. You are voluntarily placing your affections on the cheap thrills that are ultimately fleeting and leave you feeling worthless. You were created for God, by God. Your affections were meant to be placed there, on Him. Ask God to help you every time you are tempted.” (“10 Ways to Fight Pornography” All Pro Dad, Accessed March 18, 2015, <http://www.allprodad.com/top10/marriage/10-ways-to-fight-pornography/>)

“TOP PORNOGRAPHY FAQs”

“Here are some practical suggestions to get you started:”

- “Ask for help: tell someone you trust, seek out accountability, join a purity group.”
- “Seek out healthy resources: books, blogs, teachings, podcasts.”
- “Do a spiritual detox: listen to worship music, read your Bible and memorize scripture”
- “Get in community: surround yourself with great people who will help meet your relational needs”
- “Be wise: have a plan for your free time, avoid things/places/people/music/movies that would tempt you, get rid of the data on your phone, use a program like Covenant Eyes on your computer, leave your computer in a common area at night.”
- “Take care of yourself: get yourself on a healthy sleeping schedule, eat the right foods, drink enough water, exercise”
- “Schedule fun into your life.”

- “And lastly, be kind to yourself! You’ve never been here before, and you are climbing a huge mountain...but it’s going to be worth it. God is with you!”

“If you feel you need more than the above, please prayerfully consider seeking out a professional counselor in your area.”

(“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Oftentimes, people go through stages as they walk toward their freedom. First, a person must recognize they are addicted. Second, they begin practicing sobriety (abstaining from porn usage). Then finally, they wake up one morning and realize that they are no longer stuck in an addictive cycle. Practically, this looks like your “yes” to the right things getting bigger and bigger each day, until porn use is no longer an option for you. Breaking any addiction is going to take you applying your will, keeping your vision in front of you, inviting other people into your process, staying vulnerable, and asking for help.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Being free, doesn’t mean that you are no longer tempted. It means that you know how to handle the temptation and you are aware you have power over it. You are not a victim to your temptation any more.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“I’ve stopped using porn, but I’m starting to desire it again. What should I do?”

“The real question you need to be asking is, ‘Why am I desiring porn again?’ If you’ve already abstained for a time, or found a measure of freedom, your desire probably means that you have a need and porn feels like a solution.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Ask yourself: What emotion am I feeling? Why am I being triggered? Why am I trying to return to old habits? Why do I feel powerless against my current challenge, that I would need to self medicate? Have I shut down my imagination? Am I feeling stressed? Am I bored? What am I truly longing for?” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Finding your ‘why’ is the key to getting your power back. Once you know what you need (excitement, adventure, comfort, intimacy, relief, passion, creativity, etc.) you’ll be on your way again.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Is it okay to use pornography as part of the sex life between consenting spouses?”

“We do not recommend it. Marriage is between a man and a woman. The Bible is very clear that anything outside of that is adultery, including what happens in the mind. Using pornography in a marriage is like inviting another person(s) into your bed. It is clearly unbiblical and a breach of the marriage covenant.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“What does the Bible say about pornography?”

“The word ‘pornography’ has its root in the Greek word pornos. This word is used in Hebrews 13:4: ‘Marriage is to be held in honour among all, and the marriage bed is to be undefiled: for fornicators and adulterers God will judge.’ The root word for ‘fornicators’ is pornos. Therefore, pornography is rooted in fornication. This explains Matthew 5:27-28 (MSG): ‘You know the next commandment pretty well, too: ‘Don’t go to bed with another’s spouse. But don’t think you’ve preserved your virtue simply by staying out of bed. Your heart can be corrupted by lust even quicker than your body. Those leering looks you think nobody notices – they also corrupt.’” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“The good news is, forgiveness and restoration are abundantly available. God has already made every provision for freedom accessible through Jesus. All we have to do is ask.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“How do you heal and restore a marriage when there has been pornography use or addiction?”

“Our sex therapist writes:”

“I would encourage you to talk to someone who can help you formulate a discussion with your spouse about what you want to see happen and who can provide wise counsel and support for you through the process. Then,

either join a group for spouses of sex addicts – even if your spouse is not an addict, there would be similarities that would help you – and/or get therapy yourself. It does not have to be someone who understands sexual disorders but that would be great if you could find someone like that. Working on yourself is the only thing that you can change and keeps you from feeling powerless. This will help you heal and get stronger so that you will be able to make decisions about your relationship and your life from an empowered place.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“My boyfriend has a porn addiction. What should I do? How should I proceed? Should I proceed?”

“In regards to dating someone with a porn addiction we cannot tell you what to do. Only you can decide that for yourself. However, we would highly recommend that you consider if this is something that you want to live with. You cannot change him or heal him or fight his battle. He needs help. He needs a covering from a spiritual dad or mentor or close friend who will help love on him and pull him out of this. But he has to want out and needs to seek help. This does not just go away. He should be connected to a small group or support group and work through how and why he keeps returning to this.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“There are deeply rooted issues in men and women that view porn. Porn has a crazy wild draw that will lure you in and keep you trapped. When viewing porn, it is an escape and it is easy, free, accessible and you can keep all your secrets in the dark. People are able to have intimacy with no commitment, heart connection, effort or risk rejection. He needs help.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“As for you, you’ll have to decide how you want to proceed in this relationship. We personally would not recommend that you continue to expose yourself to devastation and pain, if he is not pursuing his healing. You two are only dating. You are not engaged. You are not married. We also would not recommend getting engaged to someone with a porn addiction, who is not actively seeking help and on their way toward wholeness, if not already there. There are many things at risk with trust, heart connection, intimacy, healing, etc. that you would not want to carry into your marriage.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“I have struggled with pornography: when and how is a good time to tell my future wife?”

“Our sex therapist writes:”

“I personally think that if you are dating someone who you see as potentially being your future partner, then the sooner you communicate your past and choose to be vulnerable, the better. Lack of communication and honesty can definitely damage a relationship and is actually a common cause of divorce. However, the first few months of getting to know someone, in my opinion, should be in a group setting where you can find out enough about them to know if you want to consider dating or not. Your past struggles should definitely not be talked about at this point. Let’s say you start dating after 3 months of hanging out in a group, for example; a good time frame to communicate your past struggles might be within those next few months, after you’ve made the decision to date exclusively. It probably wouldn’t be fair for her to find out 6-12 months in as by this point it would be something you are hiding from her. Your past is your past and you can’t change that, you can only model where you are going by your vulnerability and openness with her.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“I think there is such honor and privilege in being able to create a safe environment of trust and authenticity in a relationship. Once you have set the standard it allows the other person to feel safe and be open and real. It can, however, be a lot harder for guys to share experiences that may reveal weakness, as pride can sometimes stand in the way. It is a choice to be vulnerable and I think most girls would agree that honesty and vulnerability are way more important than your history. Where you are going is a lot more important than where you have been.” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“In regards to dating someone with a porn addiction we cannot tell you what to do. Only you can decide that for yourself. However, we would highly recommend that you consider if this is something that you want to live with. You cannot change him or heal him or fight his battle. He needs help...” (“Top Pornography FAQ’s – What About Pornography”, Moral Revolution, Accessed November 13, 2015, <http://moralrevolution.com/pornography-faqs/>)

“Don’t assume that porn isn’t a problem in the church. ” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, <http://www.christianitytoday.com/ct/2008/march/20.7.html>)

“The pastor basically said this hot potato is too hot to handle” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, <http://www.christianitytoday.com/ct/2008/march/20.7.html>)

“One crucial element is creating a confidential context for full disclosure.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, <http://www.christianitytoday.com/ct/2008/march/20.7.html>)

“Disclosure of sex addiction or porn use is so stigmatizing that it is best handled in a confidential, small-group setting in which participants agree not to pass judgment. They also grant each other ‘the right to call’ 24/7 for unannounced check-ins.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, <http://www.christianitytoday.com/ct/2008/march/20.7.html>)

“Because Christian community is founded solely on Jesus Christ, it is a spiritual and not a psychic reality. In this it differs absolutely from all other communities. That comment from Dietrich Bonhoeffer perfectly sums up what faithful, risk-taking congregations offer a sexually obsessed society.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, <http://www.christianitytoday.com/ct/2008/march/20.7.html>)

“REAL-LIFE ADVICE ON HOW TO QUIT PORNOGRAPHY”

1. “Merely discontinuing a bad habit does not remedy, or even address, what’s causing the bad habit.” (MidSingles Today, “Real-Life Advice on how to Quit Pornography”, LDS Living, February 19, 2015, <http://www.ldsliving.com/Real-Life-Advice-on-How-to-Quit-Pornography/s/78115>)
2. “Adjustments to thoughts and feelings usually precede changes in behavior. Behavior is just the tip of the iceberg.” (MidSingles Today, “Real-Life Advice on how to Quit Pornography”, LDS Living, February 19, 2015, <http://www.ldsliving.com/Real-Life-Advice-on-How-to-Quit-Pornography/s/78115>)
3. “Quitting one thing usually isn’t enough change. Often entire routines have to be switched up, with multiple new positive habits thrown in the

mix.” (MidSingles Today, “Real-Life Advice on how to Quit Pornography”, LDS Living, February 19, 2015, <http://www.ldsliving.com/Real-Life-Advice-on-How-to-Quit-Pornography/s/78115>)

4. “We get nowhere in life by simply avoiding the bad. NOT doing something bad does not equal doing something good.” (MidSingles Today, “Real-Life Advice on how to Quit Pornography”, LDS Living, February 19, 2015, <http://www.ldsliving.com/Real-Life-Advice-on-How-to-Quit-Pornography/s/78115>)

“These Characteristics include novelty-at-a-click, effortless access, and constant violation of expectations via startling stimuli. All of these release the neurotransmitter dopamine in the reward circuitry. Overconsumption can therefore dysregulate dopamine response in some brains, thus tampering with mood, confidence and ability to respond to pleasure.” (“Recent Internet Addiction Brain Studies Include Porn”, Your Brain On Porn, January 13, 2013, <http://yourbrainonporn.com/recent-internet-addiction-brain-studies-include-porn>)

“Stigma and fear work against Christians who wish to address this issue in the community of their church. John himself bears witness to this reality: He became motivated to write about sex addiction after his pastor stonewalled his request to start a confidential men’s accountability group. The pastor basically said this hot potato was too hot to handle. After much prayer, John decided to change churches; he then contacted CT to begin writing this article.” (Timothy C. Morgan, “Porn’s Stranglehold”, Christianity Today, March 7, 2008, <http://www.christianitytoday.com/ct/2008/march/20.7.html>)

“HOW TO STRENGTHEN YOUR MARRIAGE AFTER PORN ADDICTION”

“Forgiveness”

“‘Forgiveness is critical in healing the marriage damaged by cybersex or pornography use,’ the Bennetts write. Although forgiveness is difficult and will take time, it is important for the spouse who used porn to ask for forgiveness and to acknowledge the pain he has caused his wife and family. He should patiently allow his wife to air her feelings as much as she needs, and he should be completely honest in discussing his addiction and answering all questions. He must accept responsibility for his actions and not shift any blame onto his spouse. ‘Professional help, spiritual guidance, and a program for life that shows a radical commitment to addressing this problem makes forgiveness possible,’ they write.” (Dr. Arthur and Laraine Bennett,

“How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, <http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/>)

“Addressing faulty beliefs”

“Dr. Patrick Carnes identified four beliefs that reinforce sex addictions:”

- “I am basically a bad, unworthy person;”
- “No one would love me as I am;”
- “My needs are never going to be met if I have to depend on others;”
- “Sex is my most important need.”

(Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, <http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/>)

“These beliefs must be rejected, but they have to be acknowledged and confronted first, and one may need help in defeating them,’ say the Bennetts.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, <http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/>)

“Improving communication”

“Better communication will not solve every problem, but it is a great tool for addressing the emotional distance created by sex addiction and may require the guidance of a professional therapist. ‘The couple may have to learn new skills fostering cooperation, understanding, openness and consideration in order to replace the existing defensiveness and repression,’ they write.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, <http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/>)

“Intimacy”

“‘Intimacy depends upon openness, and that implies vulnerability,’ write the Bennetts. Vulnerability requires trust, but trust and self-worth are severely damaged by sex addictions. The need to rebuild intimacy goes beyond sexual intimacy: The Bennetts identify other key areas of intimacy in need of healing as emotional, recreational, physical, intellectual, social, and spiritual intimacy.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, <http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/>)

“Humility”

“Humility lays the foundation for self-knowledge, love and forgiveness. ‘By strengthening our prayer and spiritual life, we should grow in humility,

which in turn will strengthen our ability to love and thereby our marriage,’ they write.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, <http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/>)

“Respect and affection”

“‘It is necessary to discuss problems and ill feelings,’ and it is a mistake to try to ‘get back to normal’ by avoiding conflict in an effort to minimize problems. Such lack of communication only creates distance between husband and wife. Here, too, a professional marriage therapist may be helpful, the Bennetts say.” (Dr. Arthur and Laraine Bennett, “How to Strengthen Your Marriage After Porn Addiction”, For Your Marriage, Accessed March 8, 2016, <http://www.foryourmarriage.org/how-to-strengthen-your-marriage-after-porn-addiction/>)

“Because porn addiction compulsion has so many of the same causes and effects as adultery, the treatment and counseling are pretty much the same, says Dr. Fitzgibbons.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“‘In adultery, the wife will say, ‘I want all the details.’ So you have to be totally uncovered, transparent, and honest about all the mistakes you’ve made, when, where and why,’ he says. ‘And then there has to be a deep sense of sorrow, a repentance. So it is exactly the same as treating adultery in that there has to be a real commitment to identify the problems and address them.’” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“Rebuilding marital trust is a major undertaking in itself. The man must patiently discuss all that went on as deeply and as often as she requests. He must provide her with more attention and become more focused on their marital friendship. With time, if he can be chaste and accountable, his wife’s trust in him may grow again.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“Part of the recovery process as well as a preventive measure is for husband and wife to practice good interpersonal communication and to spend quality time together – in other words, to build and maintain a strong marital friendship.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage,

Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“Marital friendship is based on talking, communicating, being present to the other—not just watching television, but taking time to discuss matters or to do things together, even pray together,’ Fitzgibbons says.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“While treatment clinics and support groups can be helpful, Fitzgibbons emphasizes the need for a strong spiritual component if a man is to address and overcome his addiction effectively.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“Where there is a spiritual component to the recovery, we have seen great success,’ he says. ‘The Lord doesn’t want this darkness to interfere with the great sacrament of marriage.’” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“Prayer, frequent reception of the sacraments, Bible study and support groups can be very helpful in the recovery process.” (Gerald Korson, “Overcoming Obstacles, Pornography”, For Your Marriage, Accessed December 22, 2015, <http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/pornography/>)

“These should provide younger adolescents with awareness and avoidance skills, while educating older youth about the pitfalls of relationships with adults and their criminal nature. Particular attention should be paid to higher risk youth, including those with histories of sexual abuse, sexual orientation concerns, and patterns of off and online risk taking.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattey.pdf>)

- “Avoid descriptions of the problem that characterize victims as young children or emphasize violence and deception.”
- “Be clear about why sex with underage adolescents is wrong.”
- “Focus prevention efforts more on adolescents, less on parents, and frankly on concerns relevant to adolescents, including autonomy, romance, and sex.”

- “Focus prevention more on interactive aspects of Internet use and less on posting personal information.”
- “Educate youth about criminal behavior and child pornography.”
- “Develop targeted prevention approaches for the most at risk youth populations.”
- “Assess for patterns of risky online behavior.”

(“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“Most men and women across research samples and across cultures report that they did NOT learn about sexuality from their parents but from their peers, their friends or siblings, or their same-aged relatives. The Church can be a powerful example of cultural change by empowering parents to assume their natural role. Education on normal sexuality and healthy use of the Internet is essential to prevention efforts. The Internet provides us with the challenge and opportunity to protect each other and it also might be used for healthy education in these matters!” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“Here are **evidenced-based suggestions** of how to make Internet safety education materials more consistent with current research (Crimes Against Children Lab, University of New Hampshire):”

- “1 in 25 youth in one year received an online sexual solicitation where the solicitor tried to make offline contact.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “Internet offenders manipulate young people into criminal sexual relationships by appealing to young people's desire to be appreciated, understood, take risks, and find out about sex.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “According to research looking at crimes ending in arrest, violence occurred in only 5% of cases. In most encounters, victims meet offenders voluntarily and expect sexual activity, because they feel love or affection for the person they have been corresponding with. Typically, they have sex with the adult on multiple occasions. Most of these crimes

are statutory rather than forcible rape.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“The following are some online safety tips to share with children:”

1. **“Set up rules:** Post clear, simple, easy-to-read rules on or near the monitor. Create your own computer rules or print out the Internet Safety Pledge from many good sites. You and your children should review this periodically.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
2. **Use filters:** “Consider using filtering or monitoring software for your computer. Look into safeguarding programs or options your online service provider might offer. These can include monitoring or filtering capabilities. Have your children use child-friendly search engines when completing homework.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
3. **“Guard Use:** As the parent, the Internet accounts should be in your name, and you should have the primary screen name and control passwords. Do not allow children to complete a profile for a service provider, and make sure their screen names are non-descript enough that a stranger may not know the user is a child. Sex offenders use sites regularly and pose as children and look for children.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
4. **“Check out privacy policies:** Always read a privacy policy before you or your children provide any personal information. Also make sure that a Web site offers a secure connection before giving credit card information. Web sites for children are not permitted to request personal information without a parent’s or guardian’ permission. Talk to your children about what personal information is and why you should never give it to people online.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
5. **“Talk about the dangers of email and chat:** If your children use chat or email, talk to them about never meeting an online ‘unknown friend.’

Women versus men are much more likely to meet up with someone online (25-30% versus 2-5%) face-to-face. Talk to your children about not responding to offensive or dangerous email and unwanted ‘chats.’ Report any such communication to local law enforcement. Do not delete the offensive or dangerous email; instead turn off the monitor, and contact local law enforcement. Know whom your children are exchanging email with, and only let them use chat areas that you have visited. Parents and guardians, monitor online as you would on the playground!” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

6. “Know what is going on: Keep the computer in the family room or another open area of your home. Let your children show you what they can do online, and visit their favorite sites or chat rooms with them. If you suspect online bullying or stalking or sexual exploitation of a child, report it to your local law enforcement agency. The National Center for Missing & Exploited Children (NCMEC) has a system, for identifying online predators and child pornographers and contributing to law-enforcement investigations. Leads forwarded to the site are acknowledged and shared with the appropriate law enforcement agency for investigation.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“In the United States, wireless Internet use rates are especially high among young adults, and the laptop has replaced the desktop as the computer of choice among those under age 30.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

- “81% of adults between the ages of 18 and 29 are wireless Internet users. By comparison, 63% of 30-49 year-olds and 34% of those ages 50 and older access the Internet wirelessly.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “Roughly half of 18-29 year-olds have accessed the Internet wirelessly on a laptop (55%) or on a cell phone (55%), and about one quarter of 18-29 year-olds (28%) have accessed the Internet wirelessly on another device such as an e-book reader or gaming device.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016,

<http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

- “The impact of the mobile web can be seen in young adults' computer choices. Two-thirds of 18-29 year-olds (66%) owns a laptop or netbook, while 53% own a desktop computer. Young adults are the only age cohort for which laptop computers are more popular than desktops.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“African American adults are the most active users of the mobile web, and their use is growing at a faster pace than mobile Internet use among white or Hispanic adults.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“Cell phone ownership is nearly ubiquitous among teens and young adults, and much of the growth in teen cell phone ownership has been driven by adoption among the youngest teens.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

- “Three-quarters (75%) of teens and 93% of adults ages 18-29 now have a cell phone.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “In the past five years, cell phone ownership has become mainstream among even the youngest teens. Fully 58% of 12-year-olds now own a cell phone, up from just 18% of such teens as recently as 2004.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“Internet use is near ubiquitous among teens and young adults. In the last decade, the young adult Internet population has remained the most likely to go online.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

- “93%-100% of teens ages 12-17 go online, as do 93% of young adults ages 18-29. One quarter (74%) of all adults ages 18 and older go online.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops,

Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

- “Over the past 10 years, teens and young adults have been consistently the two groups most likely to go online, even as the Internet population has grown and even with documented larger increases in certain age cohorts (e. g. adults 65 and older).” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “The new reality of cyber-bullying is devastating many teens and families with reported higher rates of suicide.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “Additionally, texting on a cell phone is a major problem especially when not supervised by parents. Early data suggest that just limiting the use and limiting when children use their phone prevents use in the middle of the night; it thus prevents prolonged periods of sleep deprivation, which many link to higher suicide rates in teens; controlling the use, timing and access to cell phones is crucial data here.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)
- “Texting also presents new problems with overuse of the hand muscles, which is causing muscular problems in the hands, accidents on the road and on sidewalks.” (“The Internet and Pornography”, The United States Conference of Catholic Bishops, Accessed March 9, 2016, <http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/InternetPornography-Slattery.pdf>)

“‘Children of all ages today have easy access to a wide range of pornography,’ he said. ‘If we as a society shy away from talking about this issue, we are failing the thousands of young people it is affecting.’” (Patrick Howse, “‘Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

“‘We know from the young people who contact ChildLine that viewing porn is a part of everyday life, and our poll shows that one in [20%] five 12 to 13-year-olds thinks that watching porn is normal behaviour.’” (Patrick Howse, “‘Pornography addiction worry’ for tenth of 12 to 13 year-olds”, BBC News, March 31, 2015, http://www.bbc.com/news/education-32115162?ocid=socialflow_facebook)

“...the amygdala, not hammering the reward circuitry directly (as porn does). In social bonds, it appears that oxytocin triggers the release of dopamine to make them rewarding via a slightly different brain pathway. Some assume that porn users ‘bond’ to porn in lieu of women, perhaps due to the spurt of oxytocin often released at climax. This seems doubtful. Porn hijacks our drive to mate, which is probably the most powerful, most dug-like, neurochemical response we humans experience. Porn can certainly lead to subsequent dissatisfaction and a desire for more. But porn users don’t desire more of the same. Instead they desire the more intense stimulation of novelty. So they generally aren’t ‘bonding’ to specific porn; most are simply becoming dependent on the neurochemicals of intense arousal.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Educating young people about porn and the brain is challenging, but possible. In fact, learning about the reward circuitry helps kids understand all addictions, including junk food (obesity). To this end, a free audiobook directed to kids and their parents to help both understand the risks of porn addiction in terms of its effects on the brain.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“The first defense against child exposure to pornography and exploitation is vigilance by parents. With just a few simple steps, parents can greatly minimize the chances that their children will be exposed to pornography.”

(“A Parent’s Guide to Internet Safety,” Federal Bureau of Investigation, www.fbi.gov/stats-services/publications/parent-guide (last visited Sept. 22, 2013) (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)

- “Use a good internet filter (Bsecure.com), or subscribe to a filtered internet service (Integrityonline.com).” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- “Be cognizant that pornographers are trying to reach teens with pornography even when the child is not actively seeking it. 79 percent of unwanted exposure of youth to pornography happens right in the home.”

(Janis Wolak, et al., "Online Victimization of Youth: Five Years Later," Crimes Against Children Research Center (2006), available at www.missingkids.com/en_US/publications/NC167.pdf) ("Marriage & Family – Protecting Children from Pornography," Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)

- "Keep the computer in a high traffic area, never in a child's bedroom, even if filtered internet service is used. No filter is 100 percent effective, and savvy children can circumvent many filters." ("Marriage & Family – Protecting Children from Pornography," Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- "Do not allow children to use chat rooms, where pedophiles and porn peddlers often lurk." ("Marriage & Family – Protecting Children from Pornography," Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- "Monitor use of video game consoles, which often have internet access and movie-playing capability." ("Marriage & Family – Protecting Children from Pornography," Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- "Instruct children not to give out any personal information to anyone they may meet on the internet. This is particularly important with social networking sites like Facebook, Twitter, and Instagram, where children might unwittingly provide a predator with details like their birth date, where they go to school, and the route they take walking home." ("Marriage & Family – Protecting Children from Pornography," Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- "Supervise children's use of email and instant messaging to make sure that they are used appropriately." ("Marriage & Family – Protecting Children from Pornography," Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- "Monitor your child's usage of online social networks. Sites such as Facebook, YouTube, and Twitter are used by predators to spread pornography and connect with vulnerable teens. Craigslist is also used by predators to seek out victims for sexual exploitation." ("Marriage & Family – Protecting Children from Pornography," Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- "Make certain your local library is complying with state and federal laws, which require that libraries filter internet access that may be used by children and take steps to ensure children are not otherwise exposed

to pornography. Center for Arizona Policy (CAP) supported this legislation in Arizona.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)

- “If your child has a cell phone that is capable of receiving pictures or video, familiarize yourself with how the phone works and check it frequently for pornographic content. Also scrutinize the cell phone bill to check for charges which may indicate porn purchases.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- “Be aware of common sexual text messaging slang and abbreviations:”
 - “GNOC (get naked on cam)”
 - “TDTM (talk dirty to me)”
 - “PRON (porn)”
 - “NIFOC (naked in front of computer)”
 - “CD9 (code 9 – parents are around)”
 - “POS (parent over shoulder)”
 - “P911 (parent alert)”(“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- “If your child has a smartphone with internet capability, contact your carrier about parental control options or install a mobile internet filter such as SafeEyes.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- “Talk to your children about the dangers of ‘sexting’ (sending sexually explicit pictures via text message). Though the practice is illegal, it is still extremely popular among teens. Explain to your kids that once an image is sent, it can never be taken back, and the sender loses all control over how the picture is used or distributed.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)
- “Any plastic-wrapped magazines received through the mail containing no return address should be inspected by an adult or thrown away.” (“Marriage & Family – Protecting Children from Pornography,” Center for Arizona Policy, January 2014, <http://azpolicypages.com/marriage-family/protecting-children-from-pornography/>)

“...advice: you have beaten the disease of addiction, but now you have to learn to nakedly face the problems that you were running from through your addiction.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/>)

“HOW TO REWIRE YOUR BRAIN AND BODY FROM ADDICTION”

“The 6 daily tools of my recovery are:”

1. “I need to spend every day connecting with a community and share what’s going on in my life.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)
2. “I need to tell those close to me how I’m feeling so they get to know me and see my struggles.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)
3. “I need to be vulnerable.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)
4. “I need to spend quiet time connecting with God through prayer and the bible.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)
5. “I need to learn to turn my troubles over to God and have faith that he is guiding my path.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)
6. “I need to ask for help.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“Whether you’re trying to learn how to hit a curve ball, dribble with your left hand or fade a 7 iron, it takes practice, patience, commitment and time. The same is true for achieving a lasting and meaningful recovery from sexual addiction.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“If your history of using sex to medicate your feelings of unworthiness started over 35 years ago then you are not going to rewire your body and brain back to normalcy overnight.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“There’s a saying that if you walk 5 miles into the woods, it’s at least a 5 mile walk out. I’m not saying that you have a 35-year journey to recovery, but the unhealthy thinking over the past 35 years will need to be rewired and it will take time.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“I believe one of the best traits a recovering person can have is patience. (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“Often times we want the quick fix or the get rich quick scheme instead of the “slow and steady” way of the turtle. In my work with recovering sex addicts I often see the individual that comes to a meeting the first day and is so gung ho and wants to recover TODAY!” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“While I admire their enthusiasm and don’t want to dash their dreams I believe the only way true recovery can work is by implementing the “one day at a time” attitude.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“...it’s much easier and in many ways seems much more normal to revert back to old ways of thinking; “If only I looked at some porn I’d feel better.” Or, “If only I masturbated or hooked up with so and so, then I’d feel better.” But in the end, I’m not making myself a better person by giving in.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“Instead, I have to put in the hard work to make my new tools more effective.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“But I can’t start this and expect instant relief. The truth is, I have to be patient and I have to be committed and I have to let time work its magic. I believe the program of recovery is a program of action. I need to take action, whatever that looks like and however small a step it is, but I

need to take it NOW.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“And I need to take it the next day and the next day until I have a whole bunch of good activities piled on top of each other. Then and only then will my mind and body start to be rewired and the end result will be a better, happier, more peaceful me. A me that makes this world a better place. A me that my loved ones and I can be proud of.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“So what are you going to do today? Not tomorrow. Today.” (Craig Gross, “How to ReWire Your Brain and Body from Addiction”, XXX Church, June 8, 2015, <http://www.xxxchurch.com/thehaps/how-to-rewire-your-brain-and-body-from-addiction.html>)

“WHEN YOUR HUSBAND IS ADDICTED TO PORNOGRAPHY”

“For the Husband: 7 Steps to Overcome Pornography Use”

1. **“Identify the Damage** – evaluate how viewing pornography has been affecting your life, including obsessive thoughts that distract from more wholesome pursuits, distance in family relationships, and guilt.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
2. **“Identify Patterns of Temptation** – Identify the locations and activities that provide temptation. Avoid stores that sell pornographic magazines. Use the computer only when someone else is in the room. Purchase software that blocks access to undesirable internet sites and become accountable to someone you trust.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
3. **“Identify Emotional Triggers** – are there work associates, times of the day, or particularly stressful situations that trigger the temptation? Take steps to minimize these triggers.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
4. **“See it as Sin** – It is important to see the behavior as sin and no longer justify it. Remember that even looking on the opposite sex lustfully is

sinful, creating brokenness with God.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

5. **“Refocus on Christ** – develop a plan to strengthen and deepen your relationship with Jesus Christ. Be accountable to someone for daily Scripture reading and prayer. Memorize Scripture so that you can bring ‘every thought into captivity to the obedience of Christ’” (2 Cor. 10:5). (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
6. **“Find Support and Accountability** – become involved in a local Christian ministry that supports those who are experiencing this struggle.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
7. **“See a Therapist Trained in Sexual Addiction Recovery** - pornography use can lead to devastating, long-term problems, such as affairs, divorce, other forms of promiscuity, and sexually transmitted diseases. Find a professional who may help you recover from your pornography use and move forward with your life, free of the stronghold of porn.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

“Key Thoughts”

- “Pornography is sexually explicit material that is viewed. It dehumanizes, objectifies, and degrades the men and women involved for the purpose of sexual arousal. Often it is photos or videos or it takes the form of stories or sexual and erotic conversations in electronic chat rooms- increasingly the major delivery system of porn is the internet.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
- “Pornography promotes ‘sex without consequences’ and serves as an aid to self-gratification. Porn is usually paired with sexual arousal and masturbation while the person fantasizes having sex with the people portrayed in the pornography. Such fantasized sex quickly begins to piggyback on or even substitute for real sex with one's spouse.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

- “Eventually use of pornography can lose its power to stimulate as the tolerance effect of addiction sets in. The user is enticed to ‘ramp up’ their sexual behavior into more bizarre forms of pleasure and to involve others (usually prostitutes or minors).” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
- “The sexual addictions model indicates that pornography is used by many as a stress reliever that gives escape from life's real and perceived hardships.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
- “Pornography use may be a symptom of a deeper issue (for example, low self-esteem, loneliness, past sexual abuse). Many people use pornography to avoid emotional or sexual intimacy with their spouse, or because they find such fantasized sex to be more emotionally satisfying.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
- “Viewing pornography increases the likelihood of sexual addiction and sexual pathology. Use of pornography can also create unrealistic and often degrading sexual expectations from one's spouse. The user of pornography will struggle consistently with anger, guilt, shame, increasing anxiety, and oppressive memories.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)
- “It is not uncommon for many people to have their first exposure to pornographic material during junior high or high school years as teenagers. Many adolescents begin viewing pornography because of curiosity and as a release for hormonal tension.” (“Life, Love and Family Daily Fact Sheet,” Life, Love and Family, September 23, 2015, www.lifeloveandfamily.org/listen-when-your-husband-is-addicted-to-pornography/)

“Verses”

- “Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.” 1 Corinthians 6: 18-20

- “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.” Philippians 4:8
- “Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge.” Hebrews 13:4
- “But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.” Matthew 5:28
- “The one who commits adultery with a woman is lacking sense: he who would destroy himself does it. Wounds and disgrace he will find. And his reproach will not be blotted out.” Proverbs 6:32-33
- “No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.” 1 Corinthians 10:13
- “Submit therefore to God, Resist the devil and he will flee from you.” James 4:7
- “Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.” 1 Peter 5:8
- “But I say, walk by the Spirit, and you will not carry out the desire of the flesh.” Galatians 5: 16
- “Be angry, and yet do not sin; do not let the sun go down on your anger.” Ephesians 4:26
- “It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.” Galatians 5:1
- “Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.” Isaiah 40:31

- “He heals the brokenhearted and binds up all their wounds.” Psalm 147:3

“LIFE AFTER PORN: 5 THINGS MY HUSBAND DID TO REBUILD TRUST”

“...forgiveness only requires *one*. However, rebuilding trust requires *two*.”

(Micah Horner, “Life after Porn: 5 Things My Husband Did to Rebuild Trust”, Covenant Eyes, May 12, 2014, <http://www.covenanteyes.com/2014/05/12/5-things-husband-rebuild-trust/>)

“I gave him a list of practical things he could do that would help me see that he was sincerely striving for purity”

- “Being accountable to other godly men”
- “Submitting to godly marriage counseling and cooperating with anything asked of him”
- “Installing Internet protection and not being on an unprotected computer”
- “Changing cell phone number; getting rid of old contacts”
- “Having no unaccountable time”
- “Giving me a list of all e-mail accounts and passwords”
- “Going to bed at the same time I did”
- “Not watching anything that could trigger lustful desires”

(Micah Horner, “Life after Porn: 5 Things My Husband Did to Rebuild Trust”, Covenant Eyes, May 12, 2014, <http://www.covenanteyes.com/2014/05/12/5-things-husband-rebuild-trust/>)

“CHILDREN MAY BE TOO CLEVER FOR OUR INTERNET PORN FILTERS, MINISTER ADMITS”

“The government's plans to prevent children from accessing internet pornography may fail because young people are ‘smarter’ than adults when it comes to technology...” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015,

<http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

The [U.K.] minister for internet safety and security and a former Facebook executive... ‘whatever solutions’ the government puts in place children ‘will find their way round it.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015,

<http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

“She said: ‘Whatever solutions are put in place, they will fail at times. Young people are smarter than we are at technology, they will find their way around it and they will find their way to this material. We must be absolutely realistic. In most cases we will never be able to solve this problem completely.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

“She also highlighted research which has suggested that watching pornography can effectively shrink the brains of teenagers because they are not fully developed.” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

“She said if it was necessary, the government would ‘enshrine in law’ the ability to provide family friendly filters, which she said was ‘a vital tool for parents.’” (Laura Hughes, “Children May be Too Clever for our Internet Porn Filters, Minister Admits,” The Telegraph, November 5, 2015, <http://www.telegraph.co.uk/news/predictions/technology/11978699/Children-may-be-too-clever-for-our-internet-porn-filters-minister-admits.html>)

“5 THINGS I’LL TEACH MY BOYS ABOUT PORNOGRAPHY”

“But where does it begin? How does it start? How can we prevent it?” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

“Science tells us children define gender roles and sexual value patterns between age 2-5 and form more advanced views by age 10. As parents and leaders, we must recognize a warped definition of sexuality at age 9 will likely produce significant damage in a child’s ability to form healthy relationships as an adult.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

“So, how can we protect our boys and set them up for a successful and healthy sex life with their spouse? How can we help these little gentlemen protect and respect women for more than their bodies?” (Dale Partridge, “5 Things

"Here Are 5 Things I'll Teach My Boys About Pornography:"

1. "She's someone's daughter, sister, and friend."

"No father hopes his daughter will be the next star in a hardcore porno. No. He hoped she would be a marketing manager or a chef or a loving mother. The real question you must ask is this: Would you want someone watching your daughter or sister or mother have sex? Remember, finding pleasure in anything that causes pain for another, is **always wrong.**" (Dale Partridge, "5 Things I'll Teach My Boys About Pornography," The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

2. "You can't always control what you see, but you can control the second look."

"Your eyes are the gateway to your soul. Protect them at all costs. You will be unable to escape all the images but you can control your stare. You can choose to look away or even remove yourself. This act of self-control is what truly makes a good man." (Dale Partridge, "5 Things I'll Teach My Boys About Pornography," The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

3. "Don't confuse beauty with pornography."

"Pornography is stealing intimacy that never belonged to you. It cheapens the value of the real thing and distorts your definition of beauty. What truly makes a woman beautiful is her character. The way she loves, her compassion and creativity, her dreams and desires, her reactions to moments of importance, and the purity of her emotions. Her body is a gift to her future husband and it is to be appreciated within a marriage, not objectified on a screen." (Dale Partridge, "5 Things I'll Teach My Boys About Pornography," The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

4. "Your sexuality is connected to your spirituality."

"Sex was created by God for a man and woman to experience pleasure and procreation within a marriage. Outside of its purpose, it's often the culprit of shame, guilt, and trauma. And while sex is the joining of two people, it's also the connection of two souls. If practiced incorrectly outside of marriage or through internet masturbation, you will experience unnecessary spiritual brokenness that will require deep healing in your

future.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

5. **“Your willingness to watch, fuels someone else’s brokenness.”**

“As consumers, we vote with our attention and our dollars. Like the quote says, ‘What gets rewarded, gets repeated.’ Every moment you affirm a woman’s revealing clothing with your stare, you affirm her value is in her body. Every time you buy a sexually dominant magazine (Cosmopolitan, Maxim, etc), you encourage the creators of it to continue to objectify women. But when you stand for a woman’s worth and even help redefine it, you become a part in the greater story. A story of healing.” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

“What would you tell your boys about pornography? Has pornography hurt anyone around you?” (Dale Partridge, “5 Things I’ll Teach My Boys About Pornography,” The Daily Positive, November 30, 2014, <http://dalepartridge.com/5-things-ill-teach-my-boys-about-pornography/>)

“PROTECTING DESIRE IN AN AGE OF GLUTTONY”

“These thoughts on living with unfulfilled desire were first published here back on October 20, 2006. Since I am teaching on addictions and the need to protect (no slake nor deny) desire this week, I thought I might resurrect this introduction to a short series on the topic of protecting desire.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“I have a confession to make: desire, not cotton, is the fabric of my life. I crave foods, comfortable living, excitement, time with my wife without interruptions, sex, prestige, freedom from illicit temptations (*or is it freedom to indulge without penalty?*), free time, obedient children, and employment that doesn’t seem like work. Satisfaction is the name of my game. And with 4 decades of experience in achieving at least partial satisfaction, I still find it ever elusive, never lasting more than a moment in time. Even when I get what I want, it’s never enough. One perfectly ripe strawberry is never enough. My wife’s chocolate cake is fabulous, but I always want one more bite. Another handful of M and M’s would be nice. The thrill I get from accomplishments or public praise is addictive but always fleeting. Desire—it drives me and yet its fulfillment eludes my grasp. It offers hope that the

next thing will bring lasting contentment. Yet, far too often it brings pain as satisfaction is just beyond my reach.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“Being a Christian Doesn’t Quench Desire”

“I yearn for things beyond this world. I desire to know God, to be so enthralled by his character and presence that my earthly longings are less captivating. I desire moving worship, ah-ha enlightenment from each bible reading, and prayer times that cause me to feel the very presence of my Savior. I covet the experience of Simeon and Anna whose cravings for a face-to-face glimpse of the Savior were fulfilled. Yet, this yearning for the completion of my union with Christ also brings with it pain. For I must wait for that day and groan, as did the apostle Paul, while we wait in our tattered earthly tents (2 Cor. 5:2). Waiting means contending with an unabating and agonizing thirst for God (Ps. 42:1).” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“Though I long for God, I’m caught between worlds. I have a rather short attention span. Only seeing darkly of the life to come, the fleeting joys in this life call for my attention. You see I’m more like Tolkien’s Gollum than I care to admit—a contorted man, torn between a distant good and the desire to have what I want now. Which desire will be my master, “my precious”? This world offers many of us endless choice to satisfy our desires and longings. If you want to get a good sense of this, take a stroll down the aisles of your favorite mammoth bookstore (sipping your favorite specialty coffee of course). Count the number of volumes written to help you discover and maintain a fulfilled life You can have better sex, become one with your inner self, build better relationships, take the most satisfying vacations, build your dream home, become a better cook, etc. Your local Christian bookstore is equally focused on finding satisfaction. Whether you are in sections on theology, biblical studies, or the family, you will see books to help you find what you are longing for: freedom, peace, satisfaction, fulfillment in your family, in your understanding of the Bible, and in your relationship with God. We want all that and so much more. The goods (comfort, excitement, status, fulfillment, etc.) of this world call us to a life of consumption and so we often respond despite our awareness of how these goods have little more substance than a mirage.” (1 John 2:17). (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“Surely you have noticed that there is no rest with desire. It marches on unabated, unchecked. It drives you to buy the next thing, to glance at the next attractive person, to seek validation from one more person, or to put your hopes in the next phase of your life while you struggle between resisting and indulging the urge. Whether you give in to your desires or rebuff them, it means you live with an ache.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“Living With the Ache”

“Maybe, just maybe, God wants us to live with the ache of unfulfilled desires. Now, don’t misunderstand me. I do not believe even for a minute that the ache you feel is something to be glorified or to be sought after as a spiritual goal. In its best form, the ache is the reality that we are not at home and in the presence of God as we will be in Glory. You and I are camped on the east side of the river Jordan, in a parched land with enemies to the left, right, and rear. And we long for the day when God ushers us into the Land flowing with milk and honey. We live in the wilderness straining to catch a glimpse of the Promised Land. Like the Israelites, God takes care of us providing all that we need. We have our manna and water, but it never quite slakes our thirst for rest. No, this manna requires faith that God will provide again tomorrow.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“In its worst form, the ache of desire emanates from the pursuit of a life of comfort independent of trusting the Unseen for sustenance. Again, I am not saying that our pursuits of beauty, knowledge, peace, intimacy, or comfort are questionable activities. God has made a glorious world, and our enjoyment of his creation gives glory to Him. A beautiful sunset, a fine wine, great sex, a captivating book; all these give glory to the Creator who made each possible. Consider Solomon’s sage advice: So I commend the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun. (Eccles. 8:15)” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“What I do want to communicate about this ache is that the sovereign God who rules this world has placed us this side of heaven where longings are

our constant companion. In this state of living, we experience His many wonderful promises and provisions while looking forward for what is yet to come. While his provisions sustain us, they do not ameliorate our desire. If living in constant dependence of the Creator part of His sovereign plan, then our attempts to avoid the reality of the ache is nothing but rejection of God himself.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“Christians have a plethora of books at their fingertips to remind them of what God is up to and the joys of seeking God with our whole heart. Without decrying the benefits of books by the likes of David Wilkinson, John Eldredge, and John Piper (they serve to increase my vision for what God is doing in my life), I recognize that as they increase my understanding of God and his character so also do they increase my sense of need for God and of my own inability to find complete satisfaction. Good books have a way of increasing my longing for more.” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“Living on the East Side of the Jordan River?”

“Yet here we sit. Caught between desire for God and desire for self. How do we live with our desires if we cannot sate or get rid of them? In this age of gluttony, how do we cope with desire? How do we protect our desires from the consumption driven world that demands that we serve our desires at every turn? Just as in the days of Moses, God provides us with his presence and with signposts to reorient our reality. Just as their eyes deceived them (dry, dangerous lands with no sign of water) so do ours. If I do not look out for my retirement; chase the highest paying job possible; if I don’t get married now; have children now...” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“Let’s consider together how God reveals and responds to our thirsts and how he enables us to flourish on the east bank of the Jordan River while we wait for him to bring us into the Promised Land. [To read more on this topic: The First Biblical Image of Desire, Sex and Other Desires in the Bible, Desires God Awry, Protecting Desire with the Means of Grace.]” (Phil Monroe, “Protecting Desire in an age of gluttony”, Musings of a Christian Psychologist, February 19, 2013, <https://wisecounsel.wordpress.com/2013/02/19/protecting-desire-in-an-age-of-gluttony/>)

“PROTECTING DESIRE 2: FIRST BIBLICAL IMAGE OF DESIRE”

“The mere presence of desire suggests a wanting of something that is not fully available all the time. We want things we do not have. We desire better clothes, bodies, material things, more comfort, connection, or even simplicity. Not long ago, several women in my home fellowship group were bemoaning the isolation caused by hectic schedules and fantasizing about living in a smaller community or at least on the same street where they could share the burden with each other. They should share meal preparation, child-care, and reclaim something lost from life from a generation ago.” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, <https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/>)

“Similarly, many of us have at one time or another wished to return to the Garden of Eden. Paradise—where simplicity reigns and struggles and thirst do not exist! But this is not the image that Genesis paints of Adam’s existence. Instead, we learn that Adam has work to do and no help in doing it. God himself acknowledges that it is not good for Adam to be alone. Imagine Adam’s growing loneliness as he named the animals, realizing that none could be his mate. Even before any sin entered the world, Adam struggled with the ache of loneliness, the unmet desire for companionship, and burden of being the only steward of all Creation. (okay, I’ve taken some interpretive liberties but when you read his response to Eve, he must have been missing something!)” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, <https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/>)

“Imagine Adam’s first sight of Eve as he awoke from God’s surgery. Did he finally feel connected after naming so many animals without finding a suitable companion? Was he enthralled with her beauty? What was it like to enjoy each other’s nakedness without shame or embarrassment? If you have had your first kiss, been engaged, enjoyed your honeymoon night—or just imagined what that might be like—and felt inspired to poetry, you know something of what he must have felt. Sheer bliss! (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, <https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/>)

“Like a dream turned nightmare, the very next instant recorded in the Scriptures assaults our image of paradise as a place free from unmet desire. Eve notices the fruit from the tree “in the middle of the garden”

because it looks tasty and she desires the wisdom that Satan suggests she will obtain. And so ended whatever satisfactions were had from walking with God and living in the land as He designed it. As God describes the curse brought to the whole human race as a result of their sin, He prophesizes that unmet desire will be the hallmark of marriage relationships outside of Eden, “Your desire will be for your husband, and he will rule [lord it] over you” (Gen. 3:16). [Note: Some commentators believe that desire is used here to mean jealousy. In other words, “you will be jealous for his position, but he will use his power to control you”—the picture of warring factions.” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, <https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/>)

“The Song of Solomon 7:10 provides an image of the conflict removed, “[I belong to my lover, and his desire is for me.] From that point to the present, we know that all human desire is tainted if not utterly evil. The storyline of the Bible moves from one form of evil desire to another. It begins with Cain wrestling with jealousy and ends with the image of the whore of Babylon all dressed up trying to cover the evil that she is. And all through the middle, God’s creatures do battle with evil and self-centered desires that would overtake them. Remember the multitude of times the Israelites desire something other than what God offered; or David desiring another man’s wife; or Absalom and a host of others desiring power and rule; or how about the disciples desiring places of honor; the rich man desiring comfort; Simon the sorcerer desiring prominence; Ananias desiring ill-gotten honor; the Galatians desiring assurance from the law. On and on it goes.”

“Yet, lest we think all human desire is wrong all the time, we ought to take careful note of some important features of godly desire found in the Scriptures. Tune in tomorrow...” (Phil Monroe, “Protecting Desire 2: First biblical image of desire”, Musings of a Christian Psychologist, October 23, 2006, <https://wisecounsel.wordpress.com/2006/10/23/protecting-desire-2-first-biblical-image-of-desire/>)

“PROTECTING DESIRE 3: ADDITIONAL POSITIVE IMAGES FROM THE BIBLE”

“Desire in its Best Forms”

“God is a Jealous, desiring God. How does one describe the unseen, all-knowing, omnipotent, ever-present God? Words and human experience can never do Him justice. And yet, God uses words to teach us about himself. He is just, benevolent, holy, and sovereign. These descriptions

evoke images of power, of needing nothing. And God does not need anything for in him everything obtains its life. But notice, he does not only describe himself with terms of power and strength, but also with word that suggest desire and longing. God is not merely patient with us. No, He longs for us and would gather us to him as a hen would gather her chicks (Matt. 23:37f; the entire book of the Prophets). He pursues his wife. He hems her in even when she runs after other lovers (Hosea 2). He “burns” with jealousy for Zion so much so that he returns her to an honor she does not deserve (Zech. 8:2-4), even paying the price himself for remarriage. If God desires us, longing for the glory he deserves from his creatures, then desire is not just something that we should resist.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, <https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/>)

“God cares about and fulfills our desires. You cannot accuse God of being an ascetic or uncaring of your desires. We see numerous references to God’s attention to our desires. The Psalmist reminds God that he hears the desires of suffering people (10:17). He not only hears but he also acts. In Psalm 20 and 21, David sings of God’s hand in bringing about the desires of his heart. In Psalm 37 David clarifies the relationship between human desires and God’s response. When we delight in God, he delights to give us our desires (see also Matt. 5:6). He is a father who dotes on his children. He gives good things that satisfy (Ps. 103:5). Jesus picks up on this theme and reminds us that if we, who are evil, give good gifts to each other, then will not God, the creator of the universe, give good gifts to those who ask (Matt. 7:11)? Are you not yet convinced that God delights to fulfill your desires? Then listen to David as he bursts forth in song, “You open your hand and satisfy the desires of every living thing...He fulfills the desires of those who fear him; he hears their cry and saves them” (Psalm 145:16,19).” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, <https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/>)

“I can hear your objection. *“But wait”, you say, “There are many desires that God never fulfilled for me. If he longs to fulfill our desires, why didn’t he fulfill mine? Why do I feel so empty? I want to be healthy, married, a parent, happy, content, but my prayers seem to hit the ceiling and return to me.”* I do not dispute that living in the wilderness leaves much to be desired. The misery of living in this sin sick world multiplies daily. Yet, did not God provide for your desires today? Did you not eat? Did you not find

momentary rest for your weary body? Did you not see his beauty reflected in something or someone? Ah, we are exposed. We grow complacent with God's good gifts. They aren't gifts in our minds, just something that everybody gets. We are far too often like the Israelites in the desert. We overlook the good things God gives us and obsess on what he did not give. God's good gifts are no accident or afterthought—some sympathetic gesture to a waif. Rather he gives them out of the overflowing desire for his own glory and for the completion of all that he has willed. Every good gift you have received has come because God has ordained your existence in an abundantly provided world (see Ps. 65). He supplies you with your food and with whatever joy, peace, laughter, and righteousness you have experienced.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, <https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/>)

“Fulfilled desires are sweet. “Hope deferred makes the heart sick, but a longing fulfilled is a tree of life...a longing fulfilled is sweet to the soul” (Prov. 13:12,19b). These brief proverbs remind us of what we already know. When we do fulfill our desires, it is a satisfying moment. Even illicit gratification is satisfying, even if deadly. “Stolen water is sweet; food eaten in secret is delicious” (Prov. 9:17). Why else would we go back for more? When our desires are filled, we are comforted and secure. God comforts the brokenhearted and to satisfies them with his bounty (Jer. 31:13-14). Satisfaction also brings joy and gladness. Moses supplicates, “Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days” (Ps. 90:14). Satisfaction brings knowledge. The children of Israel, once filled with manna know that the Lord is their God (Ex. 16:12).” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, <https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/>)

“Sexual desire is complex, compelling, and good. Why would God put the Song of Solomon in the Bible? Wouldn't it be better to use that space to tell us more about himself? What purpose does an erotic book detailing the urges and orgasms of an anonymous couple serve the kingdom of God? The man spends numerous lines waxing poetic about her genitalia and how he wants to play with her. She shivers and aches for her climax. No, this is not a harlequin romance novel. In fact, it is probably more erotic and explicit about sexual desire than our English translations will admit. Those who try to spiritualize the text to mean only something of

how God feels towards his church surely do God an injustice. And what of the mysterious phrase that appears in the book on three occasions, “Do not arouse or awaken love until it so desires (2:7; 3:5; 8:4)? It would seem to indicate that one must be careful with love and the power it wields. If you are not careful, your appetites may overwhelm you.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, <https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/>)

“No really, its best form. As good as sexual desire is it pales next to desire for God and being united with Christ. The Psalms are full of descriptions of longings for God. David cries out for God, for his ways, his wisdom, and his presence. How are these depicted? There are numerous depictions of this desire as cries of one who is thirsty and longing for water (e.g., Ps. 42:1; 63:1, 143:6.). In the New Testament, Paul records a similar sentiment. We groan while we are in this “tent” of a body and long for our guaranteed inheritance (2 Cor. 5:4ff). Notice that your good desires for God will bring upon yourself more pain! Doesn’t this run in stark contrast to much of our current depictions of the Christian life. “Come to Jesus,” we say, “and your life (as you have imagined it) will go well.” Instead, as we draw closer to God, our desire for him enlarges. Satisfaction increases, but certainly so does agony as we develop an increasing awareness of our desperate need for God.” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, <https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/>)

“Yet, do not be discouraged, our desires for God do not end in only pain. We do find satisfaction, comfort, fulfillment, joy, and peace. Psalm 131 depicts satisfaction with God as a baby on his mother’s lap whose stomach is filled, who no longer needs to grab at her breasts for more. When we take worship as our food, Isaiah records that we will delight, “in the richest of fare” (Isa. 55:2). These satisfactions are not just spiritual. Rather they reach out into the far corners of our lives. Solomon, who contemplated the search for satisfaction reminds his readers that any satisfaction we achieve has been a gift from God (Eccl. 3:13).” (Phil Monroe, “Protecting Desire 3: Additional positive images from the Bible”, Musings of a Christian Psychologist, October 24, 2006, <https://wisecounsel.wordpress.com/2006/10/24/protecting-desire-3-additional-positive-images-from-the-bible/>)

“PROTECTING DESIRE 4: DESIRES GONE AWRY”

“Evil Desires and the Process of Becoming Dead”

“Assuming that I need not convince you of the existence of evil desires, I want to explore how God provides the way of escape from our temptations and tests (1 Cor. 10:13). In order to do so, I think it best for us to look first at how we are enticed by our desires and what happens to us in the process of being overtaken by sinful cravings to the point of enslavement. As I read the bible through the lens of desires, I am amazed at the sheer volume of the warnings to watch out for being overtaken by our own sinful cravings. Further, the writers are explicit—even vulgar—when describing how people become enslaved to sinful longings. In the passages that we will look at, you will see individuals, other external forces (leaders, others, adversity), and God active in this process of being given over to inordinate desires. We do it to ourselves, we listen to the deceptive words of others, and God gives us what we demanded. Thus we are enslaved and despicable.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“What does this mean for building a biblically based view of the addicting nature of desire? How do we become enslaved to desires for things other than God? The Scriptures give attention to the descent into addiction from two perspectives. We see descriptions from a human perspective: of the physical, cognitive, and emotional processes involved as well as the impact of addiction in our pursuit of satisfaction. Of course, the Scriptures also give us God’s perspective on human behavior. There are no excuses, no reasons, and no loopholes that explain away behavior. The human-centered description of addiction can only tell us what happens after the horse is already out of the barn. Our hearts have already given birth to sinful desire in our mother’s womb. If we only look to our own experiences, we might try to shove the horse (desire) back in the barn. But while locking the front door, we find the desire escaping out the back door. So, let’s take a closer look at Scripture’s descriptions of this “giving over” to sinful desires.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“The setup: adversities. Though humans are capable of improper desire without provocation, there does seem to be a common connection between adversity and sinful desire. We, like Israel, are inclined to take matters into our own hands. We build our own gold calves as a means to provide

satisfaction and comfort in the face of anxiety. Numbers 11:1-15 provides one description of the relationship between suffering and cravings. The Children of Israel repeatedly face imminent annihilation while in the wilderness (i.e., no food or water; enemies bent on their destruction). In this passage they are depicted as responding to their adversities by craving foods other than what God had provided. They weren't just ungrateful—though they were, they were fearful of impending doom and so began to remember and clamor for former pleasures.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“The setup: blessings. Oh if we could always point to adversity as the cause of our temptations. Sadly, this is not the case. Let me point you to passages that reveal the depths of our self-centered living, passages that reveal how God blesses us and how we pay him back by forgetting our need for him. Deuteronomy records Moses’ farewell sermon as the Children of Israel prepare to enter the Promised Land. In chapters six and eight, He warns them that when they arrive and partake in God’s blessings (i.e., houses they didn’t build, wells they didn’t dig, vineyards they didn’t plant) they will be tempted to become proud and forget the Lord. Jeremiah records God’s lament over blessing Israel. How had they repaid him? They did so by committing adultery and “neighing for another man’s wife” (Jer. 5:8; 13:27). Hosea is even more explicit about how blessings enflame our hearts. In chapter 13, he shows how when we are fed, we feel satisfied which leads to feeling proud of our satisfaction, which ultimately leads to forgetting that it was God who satisfied us (v. 6). How sick is this? We receive a wonderful gift and soon we are crowing about how WE procured it ourselves. Don’t we all do this? We ask God to help us teach a class, speak up in a difficult situation, or finish a task. And when we are successful, we are just as likely to feel proud in what we did in our own strength.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Giving in to initial cravings. How is it that we get addicted to sin? How do we get mired in our pursuit of our passions, especially when they seem like such good things (e.g., being loved, finding identity and purpose, being safe, etc.)? Like all cravings, they call to be satisfied. Did you ever try a new food and find out it didn’t measure up to you your hopes? I remember the first time I bit into a carob bit. It looked like chocolate, but boy it didn’t taste anything like it. I’ve never since had any desire for carob bits. What is

it that makes us come back for more? It's the promise of an equal or better experience. When we go after that which is illicit or when we cross the barrier of desire into lust, we find that the initial taste is not enough. In Job 20, we see a portion of Zophar's sermon to Job about how the wicked will find no respite for their craving." (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

"The death spiral. Initial cravings (which may not be sinful) turn to lust and then our capacity for self-deceit (which enflames idols and other passions) enable us to take risks, neglect consequences of our choices and so blindly fall headlong into enslavement to our desires. Ultimately, we "wake up dead" and wonder how we got to this disastrous place. The Bible describes this pattern as our choosing and God's willingness to give us over to our own choices and his work in making us unsatisfied. Note the following passages:" (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

"Rom 6-8: the struggle against sinful desire" (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

"1 Pet 2:18: arrogant and vain words have a way of appealing to our lustful hearts" (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

"Jas 1:13-14: innate evil desires drag us away, entice us" (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

"Jas 4:1ff: "normal" desires can drag us away too" (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

"Job 20: The initial sweetness from filling our craving. Interesting sermon by Zophar (later condemned by God so not sure how much we take from this, but was his counsel completely wrong or wrong in this instance?) Anyway, the description of how the cravings first bring sweetness then emptiness." (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Rm 1:18-28: “Giving over” includes both ours and God’s actions. Self-deceit is involved in lust.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Eph. 4:17-22: our active giving over to sensuality. Similar passages in I Thess 4:5, 1 Pet 4:3. Assumption is that as we are renewed, reborn we begin to obtain wisdom about the difference between the passions of men versus the passions of God.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Ps 78: God gives us what we want. A history psalm that talks about how God gives his people what they want when they crave after other things and what it results in. He makes what we have unsatisfying: Mic. 6:14, (see also Isa 9:20; Eze. 7:19; 16:28)” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Prv. 6: Risk taking to get more. Attempts to “take fire in his bosom”” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Prv. 7: Neglecting the cost, becoming dead. The giving over to desire leads to being taken to “the snare” without knowing it will cost his life.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Eze 20:24; 23: The effects of lust and how even when we see its destructive effect, we still want it. The whole chapter (23) details the impact of repeated giving over to lust. Vs. 20 is quite remarkable in its description of lust.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Isa 57:5: Idols enflame and enslave. We seem to serve idols but they also serve to enflame passions to do evil” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“Ezek 6:9 Waking up. Interesting verse that talks about waking up, seeing the destruction idolatry has brought them, (after being taken captive), the “hurt” (NASB) to their God which results in their engaging in self-loathing.

Also implicitly, this awakening is how we see God as God.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

“PROTECTING DESIRE 5: USING THE MEANS OF GRACE GIVEN YOU”

“Desire in its Best Forms”

“God is a Jealous, desiring God. How does one describe the unseen, all-knowing, omnipotent, ever-present God? Words and human experience can never do Him justice. And yet, God uses words to teach us about himself. He is just, benevolent, holy, and sovereign. These descriptions evoke images of power, of needing nothing. And God does not need anything for in him everything obtains its life. But notice, he does not only describe himself with terms of power and strength, but also with word that suggest desire and longing. God is not merely patient with us. No, He longs for us and would gather us to him as a hen would gather her chicks (Matt. 23:37f; the entire book of the Prophets). He pursues his wife. He hems her in even when she runs after other lovers (Hosea 2). He “burns” with jealousy for Zion so much so that he returns her to an honor she does not deserve (Zech. 8:2-4), even paying the price himself for remarriage. If God desires us, longing for the glory he deserves from his creatures, then desire is not just something that we should resist.” (Phil Monroe, “Protecting Desire 5: Using the means of grace given you”, Musings of a Christian Psychologist, October 26, 2006, <https://wisecounsel.wordpress.com/2006/10/26/protecting-desire-5-using-the-means-of-grace-given-you/>)

“God cares about and fulfills our desires. You cannot accuse God of being an ascetic or uncaring of your desires. We see numerous references to God’s attention to our desires. The Psalmist reminds God that he hears the desires of suffering people (10:17). He not only hears but he also acts. In Psalm 20 and 21, David sings of God’s hand in bringing about the desires of his heart. In Psalm 37 David clarifies the relationship between human desires and God’s response. When we delight in God, he delights to give us our desires (see also Matt. 5:6). He is a father who dotes on his children. He gives good things that satisfy (Ps. 103:5). Jesus picks up on this theme and reminds us that if we, who are evil, give good gifts to each other, then will not God, the creator of the universe, give good gifts to those who ask (Matt. 7:11)? Are you not yet convinced that God delights to fulfill

your desires? Then listen to David as he bursts forth in song, “You open your hand and satisfy the desires of every living thing...He fulfills the desires of those who fear him; he hears their cry and saves them” (Psalm 145:16,19).” (Phil Monroe, “Protecting Desire 5: Using the means of grace given you”, Musings of a Christian Psychologist, October 26, 2006, <https://wisecounsel.wordpress.com/2006/10/26/protecting-desire-5-using-the-means-of-grace-given-you/>)

I can hear your objection. “*But wait*”, you say, “*There are many desires that God never fulfilled for me. If he longs to fulfill our desires, why didn’t he fulfill mine? Why do I feel so empty? I want to be healthy, married, a parent, happy, content, but my prayers seem to hit the ceiling and return to me.*” I do not dispute that living in the wilderness leaves much to be desired. The misery of living in this sin sick world multiplies daily. Yet, did not God provide for your desires today? Did you not eat? Did you not find momentary rest for your weary body? Did you not see his beauty reflected in something or someone? Ah, we are exposed. We grow complacent with God’s good gifts. They aren’t gifts in our minds, just something that everybody gets. We are far too often like the Israelites in the desert. We overlook the good things God gives us and obsess on what he did not give. God’s good gifts are no accident or afterthought—some sympathetic gesture to a waif. Rather he gives them out of the overflowing desire for his own glory and for the completion of all that he has willed. Every good gift you have received has come because God has ordained your existence in an abundantly provided world (see Ps. 65). He supplies you with your food and with whatever joy, peace, laughter, and righteousness you have experienced.” (Phil Monroe, “Protecting Desire 5: Using the means of grace given you”, Musings of a Christian Psychologist, October 26, 2006, <https://wisecounsel.wordpress.com/2006/10/26/protecting-desire-5-using-the-means-of-grace-given-you/>)

“Fulfilled desires are sweet. “Hope deferred makes the heart sick, but a longing fulfilled is a tree of life...a longing fulfilled is sweet to the soul” (Prov. 13:12,19b). These brief proverbs remind us of what we already know. When we do fulfill our desires, it is a satisfying moment. Even illicit gratification is satisfying, even if deadly. “Stolen water is sweet; food eaten in secret is delicious” (Prov. 9:17). Why else would we go back for more? When our desires are filled, we are comforted and secure. God comforts the brokenhearted and to satisfies them with his bounty (Jer. 31:13-14). Satisfaction also brings joy and gladness. Moses supplicates, “Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days” (Ps. 90:14). Satisfaction brings knowledge. The children of

Israel, once filled with manna know that the Lord is their God (Ex. 16:12).”

“Sexual desire is complex, compelling, and good. Why would God put the Song of Solomon in the Bible? Wouldn’t it be better to use that space to tell us more about himself? What purpose does an erotic book detailing the urges and orgasms of an anonymous couple serve the kingdom of God? The man spends numerous lines waxing poetic about her genitalia and how he wants to play with her. She shivers and aches for her climax. No, this is not a harlequin romance novel. In fact, it is probably more erotic and explicit about sexual desire than our English translations will admit. Those who try to spiritualize the text to mean only something of how God feels towards his church surely do God an injustice. And what of the mysterious phrase that appears in the book on three occasions, “Do not arouse or awaken love until it so desires (2:7; 3:5; 8:4)? It would seem to indicate that one must be careful with love and the power it wields. If you are not careful, your appetites may overwhelm you.” (Phil Monroe, “Protecting Desire 5: Using the means of grace given you”, Musings of a Christian Psychologist, October 26, 2006, <https://wisecounsel.wordpress.com/2006/10/26/protecting-desire-5-using-the-means-of-grace-given-you/>)

“No really, its best form. As good as sexual desire is it pales next to desire for God and being united with Christ. The Psalms are full of descriptions of longings for God. David cries out for God, for his ways, his wisdom, and his presence. How are these depicted? There are numerous depictions of this desire as cries of one who is thirsty and longing for water (e.g., Ps. 42:1; 63:1, 143:6.). In the New Testament, Paul records a similar sentiment. We groan while we are in this “tent” of a body and long for our guaranteed inheritance (2 Cor. 5:4ff). Notice that your good desires for God will bring upon yourself more pain! Doesn’t this run in stark contrast to much of our current depictions of the Christian life. “Come to Jesus,” we say, “and your life (as you have imagined it) will go well.” Instead, as we draw closer to God, our desire for him enlarges. Satisfaction increases, but certainly so does agony as we develop an increasing awareness of our desperate need for God.” (Phil Monroe, “Protecting Desire 5: Using the means of grace given you”, Musings of a Christian Psychologist, October 26, 2006, <https://wisecounsel.wordpress.com/2006/10/26/protecting-desire-5-using-the-means-of-grace-given-you/>)

“Yet, do not be discouraged, our desires for God do not end in only pain. We do find satisfaction, comfort, fulfillment, joy, and peace. Psalm 131 depicts satisfaction with God as a baby on his mother’s lap whose stomach is filled, who no longer needs to grab at her breasts for more. When we take worship as our food, Isaiah records that we will

delight, “in the richest of fare” (Isa. 55:2). These satisfactions are not just spiritual. Rather they reach out into the far corners of our lives. Solomon, who contemplated the search for satisfaction reminds his readers that any satisfaction we achieve has been a gift from God (Eccl. 3:13).” (Phil Monroe, “Protecting Desire 5: Using the means of grace given you”, Musings of a Christian Psychologist, October 26, 2006, <https://wisecounsel.wordpress.com/2006/10/26/protecting-desire-5-using-the-means-of-grace-given-you/>)

“THE NORMALIZATION OF PORN IN THE CHURCH, WHAT THE CHURCH NEEDS TO DO NOW”

“Today, the church is facing a major crisis and there are few alarms going off. It is a silent crisis, one that is spreading in the shadows of secrecy and yet is doing great damage to the lives of those inside her walls.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“I’m talking about the normalization of porn within the church. Pornography, which is now so widespread and accessible, seems to have become almost a non-issue for so many churches. Occasionally there are sermons which mention in passing the danger of it. A few bold churches have begun to set up support groups for those who have found themselves addicted to it. But mostly, silence.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“No rousing alarms. No calls to action. No warnings that already the flood waters are inside the house and that bold, quick action is needed to save the very house itself. There seems to be a disquieting casualness to this issue, almost like a calm before the storm. But the storm is already raging.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“The Growing Epidemic”

“‘Wait! I need to talk to you!’ a woman’s voice called out as I crossed the lobby following a church presentation. Her eyes revealed her distress, and she blurted out, ‘I just found out my 11-year-old daughter’s been watching online porn for months. What should I do?’ Many Christians assume that they are insulated from problems such as these. Sadly, this mother’s situation is far from unique. Parents call us regularly because they’ve

discovered their children's exposure to Internet pornography. Not the pornography of yesteryear; rather, the kind that exists today, a cornucopia of increasing depravity. The Internet offers a depth of degradation that wouldn't have been available even in adult bookstores 20 years ago. Tragically, I received a call from parents after catching their 8-year-old watching bestiality videos on his iPod Touch." (David White, "The Normalization of Porn in the Church: What the Church Needs to do Now", Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

"But the problem goes from beyond the impact it is having on our children. Young adults in their 20s can't remember a day when porn wasn't free and easily accessible at their fingertips. Christian young men and women are grievously impacted by its accessibility and, coupled with the vacuum left by the church's silence on sexuality, are becoming ensnared. Many singles, committed to chastity in their relationships with the opposite sex, succumb to the lure of porn and self-stimulation as a 'less destructive' alternative to sexual temptation. We are now learning that this is a destructive fallacy. Growing numbers of singles don't know how to move toward *real* members of the opposite sex because they've lived so long in a porn fantasy world. And a new phenomenon identified by secular researchers is also affecting young men in the church. The fastest growing segment of the population struggling with erectile dysfunction is men in their 20s and 30s who have been conditioned by online porn to respond only to never-ending novelty with increasing depravity. One man in his 20s likened his experience with online porn to ordering off an a la carte menu: 'Tonight I'll have a little of this and some of that,' lamenting that he is now incapable of sexual intimacy with his wife. Despite entering marriage as a virgin, his sexuality has been maimed by years of porn use." (David White, "The Normalization of Porn in the Church: What the Church Needs to do Now", Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

"Older adults in the church aren't immune to the scourge. I've lost count of the people in their 40s, 50s, and 60s who describe viewing porn magazines occasionally as a young adult, making a break from the behavior as they entered marriage and family life, only to later confess, 'And then we got the Internet...' The result: estranged or broken marriages, shipwrecked careers, and the profound loss of spiritual vitality and faith. These are men and women in the church! Nothing robs God's people of contentment and the joy of following Christ than hidden sexual sin. 2 Peter 1: 5-8 (ESV) is a

passage where Peter challenges believers to add to their faith virtues like self-control, knowledge, steadfastness, godliness and love, and then says that failure to do so will cripple one's faith: *'For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.'* I would contend that one of the reasons for the weak and wavering faith of much of the church today may very well be how its people are capitulating to the sexualized culture and are immersed in sexual struggles and sin." (David White, "The Normalization of Porn in the Church: What the Church Needs to do Now", Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

"Every demographic in the Body of Christ is impacted by this issue, but the most heartbreaking group is our children. Porn usage is so pervasive, especially among youth and college-age and young adults, that many have lost any hope that they will find victory over this struggle. If leadership is aware of these struggles, then their overall silence communicates that the gospel is powerless or irrelevant to help them in their sexual struggles. I recently attended worship at a large urban church. The pastor challenged the church with the danger of fornication and described the wrecked lives of young people having sex outside marriage. . . and then moved on. As I surveyed the hundreds of people in the sanctuary, most of them married, I wanted to shout from my pew, 'What about porn?!' Sex outside marriage is indeed a huge problem, especially among Christian singles, but the pastor's omission of pornography missed the mark of where the majority of his congregation struggles. They struggle, daily, with the relentless temptation, virtually everywhere, to give in to sexual sin and keep it hidden from others, guaranteeing that the problem will not go away on its own."

(David White, "The Normalization of Porn in the Church: What the Church Needs to do Now", Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

"What the church needs to do now"

"The Church can't afford to continue in silence and ignore this growing epidemic. We must shun the casual attitudes and face the reality that the consequences of our inaction are already severe and becoming ruinous. How can the church be so relatively blasé about this, while some countries, like Iceland and England, are proposing outright restrictions on Internet porn being piped into homes! If even secular governments are raising the alarms about how destructive pornography is, then surely the church should be doing that and more for its own people!" (David White, "The Normalization of Porn in the Church: What the Church Needs to do Now", Harvest USA, Fall 2013,

<http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>

“How can the church begin to take pro-active steps to address this in a comprehensive way?” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Sound the alarm”

“Like the old heresies facing the church in the early centuries of her existence, there is a new ‘Gnosticism’ on the rise that says what we do sexually no longer matters. The younger generation has been raised on what I refer to as a ‘Clintonian’ definition of sex. The boundary lines for acceptable behavior have been redrawn and all manner of sexual activity is now seen as not really being sex at all. The church must reclaim and teach what Paul preached two centuries ago, that what we do with our body matters. Passages like 1 Thessalonians 4:1-8, Ephesians 4:17-19, 1 Corinthians 6:12-20 make clear that God cares passionately about our sexuality. According to these passages, what we do with our bodies demonstrates the allegiance of our hearts. We either look like those controlled by the Spirit of the living God, or we look like those in the world ruled by their sensual desires. Rather than displaying a casual attitude toward sexual sin, Ephesians 5:3 says, *‘But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.’ Our sexuality is a litmus test for our spirituality!*” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“The time for the church to sound a very loud alarm is now. The church can do so much more!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“The Body of Christ needs to hear dedicated sermons on sexuality and faith, and to have real-life illustrations and strategies woven into sermon messages on an on-going basis.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“We need adult Sunday school classes where we teach practical strategies on how to live lives of sexual integrity, not an easy task in this overly-sexualized culture.” (David White, “The Normalization of Porn in the Church: What the Church

Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

- “Youth groups need safe places to talk about this, and continual messages from youth pastors and adult volunteers that it’s OK to seek help when they feel overwhelmed, because silence and secrecy wreaks havoc on hearts and lives.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)
- “Pastors, elders and Christian counselors need to equip youth pastors and youth volunteers to know how to help youth who are already finding themselves ensnared in sexual struggles and sin.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)
- “Men’s and women’s groups need to learn, in a gender-specific context, to talk openly about real-life struggles in this area. If adults and parents can begin to talk about this, then they will lead the way for youth to do so, also.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)
- “Parents must be equipped to learn how to talk about sexuality to their kids and given tools to protect their children from the dangers of unfiltered and unaccountable Internet usage that children and youth now see on tablets, smartphones, and iPod Touches.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)
- “Groups for men and women strugglers need to be up and running, along with groups for affected spouses (usually wives).” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“We must speak up. We must speak directly and relevantly. We must name the problem, proclaim that there is freedom and hope in the gospel, and patiently show our people how to manage their sexuality well. We need to talk about all this in a whole new way.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Talk about sexuality differently”

“There is a massive hole in the teaching of sexuality in the church. If the topic is broached at all it is almost always negative. Yet, the church must go beyond a negative message, especially in order to speak cogently into the culture in which we find ourselves. We know that the world doesn’t like to hear the Christian message on human sexuality; they find it too restrictive. Even C.S. Lewis said, decades ago in *Mere Christianity*, that the most offensive and unpalatable teaching of Christianity is its sexual ethic. When the church merely focuses on the negative, the world (and even a lot of our own people) just turn off and move further away.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Now, we need to proclaim a positive sexual apologetic, one that articulates the goodness of God’s design and develops a positive theology of sexuality to counteract the increasingly alluring false worldview that has captured so many. We need to speak a different narrative, one that tells of the good reasons for God’s design for our sexuality. We need to persuasively declare the beauty of God’s intentions, and how living within God’s boundaries affirms our human dignity and contributes to a healthy society. We need a better narrative to help singles shepherd their sexuality so that they do not feel like they are the ones being left out. We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church. For example, the best argument that homosexuality is not within God’s created design for sex is not Leviticus 18 and 20, but rather Genesis 1 and 2!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Acknowledge the fact that Christians are sexually broken, too”

“At Harvest USA we teach that sexual brokenness is a universal human problem. This simply means that the fall of humanity into sin has touched every aspect of our lives, including our sexuality. All of us need a supernatural intervention to bring redemption to our sexuality. But it goes deeper. A significant percentage of men and women in the Body of Christ are living in bondage to their sexual desires. Pastors, next time you’re in front of your congregation, look around at your flock, and realize that, according to one survey, as many as 50% of Christian men and 20% of women report being addicted to or ensnared at some level to porn. ¹ Add to

that the number of youth looking at easily accessible porn online, and the situation is frightening.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Church leadership has been slow to admit that the problem is so widespread among its people. It is time to vocalize this issue and take the necessary steps to minister to the individuals and families scarred by sexual sin.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“What would you do if, instead of sexual sin, they had a terminal illness and were glibly going through the motions every Sunday as if all was well? What steps will you take to snatch them from the flames (Jude 23)? The mission of Harvest USA is to equip churches to minister to sexually broken people. We’d love to help train your people to mentor and disciple sexual strugglers, so that they can find freedom from this enslavement. We’ve developed material to equip laity to facilitate biblically-based support groups for men and women. But first the church has to publicly admit that the problem exists.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Partner with parents to teach their children about sexuality”

“Now, I’m not advocating that parents forsake their God-given calling to raise their children and address sexuality with them, but the Church must work together with parents in this endeavor. No longer can churches just assume parents are talking about this stuff. They aren’t. I frequently ask audiences how many of them were raised in a Christian home and, out of those, how many had parents that talked about sex. Most of the hands go down!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“The failure of parents and the church to shepherd their children’s sexuality (except maybe to say ‘don’t do it until you’re married!’) has resulted in hordes of young people exiting the church and the faith because they have embraced the cultural narrative of sexuality. The next generation of the church is being lost because this generation failed to honestly talk about sexuality in terms both practical and biblical.” (David White, “The Normalization of Porn

in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“It’s time for the church to actively assist parents, via classes, workshops, outside speakers and through the power of ‘one-anothering,’ to stop the drifting of our kids falling into sexual entrapment and loss of faith. There’s a reason why churches often ask all their members to take vows at infant baptisms/dedications: raising sexually healthy kids is the work of the whole **Body of Christ!**” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“This is much bigger than personal piety”

“There are broad cultural implications to the porn epidemic that go far beyond individual sexual integrity. Dealing with this issue forthrightly means we can help save marriages and keep children from experiencing the socially debilitating effects of divorce. Sounding the alarm and giving practical help will protect children from the scars of broken sexuality that result from early sexualization. The positive effects of dealing with these issues will have even broader societal implications. People living within God’s design will not be supporting the porn industry, whose performers, both paid and amateur, are being exploited for someone’s economic gain. A large number of porn performers come from tragically broken backgrounds, and it is not surprising that a great number of them experienced early sexualization, abuse, rape, and incest, as well as continue to be abused on multiple levels while performing.² Human trafficking, the deepest scourge of all, is embedded in this porn/broken sexuality epidemic.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“The bottom line is that our silence on this issue is perpetuating injustice. Like those who use illegal drugs and who, by their usage, are linked to the violence and social discord found in countries where the drugs are grown and produced, so engaging in porn equally contributes to global injustice. But God’s people should be the vanguard of justice, dedicated to undoing this horrific expression of the curse in this world and serving as Christ’s hands and feet to bind up the brokenhearted and heal their wounds. Will you be the one to start doing this in your church? We need to speak up and connect the dots, letting people see the human brokenness that is behind the glossy images and videos.” (David White, “The Normalization of Porn

in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013,
<http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“At Harvest USA we watch God do this glorious work of ‘undoing’ every day. The gospel is God’s power for salvation and he is committed to radical change in the lives of his people. But we have a choice: are we willing to get our hands dirty and enter into this glorious redemptive work, or continue keeping our heads in the sand, waiting for the storm to clear? One pastor commented that he knew sexual sin was at epidemic levels among his men, but he was scared to ‘take the lid off.’ None of us like to deal with messy situations, but we have a Redeemer who has blazed this path before us. Rather than maintain his glory in the heavens, Jesus was stripped of everything, entering this world as a baby. At the cross, he left it in the same way. But he conquered sin and death – including pornography! – and rose victoriously, so that we can be empowered by his Spirit to face these giants. And that is the key: it is impossible for us to face this challenge alone, but Jesus’ promise is to be with us to the end of the age. He is offering us deeper communion with himself as we face this challenge. It’s worth raising the alarm and rolling up our sleeves for this!”

(David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“NATIONAL REVIEW: GETTING SERIOUS ON PORNOGRAPHY”

“Imagine a drug so powerful it can destroy a family simply by distorting a man's perception of his wife. Picture an addiction so lethal it has the potential to render an entire generation incapable of forming lasting marriages and so widespread that it produces more annual revenue — \$97 billion worldwide in 2006 — than all of the leading technology companies combined. Consider a narcotic so insidious that it evades serious scientific study and legislative action for decades, thriving instead under the ever-expanding banner of the First Amendment.” (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“... an estimated 40 million people use this drug on a regular basis.” (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“My husband is not alone. According to Dr. Victor Cline, a nationally renowned clinical psychologist who specializes in sexual addiction, pornography addiction is a process that undergoes four phases. First, addiction, resulting from early and repeated exposure accompanied by masturbation. Second, escalation, during which the addict requires more frequent porn exposure to achieve the same ‘highs’ and may learn to prefer porn to sexual intercourse. Third, desensitization, during which the addict views as normal what was once considered repulsive or immoral.” (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“And finally, the acting-out phase, during which the addict runs an increased risk of making the leap from screen to real life.” (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“A 2004 study published in *Social Science Quarterly* found that Internet users who had had an extramarital affair were 3.18 times more likely to have used online porn than Internet users who had not had an affair.” (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“In a study published in *Sexual Addiction and Compulsivity*, Schneider found that among the 68 percent of couples in which one person was addicted to Internet porn, one or both had lost interest in sex. Results of the same study, published in 2000, indicated that porn use was a major contributing factor to increased risk of separation and divorce. This finding is substantiated by results of a 2002 meeting of the American Academy of Matrimonial Lawyers, during which surveyed lawyers claimed that ‘an obsessive interest in Internet pornography’ was a significant factor in 56 percent of their divorce cases the prior year.” (Jennifer P. Schneider, *Effects of cybersex addiction on the family: Results of a survey*”, *Sexual Addiction and Compulsivity*, Vol. 7, Issue 1-2, 2000, http://www.jenniferschneider.com/articles/cybersex_family.html) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“Porn use creates the impression that aberrant sexual practices are more common than they really are, and that promiscuous behavior is normal. For example, in a 2000 meta-analysis of 46 published studies put out by the National Foundation for Family Research and Education at the University of Calgary, regular exposure to pornography increased risk of sexual deviancy (including lower age of first intercourse and excessive

masturbation), increased belief in the ‘rape myth’ (that women cause rape and rapists are normal), and was associated with negative attitudes regarding intimate relationships (e.g., rejecting the need for courtship and viewing persons as sexual objects).” (Elizabeth Paolucci, Mark Genuis and Claudio Violato, “A Meta-Analysis of the Published Research on the Effects of Pornography, *The Journal of Psychology: Interdisciplinary and Applied*, Volume 135, Issue 1, 2001, <http://www.tandfonline.com/doi/pdf/10.1080/00223980109603677>) (“National Review: Getting Serious on Pornography”, NPR, March 31, 2010, <http://www.npr.org/templates/story/story.php?storyId=125382361>)

“Many people have an erroneous view of ministries like Harvest USA. They think such ministries are only about helping individuals break out of sexually addictive behaviors that are impairing their own lives. But that is only partially correct. Helping sexual strugglers break free from crippling sexual sin as a result of pornography or other out-of-control sexual behaviors has far-reaching implications beyond the impact it has on them alone. What starts out as a journey of personal transformation brings healing to others: their spouse, family, friends, church, work and far beyond. When even one person is no longer enslaved to deeply rooted patterns of sexual brokenness, the impact is substantial, something that we again noted in our last newsletter.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Regardless of the studies, research, and individual stories, the connection between pornography and sexual exploitation is just common sense, biblically speaking. Lust and pornography are mutually destructive partners. Pornography ignites sexual lust, but rather than being satisfied by its partner, lust demands more and more. No wonder Jesus spoke metaphorically of the need to take extreme measures to combat sexual lust (Matthew 5:27-30). Once lust gains a foothold in the mind and heart, it becomes an enslaving idol that destroys not just the lustful person, but equally harms the victims it uses to satisfy its desires. That’s because sexual lust is more than just sexual desire and its temporary fulfillment. Lust is the strong desire to possess something or someone that is not yours to have. Lust isn’t satisfied until it owns or controls what it wants. Lust refuses to look at the object of lust as anything other than a “thing” for its own pleasure. Pornography takes that basic aspect of lust (“I want!” “I need!” “I must have!”) and spins a destructive message through its images, one that dehumanizes, objectifies and enslaves. It does so in three primary ways.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual

Sin", Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

1. "Porn disconnects sex from relationships—its subjects (usually women) become merely objects for sexual pleasure and/or a commodity for sale." (Nicholas Black, "Pornography and Injustice: The Social Impact of Sexual Sin", Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)
2. "Porn disconnects sex from love and respect—this especially has been shown to lead to aggression and violence toward women (many point to a "rape culture" on college campuses that some say is the result of resulting from the widespread usage of pornography among male students)." (Nicholas Black, "Pornography and Injustice: The Social Impact of Sexual Sin", Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)
3. "Porn is about sex without human dignity—today, perversity knows no bounds when it comes to pornography." (Nicholas Black, "Pornography and Injustice: The Social Impact of Sexual Sin", Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

"While it is beyond the scale of this article to lay out everything that ought to be done, here are a few steps you and your church can take to do justice." (Nicholas Black, "Pornography and Injustice: The Social Impact of Sexual Sin", Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

"One: Acknowledge that the problem exists"

"As stated repeatedly, take action about the porn usage epidemic in your church. It exists. Remember, it's a secret sin, so it won't come easily to the surface. By admitting that Christians struggle with sex (it's not just a problem "out there"), we give people hope that God's gift of sexuality can be used for good. Acknowledge that we all struggle with this powerful gift, and that help is readily available for strugglers. Teach about biblical sexuality to all age groups of people in the church. Don't just focus on the negatives — teach about sexuality in a positive way because Christians today especially need to hear a compelling apologetic about why God's design for sexual expression is for our good. Pray for and seek out men and women leaders to start and lead support groups for sexual strugglers. Contact us at info@harvestusa.org and we can help you get started on all of this." (Nicholas Black, "Pornography and Injustice: The Social Impact of Sexual Sin", Harvest USA,

Two: Begin to take action on injustice issues

“The evangelical church can no longer be silent on social issues like the commercialization of sex and sex trafficking. Scripture repeatedly talks about God as a God of justice and mercy, and that his people should reflect to the world what God is passionate about. Isaiah 1:16-17 is only one of countless passages that direct us as God’s people to actively do justice and bring restoration to the broken.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Wash yourselves; make yourselves clean;
remove the evil of your deeds from before my eyes;
cease to do evil,
learn to do good;
seek justice,
correct oppression;
bring justice to the fatherless,
plead the widow’s cause” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Consider having a church committee or team that explores and teaches on justice and mercy issues. Ask God to develop in you and your church a heart of mercy to those who have been abused, mistreated, and manipulated into sexual sin. The scope of the problem is enormous, but don’t get overwhelmed. Start small; start locally. Look for local resources to get involved in rescuing those who are abused and trapped. Shared Hope International is a good, national resource to start. VAST (thevast.org: the Valley Against Sex Trafficking) is an excellent local resource in the Philadelphia region.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Read in this newsletter what our colleague, Vicki Tiede, is doing to help combat sex trafficking: “Journey to Nepal. . . . to Save Young Girls.” Vicki, the author of *When Your Husband is Addicted to Pornography: Healing Your Wounded Heart*, is going to Nepal with her daughter to work with Tiny Hands International (tinyhandsinternational.org) a rescue organization in

Nepal. She'll be back home by the time you read this, but check out her blog to read about the mission (vickitiede.com/blog).” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“And check out two ministries that reach out to rescue men and women who work in the sex industry: victoriasfriends.com and shellylubben.com.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Three: Start talking to youth—especially to boys and young men”

“Of all the demographics in the church, none is more critical to reach than our youth—but especially boys and young men. Why? Because our youth are almost universally immersed in looking at porn today, and they are being frightfully impacted by it. New research is showing how porn usage is shaping the minds and hearts of young men, “rewiring” as it were their brains toward aggressive and dysfunctional sexual behavior and addiction. We need to reach this generation of boys and young men in particular in order to stop the demand for sexual trafficking that is growing around the world.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“But don’t forget young women, as well! They, too, are buying into the lies of the world when it comes to sexuality. The youth in our churches today know little about God’s design for sex, and are increasingly abandoning the Bible’s teaching on sexuality morality. And the major reason for that is the church’s failure to talk openly and give a compelling reason for following God in this area of life.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Four: Learn how to help by focusing on the heart”

“Finally, it’s not enough to simply talk about the dangers and the personal/social implications of pornography and sexual brokenness. There are reasons why men and women get hopelessly ensnared in sexual sin, as both offenders and victims. All of our biblical teaching on sexuality must aim for the heart, where sinful behavior starts (Matthew 15:18-20). Helping a sexual struggler means learning the unique contours of his or her heart. When we see the broken idols that we live for, the idols that promise life but deliver destruction, and when we see them in the light of God’s

mercy toward us in Christ, then deep repentance and transformation begins to take shape—moving outward from the individual to family, church, neighborhood, and even to the far reaches of society itself.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Short-term mentality. Watching porn may also make people value immediate payoffs over delayed gratification, a study published in September in the Journal of Sex Research found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“Compared with people who abstained from eating their favorite food, people who were asked to abstain from porn for three weeks showed a lower rate of ‘delay discounting,’ meaning they were willing to wait longer for a reward. (Delay discounting refers to the phenomenon in which a reward becomes less valuable the longer one has to wait to receive it.)” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“So simply avoiding porn can put people into a more long-term mind-set, the researchers found.” (Tia Ghose, “5 Ways Porn Affects the Brain”, Live Science, October 13, 2015, <http://www.livescience.com/52469-how-porn-affects-brains.html>)

“HOT BODS, THE BIBLE, AND THE BRAIN: UNDERSTANDING PORN ADDICTION”

“In 1 Corinthians 6:18, Paul writes, ‘Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.’” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“This gives the brain an unnatural high as surge after surge of dopamine is released. Eventually the brain fatigues, leaving the viewer wanting more but unable to reach a level of satisfaction...begins to seek out novel, more intense porn to get the same high. (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“We now can see on an MRI what the Bible has led us to expect all along—that sin in our *members* includes, to an extent, our brains.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

- “The Bible has always taught us to be transformed by the renewing of our minds (Romans 12:2), and now we can literally ‘map’ how our thoughts change the way we see the world.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “The Bible has always taught that sexual sin has physiological consequences (1 Corinthians 6:18), and now we can see some of those consequences under a brain scanner.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “The Bible has always taught us to trump the desires of the flesh with the longings of the Spirit (Galatians 5:16-17), and now we can see the way new, healthy neurological pathways are the key to overcoming old habits.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“Internet pornography is a modern phenomenon that has no parallel in history.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

1. “*Remember* and *believe* that, in His death and resurrection, Christ has *died to sin*. He is no longer lives in this sinful realm (Romans 6:10).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
2. “*Remember* and *believe* that by the Spirit, we are *united* to the One who is dead to sin: Christ is in us. We no longer belong to this sinful age. We belong to the sinless age to come (Romans 6:8).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
3. “*Reckon* or *consider* yourself *dead* to sin (Romans 6:11). You are not *dying* to sin (a process). You are not *commanded* to die to sin (an imperative). You are indeed *dead* to it. United to Christ, your *whole identity* has changed. So meditate on this. Chew on this. Reconsider it. Get this idea deep into your soul.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

4. “ ‘Present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness’ (Romans 6:13b). Fighting from our new identity, now Paul tells us to be practical. Present the very *members* of your physical body to God as His instruments.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“Neurologically speaking, this means as we replace old habits with new habits, new neural pathways are formed.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“GREY MATTER: 50 SHADES, PORNOGRAPHY AND THE SHAPING OF OUR BRAINS”

“Recognise the nature of the issue”

“Firstly, a reality check – if one is still needed – for anyone who thinks the Church doesn’t have an issue with porn. My December 2014 survey (something of a straw poll, but sufficiently quantitative to hold some weight) suggested that around 55% of Christian men view Internet porn more than once a month, with a further 20% admitting that they succumb to temptation every so often. That’s 75% of Christian men engaging with pornography on, let’s say, a monthly basis. Among women the figure was much, much lower. Just 15% said they viewed porn online more than once a month, with a further 20% visiting porn sites occasionally.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, February, 2015, <http://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“The UK Church and pornography: a survey” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, February, 2015, <http://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“As part of the research for this article, I compiled a simple anonymous survey. It asked respondents to identify as being UK-based and to clarify

whether they defined themselves as practising Christians. It is not a statistically perfect piece of research, but with more than 500 responses collated it is surely indicative. Here are just some of the results:” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, February, 2015, <http://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

- “30% Church leaders who access porn on the Internet more than once a month”
- “42% Christian men who say they have a ‘porn addiction’”
- “90% Christians who believe the Church does not adequately support those who struggle with pornography use”
- “75% Christian men who view pornography on a monthly or less regular basis”
- “10% Christian men who say they have paid for sex”

(Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, February, 2015, <http://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“HOW I QUIT PORN AND WHY IT’S THE BEST THING I’VE EVER DONE”

“I have admitted to many friends and my close family that I am a pornography addict.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Why would I ever admit this to anyone? Isn’t watching pornography wrong or shameful? Aren’t there elements about the pornography industry that are exploitative and coercive? Aren’t addicts unreliable and unhealthy people that betray their friends, families, and lovers? Why would I ever admit this to anyone, especially online, where friends, family, employers, strangers, and potential future partners could find out this dark secret of mine and then shun me or think less of me?” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“The reason I am choosing to let this knowledge be public is because, for many years, my addiction was causing me to hurt myself. The addiction also hurt people I cared about, threatened my career, contradicted my deepest values, and consequently contributed to me feeling very unhappy

with myself. The good news is that I have beat my addiction. And beating this addiction has brought me such relief and joy that it has repeatedly moved me to tears. I share my story in hopes that through reading about my struggles and successes, at least one other person is inspired to beat their addiction.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“The Groundwork of Addiction”

“I had been exposed to sexually charged images as a child, as many other children are. I was drawn to and excited by these images and procured Playboy and Penthouse magazines as I entered my teens. Looking back, I didn’t see anything necessarily unhealthy about my acts at that time. I was very ashamed of sex and didn’t discuss my sexuality freely with my friends. Games of truth or dare terrified me because I was so afraid to talk about masturbation and sex with my friends. This is typical. Lots of taboos surround sex, and this is unfortunate but understandable given that sex has such a strong pull on our behavior and that the unhealthy or clumsy expression of sexuality can cause problems. However, I think that this shame and this secrecy laid the foundations for the addiction that would later have such a detrimental impact on my life.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Another component of my addiction was stress and unhappiness. I remember a shift happening around fifth grade. Before then, I wasn’t necessarily very talkative but felt I could talk freely with anyone in my class. Something changed when I was around 11 years old, though. I suspect that the self-consciousness that comes with puberty and the realization that I wanted to win the approval and attention of my female classmates started having an impact on me. I found myself lacking in confidence, lacking in attractiveness or fashionability, lacking in the ability to flirt and even recognize when others were flirting with me. I couldn’t relate to the culture around me, given that I was more interested in science, science fiction novels, and nerdy role-playing games than in pop music, sports, and partying. I was and am an introvert in a world that celebrates qualities that extroverts seem to come by naturally. I was often lonely, often hard on myself, and often wished I was more like the boys that could freely talk to girls.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Around eighth grade, though, I discovered that physical exercise, especially weight lifting, made me feel really good. It took away some of the anxiety that I felt and calmed my mind somewhat. I naturally fell into a routine of regular physical exercise that has persisted in some form to this day. This routine and capacity to form routines is one of the things that has saved me from addiction and made the recovery process easier.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“As is typical, and completely normal, I masturbated and fantasized about women often. The hormone levels in a teenager, combined with the novelty of sexuality and the pleasure that arousal and orgasm brings, caused me to be just another common teenage hornball. I felt a lot of shame in my habits, though in retrospect I wish I had learned not to feel this shame. The pleasure of sex, in addition to the shame I felt about it, were factors that later made it natural that I would become addicted to porn.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“I wasn’t yet an addict. However, when my 17th birthday arrived, my parents bought a computer and I near-instantly started consuming internet pornography. I was so drawn to the possibility of accessing pornography freely that I snuck into the room with the computer the very first night it was hooked up to the internet. From that point around 1999 until sometime in early September 2013 (except for a brief period at the end of 2012), I consistently consumed pornography on a near-daily basis.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Addicted”

“I didn’t realize I was addicted, though over the years I sensed there was a problem. How could I not realize I was addicted? My theory is that there are a lot of very necessary and very good pro-sexuality and pro-porn arguments out there. These are good, because labeling something as wrong paradoxically makes it more attractive. Breaking rules brings a rush of adrenalin that enhances the pleasurable elements of an act while also possibly intensifying the feelings of shame that result in performing the act. This can lead to a destructive cycle which I, myself, experienced. It is possible to consume pornography in a way that is healthy, just as it is possible to have healthy relationships with alcohol, food, exercise, work,

and other substances and habits that can become compulsions. I have chosen never to consume porn again, though.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“A compulsion is a habit that cannot be easily regulated. The person that chooses to drink a glass of wine with friends while winding down at the end of the day doesn’t have a compulsion. The person that notices themselves always drinking after a hard day or during a time of stress even when they would rather not be drinking has a compulsion. The cigarette smoker that lights up without even realizing it has a compulsion. My habit of consuming pornography had compulsive elements. Sometimes I would sit a computer and start typing out the name of a porn site automatically and without conscious effort. Sometimes I would be in a situation where I could be caught watching porn but I simultaneously couldn’t fight the impulse to watch porn while also feeling excited that I was breaking someone’s trust. I have and could have hurt or disappointed others this way many times. (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

I didn’t realize until recently that I had been using porn for years to pacify myself, make myself feel good, and deal with stress. Had I deeply understood known that porn has such a powerful effect on brain function, I might have quit sooner. I’ve learned, perhaps too late in life, that you can only really overcome a difficult situation by opening yourself up fully to it instead of numbing yourself to it. Maybe you are lucky to have learned this lesson and trusted in opening yourself to pain when it arises. If not, I hope you notice those moments when you numb yourself to stop feeling pain, loneliness, and misery because here is a place where addictions can be born. And because you can only really grow beyond a difficult place in your life by facing it head-on.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“I sensed that my porn use was a problem. My porn use was continuing even during relationships when physical intimacy was declining. In search for greater and greater thrills, I started combining porn use with online webcam exhibitionism, even during a relationship. This in itself is not necessarily wrong, but I initiated these actions in secret and never discussed it with anyone. I was essentially cheating on my partner and did so on and off for many years.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”,

“The Pain of Addiction and Shame”

“I identified and continue to identify as a feminist. I think I am a feminist because I understand suffering and I have women friends that have suffered very greatly. Even though I am a white male, in the past I often felt like I wasn’t part of the crowd. So maybe I understand what it’s like to feel in a minority as well (even though I freely admit I have full white male privileges). Feminist culture, to me, values compassion, consensual relationships, egalitarian relations, and the fair treatment of individuals in an effort to reduce the pain and suffering that women and minorities have experienced throughout history. I had learned that the porn industry has many problems. There exist cultural elements that lead to the coercion and exploitation of women and men. I recognized that it uses misogynistic, trans-phobic, and racist language and themes, and that some porn actors have unhealthy relationships with sex, serious mental health issues, and drug dependencies. A feminist would likely feel sorrow and anger at learning many of these stories and might come to the conclusion that mainstream pornography culture is toxic to many of the individuals within it. I surrounded myself with friends that identified as feminists themselves, and the disparity between my actions and my values caused me to suffer and feel like a fraud.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“I finally addressed this cognitive dissonance so I quit porn for about three or four months toward the end of 2012. Sadly, I relapsed at the beginning of another relationship around the beginning of 2013. The stress of beginning that relationship caused me to relapse into my old habits. Habits that included shame, lying, secretive behavior, and transgressive acts that had hurt my past relationships. I believe I relapsed because during the time that I wasn’t using porn, I was still using sexuality to numb my feelings instead of allowing it to be expressed in healthy ways.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Toward the end of 2012 I was severely depressed. I was living in a place and in a way that I later realized was unhealthy. I was keeping myself constantly busy, gigging in six bands and staying out at least four or five days a week. I was using my spiritual practices to try and keep my mind

clear and sort of force myself through each gray day when I should instead had been listening to clear signals that something was wrong and had to be addressed. Looking back, I'm pretty sure that my depression was caused in part by withdrawal symptoms. Yes, it turns out that quitting porn can lead to much the same withdrawal symptoms experienced by users of addictive substances but I didn't know this at the time." ("How I Quit Porn and Why It's the Best Thing I've Ever Done", Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

"How could quitting a porn habit possibly lead to withdrawal symptoms? It turns out that pornography, and internet pornography especially, satisfies a human responsiveness and craving for sexual variety. Thinking from an evolutionary perspective, I suspect sexual variety ensures that genes are spread widely. We are hard-wired to respond to and sometimes seek out this variety as some studies show. And internet pornography supplies such intense stimulation that the brain responds with tremendous release of pleasure chemicals. Over time the brain does burn out on this stimulation and grows to depend on intensification of this artificial source of pleasure. A destructive cycle emerges. This pattern of addiction in porn is similar to that of other addictive substances and habits." ("How I Quit Porn and Why It's the Best Thing I've Ever Done", Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

"During times of stress, when I was very tired, very unhappy, lonely, bored, feeling unworthy or unlovable, or otherwise not feeling well, my desire to consume porn was strongest. While I was single as an undergraduate I hardly ever socialized and made daily porn consumption a regular habit. Sometimes I would look at porn for hours a day, staying up late into the evenings on Friday and Saturday night while other students were out around town learning to socialize and practicing vulnerability. In college my feelings of not being able to relate to my peers were greatly intensified because I lived in a college football town and found bar and club culture unattractive in the extreme. I lived in loneliness and numbed my loneliness with porn. My porn use made me feel unhappy and unlovable and I numbed this unhappiness with more porn. A downward spiral had emerged." ("How I Quit Porn and Why It's the Best Thing I've Ever Done", Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

"This downward spiral did recur, several times. It harmed my relationships which is something I have felt intense guilt and remorse for. The shame and guilt of having failed myself and my partners over the years, coupled

with my pre-existing habits of not feeling totally confident in myself and my abilities has caused me many years of feeling like nothing I did was ultimately very satisfying and gratifying. An outside observer could see that I had a successful career, loving and wonderful partners, a great family, musical and creative talents, a healthy diet, healthy exercise patterns, and a generally cheerful and pleasant disposition. When I've been single and lonely, I've had friends praise me as 'a catch' and 'marriage material' but I could never really believe them when they said this. My mom would remind me of all my accomplishments and gifts when I was depressed but these words could not reach my heart. I could have easily remained in this dark place of shame and secrecy and self-loathing for many years, maybe until the end of my life.” (“How I Quit Porn and Why It's the Best Thing I've Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Salvation”

“What saved me was being dumped. Dumped by a partner with great integrity and self-love. I had finally built up the courage to tell her about sexual compulsions that I had kept secret and lied about for several months and she left me to protect herself. Getting dumped and having had enough trust in the mental health care system to see a therapist and share with them deeply of the details of the breakup finally let me see myself for who I was. A pornography addict.” (“How I Quit Porn and Why It's the Best Thing I've Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Discovering you are a pornography addict is scary. Your mom would likely be really unhappy and disappointed to find out you looked at porn (mine does). Some of your friends might think less of you if they realized you looked at porn often. Or maybe they would be OK with it but they would disagree with you that porn can be catastrophically habit-forming. An addict betrays themselves and betrays others. Some of your friends would think less of you or be tense and worried around you. Your employer might fire you or think that you are less reliable and worth of promotion or favor. I felt (and feel) worried about sharing details of my story in this way. But knowing that beating the addiction is possible, that learning to courageously stand up to feelings of shame is possible, and that realizing that you have opened the door to finally loving and trusting in yourself reassures me that the consequences will be worth it. I will finally be able to forgive myself for not allowing myself to be happy in my own skin. I will finally be able to seek and hopefully accept the forgiveness of those I have hurt. My life, that has

been filled with so much self-judgment, doubt, and fear, is finally opening and bring me joy. As I wrote before, I have cried and sobbed when I realized that I finally have permission to feel happy. When I told my therapist this, the image that came to their mind was that of a little kid lost in a crowd. The child is frozen and scared. Wide-eyed. After a few minutes their parents find the kid and the child is so relieved that he cries and cries as the feelings of fear and tension wash out of them and they start to feel safe again. I was that little lost child.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Recovery”

“My recovery process was difficult. I quit porn nearly cold-turkey and within a few days severe mood swings set in. For some hours I might feel light and full of good humor and a feeling of warmth and courage, and then the rest of the evening and early morning might be filled with heart-pounding anxiety, sweating, and feelings of abdominal pain and extreme hunger that can’t be satisfied. For weeks I couldn’t sleep more than five or six hours a night and this sleep was often troubled by nightmares. During the day I would be depressed and in a fog. I was hungry all the time but didn’t have the sense or desire to eat more than I usually do and lost 7 pounds in two or three weeks (this is a lot considering I don’t have much body fat on me to begin with). I have never had this kind of sudden weight loss in my life. At one point, due to the combination of having been dumped and not sleeping well due to insomnia and travel, I even felt suicidal for the first and hopefully only time in my life.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“Very fortunately, I have good friends. I finally reached out to them and speaking of my addiction and not being judged by them has allowed me to break free of the profound shame I had felt for so many years. I reached out to my family which I found to be extremely supportive and helpful. My therapist pointed out helpfully that maybe my mood swings were caused by my realizations of the possibility of freedom warring with my old identity as an unworthy and undeserving person. My old identity was feeling threatened and rebelling at the genuinely positive changes taking place inside me.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“I started exercising and practicing yoga more and I used my extra hours of wakefulness to put time into writing songs that touched, directly or indirectly, the pain I felt and the process I needed to undergo to learn to be happy with myself. I journaled intensely every day, keeping track of sexual fantasies, urges to relapse, masturbation habits and feelings of anger and shame, but also of joy, lightness, and pleasure. I had read many testimonials and articles of other recovering addicts archived on the website yourbrainonporn.com and adopted the techniques that best suit my own situation and temperament in my own recovery. I kept seeing my therapist whenever I needed to and tried not to isolate myself but to also allow myself to feel fully everything I was experiencing by not distracting myself constantly. During this time I’ve avoided drinking or other acts that act simply act to numb feelings. My capacity for diligently sticking to routine has been absolutely essential.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“All the support of friends and therapists and online resources. All the half-hearted commitments to change. All of that is useless unless the recovering addict can actually do the hard work of recovery. And this hard work is only possible if a person makes a real and true commitment to change. Having hurt someone that trusted me and loved me and having them break up with me was the catalyst for me to affirm my own commitment. However, my own commitment is actually rooted in the desire to finally be free and be happy in my own skin. To finally be able to accept the compliments of those I care about. To learn to say no when I’m offered an opportunity I don’t really need. To finally be able to trust that the decisions I make for myself are healthy. To rejoice in knowing that one day I will be able to fully open up to and love my partner.” (“How I Quit Porn and Why It’s the Best Thing I’ve Ever Done”, Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

“From Addiction and Shame to Self-Love”

“Quitting porn and opening up about my addiction is the best thing I could have done for myself. I feel a tremendous release and a tremendous freedom in my life and I’m beginning to make and notice changes. I find women more attractive, I am more comfortable talking to women, and I feel good about the possibility of easily initiating a satisfying relationship with someone for the first time. I feel ready to initiate a career move that is a long time coming. I also have felt closer to my friends and family than I have in years. Most importantly, though, I feel a greater sense of ease and

peace with who I am than I can remember. I find that I can love and trust myself fully now and it's an emotion beyond words. Some would call it a spiritual awakening." ("How I Quit Porn and Why It's the Best Thing I've Ever Done", Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

"Some days I return to the place of self-judgment and shame. Some days I question my own happiness and well-being, thinking it is some kind of delusion or brain chemistry malfunction. But I am committed to cultivating this happiness, this ease with myself. And I hope very much that what I have written here might help someone else find this place of happiness I am beginning to spend more and more time in." ("How I Quit Porn and Why It's the Best Thing I've Ever Done", Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

"Postscript"

"I am writing this a few weeks after I wrote the above. I have not relapsed yet and the feelings of profound happiness and resilience to shame come and go. One of my friends who also has an addiction gave me a sobering piece of advice: you have beaten the disease of addiction, but now you have to learn to nakedly face the problems that you were running from through your addiction. This is certainly true for me. I continue to meditate, write about my experiences, and talk about my experiences and am planning to attend enough sex addiction meetings to listen and learn from others and to learn to talk about my issues more." ("How I Quit Porn and Why It's the Best Thing I've Ever Done", Life After Porn, October 6, 2013, <http://lifeafterporn.tumblr.com/post/63289736198/how-i-quit-porn-and-why-its-the-best-thing-ive>)

"6 WAYS TO HELP YOUR KIDS SURVIVE SOCIAL MEDIA"

"Parents today grew up in a completely different culture from their children. Technology has radically reshaped the way we live." (Aaron Earls, "6 Ways to Help Your Kids Survive Social Media", Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

"Any child who is still living at home is among the digital natives who have no concept of life pre-internet or a time before everyone was on social media. Millennials and the next generation only know what it's like to be surrounded by a hyper-connected world full of sharing selfies, trending on Twitter, and friends on Facebook." (Aaron Earls, "6 Ways to Help Your Kids Survive Social Media", Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“According to Pew Research, 92 percent of 13- to 17-year-olds are online daily. Almost 3-in-4 (73 percent) have a smartphone themselves and 88 percent at least have access to one. With easy access to the Internet, 89 percent of teens reported using at least one social media site or app, and 71 percent said they used two or more.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“But all of the experience in that world doesn’t automatically grant someone the ability to traverse it well. Take for example the rash of bomb threats to airlines tweeted out by teenagers last year, which resulted in at least one arrest.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“This illustrates the difference between knowledge and wisdom. Teenagers (and many others) have expansive knowledge about social media, but often lack the wisdom to use it.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“Recognizing this, here are six ways parents can help their kids survive their social media knowledge until the wisdom kicks in.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

1. **“Start at the right age.”**

“Every child is different, so there’s no perfect age to jump into social media. You know your children better than anyone else. You’re best equipped to decide when they’re ready to enter the world of social media. Remember, it doesn’t hurt anyone to wait, even if ‘everyone’ is already on social media.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

2. **“Research all the apps.”**

“A new social media app debuts seemingly every week. It can seem daunting, but before you allow your children to start on social media, you should know the major channels like Facebook, Twitter, Instagram, Snapchat, and Vine.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“On top of those, parents need to be aware of newer apps like Kik, Whisper, Yik Yak, Periscope, and YouNow. You don’t have to be proficient at them all, just knowledgeable about what they are and what they do.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

3. **“Limit the number of platforms.”**

“While you should know about as many popular apps as possible, your children don’t need to have them all on their phone. Allow them to spend time on one app and demonstrate trustworthiness before rushing to add more.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“And before they start using a new platform, make sure you know it well. Learn the in’s and out’s and decide if it’s right for your children. If they aren’t ready for one, then wait until they are before you give them permission.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

4. **“Let them know the pitfalls.”**

“It’s not about scaremongering; it’s about teaching your children wisdom in all things. They need to know there are dangers when it comes to social media usage. Talk with them about those.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“What they post as teenagers will still be there when they are 20-somethings looking for a job and 30-somethings with families of their own. No matter what the app says, there’s always a way for someone to see or retrieve what was supposedly deleted.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

5. **“Know all the passwords.”**

“For every social network they join, you should know the password to their account. That doesn’t mean you check it every day, but it does mean you can if need be.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“It’s like using training wheels to help them learn to ride a bike, you are providing a safety net as they learn to navigate something entirely new. Offer correction and encouragement as needed.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

6. “Show grace.”

“Think back to your times as a middle or high school student. What type of things would you have posted to social media had it existed then? Hopefully, that can give you a better perspective on your teenagers trying to navigate social media today.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“They aren’t perfect in the real world, so recognize they won’t be online either. When they stumble—because they will—use times of failure as opportunities to learn and grow. Remember, you are trying to discipline them, not merely punish.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“The teenage years have always been tumultuous and adding social media into the volatile mix certainly doesn’t make things easier, but both you and your children can not just survive this time, but thrive in it.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media”, Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOlrK70>)

“SEX ADDICTION RECOVERY: AVOIDING SEXUAL TRIGGERS”

“The Internet is the number one stumbling block for almost all the people struggling with sexual sin. It’s not prostitutes, affairs, or adult bookstores—it’s the Internet.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“Few seem to understand the importance of an Internet filter. However, without it, you constantly open the door to temptation and self-sabotage. You don’t defeat sexual sin by opening up an adult bookstore in your home. Imagine an alcoholic who has a bar in his living room. Do you really think that’s going to work? For many of you, having access to the Internet is the exact equivalent.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“How Sexual Triggers Work”

“Unfiltered Internet means triggers. One thing you need to understand is every time you kick-start a biochemical response by looking at porn or staring at a woman, you’ve just flooded your body and mind with arousal chemicals (like turning on a lamp floods a house with light).” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“In other words, you’ve just kick-started your addict brain. You’re now fighting chemical cravings, neural ruts in your brain, and your basic sinful nature. This is classic self-sabotage. You have put yourself in a no-win situation where the only likely outcome is sin.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“You stop the addictive cycle by learning how to avoid kicking your addict brain (your flesh) into overdrive. You avoid addict brain overdrive by avoiding triggers.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“Pavlov’s Porn: Finding Your Triggers”

“A trigger stimulates you to act, feel, and/or think a certain way. Remember Pavlov’s dogs? Scientists rang a bell when they gave dogs food; they soon figured out that just ringing the bell, even without food present, made the dogs salivate (the technical term is ‘conditioning’). The dogs had been conditioned to associate the noise of the bell with the pleasure of eating food.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“We have ‘conditioned’ ourselves to associate pornography with pleasure. The good news is that such conditioning is entirely reversible. It takes time and energy (just like it took to form the conditioning), but anyone can do it.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“Triggers, then, are whatever makes you salivate. For those dealing with sexual addiction, this means porn. These pictures create a physical arousal, a chemical reaction in the brain, and a longing in the spirit. This stimulus will often lead to masturbation; the orgasm is the reward for the stimulus.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“External triggers are the stimuli around you: pictures, billboards, bars, clubs, commercials, computers, Internet, other people, movies, and so on. Internal triggers are the stimuli inside of you: normally your own thoughts and emotions. Fantasy, loneliness, boredom, anger, fear, memories, hunger, past trauma, and so on, can all trigger a person towards certain behavior. You must learn what triggers you specifically and go through a methodical process of dealing with each trigger.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“What Is Most Important To You?”

“The good news is that there are a variety of options for dealing with the Internet. Filters have improved dramatically. You can even have a list of all the websites you visit e-mailed to someone (I recommend putting your mother on the list; that will kill your Internet wandering quickly!). You can also allow only the websites you need to access.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“Here’s the bottom line: it will take you some deliberate work to use the Internet and stay pure. If you cannot figure out how to stay pure with the Internet, then guess what? The Internet will have to go, plain and simple.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“‘If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell’ (Matthew 5:29-30).” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“Internet access is a luxury. If it causes you to sin, either get a foolproof plan or get rid of it entirely!” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“During the initial stages of recovery, the primary reason men I personally counsel do not achieve consistent purity is failure to remove access to porn through the Internet. Ignorance of what your triggers are will result in living life going from relapse to relapse. However, once you start to pay attention to your triggers and shut down access to them, you will find it much easier

to avoid relapse.” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

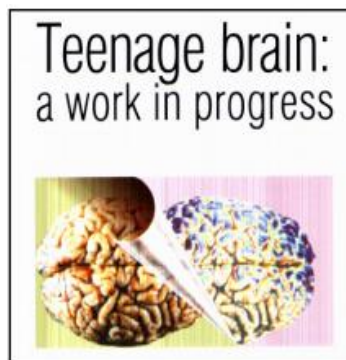
“Obviously this is only one factor to achieving consistent purity, but it is vital! The men and women who are willing to pay the price to shut down access to their triggers are the ones who achieve consistent purity. Which is more important, unfiltered Internet access or freedom from sexual sin?” (Tim Davis, “Sex Addiction Recovery: Avoiding Sexual Triggers”, Covenant Eyes, September 27, 2013, <http://www.covenanteyes.com/2013/09/27/tim-davis-post/>)

“RESTRUCTURING THE IMMATURE BRAIN”

“NIDA director Nora Volkow also felt that her institute's name should encompass addictions such as pornography, gambling, and food, says NIDA adviser Glen Hanson. (Science, July 6, 2007, Vol. 317. no. 5834, p. 23),” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“As set forward in this Exhibit A, recent technical advancements in the brain sciences provides evidence that fits historic, literary, legal and common sense observation, as well, arguably, as proprietary psychographic marketing analyses owned by Spencer’s and Playboy. That is, independent science now confirms that the brain’s cognitive and moral decision making skills do not architecturally mature until an individual is twenty-two to twenty-five years of age. Therefore, exposing minors to pornographic images and devices subconsciously restructures millions of immature brains-minds and memories and nullifies their ability to give informed moral and cognitive consent.” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

“Three Components of the Healthy Brain”



“This Exhibit thus addresses below how the Playboy/Spencer sex and licit and illicit drug addiction lures would alter the sexual, cognitive, and emotional functions of children who see, handle, laugh about and/or purchase such Playboy/Spencer products. Included here are a sample of relevant brain studies that suggest how millions of vulnerable, immature young brains have been and are being

violated as they unsuspectingly, trustfully browse in more than 600 of Spencer's sex and drug international conglomerates now inexplicitly ensconced in our community malls, our new "Main Street" USA." (Judith Reisman, PhD, "Restructuring the Immature Brain", Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

"The following brief multi-disciplinary review of research relevant to the undeveloped, emerging, youthful brain needs to be framed by the three components of a healthy brain, defined by pioneering neurologist A.R.

Luria: (Judith Reisman, PhD, "Restructuring the Immature Brain", Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

1. "To be alert, awake, aware of reality"

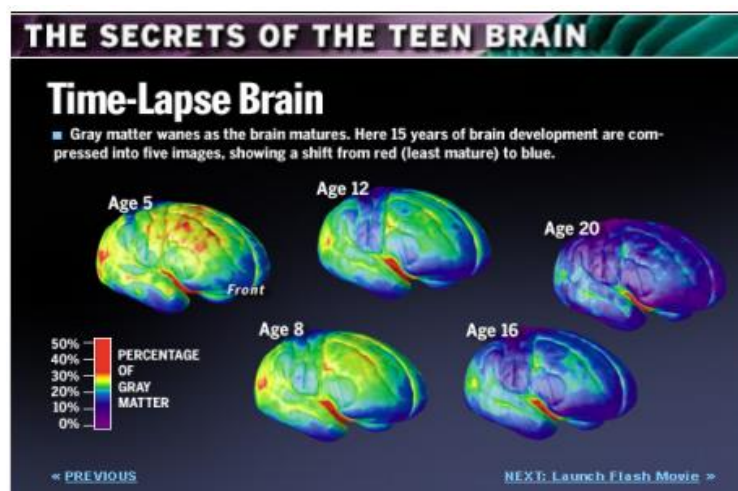
2. "To collect and store environmental data"

3. "To monitor and correct our conduct for health and well-being."

(A.R. Luria in Daniel Goleman and Richard Davidson, Eds., *Consciousness, Brain, States of Awareness, and Mysticism*. Harper & Row, New York, 1979, at 10.) (Judith Reisman, PhD, "Restructuring the Immature Brain", Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

"The realization that the "Teenage brain [is] a work in progress" (Image taken from the National Institute of Mental Health No. 01-4929 at The Brain exhibit at the Smithsonian, December 29, 2001, co-sponsored by the NIMH and the Smithsonian.) (left) underscores how the three tasks of the human brain are compromised by addiction lures for drugs, alcohol, and pornography at every Universal (Studios) Spencer's Gift store, exploiting ersatz gag items, posters, books, cards, shirts and the like. Moreover, the research finds that each addiction commonly leads to others, to multiple addictions, dramatically damaging the three main tasks of the brain and directly injuring the health and welfare of millions of Spenser/Playboy underage consumers and salespersons." (Judith Reisman, PhD, "Restructuring the Immature Brain", Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

"Tween and Teen Brains"



“The Undeveloped, Immature Brain: Scans Age 5 to 20 (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

1. The above brain scans are taken from a study by Dr. Jay Giedd, chief of brain imaging, the child psychiatry branch at the National Institute of Mental Health (NIH). Dr. Giedd tested 1,800 youths via magnetic resonance imaging (MRI), creating an MRI photo every two years of the growing brain. 4 The photograph above demonstrates typical brain maturation from age 5 to age 20. Says Dr. Giedd: (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)
2. “So if a teen is doing music or sports or academics, those are the cells and connections that will be hard-wired. If they're lying on the couch or playing video games or MTV, those are the cells and connections that are going [to] survive....It's sort of unfair to expect [teens] to have adult levels of...decision-making before their brains are finished being built....The frontal lobe is often called the CEO, or the executive of the brain. It's involved in things like planning and strategizing and organizing, initiating attention and stopping and starting and shifting attention. It's a part of the brain that most separates man from beast, if you will....” [Emphasis added]” (Judith Reisman, PhD, “Restructuring the Immature Brain”, Dr. Judith Reisman Archives, 2008, http://www.drjudithreisman.com/archives/Restructuring_the_Immature_Brain.pdf)

To read complete article please click here: [Restructuring the Immature Brain](#)

“WHAT ARE SOME WARNING SIGNS THAT PORNOGRAPHY USE COULD BE A PROBLEM?”

- “You decide that watching pornography is taking up too much time in your life and you try to cut back but you aren’t able to.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “You’ve made promises to your partner that you will change your pornography habits but begin to lie about your use.” (“Pornography”, Brown University, Accessed July 20, 2015,

http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

- “The time spent watching pornography is impacting your academic, work, social, and family responsibilities.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “Your relationships are being negatively impacted as a result of your use.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “Your pornography use, whether you are single or in a relationship, replaces or becomes preferable to sexual intimacy with a partner.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“These warning signs could indicate compulsive sexual behavior.”

(“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“MARRIAGE AND FAMILY: PROTECTING KIDS FROM PORNOGRAPHY”

“Steps to Protect Children”

“With just a few simple steps, parents can greatly minimize the chances that their children will be exposed to pornography.” (A Parent’s Guide to Internet Safety, Federal Bureau of Investigation, www.fbi.gov/stats-services/publications/parent-guide (last visited Sept. 22, 2013).)

- “Use a good internet filter (Bsecure.com), or subscribe to a filtered internet service (Integrityonline.com).” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “Be cognizant that pornographers are trying to reach teens with pornography even when the child is not actively seeking it. 79 percent of unwanted exposure of youth to pornography happens right in the home.” (Janis Wolak, et al., Online Victimization of Youth: Five Years Later, Crimes Against Children

Research Center (2006), available at www.missingkids.com/en_US/publications/NC167.pdf.) (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)

- “Keep the computer in a high traffic area, never in a child’s bedroom, even if filtered internet service is used. No filter is 100 percent effective, and savvy children can circumvent many filters.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “Do not allow children to use chat rooms, where pedophiles and porn peddlers often lurk.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “Monitor use of video game consoles, which often have internet access and movie-playing capability.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “Instruct children not to give out any personal information to anyone they may meet on the internet. This is particularly important with social networking sites like Facebook, Twitter, and Instagram, where children might unwittingly provide a predator with details like their birth date, where they go to school, and the route they take walking home.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “Supervise children's use of email and instant messaging to make sure that they are used appropriately.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “Monitor your child’s usage of online social networks. Sites such as Facebook, YouTube, and Twitter are used by predators to spread pornography and connect with vulnerable teens. Craigslist is also used by predators to seek out victims for sexual exploitation.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)

- “Make certain your local library is complying with state and federal laws, which require that libraries filter internet access that may be used by children and take steps to ensure children are not otherwise exposed to pornography. Center for Arizona Policy (CAP) supported this legislation in Arizona.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “If your child has a cell phone that is capable of receiving pictures or video, familiarize yourself with how the phone works and check it frequently for pornographic content. Also scrutinize the cell phone bill to check for charges which may indicate porn purchases.” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)
- “Be aware of common sexual text messaging slang and abbreviations:”
 - “GNOC (get naked on cam)”
 - “TDTM (talk dirty to me)”
 - “PRON (porn)”
 - “NIFOC (naked in front of computer)”
 - “CD9 (code 9 -- parents are around)”
 - “POS (parent over shoulder)”
 - “P911 (parent alert)” (Marriage and Family – Protecting Children from Pornography”, Center for Arizona Policy, January, 2014, http://azpolicypages.com/wp-content/uploads/2013/12/Marriage-Family_ProtectingChildrenfromPornography.pdf)

“Sceptics sometimes claim that people who experiment with quitting must be motivated by religious reasons. Yet all of the forums named above are secular. The largest of these new forums, and likely youngest in terms of average age, conducted a self-poll a couple of years ago. Only 7% had joined for religious reasons.” (NoFap Survey, www.reddit.com/r/NoFap, March, 2014, <https://docs.google.com/file/d/0B7q3tr4EV02wbkpTTVk4R2VGbm8/edit?pli=1>) (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p33)

“But many users see a wide range of diverse improvements. For example, this ex-user wrote:” (Gary Wilson, “Your Brain on Porn,” Commonwealth Publishing, 2014, p37)

“Improvements since quitting:”

- “Social anxiety improved drastically – includes confidence, eye contact, comfort interacting, smoothness, etc.”
- “More energy in general”
- “Clearer, sharper mind, more concentration”
- “More vibrant looking face”
- “Depression alleviated”
- “Desire to interact with women”
- “Boners are back!!”

“I specialize in the treatment of sexual violence victims and perpetrators. I had been doing this work for more than 10 years before I realized that I had not treated one case of sexual violence that did not include pornography.”

(Dr. Mary Anne Layden, “Pornography and Crime, Reporting the presence of pornography connected to crime”, American Family Association of Kansas & Missouri, February, 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“My own research indicates that the earlier young males are exposed to pornography the more likely they are to engage in non-consensual sex and the more pornography females use the more likely they are to be victims of non-consensual sex. Pornography is an equal opportunity toxin for both males and females.”

(Dr. Mary Anne Layden, “Pornography and Crime, Reporting the presence of pornography connected to crime”, American Family Association of Kansas & Missouri, February, 2013, <http://afa-ksmo.net/wp-content/uploads/2013/02/ML-Legislative-Testimony.Kansas.2.2013.pdf>)

“What are some warning signs that pornography use could be a problem?”

- “You decide that watching pornography is taking up too much time in your life and you try to cut back but you aren’t able to.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “You’ve made promises to your partner that you will change your pornography habits but begin to lie about your use.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “The time spent watching pornography is impacting your academic, work, social, and family responsibilities.” (“Pornography”, Brown University, Accessed July 20, 2015,

http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

- “Your relationships are being negatively impacted as a result of your use.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)
- “Your pornography use, whether you are single or in a relationship, replaces or becomes preferable to sexual intimacy with a partner.” (“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“These warning signs could indicate compulsive sexual behavior.”

(“Pornography”, Brown University, Accessed July 20, 2015, http://brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/sexuality/pornography.php)

“SAFETY NET”

“Family Safety Checklist”

- ☐ “Place computers in high-traffic areas of home”
- ☐ “Install a filtering program on all computers and phones (e.g., Mobicip Safe Browser for iOS devices)”
- ☐ “Activate parental controls on all computers”
- ☐ “Password block TV channels that often have pornography content”
- ☐ “Teach family members about the dangers of pornography”
- ☐ “Disable browsers on mobile devices of youth”
- ☐ “Implement the Clean & Safe Media Pledge” (see below)
- ☐ “Establish a ‘curfew’ after which no one uses the Internet for the remainder of the night.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, http://www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

OUR Clean & Safe Media PLEDGE

As a family, we commit to making clean and safe media choices in order to maintain our integrity to our standards and to keep our home a happy and healthy place to be.

We will do this by

1. Selecting books, web sites, music, magazines, activities, and/or movies that are in harmony with our family values.
2. Being kind to ourselves and to others by not posting or forwarding anything that could cause hurt, embarrassment, or offense. If we receive a text, e-mail, or post that makes us feel uncomfortable, sad, or scared, we will tell a parent right away.
3. Showing respect for our body and others' bodies by not looking at or posting nude or otherwise inappropriate images. If we accidentally come across questionable material, we will tell a parent right away.
4. Protecting identifying information by not posting phone numbers, addresses, or personal information in places where they can be seen by strangers. If we are unsure, we will ask a parent before posting personal information.
5. Never meeting up with someone we have met online unless a parent knows exactly where we are and someone accompanies us.
6. Limiting our media use when it is late at night or we are home alone.

Date: _____

Family Signatures:

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership,
http://www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Internet Safety”

“Individuals and parents can do many things to safeguard their homes from the harmful influences found on the Internet. While there is no foolproof system, some simple steps can help reduce the risk of family members seeing pornographic materials on the Internet.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, http://www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

1. “Place computers in high-traffic areas of the home. Kitchens, family rooms, and studies usually have the most traffic. Because these rooms usually don’t have doors, they are typically less secluded than bedrooms. Position computer monitors so the screen faces out for public view.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
2. “Install a filtering program, and learn its features and how to use it. Good filtering programs allow you to view a history of which sites (including chat rooms) have been visited and when as well as a record of incoming and outgoing e-mails. Information on filtering programs can be found on Internet sites such as www.internetfilterreview.com. (NOTE: Those who are determined to view pornographic materials will find a way. The ultimate filter are the individuals themselves. It is their decision to avoid and turn away from all types of pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
3. “Teach family members about the dangers of Internet pornography, including how to escape if an inappropriate site is accidentally accessed. This usually involves shutting down the entire system.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
4. “Teach family members to tell parents if they encounter any form of pornography while on the computer. This will help reduce the fear or shame of accidental exposure. It also serves to open discussion about the dangers of pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
5. “Teach family members to use the Internet for a specific purpose only. Aimless surfing makes it easier to wander onto inappropriate sites.”

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

6. "Instant messaging is a cost-effective, easy way to communicate with family and close friends. However, teach family members to avoid public chat rooms, bulletin boards, or unfamiliar areas on the Internet. Such places present an unnecessary risk for children and adults." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
7. "Teach children not to share any personal information online with parental knowledge and permission. Many predators pose as children to gain access and information that may put children at risk." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
8. "Educate yourself about your computer and how the Internet works." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
9. "Be aware of what your children's school and public library policies are regarding Internet use and accessibility." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
10. "Teach family members to never open e-mail from someone they don't know." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Action Items for Protecting our Children from Pornography's Influence"

1. "Teach healthy sexuality in a layered, step-wise manner throughout a child's development. It is best if both the mother and father are involved in teaching male and female children." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
2. "Teach children anatomically correct names for parts of the body." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
3. "Back your concerns up with actions (In a recent study of 2000+ parents, 84% of parents were concerned about media in their home, but only

27% had taken specific actions to protect their children).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. “Communicate expectations and values around media use, avoidance of pornography (be sure to define it), virtual citizenship, etc.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
5. “Implement a family media pledge (see The Clean & Safe Media Pledge).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
6. “Help children become media literate by teaching them how to discern and interpret media messages (What is the message that is being conveyed? Is the message congruent with family standards? Whose agenda is being presented? What is their goal? Who is the message aimed at? How is the human body being portrayed and why? How do you feel when you see/hear this message?).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
7. “Share our own uplifting and challenging media experiences with our children.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
8. “Help our children know how to deal with boredom, anger, stress, loneliness and sexual feelings in constructive ways. These are common triggers for pornography problems.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
9. “Strive to maintain an open, nurturing and engaged relationship with our children.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
10. “Hold regular family meetings and integrate this topic into discussions when related subjects arise (e.g., integrity, respect, standards).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
11. “Reclaim the word ‘adult’ as something ennobling and worthy of respect (e.g., say ‘sexually explicit material’ vs. ‘adult material’ or ‘adult store’).

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

12. "Hold regular one-on-one father discussions. A strong and open relationship with a father is a known buffer against pornography use." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
13. "As a family, brainstorm practical 'fire drills' for when encounters with inappropriate media arise (e.g., change scenery/situation; go find a family member or friend to be with; identify needs and how to meet them in healthy ways)." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
14. "Establish media guidelines as a family (what to watch, read, or listen to; what to avoid; and why)." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
15. "Perform a media inventory in your home (Review movies, Internet use, magazines, books, music and images. Honestly assess if there is anything in your home, car, office, cell phone or computer that could be dangerous for you or members of your family. If there is, discard these items as soon as possible.)." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
16. "Set strict guidelines around gaming, especially online gaming (the pornography and gaming industry are close cousins and work together to groom young/future consumers)." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
17. "Model using appropriate media - walk the talk!" ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
18. "Implement some technology-free zones or blocks of time (e.g., during dinner or while driving together)." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

19. **“Teach and model empathy and viewing/treating people as whole beings.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
20. **“Install filtering software on computers and keep it current.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
21. **“Activate parental controls on all media devices in your home.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
22. **“Model positive social skills and being present with people.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
23. **“Co-pilot Internet use with young children.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
24. **“Share technological skills and safety tips with one another (children with parents and vice versa).”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Action Items for Protecting Marriages from Pornography’s Influence”

1. **“Ensure you are unified in your understanding and definition of what pornography is.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
2. **“If you are ever in doubt about the impact a particular behavior or choice will have on your spouse or marriage, ask your partner. The answer usually becomes crystal clear very quickly!”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
3. **“Establish an ‘exposure rule’ (e.g., within 24 hours of being accidentally exposed to sexually explicit content, share that experience with your partner and debrief it. Don’t let images fester).”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. **“Clarify boundaries around contact with members of the opposite sex (e.g., on and offline; social networking sites, work, socially, Church, etc.).”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
5. **“Strive to articulate sexual needs and preferences with clarity, sensitivity, respect and maturity.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
6. **“As a couple, develop safety precautions for business/solo travel and honor them (www.cleanhotels.com is a helpful resource for business and family travel).”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
7. **“Make your marital friendship and relationship a top priority in your life.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
8. **“Establish media guidelines for your relationship.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
9. **“As a couple, clarify the role and nature of marital intimacy in your relationship. If necessary, seek professional help to negotiate differences that are causing strain on your marriage.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
10. **“Ask questions of one another. For example, questions like:”**
 - a. **“When was the first time you were exposed to pornography and what were the circumstances surrounding that exposure?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
 - b. **“Have you ever intentionally sought out sexually explicit material? If yes, when was the last time?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
 - c. **“What are we each doing to protect ourselves from inappropriate media?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- d. **“If either one of us ever had an issue with pornography in the future, which steps would we agree to take in order to get help?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
 - e. **“Are there any media triggers/weaknesses that you have that I should be aware of?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
 - f. **“How can we protect our marriage from evil influences?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
 - g. **“What is it like to be married to me?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
 - h. **“What could I be doing to strengthen the trust and connection in our relationship?”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
11. **“Date regularly.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
12. **“If you are struggling with pornography use, or another form of sexual acting out, seek the help of qualified professionals (including medical doctors) and disclose this problem to your spouse as soon as possible. In general, marriages have a better prognosis when a partner discloses this issue versus having a spouse discover it on his/her own.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
13. **“Identify positive marriage role models that you and your spouse can learn from and emulate.”** (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

BEGIN YOUR DISCUSSION BY READING THE FOLLOWING POEM

by Joseph Malines

“‘Twas a dangerous cliff,”
“as they freely confessed,”
“Though to walk near its crest was so pleasant,”
“But over its terrible edge there had slipped,”
“A duke and full many a peasant.”

“So the people said something”
“would have to be done,”
“But their projects did not at all tally.”
“Some said, ‘Put a fence around the edge of the cliff,’”
“Some, ‘An ambulance down in the valley.’”

“But the cry for the ambulance carried the day,”
“For it spread through the neighboring city,”
“A fence may be useful or not, it is true,”
“But each heart became moved with pity,”

“For those who slipped over that dangerous cliff;”
“And the dwellers on highway and alley”
“Gave pounds and gave pence not to put up a fence,”
“but an ambulance down in the valley.”

“Then an old sage remarked, ‘It’s a marvel to me”
“That people give far more attention To repairing the results”
“than stopping the cause,”
“When they’d much better aim at prevention.””

“‘Let us stop at its source all this hurt,’ cried he.”
“‘Come, neighbors and friends, let us rally.”
“If the cliff we will fence, we might almost dispense”
“With the ambulance down in the valley.””

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Keeping Kids Socially Safe Online” (Andrea Eldridge, ContentWatch)

“Monitoring and Guiding Kids’ Use of Social Media”

“Nowadays, if you’ve got kids old enough to walk and talk, you’ve got kids old enough to use the Internet and they’re probably better at it than you are. Modern kids grow up with technology interwoven into most major aspects of their lives - entertainment, education, and, yes, even social relationships.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It used to be easy to meet your child’s friends (and their parents) when they lived across the street, but what do you do when they live halfway across the world or your child doesn’t even know them by their real name? There are a few common-sense ways to make sure that your child’s online social interactions are building safe, respectful friendships and not getting them into trouble, and fortunately, many of the same old rules we learned as children still apply.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Don’t Talk to Strangers: Sites like Facebook are for social networking, meaning that most of the people your child is meeting will be real-life friends and friends of real-life friends. Teach your kids to be very cautious about who they ‘friend’ - you can even scan their ‘friends’ list to see notations of how many ‘mutual friends’ each person shares with your child - if the person they are friending doesn’t know any of their other friends, talk to your child about who that person is and how your child met them. Your child’s online friends should be just like their real-world friends - they should be willing to let you ‘meet them.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If You Can’t Say Anything Nice...: Make sure your kids understand that their online speech is just as real and lasting as anything they would say to someone in person. Some kids will post comments online that they would never say to a person’s face, because of the greater feeling of anonymity. Explain to your children that what they write online is sometimes even more permanent than what they say out loud, because other people can easily copy and “repeat it.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Hold Hands When Crossing the Street: Ideally, young children’s initial online activity should be at the family computer, with a parent by their side. Just as you spend time teaching your child to navigate the real world safely you, as a modern parent, must also spend time teaching your child to navigate the digital world safely. Set online safety rules like ‘Don’t give your personal information’ and ‘Don’t click on offers for FREE stuff’ and make sure your child can repeat these rules, just like you’d watch them to see that they’ve learned to look both ways before crossing.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Listen to the Babysitter: Internet monitoring programs like NetNanny will allow you to set all sorts of parental filters for your children’s Internet access, as well as giving you detailed reports of how and when your child is accessing social media (facebook, twitter, etc.). To prevent your kids trying to find ways around the filters, it helps if they understand that the program is like an online babysitter - it’s there to enforce the rules the parents set while the parents are away, and it’s there to help the child while they are still learning to ‘babysit’ themselves. Your kids should know that they can come talk to you about any ‘rules’ (filters) you have set and why. The modern child’s life may be more technology-geared than most parents are comfortable with, but with good communication, clear boundaries, and a set of common-sense rules, you can teach your child to navigate the online world as safely and successfully as the real world.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography Basics”

“Common Misconceptions”

“First, let’s start with a simple definition of what pornography is. Pornography is material that is sexually explicit and that has the primary intended purpose of sexual arousal. Pornography addiction is a sub-category of sexual addiction and is progressive. It typically starts out with occasionally looking at pictures of scantily dressed people and then progresses from soft-core to hard-core pornography. This progression can lead to acting out behaviors such as online and in-person emotional and sexual affairs, visiting strip clubs and soliciting prostitutes.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“You have a problem with pornography? Just make up your mind not to do it anymore, stick to your commitments, think pure thoughts . . .’ is common advice. While all those suggestions are important spiritual activities, they do not provide a likelihood of curing a pornography problem because the issue does not stem merely from a lack of desire to quit. Pornography is a physical addiction that chemically alters the brain. To treat this problem, serious measures are required including a substantial amount of professional, outside help. If someone is addicted to alcohol, they would be strongly advised to seek counseling and immediately begin attending Alcoholics Anonymous meetings. It is essential to recognize that use of pornography, like alcohol, can lead to addiction. As with addiction to drugs or alcohol, it cannot be conquered through willpower alone.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A common misconception is that a compulsion to view pornography will disappear following marriage. While marriage may temporarily halt the use of pornography by disrupting the pattern of the addiction, the compulsion generally resurfaces and escalates. Pornography is often used as a way to deal with negative emotions and to cope with life’s problems, just as alcohol or illicit drugs might be abused. Although pornography use is not as common among women, the number of women viewing pornography is increasing rapidly.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This is a BIG Problem”

“Pornography is a rampant problem in our society. Some studies suggest that 70 percent of men ages 18 to 24 visit pornography websites in a typical month. (<http://www.sync-blog.com/sync/2010/06/internet-porn-stats-should-parents-be-concerned.html>) Forty-seven percent of families in the United States say pornography is a problem in their home. (<http://www.safefamilies.org/sfStats.php>) A survey conducted in 2008 found that nearly nine out of ten (87%) young men and nearly one third (31%) of young women report using pornography. (Generation XXX: Pornography Acceptance and Use Among Emerging Adults) The average age at which children first see online pornography is eleven. (www.healthymind.com/s-porn) Although statistics are not specifically available for the LDS population, it is estimated they are similar.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography use is almost always carefully hidden. Directly asking about pornography use can open discussions and help identify men and women who are struggling. Once the individual can admit to being addicted and talk about the problem in a safe environment, the shame and guilt begin to dissipate. Likewise, the spouses and other loved ones of addicts have a need to discuss the problem openly with others.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Because pornography is so rampant, it is important to provide training and education even to those who may not currently be struggling. As pornography is discussed more openly, individuals will have the courage to step forward and seek help if needed, recognize current problems and be better equipped to handle future problems. Openness does not mean condoning behavior or lessening consequences. It means eliminating the secrecy surrounding this subject and helping people understand that the problem is widespread and needs to be addressed openly in an appropriate manner.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“White Knuckle Abstinence verses Addiction Recovery”

“Recovery from pornography addiction is difficult, but definitely attainable. Those who are completely committed to doing what it takes to find and maintain recovery will be successful. Recovery involves:”

- “Desiring to recover and honestly admitting to others the magnitude of the problem” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- Becoming educated about the nature of pornography addiction and the recovery process (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Creating a safe environment where triggers and temptations are less likely to occur” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Continued participation in a 12-Step recovery program” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Seeking professional counseling. This will usually include a mixture of individual counseling, couples therapy, and group counseling (at least eighteen months is typically required)” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Seeking spiritual help by counseling with an ecclesiastical leader” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Abstinence is not the same as recovery. Abstinence involves going a period of time without viewing pornography. Recovery requires a life-style change and involves relearning healthy sexuality, resetting unhealthy expectations and establishing positive patterns of interaction with others. Additionally, recovering individuals must learn to manage emotions, stress, relationships, and other factors that underlie their addictive behaviors. They must learn to differentiate between lust and healthy love.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Just as an alcoholic can never consider himself to be cured, those who are addicted to pornography are always susceptible to relapse and should take proactive measures to stay in recovery for the rest of their lives. With time, remaining in recovery becomes easier.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The following factors can be used to measure an addict’s recovery:”

- “Is he completely honest, open and transparent in discussing his pornography problem—past and present—with his leaders, parents, spouse, or girlfriend?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “What has he done to facilitate his recovery? Did he fully disclose his problem, work the 12-Step program and get counseling?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Does he acknowledge himself as an addict and continue to attend 12-Step meetings and work with a sponsor to maintain recovery?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “How long have has he gone without viewing pornography? Has it been 7-12 months?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Has he healed from the effects of pornography, addressed issues that led to pornography use and learned to deal with life in a more constructive manner?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The Effects of Pornography on the Spouse and Marriage”

“When a wife discovers her husband’s pornography use, the emotions experienced are similar to the grieving process associated with the death of a loved one: shock, disbelief or denial, anger, depression and, finally, acceptance. Acknowledging, accepting and allowing those feelings to take their course are important. Pornography frequently changes the addict’s personality, influences the way he treats others and causes an emotional distance from those around him. The spouse often feels betrayed, rejected, abandoned and unimportant. Feelings of deep loneliness and responsibility for the addiction are almost universal. Anger at the addicted spouse and even toward God is common. ‘I did everything I was supposed to do. Is this what I get for it?’ They may feel abandoned not only physically and emotionally, but also spiritually.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography addicts frequently pressure their spouses to keep the issue private. This isolation compounds the downward spiral of unhealthy feelings and counter-productive behavior. Without appropriate help and counseling, the emotional, physical and spiritual health of the spouse will deteriorate.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography use may eventually lead to divorce. Statistically, fifty-five percent of divorces are related to pornography. Nevertheless, a large number of couples are able to find recovery and healing through recognition of this addiction and by seeking appropriate help. Several factors influence the probability of healing the relationship:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “The addict willingly discloses the problem and is completely open and honest before he is caught” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “The addict chooses to get appropriate help, including counseling and participation in a 12-Step program rather than assuming he can recover on his own” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “The couple has realistic expectations. Change takes time and there will usually be relapses. With good counseling and support, however, these slips become less severe and less frequent” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Both the addict and the spouse get the counseling and support they need” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Many counselors recommend not making any major life decisions for at least a year. Over time, trust can be rebuilt and the relationship can heal if both partners are willing to do their part.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Whether you are someone struggling with pornography use or a loved one of someone who is struggling, you need to find someone who you can talk honestly and openly with. In addition, regular meetings with a counselor are strongly recommended. Healing can begin, both for the addict and the loved one, when secrecy and shame are replaced with honesty, openness and humility.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For those Struggling with Pornography”

“One of the first steps along the pathway to recovery is coming out of hiding and speaking with another trusted individual about your behavior. Most people find it challenging to tell another about their pornography habits and other associated behaviors, but until you do, it is unlikely that you will make any real, lasting progress. Given the nature of addiction, it is generally impossible to actually quit your behavior without the assistance of others.

Once you can admit and talk about the problem, the shame and guilt generally begin to dissipate. There is a peace and self- acceptance that comes from openly discussing your pornography behavior with other trusted individuals. Consider honestly discussing your behavior with a spouse, parent, religious leader or serious girlfriend/boyfriend.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For close relationships, such as a spouse or serious girlfriend/boyfriend, honest disclosure is not only important for recovery, but also for restoring trust and saving your relationship. You cannot hide your behavior forever. Eventually it will come out and it is much better to be upfront about your addiction initially than for your loved one to discover your behavior on their own at a later date. Talking to religious leaders, if available, is also important. Religious leaders provide an opportunity for individuals to openly confess their behavior, get spiritual encouragement and can offer added accountability.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Additionally, it is important to have someone you are accountable to that can help you when you feel the desire to view pornography. Start by finding someone you can trust, a parent, leader, close friend or other relative, and ask for help. Then find a sponsor, someone who has recovered from your addiction, and can help you overcome challenges you face on a day-to-day basis.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As you become open and honest about your behaviors and work the steps of recovery, progress will occur. Recovery is possible, but it takes work to break the chains of your addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For Those Impacted by Another’s Addiction”

“For spouses, girlfriends, parents and others who are impacted by the pornography addiction of another, it is important to find someone you can trust to talk with. Especially for spouses, there can be intense emotions upon discovering that your husband or wife is participating in pornography. Often times the individual viewing pornography will pressure their spouse not to tell anyone regarding their behavior. Keeping silent can create unnecessary emotional turmoil. It is important to be able to talk through the

emotions you are experiencing. Find someone you trust. Helpful individuals may include a religious leader, parent, close friend, therapist, or sibling. Speaking with a religious leader, if available, can be particularly useful in helping to put life in perspective and maintain spirituality.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Identify key individuals who:”

1. “Will keep confidences”
2. “Provide a safe place to talk”
3. “Will not negatively judge you or your loved one”
4. “Can offer some support and direction”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Be respectful of any confidence that is shared with you by your loved one through not broadcasting the pain you may feel to all who will listen. Instead, confide in select individuals who can actually help and support you. Be respectful and discrete about whom you talk to, but make sure that you get the help that you need.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Why Counseling?”

“For those viewing pornography, therapy is an important component of recovery. Individuals frequently view pornography in part as a coping mechanism for other problems in life. By finding a qualified therapist that works well with your personality, individuals can better assess core issues and triggers that drive them to view pornography. Once these issues and triggers are identified, therapists can then help support individuals as they work to replace these addictive habits with healthy behaviors.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For others closely associated with those viewing pornography, such as spouses, parents and those in serious dating relationships, therapy can also be helpful. Many spouses and those in serious dating relationships express feelings of betrayal and other intense emotions upon learning of their partners’ behaviors. Parents frequently express frustration and an inability to effectively handle this issue. Therapy can provide a safe place to sort through the emotions experienced and provide a professional perspective in making important decisions. For spouses and those

seriously dating, attending therapy sessions with the person viewing pornography can also be effective.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Finding a qualified counselor”

“Finding a qualified counselor for pornography and sexual addiction is critical to the recovery process. Genuine commitment to on-going counseling from a qualified therapist is typically required for a minimum of 12 to 18 months for those who are addicted. It is also important for those closely impacted by the addiction of another to find qualified counseling. Since all individuals have unique personalities, however, even a qualified therapist may not be a good fit for you. It is important to find a therapist that works well with your personality.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The following questions may be helpful in finding a qualified therapist. If after seeing a therapist for 3-6 weeks you are finding therapy sessions unhelpful, you may consider looking for another therapist that works better with your personality.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“When evaluating a therapist, some important considerations are:”

- “What training has the therapist received in dealing with sexual behaviors and addictions?”

“Therapists dealing with sexual addiction often need extensive training and education. You may want to ask the therapist if he or she is a member of a national organization for sexual addiction and if he or she has received any specific certification or training.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Does the therapist specialize in sexual addiction and how many years of experience do they have treating these problems?”

“Good therapists specializing in other psychological problems may not be the best for treating sexual behavior.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Are counseling services provided to the non-addicted spouse?”

“Involvement of the non-addicted spouse in therapy is often important for their wellbeing and also that of the marriage.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Does the therapist or clinic provide group therapy?”

“Experience has shown that recovery is enhanced when the individuals and couples participate in group therapy.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “What does the therapist believe the effects of viewing pornography are?”

“Therapists often have varying opinions regarding whether pornography and engaging in related activities is problematic behavior. Ensure the therapist you are seeing shares your beliefs and value system.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Does the therapist believe that pornography use can be classified as an addiction?”

“If a therapist does not believe pornography is addictive, then their method of treating the behavior is likely to be substantially different. Current research demonstrates that the changes in the brain caused by pornography viewing are very similar to the changes in the brain caused by addictive drugs and alcohol.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “What steps are considered necessary to recover?”

“Some therapists do not believe recovery is possible, or do not exhibit a strong understanding of what recovery requires.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “How does the therapist define ‘sobriety’ and measure success in treating those who view pornography?”

“Discovering how a therapist defines sobriety and measures success can also help you gauge the effectiveness of treatment. Sobriety is not having sex with self or others, other than your spouse. Recovery involves being totally honest and coming out of hiding, a life style change to create a pornography free life, working with a qualified counselor, working with your bishop, participating in a 12-step recovery program. It takes 12 - 18 months to gain solid recovery.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“12-Step Programs”

“Why Join a 12-Step Group? Committing to participate in a 12-Step program is a critical element of the recovery process. It is usually when addicts finally admit that they are powerless to change on their own and become willing to join a 12-Step program that they find real recovery. 12-Step programs are non-professional, often religious non-profit groups.”

“Programs provide”

- a) “Specific boundaries and recovery plans”
- b) “Accountability to a sponsor and regular reporting at group meetings”
- c) “Support and encouragement”
- d) “A step-by-step process for pursuing recovery and making life changes”
- e) “An emphasis on the need to turn to a Higher Power for help and intervention.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The ‘12 Steps of Recovery’ set forth the process individuals follow to make the spiritual and mental changes that enable them to find and maintain long-term recovery. The steps were originally written and experienced by members of Alcoholics Anonymous.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For those viewing pornography, many commit to stop again and again. They talk to others, read material, participate in programs and even see a therapist, only to relapse after days, weeks, months or even years of not

viewing pornography. The element that is generally missing, and often most resisted by addicts, is fully committing to attend a 12-step program and work the steps of recovery. Ironically, those who gain long-term recovery frequently indicate that fully working the 12-step program was the most important step in their recovery. The White Book, written Sexaholics Anonymous, explains that ‘[n]o one seems able to stay sober and progress in recovery without [the 12-steps], though some try. For most of us, without associating in some way with other recovering individuals, there is no lasting sobriety and none of the fringe benefits of recovery, growth, freedom, and joy. We don’t try to explain this; it is simply a fact.’ (page 63 of White book) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The ‘crucial change in attitude began when we admitted that our habit had us whipped’ and ‘[w]e came to 12-step meetings[.]’ Productive participation in a 12-Step group initially requires attending several meetings per week, working the 12 Steps daily and regularly reporting to a sponsor. A sponsor is someone who has worked the 12 Steps, found recovery and is willing to serve as a mentor. Their experience uniquely qualifies them to help others suffering from the same addiction. They promote accountability, give hope and offer specific guidance on how to avoid relapses.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Effective groups will have:”

- “Regular meetings several times a week conducted by someone who has recovered from that specific addiction” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Meetings with a reasonable number of people who have found healing and recovery and can share their experience, strength and hope” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Available sponsors who are qualified to guide newcomers through the recovery process” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Literature specific to the addiction and a methodology for working the steps” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- A definition of sobriety that conforms to the value system of the individual seeking help” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If, after attending several meetings and working the program, the individual seeking help does not feel connected to the group, he should consider looking for a different 12-Step program. Many have found that attending SA and S-Anon meetings can be helpful.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Those who attend SA or S-Anon groups and gain experience, sobriety and recovery can then return and share their experience, strength and hope with those in Family Support group meetings.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Information for Loved Ones of Those Addicted to Pornography”

“How has my loved one’s addiction affected me? Those impacted by the addiction of another need to realize that they have been harmed and deeply affected by the addiction of their loved one. It is not a simple thing to heal from these wounds. There are 12-step meetings specifically for the loved ones of addicts. These meetings are a place where those closely associated with addicts can come to terms with their feelings of frustration, hurt, anger, confusion, depression and perceived powerless. You may feel that there is nothing you can do to change your circumstances or you may be trying to facilitate your loved one’s recovery. Many have found the most critical component of sorting through these emotions, identifying specific actions that can appropriately be taken and finding balance and peace in life on a day-to-day basis is a 12-step support group.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The 12-step program will give you the strength you need to change by helping you gain support from others, establish specific boundaries, provide accountability through a sponsor and help you apply 12 important steps or principles that will help you succeed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Occasional Use Versus Addiction”

“An important question when discussing pornography use is the debate concerning where the line between occasional use and addiction should be drawn. Here are some things to ask about occasionally use of pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Why am I looking at pornography? Some answers to this are, ‘I love the rush I feel when I view pornography,’ ‘I find it helps relieve anxiety, boredom, depression, loneliness.’ Some questions worth asking yourself include:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Is pornography a good way to meet your emotional needs. Everything it portrays is a lie – do you see any danger here?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Do you justify actions by simply stating that you have a strong curiosity about what’s out there?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Are you okay with the way women and sexuality are portrayed in pornography?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Pornography is fake and ignores honest emotion and healthy intimacy. Many people have found this creates a real conflict and they become less able to connect with friends and family - have you considered that this could happen to you?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Are you okay with the possibility that I could become addicted?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Are you watching pornography because it fills a need for you? This is the way addictions start.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Do you intend to use pornography for your whole life - after you are married, when you have children?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Because pornography presents lies, distortions, and miss-programs your brain, why are you viewing it at all?” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography presents a false, deceptive portrayal of sexuality and relationships. The information you get from viewing pornography messes up your ability to have healthy relationships. Dr. Jill Manning explained the problem with pornography use. She stated, ‘Pornography use is not simply a habit, it is a mood altering, belief changing, relationship damaging, addiction forming, socially harmful, spiritually deadening and life crippling practice . . .’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The bottom line is that if you are viewing pornography, you are doing something which does not benefit you. It messes up your thinking, makes you vulnerable to a really destructive addiction, and changes the way you treat friends and family. Why would you do that? And if you have quit and then gone back to viewing pornography, that is the major indication of addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Frequently Asked Questions about Pornography”

1. “What is pornography?”

“Pornography is ‘material that is sexually explicit and intended primarily for the purpose of sexual arousal.’ It may depict nudity or sexual behavior, and includes written materials such as romance novels, photographs, movies, electronic images, video games, internet chat rooms, erotic telephone conversations, music, or other media.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

2. “How is viewing pornography progressively addictive?”

“Dr. Victor Cline has explained the addictive process as follows:

“In my experience as a sexual therapist, any individual who regularly masturbates to pornography is at risk of becoming, in time, a sexual

addict, as well as conditioning himself into having a sexual deviancy and/or disturbing a bonded relationship with a spouse or girlfriend.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A frequent side effect is that it also dramatically reduces his capacity to love (that is, it results in a marked dissociation of sex from friendship, affection, caring, and other normal healthy emotions and traits which help marital relationships). His sexual side becomes in a sense dehumanized. Many of them develop an ‘alien ego state’ (or dark side), whose core is antisocial lust, devoid of most values. In time, the ‘high’ obtained from masturbating to pornography becomes more important than real life relationships....It makes no difference if one is an eminent physician, attorney, minister, athlete, corporate executive college president, unskilled laborer, or an average 15-year-old boy. All can be conditioned into deviancy. The process of masturbatory conditioning is inexorable and does not spontaneously remiss. The course of this illness may be slow and is nearly always hidden from view. It is usually a secret part of the man’s life, and like a cancer, it keeps growing and spreading. It rarely ever reverses itself, and it is also very difficult to treat and heal. Denial on the part of the male addict and refusal to confront the problem are typical and predictable, and this almost always leads to marital or couple disharmony, sometimes divorce and sometimes the breaking up of other intimate relationships. He has summarized the progression as follows:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Addiction. The person finds he compulsively views pornography. Escalation. The addicted person seeks progressively harder core pornography to get the same effect.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Desensitization. Tolerance increases to progressively explicit material.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Acting Out Sexually. The person seeks to act out fantasies viewed in the pornography (prostitution, adultery, etc.).” (“Safety Net – Resources to

3. "What are the specifics of pornography and sexual addiction?"

"Discussing the specifics of pornography can be uncomfortable. However, it is important that priesthood leaders, parents, and spouses understand in general terms the varying levels of pornographic material and associated experiences so they know what specific questions to ask and what to be aware of. Soft-core pornography generally consists of models posing topless or nude, as is common in Playboy magazines. Hard-core porn involves images of people actually engaging in graphic sexual acts or poses. On-demand pornography is available on the internet for a cost, allowing viewers to specify the exact acts they want to see performed in front of the camera." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"The sexual activity available at strip clubs varies greatly depending on state laws and the level of enforcement. At strip clubs, so-called lap dancing and other such activities may involve direct physical contact with private parts of the body. Some strip clubs have private rooms where simulation sex acts take place. As the sexual addiction progresses and escalates, addicts frequently become involved in activity with prostitutes and in other unbounded sexual encounters such as anonymous sex and one-night stands. The addicts' actions may eventually evolve into more deviant forms of sexual behavior such as the viewing of child pornography, sexual abuse of self or others, rape, and sex in the context of violence." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. "How big of a problem is pornography?"

"The following are statistics from various studies regarding pornography. Although more accurate information is needed, the following reflects the magnitude of the problem:" ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"In 1997, approximately one out of every six Internet searches related to sex. Each day there are 23 to 60 million unique visitors to pornography websites. Revenues from pornography now exceed the combined revenues of all professional football, baseball, and basketball franchises.

Some 34,376,000 unique users (23.68% of all Internet users) visit pornography websites and view an average of 239 pornographic web pages each day.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“By the end of 2004, 420 million pages of pornography existed on the internet. It is estimated that 13.97% of online pornography consumption is by children ages two to seventeen. Some 83% of youth watch pornography at home. Approximately 70% of youth ages fifteen to seventeen reported accidentally coming across pornography online, and 23% of those youth said this happens ‘very’ or ‘somewhat’ often.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Of all consumers of online pornography, 71.61% are male and 28.39% are female. Nearly 9 out of 10 (87%) young men and nearly one third (31%) of young women report viewing pornography. Forty million Americans regularly visit porn sites. Seventy percent of men between the ages of eighteen and twenty-four visit porn sites in a typical month. The average age at which a child first sees online porn is eleven years old. In 1998, 45% of the Protestant clergy surveyed reported using pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Forty-seven percent of families in the United States say pornography is a problem in their home. Every second, more than 28,000 individuals are looking at pornography on the internet. Pornography is a worldwide industry, generating \$97 billion annually. Every second consumers spend \$3,075.64 on pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Nine out of ten children between the ages of eight and sixteen have viewed pornography on the internet, in most cases unintentionally. Every thirty-nine minutes, a new pornographic video is created in the United States. Twelve percent of the websites on the internet are pornographic (approximately 24,644,172).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

5. “Is pornography a problem for women?”

“While pornography use is currently not as common among women as it is for men, the number of women who view pornography is rapidly increasing. Seventy percent of new pornography websites are geared towards women. Pornography addiction in women frequently takes different forms than for men. For example, men tend to respond to visual images, while women initially tend to be more drawn to verbal and written forms of pornography such as graphic romance novels, explicit chat rooms, or online romantic role playing. Many women are drawn into social media relationships that can lead to the production of self-pornography for dissemination to individuals they meet online. Some women agree to watch pornography with their boyfriend or husband as a way to “spice up” the relationship or in an ineffective attempt to keep him from viewing it alone. In many cases, women can become addicted to the pornographic material. The same dangers of addiction and the same process of recovery that apply to men also apply to women.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

6. “If the problem is so big, why am I not more aware of it?”

“Traditionally, the topic of pornography and sexual addiction has been taboo, so it was rarely discussed openly. There has been a stigma associated with the viewing of pornography along with an assumption that good people do not view it. This created a social culture that strongly resisted the recognition of pornography as a problem or addiction. Today, pornography is marketed as a healthy pastime. Additionally, the idea is being perpetuated that only religious prudes with over-active guilt complexes disapprove of it. Much of society does not recognize pornography as a social concern. Unlike other addictions, pornography and sexual addiction are relatively easy to hide. This perpetuates the myth that pornography really is not a widespread problem. In actuality, it is a very real problem that needs to be discussed and addressed openly.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

7. “Will discussing pornography make the problem worse or even raise curiosity?”

“In society today, pornography is rampant; virtually all children will be exposed to pornography by the time they graduate from high school. As a result, it is necessary to discuss pornography openly.” (“Safety Net –

Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Without this discussion, children and teens are left with the impression that pornography is rather harmless. They are left totally unaware of its addictive nature and of the fact that regularly viewing pornography can destroy their ability to experience healthy and empathic relationships with others. Openness does not mean condoning immoral behavior or lessening consequences; instead, it involves teaching the truths about the consequences of viewing pornography and creating a relationship where exposure to pornography is discussed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

8. “Why is pornography so dangerous?”

“While some people feel there is nothing wrong with pornography, evidence shows that there can be very real and dangerous effects on both individuals and society as a whole. Research indicates that pornography can be extremely addictive. Pornography conditions a person to respond emotionally and sexually to a self-centered, artificial world. Many online relationships are similar to pornography in that they are not based in reality: what individuals ‘read and see about people, relationships, and sex is distorted.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Research demonstrates that repeated exposure to pornography results in...”

- “Increased callousness toward women”
- “Trivialization of rape as a criminal offense”
- “Distorted perceptions about sexuality”
- “Increased appetite for more deviant and bizarre types of pornography”
- “Devaluation of monogamy”
- “Decreased satisfaction with a partner’s sexual performance, affection and physical appearance”
- “Doubts about the value of marriage”
- “Decreased desire to have children”
- “Viewing non-monogamous relations as normal and natural behavior.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

9. “Is pornography addictive?”

“Many wonder why those viewing pornography do not just stop when they have a sincere desire to do so, especially as they experience dramatic negative consequences associated with the behavior. Most accept the concept that drugs and other substances can be addictive in a neurobiological sense, in other words, they can change the chemistry and function of the pleasure/control centers of the brain, a process called neuromodulation. Can this happen with ‘natural’ addictions also, such as with food, pathological gambling, and sexual addictions? The last ten years has produced research into the neurobiology of addiction which has provided strong evidence that the same “molecular switches” that induce and perpetuate drug addiction are also operative in natural addictions as well. This evidence supports the model that all addiction is perpetuated by an imbalance in the dopaminergic reward systems of the brain, this being associated with pathologically functioning control/reward centers.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The human brain is programmed to incentivize behaviors that contribute to survival. The mesolimbic dopaminergic system rewards eating and sexuality with powerful pleasure incentives. Cocaine, opioids, alcohol, and other drugs subvert, or hijack, these pleasure systems, and cause the brain to think a drug high is necessary to survive. Evidence is now strong that natural rewards such as food and sex affect the reward systems in the same way drugs affect them, thus the current interest in ‘natural addiction.’ Addiction, whether to cocaine, food, or sex occurs when these activities cease to contribute to a state of homeostasis, and instead cause adverse consequences. There are some professionals as well as those involved in the pornography industry that disagree with the research and suggest that pornography may become a compulsion but not an addiction. The pornography industry and its apologists want to minimize any research pointing to an addictive basis for this devastating social and individual emotional illness. Rather than consider what is now a growing and substantial body of research supporting the existence of natural addiction, they attack or ignore any such research or researcher, generally saying that sure, pornography can be a ‘problem’ for some. They obtusely point out that since there is no specific study on pornography, nothing can be said with regard to pornography as an

addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

10. “What is Sexual Addiction?”

“Sexual addiction is best described as a progressive intimacy disorder characterized by compulsive sexual thoughts and acts. Like other addictions, its negative impact on the addict and on family members increases as the disorder progresses.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Over time, the addict usually has to escalate the addictive behavior to achieve the same results. (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For some sex addicts, behavior does not progress beyond compulsive masturbation or the extensive use of pornography or phone or computer sex services. For others, addiction can involve strip clubs, soliciting prostitutes, or illegal activities such as exhibitionism, voyeurism, obscene phone calls, child molestation, or rape.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The National Council on Sexual Addiction and Compulsivity has defined sexual addiction as ‘engaging in persistent and escalating patterns of sexual behavior acted out despite increasing negative consequences to self and others.’ In other words, a sex addict will continue to engage in certain sexual behaviors despite facing potential health risks, financial problems, shattered relationships, or even arrest. Lust is the force behind sexual addiction: our healthy sexual feelings or our normal human sex drive are taken over by lust. Lust is the opposite of human intimacy; it’s a self-indulgent fantasy which separates the sex from emotional connection. It is always insatiably ‘hungry’ and the addict will risk family, job, and church to indulge in this hunger. As an addict stated, ‘Lust is the most important thing in my life, it takes priority over me.’”

(White Book, Sexaholics Anonymous, p 42) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

11. “In what ways might pornography serve as a ‘drug’ or coping mechanism for other problems or kinds of stress?”

“While many individuals initially seek pornography out of a desire for excitement, anticipation, and pleasure, pornography is also often used as a way to escape from or cope with feelings of anxiety, fear, anger, stress, frustration, boredom, restlessness, loneliness, and insecurity. In this way, pornography becomes a drug used to cope with life problems, just as alcohol or illicit drugs might be used.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Every person finds ways to deal with the stress, anxiety, fear, boredom, and insecurity in their life. An addict is a person who has used addictive activities or substances as a way to deal with these things. Because pornography is readily accessible and can serve as a way to cope with anxiety, fear, boredom, etc. it is often used. This use can easily escalate into addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

12. “How can I tell if someone I love is addicted to pornography?”

“If you are concerned that a loved one might be viewing pornography, the best course of action is to ask him or her directly. The following questions may also help identify if there is a problem. It is important to note that some of these conditions are common and may not necessarily be caused by pornography use, but by other life conditions or circumstances.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Physical Behaviors”

- “Have you caught your loved one viewing inappropriate material or found pornographic material for which your loved one denies responsibility?”
- “Does your loved one spend time on the computer after everyone else is in bed or stay up late for unexplained reasons?”
- “Does your loved one quickly change the computer screen or turn off the computer when you walk by or enter the room?”
- “Does your loved one frequently clear the internet history on the computer?”
- “Does your loved one have substantial amounts of unaccounted-for time and avoid disclosing his or her activities?”

- “Is your loved one working long hours at the office over prolonged periods of time for unexplained reasons?”
- “Does your loved one seem tired or worn out? When questioned, do his or her answers seem odd or unsatisfactory?”
- “Is your loved one missing appointments and deadlines without a satisfactory explanation? How does your loved one respond when you address the topic of pornography? Does he initially seem uncomfortable or non-responsive?”
- “Does your loved one seek out and view increasingly graphic and sexually explicit movies and TV shows?”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Relational Behaviors”

- “Does your loved one seem withdrawn, ‘checked out,’ or emotionally disconnected for long periods of time?”
- “Does your loved one spend less time with the family or seek isolation frequently?”
- “Does your loved one seem more irritable and on edge?”
- “Have you experienced a ‘gut feeling’ that something is wrong?”
- “Does your loved one seem to be unable to see his or her part in relationship conflicts and, instead, blames others when discussing such issues?”
- “Does your loved one become angry over little things?”
- “Do you periodically notice sharp contrasts in behavior which might include being more disconnected, uninvolved, and critical?”
- “Has your loved one become more concerned with or critical of physical appearances?”
- “Does your loved one send conflicting messages regarding his or her feelings and desires for your relationship?”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Financial Behaviors”

- “Are there charges on your credit card statements to unfamiliar companies?”
- “Are there long-distance phone charges to unknown numbers on your phone bill?”
- “Are there unaccounted-for expenditures?”

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Sexual Behaviors"

- "Does your spouse seem to go unusually long periods of time between acts of sexual intimacy? Does your spouse seem to pressure you for sex even when you make it clear that it is not something you want to do?"
- "Does your spouse seek to experiment with sexual behaviors that you find uncomfortable or unacceptable?"

"Does your spouse ask you to view sexually explicit material to improve or 'spice up' your sex life?"

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

13. "What does sobriety mean?"

"For those attending SA meetings or Sexaholic Anonymous, sobriety is defined as 'having no form of sex with self or with persons other than the spouse.' In addition, true sexual sobriety 'includes progressive victory over lust [,]...the driving force behind ... sexual acting out.' According to the SA White Book and Step into Action Books:" ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Physical sobriety is not an end in itself but a means towards an end-victory over the obsession and progress in recovery....In practical terms, we stop entertaining lustful fantasy. We stop using the internet to look for pornography images....We choose a different route to avoid places where lust triggered us or we acted out....If we are going to a business or event where we know there will be lust or sexual triggers (such as a supermarket, mall, or an airport), we call someone....If we are uncomfortable in any given situation, we simply leave.....Our sobriety becomes the most important thing each day in every circumstance." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

14. "What does recovery mean?"

"Recovery from pornography or sexual addiction requires more than just stopping or abstaining from the behavior. Abstinence from viewing pornography is important, of course, but true recovery requires a lifestyle

change as well as a change of heart. It is about recognizing and admitting to being an addict, setting appropriate boundaries to protect against future acting out, learning to cope with life's challenges in healthy and appropriate ways, being willing to work on recovery daily, and changing underlying behaviors causing the individual to seek out pornography. Some factors that can indicate a person's progress in recovery include:" ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- "Is he completely honest, open, and transparent in discussing his pornography problem—past and present?"
- "What steps are being taken to recover? Does he fully disclose his problem to his spouse, significant other, parents, therapist and religious leaders?"
- "Does he work with a sponsor?"
- "Does he participate in a 12-Step program? Is he getting appropriate counseling?"
- "Does he still continue to acknowledge himself as an addict and continue to work his recovery program? How long has he gone without viewing pornography? Research has shown that it takes at least seven to twelve months before an addicted individual is on his way to establishing true and lasting sobriety. Complete recovery requires time. Does the person work on issues underlying his pornography addiction? Is the person working to change attitudes and behaviors regarding healthy sexuality, developing relationship skills, learning to address unresolved problems, and dealing with life more constructively?"
- "Is he more concerned about helping others who might also be suffering from pornography addiction than about his own image and reputation, or keeping his behaviors related to pornography a secret?"

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

15. "How does viewing pornography affect the friends of those addicted?"

"Often friends of those addicted will initially experience feelings of disbelief, fear, disgust, betrayal, distrust, shock, denial, sadness, and anger. Individuals may wonder if they can ever trust the addict, if the addict poses a danger, and why the addict would continue in such

behavior. Being addicted to pornography can also cause the individual to be emotionally unavailable and cause a distance in relationships. Discovering a pornography addiction may initially be especially devastating for youth who previously looked up to the addict as a mentor.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Some people may deal with these emotions by withdrawing from the relationship. Others may try to maintain a feeling of normalcy by avoiding the issue and pretending nothing has changed. Others may try to inappropriately step in and try to fix the problem without the tools necessary to assist the individual in finding true recovery. Those associated with the addict may experience a grieving process similar to what a spouse undergoes. It is important for them to identify and learn to work through these emotions.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

16. **“How can I best support a recovering loved one?”**

“One of the most painful parts of supporting a recovering addicted loved one is coming to accept the lack of control over whether or not the addict chooses to pursue recovery. Recovery is the personal responsibility of the addict. Addicts have to become ready and willing to find recovery for themselves. It is often difficult to find the balance between patience, encouragement, and acceptance versus enabling destructive behavior. Do not confuse attempts to micromanage the addict’s recovery with true support and encouragement. A few important elements to keep in mind are:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Focus on personal choices that you can make regardless of the other person’s decisions. Take responsibility for your own peace and emotional wellbeing. Get help for yourself and recognize the ways that being in a close relationship with an addict will likely affect you. Many find counseling and a 12-Step program to be critical in this process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Do not take responsibility for the addict’s recovery. Recognize and accept that being a policeman is not helpful to the addict. The addict must ultimately choose his own course of action.” (“Safety Net – Resources to

Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Set boundaries and have the commitment to stick to them. Although an addict can make his or her own choices, he or she cannot dictate the choices of others or avoid the consequences of violating the boundaries of others.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Try to identify ways in which the addicted individual is reaching out for help and recovery. Find ways to connect with him that are emotionally supportive, safe, and uplifting. Reaching out can be a tremendous source of encouragement and support.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

17. “How can I best support a friend or loved one who is in a relationship with a pornography addict?”

“When individuals are in a relationship with a pornography addict, they frequently feel isolated, alone, or helpless. Friends or loved ones of those who are directly impacted by the pornography addiction of another can best help by being available to support them. Listen and allow your friend to share his or her feelings in a safe, confidential environment. Do not tell that person that you know what it is like. Do not try to solve the individual’s problems or tell her what should be done. Encourage the individual to seek appropriate professional and religious counseling, find a sponsor, and attend meetings of support groups. Let the suffering individuals know that they are loved, accepted, and supported as they make important decisions. Learn about pornography addiction and encourage your friend to do the same.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

18. “What if a friend or loved one does not want recovery?”

“Ultimately, the person struggling with the pornography addiction must be the one to decide if he or she wants to do the work and make the lifestyle changes necessary for recovery. Continue to be understanding and supportive, but read about the problem of becoming co-dependent or enabling the addict in his or her behavior. Encourage the addict to get help. Regardless of whether an addict wants to recover, it is important to provide support to the spouse of the addict. Encourage the spouse to get appropriate help and to set boundaries for protection in the

relationship.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

19. “What if my friend or loved one says he wants to recover, but continues to have relapses?”

“Although a relapse can be a setback, what really matters most is the actions the addict chooses to take after a relapse. Does the individual try to excuse and or minimize his return to pornography, or is he contrite, with a broken heart? Help addicts understand that just because they may suffer a relapse does not mean they are a lost cause. Feelings of shame, humiliation and worthlessness can compound addictive behavior. . At the same time, do not minimize or disregard acting out behavior. Help the addict realize that the relapse is serious. If appropriate, ask questions about what events may have triggered the slip. Encourage addicts to be regularly accountable to someone about their behavior choices, continue to attend 12-Step meetings, and work with a sponsor and therapist. Addicts can learn from their mistakes as they seek appropriate counsel and guidance. Recovery is hard work and requires serious lifestyle changes. By encouraging the individual to identify specific steps to avoid future slips and by expressing love and support, you can help struggling individuals to find hope, determination, and the courage needed to continue in their recovery program.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The 12-Step Program”

20. “Why is attending a 12-Step meeting so important to recovery?”

“For those who are seeking recovery, committing to participate in a 12-Step program is often a critical milestone in the recovery process. Many people have attempted to stop viewing pornography on their own, only to eventually fail and/or relapse. For many addicts, it is only when they break the secrecy surrounding their addiction, admit that they will not be able to change on their own, and join a 12-Step fellowship that real recovery is found. The White Book of Sexaholics Anonymous states: We sexaholics do not presume to be authorities on addiction of any kind, much less sex addiction....Some researchers even confess to being baffled by what addiction really is . . . We speak from our own experience as seen through recovery. We have a solution. We don’t claim that it’s for everybody, but for us, it works.” (“Safety Net – Resources to

Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“There is an unwritten step underlying all twelve. Call it Step Zero: ‘We participated in the fellowship of the program’. No one seems able to stay sober and progress in recovery without it, though some try. For most of us, without associating in some way with other recovering individuals, there is no lasting sobriety and none of the fringe benefits of recovery, growth, freedom, and joy . . . We don’t try to explain this; it is simply a fact.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For those closely impacted by the addiction of another, attending a 12-Step program is also important. One of the least understood components of sexual addiction is the devastating effect it can have on a spouse or loved one. In the process of trying to cope with the problems of living with a sex addict, a spouse or loved one frequently develops his or her own set of negative behaviors or co-dependent habits which are debilitating to the individual and destructive to relationships.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Regardless of whether the addict chooses to follow a recovery program, the spouse or loved one of an addict should work his or her own recovery. Attending 12-Step meetings is a vital part of that recovery. It is important to note that support groups, or 12-Step programs, are not substitutes for therapeutic treatment and individuals should also seek appropriate professional counseling as a key part of their recovery process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

21. “What is a 12-Step Program?”

“12-Step programs have been unusually successful in helping those struggling with addiction find recovery. There are over 100 different variations of 12-Step recovery programs in existence today. They address virtually every imaginable type of addiction. All of them, are based on the original 12-Step program of Alcoholics Anonymous and the AA Big Book (first published in 1939). Other 12-Step programs deal with specific issues such as drug addiction, food addiction, codependency, over-spending, and gambling. 12-Step programs are non-professional and non-profit. While effective in promoting recovery from addiction, they

are not intended to replace therapy led by trained professionals. All 12Step programs share a number of elements that aid in the recovery process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Openness: Breaking the shame and secrecy surrounding an addiction is one of the first steps in overcoming it. Meetings provide a safe, supportive environment to share feelings and experiences with others who understand what you are going through because they have experienced the same thing.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Specific Boundaries and Recovery Plan: A 12-Step program can provide specific rules and definitions of abstinence or sobriety that are used to measure progress and recovery. The program also offers literature and instructions for recovery that can be applied on a daily basis to help the individual overcome addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Accountability: Addicts check in frequently with a sponsor and also report their progress at meetings. These interactions provide accountability and transparency. They also help to dissipate the shame surrounding addiction so the addict can focus on the actions needed to achieve recovery.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Support: Recovering addicts share their experience, strength and hope with new members who are just starting the recovery process. Newer and more experienced addicts in recovery all find support and encouragement by attending meetings, talking with other group members, making outreach calls, reading literature, working with a sponsor, or serving as a sponsor.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The Twelve Steps: Working the steps on a daily basis is critical to addressing the emotional and spiritual issues behind the addiction. Daily effort is necessary to achieve long-term success.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Higher Power: All 12-Step programs focus on turning to a Higher Power for intervention and healing. Most 12-Step programs are non-denominational. They are careful to define the concept of God as broadly as possible so their program can feel inclusive to as many people as possible.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

22. “What are elements of a good 12-Step program?”

“Much of the benefit obtained from attending a 12-Step meeting is derived from the other members present. Accordingly, the efficacy of 12-Step meetings is as varied as the people who attend them. It is important to find a meeting that works for the individual seeking help.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Effective groups will have:”

- “Meetings attended regularly by a reasonable number of people who have found healing and recovery and who can share their experience, strength and hope.”
- “Available sponsors who are experienced and qualified to guide newcomers through the recovery process.”
- “Recommended literature specific to the addiction and a methodology for working the 12 Steps.”
- “A definition of sobriety consistent with the value system of the individual seeking recovery.”
- “Regular meetings several times each week conducted by someone who has gained recovery from the specific addiction.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If after attending several meetings of a particular 12-Step group, the individual seeking recovery does not have a positive experience, he or she should look for a different group that can better meet his or her needs and matches the above criteria. It is important to try several different groups and to not give up until a group is found that works for the individual. See www.salifeline.org for more information on finding 12-Step meetings.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

23. “What are LDS ARP, PASG, and Family Support Group Meetings?”

“The LDS church sponsors several 12-Step recovery groups. These groups include church doctrine as a central part of recovery. Addiction Recovery Program (ARP) meetings are open to men and women who want to recover from any type of addictive behavior, and they use the twelve steps as a sequential way to better apply the Atonement of Jesus Christ. The Pornography Addiction Support Group (PASG) is specifically for pornography or sexual addiction and the corresponding Family Support Group is for the loved ones of those addicted. The PASG and Family Support Group meetings follow the same format as ARP meetings and use the same manual, the Addiction Recovery Program: A Guide to Addiction Recovery and Healing. The LDS Family Service’s program is also working on a family support guide to assist those who have a loved one in addiction. The number of people attending meetings and the frequency of meetings held can vary greatly depending on the location.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

24. “What are SA and S-Anon?”

“Sexaholics Anonymous (SA) is a 12-Step program designed specifically for those who are struggling with sexual addiction, which includes pornography. SAnon is a 12-Step program designed to help those who are affected by someone else’s sexual behavior. While these programs are non-denominational, their principles are very similar to those of the Christian faith. An advantage of SA in particular is its definition of sexual sobriety: ‘No form of sex with one’s self or with partners other than the spouse [and] progressive victory over lust.’ Some other groups do not necessarily promote the Christian standards of chastity, but instead encourage members to create their own definition of ‘sobriety.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

25. “What can I expect when I attend a 12-Step meeting?”

“At 12-Step meetings, a group leader will generally begin by reading verbatim a set script, followed by readings from selected program literature and an opportunity for group members to share with others about the readings or their specific recovery experiences. As is tradition, speakers generally introduce themselves by first name only, after which the group responds, ‘Hi, _____ (name).’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Although the format of the meetings may feel odd to newcomers, the script soon becomes familiar and comfortable as the attendees learn the importance of each concept. There are no dues or fees for membership, although a basket will generally be passed around at meetings so that attendees can contribute a dollar or two in order to meet obligations of rent and operating costs.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

26. “What does involvement in a 12-Step program entail?”

“Initially, involvement in a 12-Step program usually entails attending a minimum of three meetings per week. Some programs encourage even more. Attending a meeting specifically designed for your addiction is ideal. However, it can still be useful to attend other types of 12-Step meetings, especially if meetings for your particular addiction are not available. If meetings are not readily available locally, an increasing number of live telephone or online meetings can also be found.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Working the twelve steps on a daily basis is what makes the 12-Step program work. This process includes studying prescribed literature, journaling, and reporting commitments made to a sponsor. Having a sponsor is critical to the recovery process. As progress in recovery is achieved, those in recovery have the opportunity to fill service positions within the program. This may include being a sponsor, being responsible for the group’s literature library, acting as a secretary to the group, or serving as liaison to the 12-Step group’s regional body. Maintaining recovery requires that we ‘give back what [we] have so generously been given.’ Many recovery addicts report that the most effective way to safeguard their own sobriety and recovery is to work closely with other addicts who are trying to find that same recovery.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

27. “What is a sponsor?”

“Sponsorship is a critical component of all 12-Step programs. Sponsors are those who have worked the twelve steps and have found sobriety and recovery from a specific addiction. Because of their experience, they are in a unique position to help guide others suffering from the

same addiction through the recovery process. They provide hope, accountability, and specific guidance on how to avoid relapse. The literature of one 12-Step program encourages the newcomer to ‘find a sponsor who has what you want and ask how it was obtained.’ A sponsor will give assignments designed to help gain and maintain recovery. The assignments may include specific rules of conduct, attendance at meetings, reading various kinds of literature, and reporting on a designated schedule. Typically those struggling with addiction call their sponsor at set intervals to report their progress and get support or practical feedback as they encounter daily problems. The addicted individual may also call a sponsor or any other program member at any time when they feel tempted to act out.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“While the need for addicts to have a sponsor is generally recognized, many people do not understand the critical role that a sponsor can play in the recovery of an addict’s spouse or loved one. The spouse’s sponsor can give support and validation and help the loved one understand that he or she is not responsible for the addict’s behavior. The sponsor can also help the spouse or loved one set healthy boundaries for personal protection.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

28. “How can I find a good sponsor?”

“Sponsors can be found at 12-Step meetings. Although anyone who is in recovery from a specific addiction can generally be a sponsor, it is important to find a sponsor who will work well with the individual seeking help. It is also important to remember that each sponsor offers unique insights and perspectives. At different points in the recovery process, individuals may feel a need to change sponsors. Some considerations in selecting a sponsor are included below.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Sponsors ordinarily should not be related or closely associated with the individual (i.e. a spouse, partner, family member, loved one, or even close friend). They need to provide an impartial perspective.”
- “Sponsors should be emotionally and spiritually stable in their own recovery. Unless they have thoroughly worked the steps and continue

to do so, they cannot provide the insight necessary to help someone else.”

- “Sponsors should be readily available, willing to accept phone calls, and encourage those they sponsor to reach out to them whenever needed.”
- “Sponsors should keep confidences and maintain the anonymity of the person they are helping. Most programs suggest that sponsors be of the same gender as the addict. This is especially important for pornography and sexual addiction.”
- “Sponsors should hold individuals to their commitments. A good sponsor is someone who is honest and calls the addict out when he or she starts minimizing commitments or slipping into addictive or enabling behaviors.”
- “Sponsors must care about the individual. Effective sponsors will listen with empathy and act out of love and a desire to help the individual they sponsor succeed.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

29. “Which is more important: 12-Step support groups or professional therapy?”

“12-Step groups and professional counseling are equally important to recovery. Most individuals with successful recovery spend a substantial amount of time in counseling and the 12-Step program. Even though 12-Step support will serve as the foundation for long-term recovery, professional treatment provides a critical component for individual and relationship healing. For most people, a multi-dimensional approach works best. Like a rope, the real strength is not in the individual strands, but in weaving many strands together.” (“Safety Net – Resources to Protect Your

Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A balanced recovery program will include an open-ended period of 12Step support, individual and couples counseling, group counseling, education, proper nutrition and exercise, spirituality, and other lifestyle changes. Even though a handful of individuals and couples have apparently experienced recovery doing only one or the other, the majority of individuals and couples benefit from a multi-dimensional approach.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

30. “What if there is not a good 12-Step group in my area?”

“It is important to be aware of how effective the 12-Step groups are in your area at helping individuals find recovery. If you are struggling to find 12-Step meetings near you or would like help strengthening local groups, contact info@salifeline.org. For specific information on organizing SA meetings, visit www.sa.org. To organize S-Anon meetings, see <http://www.sanon.org/default.htm>. To request that a LDS PASG or Family Support Group meeting be created in your area, contact your local LDS Family Services, www.providentliving.org/ses/emotionalhealth/contact/1,12169,2128-1,00.html.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

31. “What if the addict is a youth who is too young to attend 12-Step meetings?”

“Many children and youth are now addicted to pornography. Without appropriate help, their addiction can inhibit their ability to form healthy, emotional relationships with anyone. Because of the special considerations for teens, there are no regular, public 12-Step meetings available. There are counselors who specialize in this age group. Additionally, some therapists offer group sessions specifically for youth.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Protecting Against Pornography”

32. “How can I avoid pornography?”

“Because of the changes in the way information is disseminated through high-speed media, there is no way to completely avoid pornography. Accidental exposure occurs even with the best software filtering programs. There are, however, some ways to decrease exposure. The most important method is to be personally committed to self-regulation.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Individuals must be ready to turn away from provocative images that are displayed in advertising, written material, magazines, movies, television, games, or any electronic device connected to the Internet. Decreasing exposure to media is a good way to reduce the desensitizing process that occurs in our hyper-sexualized culture. It’s important to note that today’s mainstream media contains sexualized content that

would have been considered ‘soft-core’ pornography 30 years ago. Personal standards must be established ahead of time to avoid desensitization to offensive, immoral or pornographic material. Not only is decreasing exposure to triggering media important, but it is also important to personally monitor ongoing emotional and relational health that could increase vulnerability.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

33. “How can I protect my child from pornography?”

“Education is essential in helping children become aware of the dangers involved with using pornography. Most people do not know that viewing pornography can quickly turn into a lifelong addiction that is extremely difficult to overcome. Teach children what to watch out for and how to respond when they encounter pornographic images or information. Regular, open communication about pornography with family members reinforces the commitment to core values and family rules that are established and agreed upon.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Careful consideration should be given when determining what kind of internet access to give children with phones, games or computers. Parents need to monitor the use of electronic devices. Vigilance is required even after taking precautions. Parents should be aware that 79% of pornography is viewed in the home—either their own home or that of a friend—so they need to establish rules regarding internet use. Although filters will not prevent a child from viewing pornography if that child is determined to do so, it will provide an initial delay and block most easy or accidental access. Having discussions about media use, posting guidelines for computers, and drafting a family pledge signed by all members may be beneficial. Additionally, watching for negative changes in a child’s behavior is important. If any such changes are noticed in a child’s behavior or a parent is concerned about possible pornography use, it is important to talk to the child and get help immediately if needed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

34. “What can I do in my home to increase internet safety?”

“Individuals and parents can do many things to safeguard their homes from the harmful influences found on the Internet. While there is no

foolproof system, some simple steps can help to reduce the risk of family members seeing encountering pornographic materials. Please visit www.salifeline.org for more information.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Become educated about computers and how the Internet works. Your Internet browser allows you to view a history of sites that have been visited (although the history can be deleted).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Place computers in high-traffic areas of the home. Kitchens and family rooms usually have the most traffic. Because these rooms usually do not have doors, they are typically less secluded than bedrooms. Position computer monitors so the screen faces outward for public view.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Install Internet filters on electronic devices. Learn their features and how to use them. Good filtering programs have an un-erasable history of websites (including chat rooms) that have been visited and when they were visited. They can also provide a record of incoming and outgoing emails. Some filters allow you to password-protect the Internet or certain types of websites. Others allow you to set limits on when the Internet is accessible.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Teach family members about the dangers of Internet pornography, including how to escape if an inappropriate site is accidentally accessed. Usually it is recommended to just push the off button to shut down the entire system or to walk away.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Teach family members to tell their parents if they encounter any form of pornography while on the computer or elsewhere. This will help reduce the fear or shame of accidental exposure. It also serves to open discussion about the dangers of pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Teach family members to use the Internet for a specific purpose only. Aimless surfing makes it easier to happen to come across inappropriate sites.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Teach family members to avoid public and private chat rooms, bulletin boards, forums, or unfamiliar areas on the Internet. Such places present a substantial risk for children and adults.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Teach children not to share any personal information online without parental knowledge and permission. Many predators pose as children to gain access and to information that may put children at risk.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Be aware of the policies of your children’s school and the local public library regarding Internet use and accessibility.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Teach family members never to open email from anyone they don’t know. Even emails apparently from those you know could be a problem.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

35. “Why should I teach my children about healthy sexuality?”

“Our culture is filled with misleading and destructive messages about sexuality. If we let children learn about sexuality from the media and other influences that surround them, they are unlikely to develop a healthy concept of sex. When children understand healthy sexuality, they are better prepared to counter the unhealthy myths about sex and can better understand why pornography is so destructive. Parents must actively seek opportunities to teach children about gender roles, sex, and love. This should include the physical, emotional, and spiritual aspects of sex, including the proper, healthy role of sex within a marriage relationship. Given the prevalence of sexual and pornographic material in the world, teaching should begin early if parents wish to be

the principal shapers of their children's attitudes about sex. Teaching about healthy sexuality helps build openness, trust, and love, which allow children to feel comfortable discussing other subjects with their parents as well." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

36. "As a parent, when should I begin teaching about pornography and sexuality?"

"Pornography should be discussed much younger than most parents think. The average age of exposure to pornography is eleven. Parents should begin teaching very young children about modesty, privacy, and self-respect. Starting with basic concepts when children are young makes it easier to transition to discussing pornography more directly later on." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"By age eight, children are verbal, open, curious, less embarrassed, and old enough to understand many significant concepts. If a child can access the Internet, it might be a good time to talk with them about pornography." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

37. "How can I talk to my child about pornography and healthy sexuality?"

"Teaching begins by answering questions asked by children at any age simply and without embarrassment. Teaching about healthy sexuality includes providing instruction about the body and helping children understand that there are parts of the body that are kept private. Parents can effectively educate their children about pornography by finding appropriate teaching moments to discuss many of the same questions and issues presented in these questions." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"When children unexpectedly view inappropriate or provocative material, they often instinctively hide it from their parents out of shame and embarrassment. Taking every opportunity to bring such material out in the open is important. Parents can begin teaching about pornography simultaneously when teaching about the body. For example, if a child picks up a book that illustrates personal parts of the human body, a

parent could respond with a comment such as, ‘I see that picture caught your interest. Do you have any questions? Let’s talk about it.’ Similarly, when a child views something sexually provocative or pornographic, acknowledging the material without discomfort or surprise is important. A parent might say, ‘I see that caught your attention. When we run across those kinds of pictures it is important to change the channel [close the book, throw it away, etc.] and then tell a parent.’ It is important for parents to take the time to explain why the material is inappropriate and what to do when inappropriate material is encountered. Teaching children about what to do when they see pornography is just as important as teaching children what to do if they are exposed to any other drug.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This type of communication sends a clear message to children that parents are a good resource when they have questions. Children need to see that parents know what kinds of material are available, that they are not shocked or embarrassed by it, and that they have clear rules about what material should or should not be viewed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Responding to young children openly and factually with simple statements and explanations is generally best. As children get older, additional opportunities will arise to have more detailed discussions. If the topic does not arise on its own, find ways to bring up pornography and discuss it as children get older.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

38. “How should I respond if I discover my child is viewing pornography?”

“First and foremost, stay calm and do not overreact. A child’s recovery is going to be influenced by his ability to trust and confide in his parents. If a parent overreacts, she will likely cause the child to be more secretive down the road. If he senses that his parents understand and still love him, however, he will be more likely to communicate with them and allow his parents to be a part of the recovery process. Do not be afraid to be honest and open in your discussions. See ‘Creating a Safe Place to Talk about Dangerous Things’ by Jeffery Ford in the appendix of this

manual.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It is important that children understand that their parents love them and want them to be happy. Help them understand what pornography is, why it can be damaging, and why viewing pornography is of concern to everyone. If a child is regularly viewing pornography, ensure that he gets help. It is critical that children:”

- 1) “Come out of hiding and talk with their parents”
- 2) “Become educated about pornography addiction and recovery”
- 3) “Be taught how to set boundaries”
- 4) “Get therapy”
- 5) “Attend a 12-Step meeting regularly.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Although it may seem counterintuitive, the parent must also become educated, learn to set boundaries for the child, attend counseling, and participate in a 12-Step program. Discovering a pornography problem can be very devastating for parents who feel they have no real control or ability to affect the situation. It is common for parents to feel guilt for not having been able to prevent the problem. By actively taking these steps, parents can learn to deal with their child’s addiction appropriately and effectively and also experience healing themselves.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Do I Have a Problem?”

39. “How can I tell if I have a pornography problem?”

“Simply put, an individual has a problem when he tells himself that he is not going to look at pornography anymore and then finds himself doing it anyway.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography addicts return to thinking about, planning for, and participating in secret behaviors that take priority over healthy and important activities. The following list may help individuals in deciding if help would be beneficial.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Feelings that the ability to stop viewing pornography is out of control”
- “Recurring patterns of ‘stop-start’ behavior with frequent or consistent relapses”
- “Continued pornography use despite possible adverse consequences and losses including time, money, job, education, marriage, and family relationships”
- “Escalation of behavior including increased time spent viewing pornography, the need for increased stimulation and viewing or participating in harsher and more graphic forms of pornography”
- “History of lies, secrecy, deception, and living a double life in order to maintain the appearance of normality while participating in the viewing of pornography and other sexual behaviors”
- “Feelings of guilt, shame, and low self-worth related to one’s sexual behavior”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

40. “Why is it important to be open and disclose my pornography problem to someone?”

“Pornography addiction thrives in secrecy and often breeds feelings of shame and guilt which tend to cause the problem to escalate. Admitting and disclosing pornography use is the first step in stopping for good. Once an addict can admit and talk about the behavior, the shame and guilt often begin to dissipate. Talking to others can provide needed support, additional resources and accountability.” (“Safety Net – Resources to

Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In contrast, keeping pornography behavior secret can actually create more emotional arousal, which may lead to additional acting out. ‘Asking for support is not easy, but living in recovery requires absolute honesty and the courage to ask for help. Denial, self-deception, and isolation are hallmarks of addictive behavior. These traits make it difficult to achieve lasting and stable progress in recovery without the support and perspective of others. It is important for an addict to enlist the help of appropriate and effective support people as soon as possible’

(LDS.org).” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

41. “Is recovery possible and what does it involve?”

“Recovery is definitely possible, though difficult. Those who are completely committed to doing what it takes to find and maintain recovery are successful. Keep in mind, however, that the individual must desire recovery. The five elements of healing are:”

- **“Come Out of Hiding:** Coming out of hiding and honestly disclosing the problem to a spouse and ecclesiastical leader is essential. Committing to continued honesty and transparency is fundamental to the recovery process.”
- **“Become Educated:** Gain education regarding pornography addiction and the recovery process.”
- **“Set Boundaries:** Set specific boundaries to avoid situations that will compromise your commitment to recovery.”
- **“Work a 12-Step Program:** Find a sponsor, attend group meetings several times a week, and work the 12 Steps on a daily basis.”
- **“Get Therapy:** Seek professional counseling from a qualified therapist who specializes in sexual addiction.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

42. “What recovery programs and resources are available for me as an addict?”

“12-Step programs: To find a 12-Step program, see the following websites:”

- SA Lifeline: www.salifeline.org
- LDS Family Services: www.providentliving.org

“Therapists: To find a therapist, see www.salifeline.org. Ask family members or friends for references for a therapist who specializes in sexual addiction. Additional resources for finding a therapist include the following:”

- LifeSTAR Network: [http:// www.lifestarnetwork.org/](http://www.lifestarnetwork.org/)
- Society for the Advancement of Sexual Health (SASH): www.sash.net

“Books: To view books that can aid in the recovery process, see the resource lists in the appendix of this manual or visit www.salifeline.org. If additional help is needed, please email SA Lifeline at info@salifeline.org.”

43. “How do I find the right counselor?”

“Finding professional counseling is essential to the recovery process. Most individuals and couples struggling with the impact of pornography will benefit from a combination of individual, couple, and group treatment. Support groups or 12-Step programs are not substitutes for therapeutic treatment. In selecting a therapist, the following considerations may be helpful.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “What training has the therapist received in dealing with sexual behaviors and addictions? Because of the complex nature of pornography addiction, specialized training is highly desirable. Ask the therapist if he or she is a member of a national organization for treatment of sexual addiction and if he or she has received specific certification or training.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Does the therapist specialize in sexual addiction and how many years of experience does he or she have treating these problems? Good therapists specializing in other psychological problems may not necessarily be the best for treating sexual behavior. Are counseling services provided for the non-addicted spouse? Involvement of the non-addicted spouse in therapy is paramount for the spouse’s personal wellbeing and also for the health of the marriage.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “Does the therapist or clinic provide group therapy? Experience has shown that recovery is enhanced when individuals participate in group therapy.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “What does the therapist believe that the effects of viewing pornography are? Therapists often have varying opinions regarding whether the viewing of pornography and engaging in related sexual activities are problematic behaviors. Make certain that the therapist you are seeing shares your beliefs and value system.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Does the therapist believe that pornography use can be classified as an addiction? Therapists who do not believe pornography is addictive will probably not be as effective in treatment.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “What steps are considered necessary to recovery? Some therapists do not believe recovery is possible or do not exhibit a strong understanding of what recovery requires.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- “How does the therapist define recovery and measure success in treating those who view pornography? Discovering how a therapist delineates recovery can also help gauge the effectiveness of treatment.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

44. “How do I ‘stay clean’ or avoid relapse?”

“Addictive tendencies frequently do not completely go away. Nevertheless, as many individuals diligently work the steps of recovery, the behavior is kept in check and they never act out again. This is often referred to as recovery. Maintaining recovery generally involves continuing to work the twelve steps, setting and keeping boundaries, and having some permanent form of accountability through participation in a recovery program with a sponsor and/or with a religious leader or friend. Prompt and complete honesty in admitting any slips of behavior is critical. Those who avoid relapse are generally those who recognize that they are still addicts and are vigilant in continuing to utilize the tools of recovery. They also learn to recognize negative emotions and thought patterns leading to compulsions to act out on their addiction through pornography use. They address emotional needs by making necessary adjustments and reaching out to others for support long before those needs turn into addictive behaviors and acting out.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

45. “How does viewing pornography affect me and my relationships?”

“Viewing pornography can distort realistic views of healthy sexuality, lead to the objectification of women, and promote sexual gratification as a top emotional priority. Insensitivity to a partner’s personal needs and

feelings are often a hallmark of relationships where pornography is involved. Even though pornography may be viewed in secret, the inability to connect with a partner and loved ones is often felt by all.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Because pornography involves emotional, chemical, and physical stimulation, it can reset the brain in such a way that normal, healthy sexual experiences become unsatisfying and unfulfilling. Increasingly extreme or deviant sexual acts are often required to bring about sexual satisfaction. As a result, pornography addiction frequently destroys healthy marital relationships and can lead to sexual acting out with self and others or other immoral behavior. Some statistics indicate that the likelihood of infidelity is increased by 300% percent where pornography is involved and 55% of divorces in the United States occur at least in part as a result of pornography use.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Pornography use destroys trust and respect and can make the user emotionally and physically unavailable to his partner. Pornography becomes a counterfeit attachment, drawing attention and time away from other relationships such as with a spouse or girlfriend. Additionally, addicts turn to pornography to satiate emotional needs and numb uncomfortable or painful emotions. This progressive behavior chokes the life out of healthy emotional, sexual, and spiritual intimacy between individuals.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

46. “How does my viewing pornography affect my spouse or loved one?”

“Not only does viewing pornography damage relationships, it can also have a direct and destructive effect on the wellbeing of a spouse or loved one. Pornography addiction can destroy a spouse’s sense of being uniquely important to their partner. Many spouses report feeling a sense of betrayal, having low levels of self-esteem, having decreased trust in their partner’s commitment to the relationship, feeling diminished sense of security, and experiencing reduced marital satisfaction.” (“Safety

Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“These negative emotions can manifest themselves in many ways. Wives may try to overcompensate in the hopes of regaining their husband’s attention or approval. Anorexia or other eating disorders are common among spouses of addicts, along with an unhealthy sense of responsibility for the success of the marriage and the addict’s behavior. Spouses may swing between feelings of anger, hatred, anxiety, and unhealthy compulsions to protect their partner and marriage from humiliation. The feelings of hopelessness may even escalate to thoughts of self-harm or suicide.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

Pornography addicts frequently exert pressure on their spouses to keep the issue secret. Many spouses feel trapped in an unhealthy kind of isolation because they are unable to discuss their feelings or receive necessary needed support and help. Without appropriate help and counseling, the emotional, physical, and spiritual health of the addict’s spouse may be in as much danger as that of the addict himself.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

47. “How does my viewing pornography affect my children?”

“Pornography causes a change in the way the user relates to others—especially to their children and spouse. The pornography user learns a simple, onesided sexual response which eliminates intimacy. The user actually loses his ability to emotionally connect with others. Instead of warmth, empathy, and compassion, the user interacts with family members with detachment and criticism. He is emotionally unavailable. This can be very damaging to children.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

48. “Does discovering or disclosing a pornography addiction generally result in divorce?”

“In some cases, discovering or disclosing a pornography addiction may eventually lead to divorce. Some statistics indicate that 55% percent of divorces are related in some way to pornography. It is much less likely to result in divorce if the problem is disclosed by the addict, rather than discovered by the spouse. A large number of couples are able to find recovery and healing for the addict, the spouse, and the relationship. Several factors increase the probability of being able to heal the

relationship, as outlined in the next answer.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

49. “As a recovering addict, what can I do to heal and strengthen my marriage?”

“Both the person addicted to pornography and the spouse must find their own recovery before any significant progress can be made toward healing the relationship. Pornography addicts frequently discourage their spouses from talking about the problem, getting counseling, or attending a 12-step program. There is an instinct to keep the problem private in an attempt to protect the marriage.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In reality, keeping the problem quiet is more safe and comfortable (i.e., less volatile) but is often very damaging to both the addict and the spouse. As difficult as it is, a recovering addict who truly wants to heal and strengthen the marriage should do everything he can to encourage his spouse to reach out and get help for herself.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Once both partners are committed to and consistently working their own recoveries, trust generally will slowly return to the relationship. Hope and optimism will grow. This does not mean, however, that the rest of the journey will be easy. During this time, marital counseling in addition to individual recovery programs is usually necessary. Understand that pornography addiction often causes a substantial amount of emotional and relational trauma for the spouse. It is important that an addict allows his spouse time and space to heal at her own pace. An addict should be sympathetic to his spouse’s feelings of anger, frustration, ambivalence, and hurt. As an addict makes an effort to strengthen the relationship and work on his individual recovery, the three recoveries (his, hers, and ours) begin to support and complement one another. Specific actions that can be taken by the addict to help strengthen the marriage include the following:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- “Fully commit to completing all necessary elements of recovery.”

- “Disclose past behavior. By postponing disclosure or confessing a little bit at a time out of the fear that the spouse ‘can’t handle everything,’ the healing process is often impeded and the resulting hurt prolonged. It may be wise to consult with a therapist and/or sponsor before making the full initial disclosure.”
- “Continue to promptly disclose any slips promptly. Honesty and openness (transparency) are essential. Most spouses report that although relapses are difficult to deal with, secrecy and lies are intolerable. Graphic details are not necessary, but the spouse should know the type of slip, the duration, severity, and frequency of acting out. Set realistic expectations about the recovery process. Change takes time and there will almost always be slips or relapses. Recognize that the marriage also takes time to heal.”
- “Recognize the trauma a spouse may be experiencing. Reach out to the other person, try to alleviate her workload and spend time together doing activities that can help rebuild the relationship (walking, gardening, cooking, etc).”
- “Encourage the spouse to get counseling and support. Attending counseling as a couple is also helpful.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Spouses of Addicts”

50. “Typically, how does a spouse respond when they find out about a pornography problem?”

“Feeling intense hurt, sadness, low self-worth, betrayal, anger, or even hatred is common. It is important for spouses to recognize how they are responding emotionally, and to find a trusted friend or family member or ecclesiastical leader with whom they can share these feelings and seek support. It is also important to honestly share those feelings with the addicted spouse.” (“Safety Net – Resources to Protect Your Family from Pornography,”

Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Keeping things in perspective is important. Having a pornography problem does not negate everything good in the addicted spouse. Still, it is a significant, serious problem and should not be minimized.

Remembering positive experiences can help provide motivation to work through the difficult times ahead and apply the necessary effort to save the marriage. It is helpful to try to be calm and compassionate. On the

other hand, feeling responsible to change the addict's behavior or lashing out in anger is not helpful. The addict's spouse needs help and support as she works through her emotions and sets appropriate boundaries. Getting help will ensure the emotional well-being of the spouse and will aid in repairing the marriage relationship." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

51. “Why can’t my spouse just stop viewing pornography?”

“Pornography is addictive. Once the addiction is established it is extremely difficult to quit and it is almost impossible to stop without outside help.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

52. “How is the addiction of a spouse/loved one likely to affect me personally?”

“Many spouses of addicts feel a sense of isolation and abandonment after discovering the addiction. It is common for the addict's spouse to avoid telling others about the addiction, hide her feelings, or pretend that nothing is wrong. She often feels a great deal of pressure to protect the addicted spouse and preserve the image of normalcy. As the addict's spouse withdraws, it is common for her to feel increasingly lonely and hopeless. Depression and even thoughts of suicide may result.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Discovering an addiction can start a chain of devastating emotional responses. Many spouses of addicts experience intense anger, while others respond by feeling numb and listless. Thoughts such as, ‘How could this happen to me?’ or ‘What did I do to deserve this?’ are common. Many spouses have feelings of guilt or a false misplaced sense of personal responsibility for the addiction. Spouses often experience feelings of low self-worth and fall into thinking, ‘This wouldn't have happened if I had just been a better wife,’ or ‘If I was were just more attractive or sexy, this wouldn't be a problem.’ This type of thinking is often followed by feeling the need to fix the problem and the belief that some action on their part, such as working harder to be pleasant or losing weight, will make the problem go away. When such efforts to fix the problem do not work, feelings of fear, anxiety, hopelessness, and despair increase. Fear and uncertainty about the future—‘What is going

to happen? If I were to leave the marriage, what would I do? What about the children? What about our marriage?”—can become overwhelming.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“As emotional wellbeing deteriorates, spouses often fall into counter-productive behaviors or dangerous coping mechanisms. Spouses commonly try to be the policeman by constantly monitoring the addict or trying to manage his recovery. They frequently become obsessed with looking for ‘evidence’ by checking their spouse’s email, reading their journal, looking for unusual charges on credit card statements, or checking the calls on their spouse’s cell phone. Many develop eating disorders such as anorexia, bulimia, overeating, or under-eating. Serious depression is very common. Hopeful feelings like ‘We have finally gotten to the bottom of this and will put this behind us forever,’ alternate with feelings such as, ‘There is no hope for ever getting out of this endless cycle.’ The addict’s spouse may wonder what is wrong and why they she feels so out of control.” (Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

53. “How is the addiction of a spouse likely to affect our relationship?”

“Discovering that your spouse is addicted to pornography can turn your world upside down. Many spouses of addicts feel deeply hurt, betrayed, angry, ashamed, numb, sad, depressed, or helpless. Many initially worry that they will never be able to trust their spouses again. Spouses often feel uncertainty and fear for the future.” (Safety Net – Resources to Protect Your

Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The cycle of feelings experienced is very similar to grieving for the death of a loved one and may include the following symptoms:

- 1) “Shock”
- 2) “Disbelief or denial”
- 3) “Anger”
- 4) “Bargaining”
- 5) “Depression”
- 6) “Acceptance.”

(Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Acknowledging, accepting, and allowing those feelings to take their course are important steps. Addicts frequently withdraw and disconnect from relationships. The addict may exert pressure on the spouse to protect his secrecy or to not pursue help. It is crucial for spouses of addicts to get help, regardless of whether the addicted approves.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

54. “As the spouse of an addict, what can I do to find healing for my damaged relationship?”

“It is just as important for the spouse of an addict to reach out and get help as it is for the addict. This means developing a strong support network, getting appropriate counseling, participating in a 12-Step program, and having a sponsor. If both parties are willing to do their part in working toward recovery, usually trust can be rebuilt over time and the relationship can begin to heal. The initial focus, however, needs to be on individual recovery. While many spouses of addicts want to jump in and work on fixing the marriage relationship, working to heal the marriage can be ineffective and even counterproductive as long as the addiction and its effects on the addict’s spouse are active and unresolved. It is like pumping air into a tire that has a hole in it. As long as the hole is there, any air pumped into the tire will just leak out. The hole in the marriage needs to be repaired first as each individual gets help. Repairing the marriage relationship will come later. Counseling from a qualified therapist who specializes in sexual addiction is often useful in this process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Spouses of addicts frequently fall into behaviors that are counterproductive to the recovery process. They may try to control or compel the addict’s recovery. On the other extreme, they may be so afraid of “rocking the boat” that they will not set boundaries to protect themselves or set consequences if those boundaries are crossed. Relationships have the greatest chance of healing if the spouse focuses on her own individual recovery and well-being rather than obsessing about her spouse. The spouse of the addict also needs to set the clear boundaries and expectations with the addict as well as establish consequences if the boundaries are crossed they are not met.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

55. “How do I find hope and healing for myself as the spouse of an addict?”

“For the spouse of an addict, there are many things that can be done to more effectively handle the difficult emotions and trauma that may be experienced. The following are five elements to healing that many have found helpful:”

- 1) “Break the secrecy: Develop a support system and find others to safely confide in. This may include a parent, a close friend, a religious leader, and/or a therapist.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- 2) “Become educated: Learn about the nature of pornography addiction. While spouses of addicts can support recovery, it is important to understand that the addict is responsible for the progression of his own addiction and it that cannot be fixed by trying to control the addict.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- 3) “Practice self-care and set boundaries: Slow down and allow time before making life changing decisions. Prayerfully set boundaries defining unacceptable behavior in order to protect your emotional, physical, and spiritual wellbeing. Make time for daily physical and spiritual care.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- 4) “Get Therapy: Seek appropriate personal and marital counseling.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- 5) “Find a 12-Step Program: Network with the spouses of other addicts. Work the 12 steps of recovery and find a sponsor.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

56. “What programs and resources are available for me as the spouse of an addict?”

“12-Step programs: S-Anon is a 12-Step program for spouses or other family members, whose lives have been impacted by the behavior of sex addicts, including those with pornography problems. It is allied with Sexaholics Anonymous.”

57. “How do I balance my need for support and healing with my desire to maintain my spouse’s anonymity?”

“For the spouse of a pornography addict, getting the support and help needed is particularly difficult because doing so involves disclosing the addict’s behavior to someone else, and thus breaking anonymity to some degree. One of the most serious side effects of a pornography addiction for the spouse of an addict is that she can either consciously or subconsciously be manipulated into remaining quiet and suffering in silence. It is important to realize that although the addict has control over his actions, he has no right to control his spouse’s behavior. The addict’s spouse must feel free to build a safe support network, to attend recovery meetings, and to seek appropriate counseling. The decision about how much information to disclose and to whom should be made with sensitivity and discretion. Many women find it helpful to share what they are experiencing with a trusted friend, family member, ecclesiastical leader, sponsor, or support group. Indiscriminate disclosure of a pornography addiction is not advisable and can result in adverse consequences for children and others involved.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Dating and Pornography”

58. “Why should I discuss pornography with the person I am dating?”

“In varying degrees, virtually everyone will have some exposure to pornography which affects their views of sexuality. This may range from casual exposure to serious addiction. Given the breadth of widespread promiscuity in society, it is important to discuss how each individual views and will handle pornography regardless of whether the person has previously had a problem. Openly discussing pornography can safeguard individuals and relationships. A person can be: 1) currently addicted, 2) previously addicted but now in recovery, or 3) never addicted with minimal exposure to pornography. By determining the category the other person in the dating relationship falls into, an individual can gain valuable insight concerning how to proceed appropriately with the relationship. Even if there has been minimal exposure, it is important to openly discuss pornography and set

necessary boundaries to prevent future problems.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For those who have had or currently have a problem with pornography, it is very important to discuss this with any person they seriously date. Pornography use is extremely addictive and can frequently reoccur unless significant preventive measures are taken. By talking about this problem early on in a relationship, individuals can learn to develop open communication and set appropriate boundaries that will safeguard both people, help guide relationship decisions, and create a safe, trusting environment.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

59. “When should I discuss pornography with the person I am dating?”

“Some people have suggested bringing up pornography by the second date. While that is probably too soon for many, here are a few questions to help guide determinations:”

- “Are you ‘exclusive’ (i.e., boyfriend and girlfriend)?”
- “Is the relationship such that you can talk or have already talked about other significant personal issues?”
- “Are you looking to advance your relationship by becoming engaged or married?”
- “Does your partner know and trust you enough to disclose and discuss personal challenges?”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For those who cannot answer yes to any of those questions, it is probably too soon. For those who can answer yes to one or more questions, now might be an appropriate time. For those who can answer yes to all questions, it is definitely time to discuss pornography.

Discussing pornography before becoming engaged is very important.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

60. “How should I discuss pornography with the person I am dating?”

“There is no easy way to bring up this uncomfortable topic. One approach is simply to ask if the other person has ever had or currently has a problem with pornography. Another way is to initially share a

personal experience or talk about a related article and then move into the topic. It is important to ask what the other person's exposure to pornography has been, not if they have been exposed." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Discussions might include when and where pornography was last viewed and what the response was. Ask what is being done now to protect against pornography addiction. If an addiction has previously occurred, ask what was done to stop viewing pornography. Did the other person see a counselor or attend 12-Step meetings? Ask them if they have had any relapses. If there is a problem, it is common to receive a vague, incomplete, deflective, or less-than-honest answer. For those who have any reason to think they are not getting a complete story, trust those instincts and bring the topic up again at a later date—or consider ending the relationship. A dating partner with difficulty telling the truth about pornography has the potential to become a spouse who does not tell the truth about it after marriage." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

61. "What should I do if I suspect someone I am dating has a pornography problem?"

"The answer is simple: talk to him. Discuss any concerns or suspicions with the other person. Consider using the questions in the brochure Pornography & Dating to guide these discussions or see www.salifeline.org. Be careful about the speed at which the relationship progresses until recovery is solidly underway. As always, encourage anyone addicted to pornography to fully disclose his problem and get appropriate help." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

62. "How is dating someone with a pornography addiction likely to affect me?"

"Pornography causes a change in the way the user relates to others. The pornography user learns a simple, one-sided sexual response which affects feelings of closeness and intimacy. This escalates into a loss of the ability to emotionally connect with others. Instead of warmth, empathy and compassion, the user often interacts with emotional detachment and criticism. He is emotionally unavailable, and may even suggest that this detachment is the fault of the person he is dating. This

can be very damaging to your self-esteem and confidence.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

63. “What will likely happen if I choose to marry someone with a pornography addiction?”

“Pornography addiction is not a problem that is fixed by marriage and marriage won’t make the problem easier to fix. Additionally, this addiction will always escalate.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A person with a pornography addiction cannot build a healthy relationship. Their ability to be unselfish, compassionate, and emotionally available is severely compromised by their addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

64. “As a recovering addict, what factors should I consider in dating?”

“Although graphic details are not necessary, it is important to tell the other person the nature and extent of behavior related to viewing pornography early on in the relationship. Depending on the seriousness of the relationship, encouraging the other person to see a counselor or attend a 12-Step support program may be a good idea. Consider setting boundaries regarding the speed with which the relationship progresses based upon the recovery progress. It is frequently recommended that an addict be well along in the recovery process before entering into a serious relationship. In general, being in recovery for at least 7-12 months is recommended.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

65. “What factors should I consider when deciding whether or not to continue a relationship with someone who is addicted or has been addicted to pornography and is in recovery?”

“Recognize that those addicted to pornography can change their lives, but do not underestimate the power of pornography addiction. Love for the addict requires exercising patience and setting appropriate healthy boundaries at all stages of the relationship. This may require (1) waiting to move forward in a relationship, (2) deciding to end a relationship, or (3) setting and abiding by specific rules and guidelines regarding a relationship’s progression. An important factor in deciding whether to

continue in a relationship is whether the person is in recovery or is actively seeking recovery from his pornography addiction. It is frequently recommended that there be at least 7-12 months of solid recovery before proceeding seriously forward. It is important that individuals understand what recovery looks like and are able to identify whether their loved one is in the recovery process.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If the other person is currently viewing pornography, it is important to proceed slowly with the relationship or to give serious consideration to ending the relationship. Be careful not to confuse emotions with the best course of action.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Dating a person with an active pornography addiction can have very serious and unexpected emotional consequences. Carefully weigh the risks of continuing in such a relationship. Carefully evaluate whether the other person acknowledges that they are addicted, is willing to take the steps required to recover, and is actively doing everything in his power to overcome this addiction. It is important to talk with trusted individuals, become educated regarding pornography addiction, and set boundaries. Additionally, attending counseling as well as 12-Step support groups may be helpful.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

66. “I am dating (or have dated) someone with a pornography problem and I am currently struggling with negative thoughts about myself and my appearance. What should I do?”

“It is not uncommon to experience some kind of trauma after being in a close relationship with a pornography addict. Common problems include anorexic or bulimic tendencies, obsession with personal appearance, feelings of low self-worth, decreased self-confidence, a feeling of spiritual darkness and abandonment, a decreased ability to trust and form healthy relationships with other men, and acceptance of unhealthy or abusive behaviors as normal.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If someone who is dating or has dated a pornography addict starts to experience any of the feelings listed above, it is important that she talk with someone. She may consider seeing a counselor and attending a 12-Step program. Getting support from a professional counselor who understands the impact of a pornography addiction is important. Talking with friends or family who can offer support and help put things in perspective is also helpful.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“I think I may have a problem - what should I do?”

“In looking back, many of us see that regardless of how, why, or when it began, there came a time when we were not only aware of the power this thing held over us, but that we were acting against our will. Only when we tried stopping did we see that we were captive to a force stronger than we, at the mercy of a power greater than ourselves.” (White Book, Sexaholics Anonymous) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Most everyone who is troubled by their pornography use asks the question, ‘Am I addicted?’ A man attending a 12-step recovery group for sexual addiction stated, ‘I finally figured out that the reason I needed to quit was because I couldn’t. I hated what it was doing to me, but every time I quit I ended up going back.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Take the Quiz.”

“If you question whether your pornography use is a problem or has become an addiction, answer the following questions to determine if you need help.”

- “Have you ever promised yourself you would never view pornography again?”
- “Do you decide that you’re going to quit looking at pornography, or cut down, and change your mind?”
- “Do you plan your day so that you can make sure that is an opportunity to view pornography?”
- “Do you resort to viewing pornography to escape, relieve anxiety, or avoid other issues?”

- “Do you feel guilt, remorse, low self-esteem, regret or depression after viewing pornography?”
- “Do you feel like your sexual thoughts and/or behaviors are causing problems in your life?”
- Do you feel the ‘right relationship’ would help you stop? In other words, is this a problem that you feel others can fix, but you are not controlling on your own?”
- “Is the amount of time you spend viewing pornography increasing or taking the place of things you should be doing?”
- “Are you less connected with important aspects of your life, such as friends, work, school and family responsibilities, because of the role pornography plays?”
- “Does viewing pornography ever take priority over things which you’re expected to do or need to get done?”
- “Is the material viewed becoming more graphic or your behavior becoming more involved?”
- Do you ever avoid questions or lie to hide your pornography behavior?
Are you leading a double life?”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Simply put, you have a problem if pornography is negatively impacting your life and you are not stopping. Many people viewing pornography, like drug users, tell themselves they can stop and their behavior is not causing problems. However, if you tell yourself that you are not going to look at pornography anymore and then you find yourself doing it anyway, you probably need help. Pornography addicts return to thinking about, planning for and participating in secret behaviors that take priority over other healthy relationships and important activities. If you think you may have a problem, you likely do.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What do you want? Ask yourself - do I want to be struggling with this problem in ten years, or do I want to look back on this as a painful learning experience which I haven’t visited for ten years? After you have decided that recovery is for you, that you truly want to break the chains, the time has come for the next questions which are closely related to the first: What am I willing to do? How far am I willing to go? In answering these questions we come to the fundamental question at hand: How does one change from being addicted to a person firm in recovery with years of sobriety?” (“Safety

“What are the Stages of Pornography Addiction?”

“Pornography addiction is progressive. This means that in order to get the same pleasure or rush, pornography use has to escalate. Below is the common pattern of escalation”

- **“Early exposure.** Initial exposure to pictures or provocative material. The exposure is frequently accidental or may result from general curiosity. The problem begins when the person deliberately begins viewing pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- **“Addiction.** The person keeps returning to pornography. They recognize their activity as inappropriate, but regardless of what they resolve to do, it becomes a regular part of their life. The user begins to depend on pornography as their main source of ‘feeling good.’ The time spent viewing material continues to increase despite the consequences. Periods of abstinence may be followed by periods of binging.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- **“Escalation.** The person starts to look for more graphic material. The images they now view might have disgusted them initially. They spend even more time looking at pornography and thinking about it becomes consuming. They may want their spouse to “act out” things that they have seen in pornography in their sexual relationship” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)
- **“Desensitization.** Eventually, the person becomes numbed to the effects of the pornography. They are in denial about their addiction and begin to see pornography and the sexual acts depicted as “normal” and acceptable. Even the most graphic, degrading pornography doesn’t excite them anymore. They become desperate to feel the same thrill again but can’t find it.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

- **“Acting out.** At this point, addicts make a dangerous jump and start acting out sexually with other people. Rather than limiting their exposure to images and experiences on the internet, they begin to act out the sexual fantasies they have seen. Their acting out may take the form of exhibitionism, voyeurism, promiscuity, strip clubs, sex with minors, soliciting prostitutes, or rape.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Wisdom from the Sexaholics Anonymous White Book”

“There is an attractive healing atmosphere in confidential, anonymous 12-step meetings when someone is transparent and self-revealing at depth. Vulnerable and like a child, we take the supreme risk of exposing the truth about ourselves, dark as it may be. We speak of our weakness because that’s where we’re hurting, and THIS becomes the point of our identification with each other, the point of true union. Once this single ray of truth and light shines in a meeting, it finds ready reception and response in the others present. Honesty is catching; we’re learning to walk in the light.” (White Book, Sexaholics Anonymous) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Our problem is physical, emotional and spiritual. Healing must come about in all three areas. The crucial change in attitude began when we admitted that our habit had us whipped. We came to 12-step meetings and we discovered we could stop, that not feeding the hunger didn’t kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others. All this was scary. We found that others had traveled this path before. Learning a new way to surrender to God’s power, we found this surrender was killing the obsession! We had stepped into the light, into a whole new way of life. The safety of fellowship with others in recovery gave us monitoring and support to keep us from being overwhelmed. Instead of covering for feelings with compulsive sex, we began exposing the roots of our spiritual emptiness and hunger. And the healing began.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Facing our character defects we became willing to change. As defects were surrendered we began to be more comfortable with ourselves and others for the first time without our ‘drug’. We tried to right our wrongs and at each amends the dreadful load of guilt dropped from our shoulders until we could lift our heads, look the world the eye and stand free. We were learning how to give; and the measure we gave was the measure we got back. We were finding what none of the substitutes had ever supplied. We were making the real Connection. We were home.” (Adapted from the SA White Book) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The White Book: Part 1, section 3: The spiritual basis of addiction”

- “I became aware of the power this thing had over me and that I was actually acting against my will”
- “The addictive process involves the most fundamental aspect of our being, our spirit which is the combination of all our attitudes, choices, thoughts and behavior”
- “Under the surface we are seething with resentment, hostility, anger, envy, rebellion and rage. We use these feelings to create a change of heart which allows our addictive behavior”
- “As we make the conscious choices setting into motion the addictive process, we become increasingly selfish and self-centered. We become increasingly closed off and defensive, unteachable and willful”
- “Even though part of us knew the habit controlled us, it was often the one thing in our lives we thought we were controlling.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What does ‘sobriety’ mean?”

“For those attending meetings of Sexaholics Anonymous, sobriety is defined as ‘having no form of sex with self or with persons other than the spouse.’ (White Book, pg 191-192.) In addition, true sexual sobriety ‘includes progressive victory over lust[,]...the driving force behind ... sexual acting out.’ (White Book, pg 191-192.) Physical sobriety is not an end in itself but a means towards an end-victory over the obsession and progress in recovery....In practical terms, we stop entertaining lustful fantasy. We stop using the internet to look for pornography images....We choose a different route to avoid places where lust triggered us or we acted out....If we are going to a business or event where we know there will be lust or sexual triggers (such as a supermarket, mall, or an airport), we call someone....If

we are uncomfortable in any given situation, we simply leave.....Our sobriety becomes the most important thing each day in every circumstance.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Recovery is a Spiritual Experience”

“We use the words spiritual in referring to that aspect of ourselves underlying and determining all our attitudes, choices, thoughts, and behavior-the very core of personality, the very heart of the person. If we can see how the addictive process involves this most fundamental aspect of our being, we will be able to understand why recovery- whatever else we make it-must be a spiritual process.” (White Book Sexaholics Anonymous) (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A Road Map for Recovery, Leaving Pornography Addiction and Discovering Life”

“This will be the last time”

“It wasn’t as bad as other stuff I’ve seen”

“It’s not like I look at it everyday”

“These self-reassuring statements are a small sampling of comments I hear from men who struggle with viewing pornography. They wonder if they are really addicted. Many of them hide in secrecy for years trying to resolve the unwanted behaviors on their own. The secret struggle often creates more hopelessness and feelings of powerlessness over this mysterious force that seems to keep sabotaging their best efforts.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In their pain and frustration, many of them ask me the following questions:”

- “How can I tell if I am really addicted to pornography?”
- “How do I know if I really need to get help for my behavior?”
- “What’s involved in overcoming these unwanted behaviors?”

“I will answer these questions in an attempt to outline a road map for understanding and overcoming an addiction to pornography and

discovering a new way of living life. (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Simply stated, 1) if you want to stop the behavior, 2) but you can’t, and 3) the behaviors are causing life-damaging consequences, 4) then you’re probably addicted.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It’s common to wonder if addiction only counts for those guys who look at pornography multiple times per day. While this is certainly a pattern of addiction, the definition can also apply to a much broader type of behavioral pattern.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“For example, I’ve worked with individuals who look at pornography only three times per year. One might look at this sporadic pattern and wonder how three viewings of pornography in one year’s time could be considered an addiction. Let’s look at what three viewings per year could do to such an individual.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“First, he’s going to keep his behavior a secret from others because he’s embarrassed about it. This secrecy is going to produce shame. Shame is a feeling of being broken, damaged, or defective. He might briefly say things to himself like, what’s my problem? Why do I keep going back to this when I know it’s wrong? His shame is going to produce anxiety and depression that will be difficult to ignore. He will have to create a ‘false self’ for others to see so they don’t wonder if he is someone who looks at pornography. His false self will make it difficult to genuinely connect with his wife [and] his children . . . He will worry about being discovered. He worries what others will think of him if they ever discover his secret behaviors. He always feels like he’s not as good as other guys who don’t appear to struggle. The shame and stress will create a lowgrade misery that will be difficult to escape.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Sounds pretty life-damaging to me!”

“While there are varying degrees of intensity on the continuum of pornography addiction, even occasional viewings of pornography can deeply affect an individual. It’s not only the images of pornography that change the way men view women and close relationships. The secret shame and stress associated with violating one’s own standards of conduct on a repeated basis also causes individuals to live far beneath their . . . potential.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The anxiety surrounding the definition of addiction is usually linked to the fear of being labeled a ‘pervert’ or ‘weirdo’. In actuality, when an individual stops fighting the worry about labels and starts moving toward a life of sincere recovery, he won’t care what label applies to his situation. The freedom and joy he will experience as he releases the shameful secrecy and pain of self-betrayal will wash out lesser fears linked to how others might perceive him.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“How do I know if I really need to get help for my behavior?”

“Men who struggle with pornography problems usually do so in isolation despite their best intentions and efforts to quit. In their isolation, they make deals with themselves such as, ‘if I slip one more time, then I’ll get help’, or ‘let’s see how the next week goes and then I’ll decide if I need to get help’. These mental gymnastics keep the individual stuck in their old patterns of addiction because they continue to make up new rules and exceptions. In other words, the line of accountability keeps moving.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Dr. Mark Laaser, a noted author and therapist on the subject of sexual addiction, always asks his clients the following question when he begins his work with them: ‘Do you want to get well?’ He says that if the individual can’t answer that question, then he will have difficulty helping them. It’s my belief that if the answer to the question is ‘yes’, then breaking out of isolation to get help will be much easier.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“I encourage men I work with to do some self-education on the topic of pornography addiction so they can begin to understand the landscape of recovery. I want them to understand what it will take for them to undo the

grip of pornography and make long-term lifestyle changes. Virtually every guy I've worked with tells me they initially underestimated how much help they needed.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“A person who truly wants to be rid of their behavior will do everything they can to completely eliminate the unwanted behaviors. Although asking for help will produce momentary embarrassment, the long-term benefits of a life without pornography are worth the effort.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Sometimes people approach recovery with the desire to eliminate the problematic behavior without considering how the problem became so unmanageable in the first place. Stopping the behavior is actually the easiest part of recovery. The long-term changes associated with undoing the thinking patterns that create the addiction is a much deeper process.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Dallin H. Oaks [from the Church of Jesus Christ of Latter-day Saints] explained it as follows, ‘A person [with a pornography addiction] is like a tree that bends easily in the wind. On a windy and rainy day, the tree bends so deeply against the ground that the leaves become soiled with mud... If we focus only on cleaning the leaves, the weakness in the tree that allowed it to bend and soil its leaves may remain. Similarly, a person who is merely sorry to be soiled by [their addiction] will [slip] again in the next high wind. The susceptibility to repetition continues until the tree has been

strengthened.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Since recovery is more than just stopping unwanted behaviors, it’s critical to enlist the help of others who can offer support in the form of education, accountability, and encouragement.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“What’s involved in overcoming these unwanted behaviors?”

“I’ve broken down the process of recovery from pornography addiction into the following stages. Each will be explained briefly.”

1. “Step into the light”
2. “Transform the behavior”
3. “Discover life without pornography”

4. “The long-term recovery journey”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Step Into the Light”

“When an individual views pornography in secrecy, those behaviors usually continue to stay secret. There is tremendous effort exerted to ensure that the behaviors are not discovered.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This secrecy puts tremendous emotional pressure on the individual which reinforces the need to continue viewing pornography. The most powerful ways to break out of this cycle of secrecy is to ‘step into the light’ and tell someone else about the secret behaviors.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Who is the safest person to tell? Consider the following suggestions: The confidant should be someone who 1) can keep confidences, 2) is helpful and encouraging, and 3) will be around to offer support long-term. If an individual is married, their spouse needs to be at the top of the list . . . Trusted friends, parents, or counseling professionals are also important supports to consider.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This is often the most difficult step due to embarrassment and fear. It’s likely that the fear of being discovered has been around since the individual had their first exposure to pornography. For many people, this first exposure happened in early adolescence.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Virtually every individual I’ve worked with has felt tremendous relief in their first meeting with me after telling their story of struggling with pornography. They describe feeling a literal release of the terrible burden of secrecy that has been with them for years. They finally have a taste of what life will be like without the additional weight of their secret behaviors. There is a tendency for those who struggle to want to tell only a portion of the secret behaviors.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This is what I call ‘spotlighting’ behavior. While spotlighting is certainly better than keeping others entirely in the dark, it doesn’t allow the full scope of the problem to be resolved. Turning on all of the lights allows the entire problem to be understood more completely.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It’s important for those struggling with pornography addiction to complete a full inventory of secret behaviors that will eventually be shared with a trusted confidant. Most 12-step programs have excellent information on how to create a full inventory.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“If an individual is married, sharing this inventory with their spouse can often be a delicate and sensitive process. Some spouses can be traumatized by too much detail early in recovery. I highly recommend reading a book on disclosure such as ‘Discussing Pornography Problems with a Spouse’ by Dan Gray and Rory Reid or ‘Disclosing Secrets’ by Jennifer Schneider and Debra Corely for further information on this topic.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Transform the Behavior”

“It’s important to use the momentum generated from disclosure to power through the behavioral transformation phase. As stated earlier, this is actually the easiest part of the recovery journey. Behavioral change will often come quickly (within a few months) and will give much-needed encouragement and hope to continue in long-term recovery. This is the time for an individual to experience the successful transformation of how they understand their relationship with triggers and sexual urges.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“This transformation phase requires a tremendous amount of education, practicing certain skills, and connecting with a support system. If there has been a history of viewing pornography, the brain and body have been programmed to respond to sexual triggers in a predictable way over the years. It will take dedicated practice to re-route these tendencies. The good news is that the brain can be healed with committed effort!” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The specifics of how to create these behavioral changes is beyond the scope of this article. I recommend seeking out professionals who are trained in treating pornography addiction to help with this stage of recovery. There are structured ways to learn how to implement these new ways of thinking and behaving.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Discover Life Without Pornography”

“This phase of treatment is often bittersweet experience for those who pass through it. The ‘bitter’ part is the withdrawal from the powerful chemical high associated with pornography addiction. This can often take weeks to overcome. Some individuals experience strong physiological withdrawal symptoms that can create irritability, insomnia, fatigue, and other bothersome symptoms.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Like detoxification from drugs or alcohol, denying the body the regular bursts of dopamine, serotonin, adrenaline, and other chemicals associated with pornography addiction will create powerful physical cravings. This withdrawal will begin in the initial stages of recovery, but can last longer, depending on the individual’s history of pornography use.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“I encourage individuals to lean into the pain of withdrawal and rely on their tools and support gained in the transformation phase to help train their brain learn to live without the chemical cocktail associated with their addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Withdrawal can also create a feeling of loss and confusion about how to live life without the addiction. It can feel like mourning the death of an old friend. This loss will eventually disappear as the individual pushes forward in their recovery efforts and discovers new ways to do life without the influence of the addiction.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The ‘sweet’ part of this stage is the newfound awareness of how enjoyable life can be without pornography! There are some exciting discoveries in this

phase of recovery. For example, the five senses become more active and engaged with the world. I have clients tell me that they can feel, see, and hear things that they never noticed before. They are often amazed at how much pornography numbed-out their senses. They start to re-connect with . . . their families and with themselves. As an individual becomes re-sensitized to life, they will experience additional motivation to continue in their recovery journey.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The LongTerm Recovery Journey”

“Recovery can be compared to launching a satellite into orbit. It takes tremendous energy to get a rocket out of the pull of earth’s gravity. As the rocket gains momentum, less power is needed to put it into its desired orbit.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Eventually, the satellite is released into orbit and only requires small and consistent bursts of energy to keep it positioned in orbit. The satellite will stay in its correct orbit as long as those consistent corrections are applied.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Early recovery is often full of intensity, energy, and earth-shaking changes. Long-term recovery looks nothing like this. Instead, it’s made up of finely-tuned course corrections that keep the individual positioned in a healthy lifestyle. If an individual is constantly battling triggers and relapses, they will never get to really enjoy life and experience the long-term growth available to them.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Most individuals will pass through the first three stages of recovery within 612 months. The behavioral changes in these stages create stability necessary to do the long-term work of relapse prevention and life changes. As stated previously in the metaphor of the wind and tree, this stage is the work of strengthening the trunk of the tree.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Individuals risk becoming over-confident at this point in recovery. They often believe that they’ve ‘arrived’ and don’t need to work as hard. While they have most certainly arrived at a new place of living life, it’s important to

maintain their gains and understand clearly how to keep building a life free from the destructive pull of pornography.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,

www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Recovery is the process of restoring things to their proper state, creating a fresh view of oneself and one’s relationships, and healing the sources of pain that created the need for the addiction in the first place.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“It’s critical to maintain the same system of support during this stage of recovery for regular accountability and close support. Support systems can provide much-needed feedback and observations as the individual creates the long-term adjustments critical to their full recovery.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

Conclusion

“A man lost in a large city stopped to ask for directions. He wondered if he was so far off course that reaching his destination would be impossible. The individual helping him reassured him with these words, ‘Don’t worry—you can get there from here.’ Regardless of how an individual believes they’ve strayed from their goal to be healed from the effects of pornography addiction, they can get to full recovery by following the road map of a structured recovery.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Regardless of how deep they believe their addiction has taken them, they can use the same agency that put them in the addiction to help them get out of the addiction. Stopping, asking for help, and carefully following the steps of recovery will make life without pornography a reality.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“And the best news is that healing from an addiction to pornography not only offers an individual an opportunity to stop life-damaging behaviors, but also creates a completely new way of living life. Individuals who commit to full recover will discover a new version of themselves previously unimagined.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The following are Acton Items if your spouse is involved in pornography:”

- “Recognize your pain. Do not try to hide or mask it.”
- “Approach your spouse about the pornography use”
- “If necessary, seek assistance from counselors”
- “Learn how to combat pornography addiction together”
- “Plan to support your spouse in recovery”
- “Establish with your spouse appropriate boundaries and safeguards in your home”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Drawing Together When Pornography Threatens to Tear Apart Your Marriage”

“Ben saw that Kristy’s eyes were red the moment he arrived home from work. He asked what was wrong. Her response was terse: ‘We’ll talk after the kids are in bed.’ Later, as she tried to choke back fresh tears, Kristy handed Ben a stack of papers, a list of hundreds of websites he’d visited and topics he’d searched for—evidence that Ben had a serious pornography problem. ‘I’ve been faithful to you our entire marriage and thought only about sex with you. I’ve always assumed that the same was true for you, that you loved me the same way!’ she said.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Ben felt like his heart was going to break. How could he have done this to his wife? Then he felt panicky. What if this ruined their relationship? He just had to convince her that her fears about what this all meant were not justified. He tried to reassure her that he loved her genuinely and deeply. He explained that he was frequently tempted to view pornography, but not because he wanted sex with other women, not because he desired the women in the pictures more than he desired her. Facing this crisis, Ben knew that he absolutely had to do what he’d been trying to do for years: finally give up pornography. He vowed to Kristy that he would never view it again.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Throughout the next month, Kristy felt like the ache in her heart wouldn’t go away. Even worse, she felt alone with her hurt and feared that Ben didn’t really care about her. She tried to convey to Ben how devastating his pornography habit was to her, how doubtful she had become about her

attractiveness to him, how unsure she'd become of herself and of their relationship, and the way this had all turned her once-secure world upside-down. Her fear also led her to watch Ben's every move and question his activities. Ben, in turn, tried to reassure her that he was still the same man she'd fallen in love with, that all of the good things she 'thought' she'd experienced throughout the years were real. He felt constantly horrible for his behavior and wondered, 'What's the matter with me?' When Kristy asked him questions, the awful shame of what he'd done stirred inside. He wanted to get her away from his bad memories so she wouldn't feel the way about him that he felt about himself. He really didn't know how to talk to her; the feelings were so raw he just froze inside." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Ben and Kristy both continued in earnest to try in their own way to make things better, but it seemed things only got worse. By the time they came in for counseling, what had begun as a serious crisis was now threatening to destroy their entire relationship. They had separated, and Kristy was considering filing for divorce. Ben felt like he was walking on eggshells and could no longer do anything right in Kristy's eyes. Kristy felt like Ben didn't understand her pain—and worse, didn't want to." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Kristy and Ben are like so many couples who come to see us. The men are sincerely trying to overcome their pornography habits. Even more desperately, they want to save their marriages. In an attempt to get things back on track, a husband typically:"

- "Tries to calm his wife's fears by explaining to her his true feelings."
 - "Focuses their conversations on other topics that are less painful to her."
 - "Hopes she'll be reassured by all of his efforts to repent and do better."
- ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Wives are just as intent on salvaging their relationships. In an effort to do just that, quite often a wife will:"

- "Express her heartache and fears, in hopes that he'll understand how devastating this problem has been to her."
- "Initiate discussions about the problem, its evolution, and the aspects and events that she still doesn't understand."
- "Seek reassurance that he loves her and finds her attractive."

“Unfortunately, one partner’s attempts to make things better may be at odds with the other’s sense of where things need to go. As a result, husbands and wives can end up putting all their effort into cross-purposes. For instance, let’s say she’s hoping they’ll get to the point where they can talk openly about the problem, while he really wants to get to the point where they’ve moved past it. To him, her efforts seem counterproductive, and vice-versa. As she becomes more adamant about the need to talk, he tries to avoid the topic more. Rather than feeling understood, she feels dismissed. She concludes that he doesn’t take the problem seriously enough. She wonders if his sinful behavior has deadened his conscience and impaired his capacity to empathize with her pain. He fears that she’s becoming obsessed about the problem, he’s fighting this by himself because it’s ‘his problem,’ and he wonders if he’ll ever be able to redeem himself in her eyes.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Although couples in this situation might start out frustrated and upset, over time they can learn to work together to resolve even thorny problems like a husband’s pornography habit. They can begin to see that their spouse is just trying to do for the relationship what they think it needs most, escalating their efforts when they feel stymied. As couples come to understand each other more fully, they can ease away from familiar, unproductive automatic responses. Each becomes more able to recognize what the other genuinely wants and needs—and more able to provide it. Here are some of the shifts we’ve seen that seem to help couples work more productively together:” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The husband comes to understand that it’s a good thing his wife keeps coming to him with her hurt. It’s a great sign that instinctively she regards him as the one who can help her feel better about it. As we’re fond of saying, ‘If your wife comes to you, it’s because she intuitively trusts that you and only you can help her heal—not a family member, friend, or another man. It’s you she wants to share with and feel validation from.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“He comes to see that it’s more important to be with her in pain than to try to make it go away. Being together in the pain is what helps it heal.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Both husband and wife come to understand that the worst part for her may not be the pain of what he’s done, but the feeling that she’s facing her pain alone because he’s not connecting deeply with her when she tries to convey it.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“She realizes that he may have been avoiding the topic precisely because it hurts him so badly to see her hurt. It is difficult for him to face her pain head on.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“She comes to understand that he feels like he doesn’t measure up, he may feel unworthy to comfort her, and he fears her rejection. He may have been hoping that if he gave her space, honored her in other ways, and focused on the good things they shared, she might stop focusing on this heart-wrenching topic and feel better about the relationship. This may be his way of trying to help heal her pain.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“He learns to trust that honesty, including emotional honesty, throughout recovery is more important even than avoiding pornography—not to minimize how crucial that is. The more honest and open he becomes, the more included she feels. As she feels more included, his pornography problem is no longer a part of his life she is left out of. They become a team fighting together against the habit, rather than letting the pornography come between them.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“He comes to treat her as a resource in his recovery. She can help him understand the emotions and needs that previously have built up and were released in pornography use.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“She discovers that although sex becomes the focus when he’s tempted, most of his everyday needs are emotional in nature. Thus she begins to

feel less threatened, and rather than viewing him as an enemy or ‘pervert’ she can’t relate to, she sees him as an ally.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In counseling Ben learned to relax and take a few deep breaths when temptation hit instead of bracing against it or trying to fight it. He learned to use the temptation as a flag that he was stressed and needed to talk to someone or do something to reduce his stress. Solving the problem of how to manage his stress became something to focus on besides sexual thoughts and urges. At the same time he started counseling, Ben began attending the Sexaholics Anonymous meetings that were held once a week at a church near his office. He started to admit that he had been powerless to resolve his addiction on his own. At first it felt foreign to him to ‘surrender’ and rely on God’s help; he had always seen this problem as one he had to conquer on his own or push through. Over time, he experienced a growing sense of strength and peace when he turned to God. He felt that Heavenly Father accepted him even in the midst of his struggle, and Ben went to Him more in times of need.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“In the 12-step group meetings, Ben heard other attendees talk about the importance of ‘rigorous honesty.’ He remembered how distraught Kristy had been when she talked about feeling he had violated her trust. He knew that his secrecy had been a big part of not only her trust, but his problem. Ben resolved to be completely honest with Kristy about his struggles and feelings from then on.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Now that the problem was out in the open and he and Kristy were working together on it, Ben experienced fewer cravings than he had before. As time wore on, however, the old urges to view pornography started to hit him again. On tough days, he’d let Kristy know about it. Although she appreciated his openness, she was concerned that he was struggling.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“During one counseling session, it was apparent there was unresolved tension between them. ‘I told her I was struggling,’ Ben said. ‘She asked for more information. I wasn’t sure whether or not I should tell her. I knew it

might hurt her if I told the truth.’ In an effort to be rigorously honest, he told her that while driving around in his van for work that afternoon, he had stopped at a traffic light. A black convertible pulled up next to him with an attractive woman at the wheel. ‘I hate to admit it, but I started to fantasize about her. I told Kristy about it. She was upset. Then she wanted to know more about the fantasy, but it was just a brief lapse, a wandering of my mind. It wasn’t that detailed. But Kristy assumed I wouldn’t tell her more because she was upset. She thought I was holding back. I tried to think back and see if any other thoughts had come into my mind. But then my mind was on that topic again, thinking sexual thoughts about a strange woman. I told Kristy that I didn’t think it was good for us to dwell on it.’”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“‘He told me it wasn’t a good idea for him to dwell it,’ Kristy said. “Of course it isn’t. That’s exactly why I’m so frustrated with him. Why does he keep doing it?’”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Many things can trigger unwanted sexual thoughts in someone who has a history of sexually acting out. Stress, feeling isolated, visual cues, and even boredom are common triggers. Sexual thoughts are like a lightning rod. They can draw all of our energy and attention. They are a powerful symptom of an inner struggle. However, when we dwell on the symptom we can miss the cause and more importantly, the cure. Being honest about having sexual thoughts is one part of honesty, but it’s not the biggest part, nor the most important . . .”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“We encourage clients like Ben to pay attention inwardly, to be on the lookout for other feelings and needs that might be in play when sexual urges hit. If he feels lonely because he’s out driving on his own all day, it might be a relief to think about sex instead. However, those sexual thoughts are obscuring something much more important. He needs to be honest with himself, rigorously honest, by acknowledging the loneliness. The sexual thoughts are closer to the surface. It’s easier—and may seem manlier—to feel sexually interested or aroused. It’s more difficult to admit more vulnerable feelings and softer inner experiences. He needs to start by being honest with himself about what he’s feeling before he can be deeply honest with his wife.”

(“Safety Net – Resources to Protect Your Family from Pornography,”

“The next time Ben told Kristy he had been tempted that day, she saw the usual bait, but she didn’t take it. Instead of asking about the content of his tempting thoughts, she was more interested in what, in particular, had happened that day to make him vulnerable. ‘What had your day been like up to that point?’ she asked.”

“‘Kind of a drag, I guess,’ Ben responded.”

“‘What was going on inside for you?’ Kristy asked. Ben pondered her question and thought back.”

“He couldn’t put his finger on anything. Still, that brief discussion helped him to feel hopeful and cared about and to be on the lookout the next time temptation hit. He was in a more curious frame of mind a few days later when illicit thoughts kept popping into his mind. ‘Sex is the most attention-grabbing feeling, but what else is going on for me?’ he wondered. ‘I’m driving around replacing copier toner cartridges, and it’s boring. I know that’s part of it. It’s hard to see people driving around in nice cars. I go into offices with all of these sharp professionals. Am I envious? Seems like they have important things to do and places to be. Do I feel less important than them? Sometimes I wish I’d stayed in school and earned my degree. I don’t feel like I’m living up to my potential.’ Ben’s forehead was getting warm and there was a lump in his throat. ‘I worry that other people look down on me. I guess that’s why it’s nice when women find me attractive. It makes me feel like I still have it, like I’m worth paying attention to, that I’m admired and important, like I have something to offer.’” (“Safety Net – Resources to Protect Your

Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Ben knew immediately that it would be much tougher to be honest with Kristy about these feelings. After the kids were down that night, he talked to her about what he had felt that afternoon. As he did, the feelings came back. Sitting on the side of the bed, he looked down at the floor as he shared his self-doubts. ‘Part of it is that you were with your old boyfriend for three and a half years before we got together. His business is thriving now.’ Ben’s throat almost wouldn’t let the next words out: ‘Do you ever regret marrying me, with all the financial struggles we’ve had?’” (“Safety Net – Resources

to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Kristy looked Ben in the eye. ‘The financial struggles have been the easiest part,’ she said. They both laughed. It felt good to both of them to laugh together, with how painful things had been. ‘None of our struggles have ever made me sorry I chose you. I watch you in the backyard kicking the ball with Trevor. I see you wrestling with Isaac. Little Crystal just can’t help herself from jumping into the melee. I’d never trade you in and take a chance on my kids having a different father.’ Kristy thought for a few moments. ‘Even the hard stuff we’ve done together. We’re spending our Saturday afternoons fixing the flood damage in the basement because we can’t afford to hire it out, listening to the oldies station and CDs no one else would like but us. The funny thing is, that time together is precious to me. It’s just the two of us working. I wouldn’t have it any other way. I cherish all my memories of times like that with you.’ Ben felt as if she was looking straight into his soul now. ‘I love you, Ben. I love that you’re willing to work so hard doing stuff you don’t really like to support our family. I don’t want any other man. I want you, which is why it hurts when I’m afraid that you don’t desire me. When I worry about your attractions to other women or sense you’re hiding something, I feel so unsure, and I want so badly to know I can trust you and feel secure in your love.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“‘Look what I’ve done to you,’ Ben said. Looking into his eyes, Kristy knew that he had really heard her, was genuinely seeing how much she had been hurting. ‘I don’t want to minimize my sexual problems,’ Ben said, ‘because I know they’ve fueled your insecurity. But I do want you to know that my struggles are my struggles; they have nothing to do with your attractiveness or desirability. Everything I’ve done so far in my recovery, and everything I’ll do in the future, I’m doing because I want to be—I want to become—the kind of man you can count on, that you can put all your trust in. That is who I want to be. I know these are just words, but I’m going to keep doing whatever I need to do for the rest of my life to show you that I mean what I’m saying.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership,
www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“These types of heart-to-heart discussions continued to happen with Ben and Kristy. They not only helped their relationship recover but they helped

Ben overcome his old pattern. It takes a while for most couples to learn to communicate about their deeper feelings and ask for their needs to be met the way Kristy and Ben did. Each partner's history and insecurities create an entire minefield of other less-helpful reactions that can be set off along the way. As couples keep trying, however, the understanding they develop can change everything. Each is more likely to see the other's deepest, once-obsured needs and become more able to help meet them. As understanding and communication deepen, distress lessens and tensions diffuse. A wife finds it easier to relate to and identify with a husband when he talks about the quieter, more genuine aspects of what's going on inside him. This is the same man whose sexual struggles may have only weeks ago so put her off that she wondered, 'What kind of man did I marry?' . . ."

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Pornography can ignite a powerful crisis in a marriage, a crisis that can tear couples apart. Or, if both partners are willing, the struggle can be used as an opportunity to draw together, becoming stronger and more united."

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Am I Making Effective Changes to Deal with My Spouse's Addiction?"

I feel that in some way my spouse's addiction is my fault and blame myself for his behavior	I recognize that pornography addiction is a serious problem and requires hard work to find recovery. However, I do not blame myself for my spouse's addiction.
I pretend there isn't a problem, it is already taken care of, or it isn't a big deal	I require honesty and transparency from the addict and ask him directly when something is bothering me.
I believe whatever the addict tells me, even if my gut tells me something is wrong.	I take responsibility for making positive changes in my life.
I refuse to take responsibility for changing what I can and taking care of myself.	I find help and support from others in dealing with the betrayal and trauma I am experiencing and its impact on me.
I try to deal with my emotions on my own.	I openly share what I think, feel, and am experiencing with appropriate trusted people.
I keep the addiction secret and fail to seek	I meet regularly with my ecclesiastical

outside help.	leader.
I think that only the addict needs counseling, not me; or, I fail to do homework and skip sessions.	I work with a therapist who is trained in sexual addiction – whether or not my spouse wants me to.
I make excuses for not attending 12-Step meetings for spouses or, quit going once I feel okay again.	I actively attend 12-Step meetings for spouses and work on my own recovery daily.
I rationalize that I don't really need any guidance.	I find a sponsor and work with her regularly.
I neglect or minimize my needs and wants.	I practice self-care daily.
I bury my emotions, or utilize other addictions such as food or drugs to avoid them.	I allow myself to feel natural emotions, hurt, and anger, and then surrender them to God.
I persist in believing that God doesn't care about me.	I seek to feel God's love for me.
I deny, minimize, rationalize, or blame others to avoid making changes or letting go of resentment.	I work towards forgiving and letting go of the resentment for the hurt which the addicted spouse has caused.
I criticize or blame the addict – rather than set boundaries or make changes to protect myself.	I set and follow boundaries to protect myself from my spouse's addictive behavior and from obsessing about his addiction.
I make a quick-fix deal: If the addict says he is sorry, I will just forget it and won't talk about it anymore.	I refuse to accept or enable addict behavior; I look for positive changes – not just promises.
I obsess about what the addict needs to do, rather than work on my own recovery.	I focus on the changes that I can make, rather than on what I think my spouse needs to change.
I choose how to act based on my fear of the addict's reaction, or I respond explosively.	I appropriately share my needs and feelings with the addict instead of worrying about how he might respond.
I set my level of affection based on what my spouse wants rather than on what I need.	I ask for the space, closeness, or help that I need.
I go along with addictive behavior, or tell myself that it is okay – or that it is not really that bad.	I work towards extending trust if my spouse is showing behavior that is deserving of trust.
I use demands, fear, guilt, manipulation, or threats to get what I want or need.	I take care of my personal and family needs.
I do it all myself – even if I'm overwhelmed, and constantly demand perfection from myself.	I set small measurable goals for myself and work for progress – not perfection.
I do not put in the time and effort to deal with the problem, or fail to set realistic expectations.	I accept that healing from the effects of my spouse's addiction is a long process that will take time and effort.

("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Virtual Reality, Actual Risks"

"Seven ways to guard against inappropriate online relationships."

"Couples may find great benefit to reading this article together with your spouse." ("Safety Net – Resources to Protect Your Family from Pornography," Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

"Her story followed a familiar pattern. She had reconnected with an old flame on a social networking site."

"‘Started e-mailing each other once a week,’ my friend said to me. ‘Then twice, then every day. Now I find myself obsessed with what I am going to write to him. I reread things he writes to me. I know what you are probably going to say, but I don’t want to give up his friendship. It is what I live for right now.’"

"Then came her questions. ‘Do you think I have a problem? Do you think I should tell my husband? What do you think I should do?’"

"After asking a few questions, I found that her experience was nearly identical to what mine had been. She was caught up in the excitement of a new relationship, and she spent the majority of her free time developing it. She hid her new friendship from her husband."

"The emotional energy that she was putting into the new relationship should have been invested in her marriage. What at first seemed an innocent renewal of an old acquaintance had crossed dangerous boundaries, and she was unaware (or refused to see) that she was involved in an emotional relationship that could easily turn into a physical affair. It was something I had let happen to me, and I feared she was on the same path."

"Based on my own experience, I have identified seven early warning signs that you are involved in an inappropriate online relationship."

1. "You are withdrawing from your spouse."

"Maintaining a healthy marriage takes effort, and I’ve learned that when either spouse stops taking care of the marriage, it is in danger. In my

situation, my husband and I had created a marriage where we were dependent on each other to feel good about ourselves. When raising children and dealing with financial insecurity put pressure on our marriage, it stopped feeling good, and we invested less in each other. When we talked, it was mainly about daily logistics— not our feelings, thoughts, or interests. There was little money for dating . . .” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

2. “You are hiding communications with your friend from your spouse.”

“If you feel you need to keep the relationship a secret, it’s inappropriate. I convinced myself that my husband wouldn’t be concerned about my communications with another man, but still I didn’t tell him. Marvin J. Ashton (1915-1994) [from the Church of Jesus Christ of Latter-day Saints] warned: ‘No [person] will ever be totally free who is living a lie. . . . We should ever bear in mind that a wrong isn’t right just because many people do it. A wrong deed isn’t right just because it hasn’t become visible.’” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

3. “You are preoccupied with and daydream about your friend.”

“Even if you don’t have a physical relationship with your online friend, your thoughts can reveal that the relationship is inappropriate. I asked my friend how much time she spends online writing to the other person. Then I asked her how much time she spends thinking about what she is going to write to the other person. The way we spend our mental energy is an indicator of our true focus.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

4. “You are sharing your thoughts, feelings, and problems with your online friend instead of your spouse.”

“Such emotional relationships damage marriages. After some years of not communicating effectively, my husband and I grew apathetic about changing our patterns. Sharing my thoughts, feelings, and ideas with a different person simply seemed easier. This was a grave mistake.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

5. “Your online friend seems to understand you better than your spouse does. You find yourself anticipating when you can communicate or be with your online friend again.”

“I know of people who organize their day around the time they will communicate with their new online friend. For some, they have become so dependent on the way they feel and represent themselves online that it has become the highlight of their day.”

“I’ve learned that as exciting and promising as a new relationship may seem, its true destructive nature is inevitably revealed in time . . .” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

6. “You are not interested in being close to your spouse, emotionally or physically.”

“Emotional closeness is as important to a marriage as physical intimacy. When a person loses interest in being close to a spouse—emotionally or physically—that person may make the mistake of looking elsewhere for that closeness.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

7. “When confronted about having feelings toward someone other than your spouse, you justify your actions to yourself and others.”

“Husbands and wives do have positive relationships with members of the opposite sex. Friendships are important at all stages of life. However, this fact is often used to rationalize inappropriate behavior . . . I don’t know . . . who intends to turn a friendship into an extramarital affair. I know I never imagined such devastation. But emotional affairs are affairs, and they damage relationships, even when they don’t involve sexual infidelity . . . Emotional attachment to someone who is not our spouse makes it impossible to love our spouse . . . The resulting heartache and feelings of betrayal are difficult to imagine when such relationships begin, but they can be devastating.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

8. “Ending an Improper Relationship”

“My advice to my friend was simple: end it. End the online friendship, no matter how awkward or difficult. Tell your spouse . . . Develop a pattern of happiness that is not dependent on others. Recognize that secret

actions have consequences, and those who develop online friendships will most likely come to experience regret, pain, confusion, and shame.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“The following are Acton Items if your child is involved in pornography:”

- “Implement the Family Safety Checklist” [see p35]
- “Avoid responding with shock or anger. Instead, be genuinely concerned and talk with the child in a respectful way”
- “Ask how the problem began, how long it has been going on, and how extensively the child is involved with pornography”
- “Find out how the child feels about his or her involvement and whether he or she plans to continue that involvement”
- “Teach your child about the dangers of pornography”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Does My Child Have a Pornography Problem?”

“It is not always easy to recognize the warning signs that a child may be viewing pornography or involved in other compulsive sexual behaviors. It is wise to know some of the warning signs, but remember that there may be other reasons for your child's behavioral changes that are unrelated to pornography use . . . What do you know and what have you observed about your child's behaviors?”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Physical Behaviors”

- “Does your child spend time on the computer after everyone else is in bed?”
- “Is your child spending more and more time on the computer?”
- “Does your child quickly change the computer screen or turn off the computer when you walk by or enter the room?”
- “Does your child have a lot of unaccounted-for time?”
- “Does your child seem tired or worn out?”
- “When you ask your child about being tired or worn out, what is the response?”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Emotional Behaviors”

- “Keep in mind that some of these emotional behaviors may be just a normal stage of life, particularly with adolescents.”
- “Is your child more withdrawn?”
- “Does your child seem emotionally disconnected?”
- “Does your child spend less time with the family?”
- “Is your child more irritable and ‘on the edge’?”
- “Does your child become angry over little things?”
- “Does your child blame others for what is going wrong?”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

Try to make a distinction between what you assume is going on with your child and whether or not there is pornography use. What is the evidence? Are there unusual phone bills, Internet sites, website addresses, e-mails, or phone calls from third parties? Have you found printed material that is pornographic? Has he or she confessed? If the preceding questions or your intuitions leave you feeling concerned, try talking to your child about your concerns.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“Responding to a Child's Pornography Use”

“Parents may wonder how best to respond upon learning that a son or daughter is involved with pornography. The following suggestions may be helpful.”

- “Avoid responding with shock or anger. Instead, be genuinely concerned and talk with the child in a respectful way.”
- “Express your love and your desire for your child to have a happy, successful life.”
- “Ask how the problem began, how long it has been going on, and how extensively the child is involved with pornography.”
- “Find out how the child feels about his or her involvement and whether he or she plans to continue that involvement.”
- “Avoid preaching, threatening, or condemning. Rather, appeal to your child's better judgment.”
- “Teach your child about the dangers of pornography—how it distorts sexuality, causes users to view others as sexual objects, leads to various forms of immorality, and addicts its users.”

- “Share your concern that involvement in pornography can jeopardize your child's future happiness and eternal well-being and cause spiritual death and eternal disappointment.”
- “Encourage your child to talk with the bishop and to get professional help if needed.”
- “Provide help and encouragement as the child strives to overcome the problem.”
- “Once the problem has been brought into the open, keep the lines of communication open. Sexual transgressions thrive in secrecy but are less likely to recur when talked about in a sensitive, caring way.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf)

“11 DIGITAL DANGERS HIDING IN PLAIN SIGHT”

1. “Burn Note”

“What is Burn Note? Users can post messages on the site and send them to a specific e-mail address. After the recipient logs in to see the message, she has 60 seconds to read it, at which point the message is permanently deleted from Burn Note’s servers and cannot be accessed again.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What are the Dangers of Burn Note? Burn Note creates an ideal environment for cyberbullying, and makes it nearly impossible to keep a record of such bullying.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What Can Parents Do? Talk to your child about the potential unintended consequences of using such a site, and explain that there is never a foolproof guarantee that anything will be anonymous or that your child’s message won’t be memorialized via screen shots or photos.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

2. “Instagram”

“What is Instagram? Instagram is a photo-sharing service that allows users to quickly post photos from their smart phones to the web.” (Tim

Wode and Zawn Villines, "11 Digital Dangers Hiding in Plain Sight," uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What are the Dangers of Instagram? Like most photo-sharing sites, the primary danger of Instagram is that kids will post photos that they later regret such as sexually explicit images, images of drinking or drug use, or photos of illegal or unethical activity such as bullying.” (Tim Wode and Zawn Villines, "11 Digital Dangers Hiding in Plain Sight," uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What Can Parents Do?” Get a Parental Intelligence system like uKnowKids, one of the only ones that monitor Instagram, to understand how your child uses the site and make sure she is safe online, even when she wants to keep her activities secret.” (Tim Wode and Zawn Villines, "11 Digital Dangers Hiding in Plain Sight," uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

3. “Spillit”

“What is Spillit? Users can set up a profile, then post a few questions and ask family, friends, and strangers to answer these questions. People can answer the questions anonymously or as themselves.” (Tim Wode and Zawn Villines, "11 Digital Dangers Hiding in Plain Sight," uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What are the Dangers of Spillit? Spillit is rife with cyberbullying, and the anonymous commenting feature means that anyone can say virtually anything to your child.” (Tim Wode and Zawn Villines, "11 Digital Dangers Hiding in Plain Sight," uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

What Can Parents Do? Because Spillit creates an environment where bullying can easily occur, it may be best to block the website and tell your child you don’t want her to use it.” (Tim Wode and Zawn Villines, "11 Digital Dangers Hiding in Plain Sight," uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

4. “Snapchat”

“What is Snapchat? Users can upload photos and videos to chat partners, but the images are deleted in about 10 seconds, meaning there’s no permanent record of them and users don’t have to worry that their images will one day end up on a website or result in public humiliation...or do they?” (Tim Wode and Zawn Villines, "11 Digital Dangers Hiding in Plain Sight," uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What are the Dangers of Snapchat? The primary danger of Snapchat is that it encourages users to send photos they they don’t want other people to see since there is a self-destruction aspect.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What Can Parents Do? Talk to your child about the risks of sending explicit pictures and explain that there’s no guaranteed method that ensures that there won’t be a permanent record of the photo created.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

5. “Vine”

“What is Vine? Vine is an app for mobile phones that allows users to take short videos of up to six seconds. These videos can then be uploaded directly to social networking sites.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What are the Dangers of Vine? Shortly after its release, Vine users began posting pornography, which some social networking sites – notably Twitter – do not ban. Children can also use Vine to capture inappropriate or illegal behavior such as bullying, drinking, drug use, and sexually explicit behavior.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What Can Parents Do? Vine isn’t always dangerous, and has been used for art projects, for social commentary, and even in advertising. Children who use it have access to a creative outlet, so banning its use entirely is probably not necessary. Instead, require that your child regularly show you her Vine account, as well as her social networking pages.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

6. “Ask.fm”

“What is Ask.fm? Users can post questions on nearly every variety to the website. Questions might be of a personal nature, such as, “How can I get along better with my sister?” or could be general knowledge questions about schoolwork, science, the news, and numerous other topics.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids,

accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What are the Risks of Ask.fm? Like other question and answer sites, kids can post personal information. The site has also gained a reputation for cyberbullying because some kids post questions asking about their relative attractiveness or use their friends’ names in their posts.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“What Can Parents Do? Check your child’s Ask.fm account regularly to see what she’s been posting. Set rules for using the site, and consequences for breaking those rules. Sites such as Ask.fm can become the most dangerous when parents don’t know what their children are posting.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

“Some key steps to take to protect your child when she’s using the internet include:”

1. **“Becoming Internet-savvy yourself”** (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)
2. **“Putting the computer in a public location”** (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)
3. **“Fostering open communication...teaching your child basic internet safety skills ... never giving personal information to a stranger.”** (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)
4. **“Networking with other parents”** (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)
5. **“Regularly checking your internet browser history and cache, and forbidding your child from deleting web history.”** (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.unknowkids.com/11-digital-dangers-hiding-in-plain-sight>)

6. “Keeping credit cards and other tools for easy online purchases out of your child’s reach.” (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight>)
7. Regularly searching online for both your child’s real name and screen names she frequently uses. (Tim Wode and Zawn Villines, “11 Digital Dangers Hiding in Plain Sight,” uKnowKids, accessed December 18, 2015, <http://resources.uknowkids.com/11-digital-dangers-hiding-in-plain-sight>)
8. Put filters on all devices (i.e., Covenant Eyes) (Josh McDowell, August 8, 2015)
9. Develop safety rules for web use along with consequences for disobeying. (Josh McDowell, August 8, 2015)
10. Do not allow cyber devices in their rooms. (Josh McDowell, August 8, 2015)

“10 WAYS TO FIGHT PORNOGRAPHY”

“A recent study asked a group of kids how often their peers look at porn online. They responded that it was often. The study also asked what parental controls were in place on their devices, and almost all said none — because their parents trusted them. These parents have no idea what their children are seeing.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)

“Why are controls so critical? First, the average age of a child’s first exposure to pornography is 11. So if that’s the average, some children are seeing it much earlier. Furthermore, research is beginning to give us the full, frightening picture of what porn does to a brain and to a life. Much like substance abuse, it alters the brain, creating a need for a level of stimulation that a healthy, marital sex life doesn’t always provide. It sets our children up to have a distorted view of sex and suffer from a desire that can’t be satisfied.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)

“Why are so many dads turning a blind eye to this problem? Is it because they don’t think it’s a problem? Is it because of their own porn use? Maybe they feel hypocritical setting up boundaries for their kids that they themselves can’t hold. If this is you, we want you to know that it’s not too

late to protect your children, and there is hope for you too. Here are 10 ways to fight pornography.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)

1. **“Admit you have a problem.** We live in a world that wants us to make allowance for justifying and tolerating almost every off-color thing we could think of. One of the best things you can do for yourself, your marriage and your children is to admit you have a problem with pornography.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
2. **“Invite trusted friends to encourage you and hold you accountable.** We would also suggest bringing your wife in on your struggle. Voicing your struggle to others and admitting you have a problem is a huge step in the right direction.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
3. **“Online accountability.** Use software to monitor your online activity. Covenant Eyes is a great resource for men. It allows you to receive your accountability partner’s reports weekly for the sites they visit and the searches they make. It lets you know when you need to follow up with each other on questionable activity. Finally, it allows you to celebrate with each other in putting online struggles to death.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
4. **“Set boundaries with your mobile device.** Nowadays, our smartphones and tablets are even more of a gateway to pornography than a desktop computer. The same online accountability applies to your mobile device. Set boundaries and use software to monitor all online activity.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
5. **“If you have offline pornography at your disposal, destroy it.** If you are wanting to fight your addiction to pornography but are hanging on to that magazine or DVD (in its secret hiding place) then your ‘fight’ is really just a masquerade. Man up, and destroy those items. Right now.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
6. **“Take all forms of media seriously.** Don’t think to yourself that TV shows or movies that emphasize sexual situations or portray women in

the wrong light are harmless. Even if they are not considered ‘porn,’ they are damaging. If you’re struggling with pornography, these types of entertainment will only make your struggle more difficult.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)

7. **“If you are married, take a step back and think on your marriage.** Are you satisfied and happy in your marriage? What’s awesome about your marriage? What is lacking? Are you content with the level of sexual intimacy within your marriage? These are great questions to ask yourself. They just might lead you to the root cause for your addiction.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
8. **“Realize that you didn’t just become addicted to porn.** How you conduct yourself in public and where you look every day have greatly influenced where you find yourself today. That long stare at the passing woman, the double take at the lady you just walked by, the thoughts that come to mind when you see the magazines in the checkout lane at the grocery store... This is where the battle starts in the everyday scenarios and situations. Fight the good fight here too. Guard your eyes and guard your mind.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
9. **“Take a second and think beyond the images or videos you’re looking at.** This is a person, a real woman, a human being created by God, just like you. She’s somebody’s daughter, sister, or even mother. Think of what her life must be like in front of the camera day after day – exploited and made insanely vulnerable. Chances are she is wrapped up in some kind of string of human sex trafficking and your addiction is helping to fund this multibillion-dollar business. She is not there for your enjoyment. She is being held captive and more than likely is crying out for help.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)
10. **“Your pornography addiction is a heart issue first and foremost.** You are exchanging truth for a lie. You are voluntarily placing your affections on the cheap thrills that are ultimately fleeting and leave you feeling worthless. You were created for God, by God. Ask God to help you every time you are tempted.” (“10 Ways to fight Pornography”, All Pro Dad, Accessed October 19, 2015, <http://www.allprodad.com/10-ways-to-fight-pornography/>)

“10 REASONS WHY YOU SHOULD QUIT WATCHING PORN”

“A recent survey of a Reddit community called NoFap, which is committed to abstaining from porn and masturbation, has helped researchers open the door to a better understanding of the effects of pornography on our lives. While the results are not entirely conclusive, there are certainly some statistics that should give a moment’s pause. Here are some of the reasons why it may be a good idea to stick to Netflix next time you open up your laptop:”

1. “For those addicted to porn, arousal actually declined with the same mate. Those who regularly found different mates were able to continue their arousal. It’s known as the Coolidge Effect, or a tendency toward novelty-seeking behavior. Porn, after all, trains the viewer to expect constant newness. (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
2. “One in five people who regularly watch porn admitted to feeling controlled by their own sexual desires.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
3. “12 percent of NoFappers report watching five or more hours of Internet porn every week. 59 percent report watching between four and fifteen (!!) hours of porn every week.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
4. “Almost 50 percent of those on NoFap have never had sex in their lives, meaning their only experience with intimacy is purely digital.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
5. “42 percent of male college students report visiting porn sites regularly.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
6. “53 percent of the NoFappers had developed a regular porn habit between the ages of 12 and 14. An alarming 16 percent said they started watching before they were 12.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)

7. “64 percent report that their tastes in porn have become more extreme or deviant.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
8. “Among 27- to 31-year-olds on NoFap: 19 percent suffer from premature ejaculation, 25 percent are disinterested in sex with their partner, 31 percent have difficulty reaching orgasm, and 34 percent experience erectile dysfunction.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
9. “After committing to no masturbation/porn, 60 percent of those on NoFap felt that their sexual functions had improved.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)
10. “And 67 percent had an increase in energy levels as well as productivity.” (Scott Christian, “10 Reasons Why You Should Quit Watching Porn”, GQ, November 20, 2013, <http://www.gq.com/story/10-reasons-why-you-should-quit-watching-porn>)

“LIFE AFTER PORN: 5 THINGS MY HUSBAND DID TO REBUILD TRUST”

“Standing in a dark Las Vegas hotel room with my ear cupped to the bathroom door, I heard a voice that I had never heard before. It was the voice of a man ‘chatting with’ and making arrangements to meet with a prostitute later that evening. This was not the man I married eight years ago! Immediately fear seemed to strangle me. My body shook uncontrollably at just the glimpse of the depth of darkness my husband was entangled in.”

“This moment became just the beginning of the unveiling of my husband’s secret life of sexual addiction. I was finally seeing that his ‘little problem’ with pornography wasn’t such a little problem at all. The next few days and weeks became his horrendous unveiling of a lifestyle of infidelity, beginning with pornography and spiraling into a limitless pit of sexual sin.”

“Although there were specific things Michael did that helped rebuild my trust, each action would have been meaningless apart from a foundation of true brokenness and repentance. I had seen lots of tears over the years, but genuine repentance looked very different than anything I had ever seen

in him before. No longer was he just sorry he got caught or that he had to face consequences, but he was literally sick over where this addiction had taken him.”

“Of course, I could have forgiven Michael without continuing a relationship with him, because forgiveness only requires one. However, rebuilding trust requires two. It requires a relationship and at least the start of reconciliation.”

“As I worked on forgiveness, he worked on doing anything necessary for rebuilding trust into our marriage. Here are five of those things.”

1. “Commitment to a Full Disclosure of the Truth”

“Initially there were three major dump-truck type confessions of ‘junk.’ But beyond that, he made a commitment to being a ‘truth-teller every time a memory was triggered.”

“I got to where I hated the words, ‘Micah, I need to tell you something.’ It was odd. Even though I hated hearing it, those moments of truth were also somehow rebuilding trust. We both knew that if he never disclosed those things, I would’ve never known. Yet he made the continual choice to wipe the slate clean and repair the foundation that had been cracked with lies.”

2. “Took Full Responsibility”

“His lifestyle cost us a lot. It nearly destroyed our marriage, small business, finances, reputation, friendships, family relationships, and testimony—pretty much everything that was important to us. Previously, he was the king of excuses. After real repentance, however, he no longer tried to minimize, deny, or justify his actions or their consequences. He didn’t try to shift the blame to someone else. Instead, I saw him consistently take ownership of his actions by humbling himself before others and me, admitting his wrongs, and asking for the opportunity to make the wrongs right.”

3. “Willingly Set Up Boundaries”

“Initially, I gave him a list of practical things he could do that would help me see that he was sincerely striving for purity. I never had to enforce or nag these issues. He willingly put up boundaries in his life, and then set

up others on his own. Boundaries will look a little different for everyone, but some of the boundaries looked like:

- “Being accountable to other godly men”
- “Submitting to godly marriage counseling and cooperating with anything asked of him”
- “Installing Internet protection and not being on an unprotected computer”
- “Changing cell phone number; getting rid of old contacts”
- “Having no unaccountable time”
- “Giving me a list of all e-mail accounts and passwords”
- “Going to bed at the same time I did”
- “Not watching anything that could trigger lustful desires”

4. “Pursued Other Forms of Intimacy Besides Sex”

“After our separation, Michael initiated a 90-day abstinence period in order to work on building emotional and spiritual intimacy back into our marriage. That time was both fulfilling and draining. It was draining because issues surfaced that we couldn’t gloss over with sex. We had to deal with them. But it was fulfilling because it took the pressure of physical intimacy off the table. It allowed us to actively pursue rebuilding our relationship with physical intimacy as the overflow of our emotional and spiritual intimacy. It also helped to “reset” his brain chemically, and prove to us both that sex was no longer going to be an idol his life.”

5. “Passionately Pursued God”

“Without a doubt, the most important thing he did to rebuild my trust was passionately pursue God. In his own strength, I knew that I would never be able to trust him again. He’d tried in the past to quit viewing porn on his own. The results were always a deeper spiral of degrading sin. I determined that as long as I saw an active pursuit on his part, and I saw evidences of the Spirit’s work in his life, then I was going to choose to trust. I may not be able to trust him, but I could trust the Lord in him!”

“This may be a good start, but it’s just that...a start. I can still hear my counselor saying, ‘Trust is lost by the bucketfuls, and gained by the dropfuls. The only way to rebuild trust is by consistency over a period of time.’”

“To anyone looking in, we were a hopeless case. The sin was just too extensive. It took no less than the supernatural power of God and two willing hearts to do the tough work of obedience. That was six years ago. Despite near destruction, our marriage continues to flourish as Michael continues to walk in purity and submission to the Lord.”

(Micah Horner, “Life After Porn: 5 Things My Husband Did to Rebuild Trust,” Covenant Eyes, May 12, 2014, <http://www.covenanteyes.com/2014/05/12/5-things-husband-rebuild-trust/>)

“NEUROSCIENCE SPEAKS: HOW USING PORN DESTROYS YOUR WILLPOWER”

“Neuroscience now knows that willpower is a function of the prefrontal lobes of the brain. Scientific studies have also confirmed that using porn over and over actually *reshapes* these areas of the brain, literally eroding our willpower and our moral compass.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Neuroscientists call it hypofrontality. Hypofrontality is a state in which there is decreased blood flow to the prefrontal lobes of the brain. Hypofrontality is observed in schizophrenia patients and is also observed in all manner of addictions.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“What is Hypofrontality?”

“In his book, *The Porn Circuit*, Sam Black explains what hypofrontality is for the porn viewer.”

“Compulsiveness is a good descriptor of hypofrontality. Many porn users feel focused on getting to porn and masturbating even when a big part of them is saying, ‘Don’t do this.’ Even when negative consequences seem imminent, impulse control is too weak to battle the cravings.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“The porn-addicted brain has trouble thinking logically. When impulses and desires come from the midbrain, instead of being moderated, the brain feels these desires as compelling needs. The prefrontal region is supposed to be able to weigh consequences and situations and judiciously shut down cravings, but hypofrontality means the addict’s ability to do this is impaired.”

(Luke Gilkerson, "Neuroscience Speaks: How Using Porn Destroys Your Willpower," Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

"To the addict, when the craving for porn surfaces, their whole body gears up for action. As unhindered hormones are released and neurotransmitters fire, the craving consumes them. The heart begins to race, blood pressure rises, and the addict is consumed by a single thought: 'Just one more time.'" (Luke Gilkerson, "Neuroscience Speaks: How Using Porn Destroys Your Willpower," Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

"What Causes Hypofrontality?"

"Compared to other creatures on earth, human beings have a very well developed prefrontal region. When our prefrontal lobes are working properly, then we have 'executive control' of the processes going on in our brains. It is where we do our abstract thinking, make goals, solve problems, regulate behavior, and where we suppress emotions, impulses, and urges. But the more one masturbates to porn, the more dopamine is released in the brain. Eventually dopamine receptors and signals in the brain fatigue, leaving the viewer wanting more but unable to reach a level of satisfaction. The viewer becomes numb to things once considered pleasurable. 'To escape this desensitization, people, and men especially, expand their pornographic tastes to more novel stimuli,' Black writes. This leads, again, to more fatigue." (Luke Gilkerson, "Neuroscience Speaks: How Using Porn Destroys Your Willpower," Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

"Desensitization impacts the prefrontal cortex. As dopamine receptors decline in the brain, so do the amount of neural cells in the prefrontal lobes." (Luke Gilkerson, "Neuroscience Speaks: How Using Porn Destroys Your Willpower," Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

"How Do You Cure Hypofrontality?"

"To bring the prefrontal lobes back into working order, a two-pronged attack is needed: (1) the old neural pathways must be starved, and (2) new neural pathways must be built and fed, increasing dopamine levels in a way that build up the prefrontal cortex." (Luke Gilkerson, "Neuroscience Speaks: How Using Porn Destroys Your Willpower," Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

1. "Starve: Stop All Pornography and Fantasy"

"Don't give into the urge to look at porn. As the prefrontal lobes are given plenty of time to rest, executive control will be strengthened over

time.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“This advice feels to many like a catch-22. ‘You tell me I’ve killed my willpower by looking at porn. So now the way to increase my willpower is by willing myself not to look at porn. How does that work?’ Isn’t that like telling the alcoholic to ‘just stop it?’” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“The big difference between ‘just stop it’ and a conscious effort to rewire your brain is this: The man being told to ‘just stop it’ has no hope that the cravings will ever be different. When he hears ‘just stop it,’ he hears, ‘Live with these intense cravings the rest of your life and never give into them.’ To the addict porn is life. Telling him to stop is like telling him to die.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“However, informed by the process of how our brains can change, the addict can avoid porn and fantasy knowing that real change is possible. Change is built into the very fabric of our brains. Change is exactly what our brains are designed to do. When this person abstains from porn, he thinks, ‘Okay, this really stinks for now. I feel terrible. But I will not always feel this way. In fact, I aim to reclaim my brain so I can experience real, lasting pleasure again.’” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Here are some helpful tips for avoiding pornography”

- **“Redirection** – When you feel the urge, get into the habit of distracting yourself with another activity that you can start immediately. This can be as simple as a breathing exercise or journaling your thoughts. It can be as involved as making a meal or going for a jog. It will be difficult to do, but each time you choose to redirect, your brain will build new neural circuits.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
- **“Avoid All External Triggers** – Remember, you’ve carved a grand-canyon-sized gorge of neural circuits in your mind. It is easy for everyday experiences to become triggers. If the trigger is a specific channel on TV, refuse to visit that channel. If the trigger is a type of

person you see walking down the street, choose to bounce your eyes away from that person. Learn what your triggers are and for the first several weeks or months, completely avoid them—no exceptions.”

(Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

- **“Avoid Internal Triggers** – External triggers are things you experience in the world. Internal triggers are emotions or states of mind. For some, when they feel lonely, this has become a trigger for porn. Porn has become their release valve to make themselves feel good. Identify what your internal triggers are (loneliness, boredom, exhaustion, anger, etc.), and create an escape plan when these emotions pop up. Call a friend. Journal your thoughts. Do something creative.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
- **“Avoid SUDs – ‘Seemingly Unimportant Decisions.’** These are the rationalizations you say to yourself to get you one step closer to porn. ‘I’m just going to see what’s on TV.’ ‘I’m just going to check my e-mail.’ ‘I’m just going to get on Facebook.’ Get honest with yourself and learn what your SUDs are. Be ruthless against these rationalizations.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
- **“Avoid Inactivity** – Fill up your social calendar to the brim. Refuse to give yourself an open window.”
- **“Finish the Fantasy** – When the thought of looking at porn enters your mind, immediately finish the fantasy: imagine yourself having just orgasmed and the feeling of shame, guilt, or disgust you feel. Vividly experience the emotions.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
- **“Destroy Fantasies** – As a fantasy or thought enters your mind, picture the image being eliminated. Draw a red X over it. Smash it with a hammer. Put it through the shredder. Flush it down the nastiest looking toilet you’ve ever seen.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

2. “Feed: Build Up Your Brain”

“Much like a muscle, the more you exercise the prefrontal cortex, the stronger it becomes. The goal is to engage in new habits that will increase your dopamine and dopamine receptors.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

- **“Meditation** – Making a habit of meditation has been shown to increase dopamine release up to 65%. Even after only 11 hours of meditation spread over a month, changes are observable. (For a Christian approach to meditation, visit CCEF.org orbiblicalcounselingcoalition.org.)” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
- **“Exercise** – Aerobic exercise has been shown to increase dopamine receptors and decrease cravings for those bound in addiction.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
- **“Socializing** – Porn-watching is a very anti-social habit. By reforging connections to real people, spending pleasurable time together, you will establish new neural pathways of pleasure.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“Change is Gradual, But It Will Come”

“Summarizing these above two points, Sam Black writes in *The Porn Circuit*: Whatever rewarding activity is pursued, it needs to be an activity that is reoccurring. Building new rewarding neural pathways requires time and ongoing repetition...” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

1. “Neurons that fire together wire together. Repeating a pleasurable activity instead of the compulsive activity, such as porn use, forms a new circuit that is gradually reinforced instead of the compulsion.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)
2. “Neurons that fire apart wire apart. When a person refuses to act on a compulsion, like porn and masturbation, it weakens the link between the activity and the idea that it will provide relief.” (Luke Gilkerson, “Neuroscience

Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“The prefrontal cortex is one of the things that makes us unique from other creatures on earth. By reclaiming it we are reclaiming more than our willpower. We are reclaiming our humanity.” (Luke Gilkerson, “Neuroscience Speaks: How Using Porn Destroys Your Willpower,” Covenant Eyes, February 28, 2014, www.covenanteyes.com/2014/02/28/hypofrontality/)

“YOUR SEXY PLASTIC BRAIN: PORN ADDICTION CAN’T BE BLAMED ON BIOLOGY”

“By ‘plasticity’ he means that our brains and our sexuality are molded by our experiences, interactions, and other means of learning, which is why people vary in what they say is attractive or what turns them on. The brain actually creates neural pathways that label a specific type of person or activity as arousing.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, <http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/>)

“In Elizabethan times lovers were so enamored of each other’s body odors that it was common for a woman to keep a peeled apple in her armpit until it had absorbed her sweat and smell. She would give this ‘love apple’ to her lover to sniff in her absence. We, on the other hand, use synthetic aromas of fruits and flowers to mask our body odor from our lovers. Which of these two approaches is acquired and which is natural is not so easy to determine. A substance as ‘naturally’ repugnant to us as the urine of cows is used by the Masai tribe of East Africa as lotion for their hair — a direct consequence of the cow’s importance in their culture. Many tastes we think ‘natural’ are acquired through learning and become ‘second nature’ to us. We are unable to distinguish our ‘second nature’ from our ‘original nature’ because our neuroplastic brains, once wired, develop a new nature, every bit as biological as our original.” (Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, <http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/>)

“This will come as sad news to many. The attraction, compulsion, and even addiction to porn are learned behaviors, which means people play a huge role in their own habituation. Don’t blame it on biology or evolution.”

(Sam Black, “Your Sexy Plastic Brain: Porn addiction can’t be blamed on biology”, Covenant Eyes, April 22, 2013, <http://www.covenanteyes.com/2013/04/22/porn-addiction-your-sexy-plastic-brain/>)

“SPIRITUAL HEALING IN THE MIDST OF A HUSBAND’S ADDICTION TO PORNOGRAPHY”

“A short time ago, while posting a poem titled ‘I Looked for Love in Your Eyes,’ I lamented that while there are many, many books written to help men overcome an addiction to pornography, there is very little written to help the women who have been victims of a husband’s addiction. Shortly after I received an email from Vicki Tiede who has written just such a title. Her book, titled Mosaic Heart: Spiritual Healing in the Midst of a Husband’s Addiction to Pornography (Update: The book has been released as When Your Husband Is Addicted to Pornography) will be published by New Growth Press, probably about a year from now.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“I asked Vicki if, in the meanwhile, she’d be willing to do an interview to offer some words of help to women who are struggling with the effects of their husband’s sin. She was kind enough to do so. Here is what I asked her:”

“What is the scope of this problem? How many women are struggling with the effects of a husband’s addiction to pornography?”

“For nearly every man who regularly views pornography, there is likely a wife or girlfriend experiencing the fallout resulting from his choices. According to TopTenReviews.com, 28.8 million U.S. men regularly visit pornography websites. 50-60% of Christian men struggle with addiction.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“From a wife’s perspective, is there a difference between an addict and a more casual user? Should there be?”

“This is a great question. First let me give you a technical response and then I’ll give you a heart response. The term ‘addiction’ implies that there is a progression, tolerance, and an inability to stop the behavior even when there is a desire to stop. A single act of viewing pornography would not be an addiction. However, a ‘casual user,’ indicates more than a single act and I would suggest that a ‘casual user’ is already on the slippery slope of addiction. Pornography has a snowball effect; what may begin as seemingly ‘innocent,’ occasional visits to a porn site often slowly increases to greater frequency of visits and for larger amounts of time.” (“Spiritual Healing

in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

"Sadly, this increased exposure to porn results in desensitization and tolerance, so when free internet pornography no longer satisfies their supposed needs, some men expand their repertoire to include subscription pornography, massage parlors, strip clubs, prostitutes, hotel rooms, and travel expenses for clandestine affairs. So to answer your initial question - Is there a difference between a one-time exploration and an addiction? Yes. Is there a difference between an addict and a more casual user? No, there is not enough difference to suggest that we can dismiss casual use as harmless." ("Spiritual Healing in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

"Now, here's the heart response of a wife ... I would ask the question, 'Is the betrayal any less heartbreaking if a husband only has an extra-marital sexual affair 'once in a while,' and he insists he can 'stop having affairs anytime he chooses to do so,' than if he seeks sexual fulfillment from someone other than his wife several times a week and can't stop himself?' It seems ridiculous to even answer such a question, doesn't it? Whether a man claims to be a casual user of porn or is addicted, his wife still experiences the same feelings of rejection and loss." ("Spiritual Healing in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

"To be honest, in my book I tell women that they should thank God if their husband is struggling with his addiction to pornography. That struggle is an indication that the Holy Spirit is at work. It's when a husband feels no conviction for his sexual sin that hope seems harder to hold onto." ("Spiritual Healing in the Midst of a Husband's Addiction to Pornography," Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

"What is the struggle of women whose husbands are battling (or perhaps given over to) pornography? What do men need to know about the way a husband's use of pornography tends to affect his wife?"

"When the truth is unveiled about a husband's addiction to lust, self-gratification, and pornography a wife needs to take time to grieve her losses, of which there are many. They don't need to pretend everything is okay, when it's absolutely not. Topping the list of losses is trust. She trusted her husband enough to share everything with him—her heart, mind,

and body— and that's been betrayed. I spend a lot of time helping women wrestle down this issue in my book.” (“Spiritual Healing in the Midst of a Husband's Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Many women also lose financial security and health. When most people grieve losses (i.e. in the case of a death), they are able to share their pain with friends and family who are aware of their suffering. Grief resulting from betrayal is unfortunately usually very private, covered in secrecy and shame. I sincerely want women to know that they are not alone and I equip them to choose safe and healthy support networks.” (“Spiritual Healing in the Midst of a Husband's Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“It's also very normal for the wife of a porn addict to feel suffocated by feelings of fear, need for control, guilt, anger, and dependence on her husband for her happiness and sense of self-worth. In my book, we walk through the process of surrendering those feelings and replacing them with healthy alternative, which are grounded in Scripture.” (“Spiritual Healing in the Midst of a Husband's Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Finally, it stands to reason that when a man chooses to burn the midnight oil looking at computer-enhanced images and engaging in self-gratification rather than enjoying real intimacy with his wife, there are going to be significant repercussions in the marriage bed. Consequently, often much healing is necessary in the area of sexual intimacy.” (“Spiritual Healing in the Midst of a Husband's Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“When writing on this topic, why do you focus on spiritual healing? What about other types of healing (emotional, sexual, etc)?”

“My prayer is that a woman will focus her eyes on the God of Hope, rather than basing her hope and happiness on her husband's choices. Learning to allow God to meet her greatest needs is a long and learned process, probably longer than the amount of time it will take to go through my interactive book. It's a slow dance through brokenness in the arms of the Almighty. I know. I've been in her shoes and I've learned the intricate steps to finding Hope in the midst of a husband's addiction to pornography.” (“Spiritual Healing in the Midst of a Husband's Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“As a woman works her way through the book, learning how to let God heal her heart, she will also be dealing with her damaged emotions and painful sexual experience—total healing.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“ More than anything, I want my reader to know she is not alone or abnormal in her experience and the ensuing feelings that come with a husband’s choice to engage in pornography. I do this by providing true, first-hand accounts from 26 other women who have made it through or are successfully navigating sexual betrayal.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“*Mosaic Heart* is interactive, giving the reader ample opportunity to engage in Scripture related to the stages of healing her heart. Guiding questions and plenty of white space give the reader a place to process her own story and discover how what she is learning in *Mosaic Heart* applies to her unique situation. As a result, she is able to redeem the pain of her own sexual betrayal in the wake of her husband’s pornography addiction, and embrace personal and spiritual growth.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“What are two or three things a woman needs to know in order to begin to think biblically about her husband’s addiction to pornography?”

“Only two or three? Okay, here it goes ...”

“First, she can’t base her hope on her husband. Throughout the course of the book, many times she’ll hear me say that her hope and happiness must not be dependent on the choices her husband makes every day.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Second, God longs to meet her in the center of her pain. He can handle her tears. He knows her anger. There isn’t a feeling she’s experienced that He hasn’t experienced Himself. He hears her cries for mercy and He will come to her relief. Regardless of how deep her pit of despair, His hand can reach her. She can trust that whatever He allows in her life has eternal value.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Finally, even while she is in the midst of her husband’s addiction to pornography, God is able to collect her broken and fragmented heart and begin creating a work of splendor in His masterful hands. Believe it. It’s true.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“What should a wife’s role be in helping her husband overcome an addiction to pornography? What should it *not* be?”

“I want to be clear about two things. First, *Mosaic Heart* is not meant to give a woman a list of tools and skills to fix her husband. This book is for and about her, not her husband. There are several outstanding nonfiction books that offer general information about what a pornography addiction is all about, however, my book is about healing her broken heart, it’s not a ‘How to cure your husband’s pornography addiction’ manual. God is the only one who can and will heal her husband if her husband is willing to commit to the hard work. Our God, after all, is on a wild rescue mission to restore each of us to a right relationship with him. God can do it. She can’t.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Second, despite anything her husband or others might have told her to the contrary, there is absolutely nothing she has done or not done that has caused her husband to choose pornography. Period.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“Having said that, there are some things she can do to promote a healthy environment for healing. I address these at the end of my book. She can...”

- “Work toward forgiveness. (This is a process, not an event!)”
- “Fix her eyes on God and credit Him for the work He’s doing in her heart, her husband’s heart, and in their marriage.”
- “Talk to her husband about true intimacy.”
- “Address the issue of the pornography addiction. Talk about it!”
- “Be extremely sensitive to sexually charged media or resources in their home.”
- “Remember that God appointed the Holy Spirit the task of conviction. She is only responsible for her obedience to the Word of God. She is not responsible for his daily choices.”

(“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“A healthy environment for healing does not include ...”

- “Acting like the ‘porn police.’”
- “Withholding forgiveness because it feels like a ‘get out of jail free’ card.”
- “Withholding intimacy, especially when healthy intimacy had been reestablished.”
- “Being vengeful.”
- “Ignoring her own issues of sin or brokenness.”
- “Being unwilling to separate his addiction from who he is aside from the deviant behavior. He is not all ‘bad,’ just as she is not all ‘good.’”

(“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“It seems that most pornogrphahy counseling focuses on helping the man overcome his addiction. Are pastors who counsel men prone to overlook the way pornography may have affected this man’s wife?”

“Yes.”

“Oh, you were looking for more than a one word answer?”

“I think this is absolutely true, but not because they intend to overlook the wife. I believe most available resources focus their attention on the man and how to help them stop their behavior. Many resources specifically for wives, are meant to educate women about the addiction. I wrote *Mosaic Heart* because I could find not published Christian books specifically addressing the spiritual healing that only God can provide a woman as she seeks total healing in the wake of sexual betrayal.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“In addition to reading *Mosaic Heart* and working through the questions in the book, I strongly encourage women to seek professional counseling with a qualified therapist, pastor, or counselor-led support group. To be honest, many pastors feel ill-equipped to counsel a woman in this situation. I pray this book will provide an additional tool for therapists and pastors to offer wives, and that it will minister to her heart in order to equipher to be a healthy partner, which in turn promotes a restored marriage.” (“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“What would you say to the woman who can’t wait a year for your book?”

“To gain understanding about the addiction, I recommend the following book and website:”

“I wish I could send every woman to her home church, but I’m hesitant to do so. I am well aware that some churches take the ‘medicate the symptoms’ rather than ‘acknowledge and address the disease’ approach when faced with issues like pornography and advanced levels of sexual addiction in the family. I love the local church and I feel very strongly about submitting to the authority of a healthy local church (emphasis on healthy). However, I encourage women to prayerfully proceed with caution. It pains me to feel the necessity to give this warning, but not all churches and pastors are safe places. I’ve heard too many stories of wounded women going to their church after learning about their husband’s addiction, and receiving counsel that does not promote healing. In Mosaic Heart, I help women discern whether or not her church is a safe place to go for healing. My prayer is that with continued transparency about this issue in churches, more and more churches will become safe places for these women.”

(“Spiritual Healing in the Midst of a Husband’s Addiction to Pornography,” Challies.com, January 12, 2011, www.challies.com/interviews/spiritual-healing-in-the-midst-of-a-usbands-addiction-to-pornography)

“SHOULD MARRIED COUPLES FAST FROM SEX DURING PORN-DETOX?”

“‘The abstinence contract on the front end is entirely about the neurochemical detox,’ [Mark] Laaser says. ‘It’s resetting the brain in terms of sexual expectations.’” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, <http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/>)

“The concept of ‘90 days’ is taken from substance abuse research which has demonstrated that it takes about three months for neurochemistry to reset to normal levels once the substance use has ended.” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, <http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/>)

“Other counselors are far more flexible on the time frame, suggesting 30 or 40 days instead.” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”,

“But then Paul adds this addendum:”

“Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control. (1 Corinthians 7:5)”

“Paul here implies that sex in marriage should be frequent. In fact, he says to deny sex to one’s spouse is to ‘deprive’ him or her—this same word is translated ‘defraud’ one chapter earlier (6:8). Sex helps to guard against sexual immorality and a lack of self-control. But he does make the provision that a couple can make a mutual agreement to abstain from sex for a ‘limited time’ for the purpose of being devoted to prayer.” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, <http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/>)

“Paul is describing a type of fasting. Just as fasting from food was an acceptable way to devote to prayer for a season, fasting from sex was also a custom in Paul’s day.” (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, <http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/>)

“During a sexual fast, the couple is encouraged to practice and develop the habits of non-sexual intimacy. For many addicts, their porn-saturated minds are numb to everyday pleasures and joys. They have lost the ability to simply enjoy spending time with their spouses—talking together, taking walks together, cooking together, praying together. Sam Black writes, “For someone with an obsessive porn habit or an addiction, the focus has been on personal and immediate gratification. The people in porn are used; the porn user gives nothing. Especially for men, porn equates to selfishness that typically extends to their marital life. This even includes the overemphasis men can have of their sexual performance, pride or fear about their prowess, and where sexual performance is equated to their manliness.” (The Porn Circuit, 33) (Luke Gilkerson, “Should Married Couples Fast From Sex During Porn Detox?”, Covenant Eyes, February 25, 2014, <http://www.covenanteyes.com/2014/02/25/married-couples-refrain-sex-porn-detox/>)

“Why is it essential to understand the addictive nature of pornography? Because if we view it as merely a bad habit, and do not afford those seeking healing the full support needed to overcome any true addiction, we will continue to be disappointed, as individuals and as a society.

Pornography is the fabric used to weave a tapestry of sexual permissiveness that undermines the very foundation of society.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“The author Tom Wolfe said, ‘The bigger pornography gets, the lower the birthrate becomes.’ Does he have a point? In the 1950s every country now in the European Union had a fertility rate above the 2.1 needed to sustain a population. Now none of them do, and several are at or near the 1.3 rate called the ‘lowest low fertility,’ from which it is virtually impossible to recover. It was in the late 1960s and early 1970s that this decline began, which corresponds precisely with the dawning of the sexual revolution.

There is a direct correlation between the growing cultural dominance of the sexual revolution and the diminishing birthrate, and while causation may not be proven, it is strongly supported by the pheromone effect of

pornography.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Demographic decline is, of course, multi-factorial. Urbanization, women in the workplace, gender role adaptation, and even increased life expectancy are important factors in the inverted population pyramids. But the

primordial, or biological factors of human sexuality and family stability are primary and, in my opinion, haven’t been appropriately weighted.” (Donald L.

Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“In 1934 Cambridge anthropologist Dr. J. D. Unwin published *Sex and Culture*. In it he examined 86 cultures spanning 5,000 years with regard to the effects of both sexual restraint and sexual abandon. His perspective was strictly secular, and his findings were not based in moralistic dogma.

He found, without exception, that cultures that practiced strict monogamy in marital bonds exhibited what he called creative social energy, and reached the zenith of production. Cultures that had no restraint on sexuality, without exception, deteriorated into mediocrity and chaos. In *Houposia, The Sexual and Economic Foundations of a New Society*, published posthumously, he

summarized:” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“In human records, there is no instance of a society retaining its energy after a complete new generation has inherited a tradition which does not insist on pre-nuptial and post-nuptial continence. . . . The evidence is that in the past a class has risen to a position of political dominance because of its great energy and that at the period of its rising, its sexual regulations have always been strict. It has retained its energy and dominated the society so long as its sexual regulations have demanded both pre-nuptial and post-nuptial continence. . . .”

(Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“I know of no exceptions to these rules.”

“Pornography as Flamethrower”

“Unwin also described what may be called ‘dopaminergic distraction,’ where pleasure-seeking dominates and productivity is diminished. Will Durant, in *The Lessons of History*, wrote that ‘sex is a river of fire that must be banked and cooled by a hundred restraints if it is not to consume in chaos both the individual and the group.’” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Dr. Henry A. Bowman said, ‘No really intelligent person will burn a cathedral to fry an egg, even to satisfy a ravenous appetite,’ yet the flamethrower of pornography is torching many cathedrals of marital, parental, and familial love today.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Dr. Jason Carroll and his colleagues published a widely cited paper in the *Journal of Adolescent Research* that brings to light the scope of this problem. According to this paper, which reviewed data from five universities, 87 percent of college males and 31 percent of females view pornography. This data crosses all religious, educational, and social barriers.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Help for Healing”

“Dr. John Mark Chaney’s description of teenage pornography addiction is equally true for adults:”

“Professionals sometimes fail to understand the power of the compulsion youth are facing, and it is not uncommon for school, religious, or private-sector professionals to advocate a simple treatment plan that is based upon willpower or moral character. Since pornography can be an addiction, these “just say no” types of approaches are likely to only create more frustration and self-defeating ideation . . . the intervention and treatment modality must recognize the problem as a full addiction, and treat it with the same consideration given to alcohol or chemical substances.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“Regarding healing, Dr Victor Cline says, ‘I have found that there are four major factors that most predict success in recovery.’”

1. “The individual must be personally motivated to be free of his addiction and possess a willingness to do whatever it takes to achieve success...You can never force a person to get well if he doesn’t want to...”
2. “It is necessary to create a safe environment, which drastically reduces access to porn and other sexual triggers...”
3. “Third, he should affiliate with a twelve-step support group...”
4. “The individual needs to select a counselor/therapist who has had special training and success in treating sexual addictions.”

(Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“It was in this subjugation of the secular to the sacred, of the limbic to the lobe, that they peaked in their self-control and, therefore, in their self-determination.” (Donald L. Hilton, Jr., “Slave Master – How Pornography Drugs & Changes Your Brain,” Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

“The Battle Is Joined”

“While we must continue to fight the good fight legally and societally, we are way beyond avoidance as our only defense. Pornography wants you, it wants your husband or wife, it wants your son and daughter, your

grandchildren, and your in-laws. It doesn't share well, and it doesn't leave easily. It is a cruel master, and seeks more slaves." (Donald L. Hilton, Jr., "Slave Master – How Pornography Drugs & Changes Your Brain," Salvo 13, Summer 2010, <http://www.salvomag.com/new/articles/salvo13/13hilton.php>)

"THE BATTLE PLAN: A FIVE STEP APPROACH TO REMOVING PORNOGRAPHY FROM YOUR LIFE" (synopsis)

1. **Prayer & Fasting:** "In your fight against pornography, prayer and fasting are two powerful weapons."

"You could say that prayer without fasting is like boxing with one hand tied behind your back, and that fasting without prayer is, well, dieting."

"Finding Time – in your fight against pornography, prayer and fasting are two powerful weapons. Don't say, 'I don't have time to pray,' for, if we're honest, we always find time for that which we love: social media, television, waiting in line for coffee...and sin. From now on, be honest and say 'I don't have the love to pray.' And then tell our Lord that, and plead with him for that love."

2. **Accountability:** "Allow another person to remind you of who you are and who you desire to be."

"The Importance of Sharing – This means being transparent with a trusted friend or mentor about your struggles so that they can offer encouragement and support."

"Find a Friend – Find a friend or mentor you can trust. Ask them to be your accountability partner. Share with this person when you're struggling and how you're progressing. Remember, no recovering porn user can be an island! As the Bible says, 'though a man might prevail against one who is alone, two will withstand him. A threefold cord is not quickly broken' (Ecclesiastes 4:9-12).

3. **Get Informed:** "It's important that we not only feed our souls, but our minds as well."

“Educating yourself on how pornography affects us spiritually, neurologically, and even physically will help convince you to break free from it.”

4. **Counseling:** “There is nothing dishonorable in taking action to be a better person.”

“Sometimes the struggle for purity needs professional help, and there are plenty of good Christian counselors out there who are willing and waiting to give it.”

5. **Perseverance:** “Be patient with yourself, healing won’t take place overnight.”

“Remember that the wounds you have received didn’t come overnight, and the healing won’t take place overnight. It takes time, perseverance, and determination.”

To receive this free e-book, please visit

<http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>

(Matt Fradd, “The Battle Plan: A Five Step Approach to Removing Pornography From Your Life, Covenant Eyes, accessed March 7, 2016, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

“Now, we need to proclaim a positive sexual apologetic, one that articulates the goodness of God’s design and develops a positive theology of sexuality to counteract the increasingly alluring false worldview that has captured so many.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“THE NOFAP EXPERIMENT: A VOYAGE THROUGH PORN ADDICTION, SUPPORT AND RECOVERY”

“By its very design, online pornography is meant to be highly titillating to visitors. It's easy to understand why internet porn poses a significant risk of addiction: it induces a state of hyper-stimulation, provides constant novelty, is highly accessible, costs nothing, and can be used in the privacy of one's home. Online porn is so stimulating, it can make existing sexual relationships seem inadequate in comparison, and the quality of porn addicts' relationships - and lives - may suffer as a result.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“A community support group on Reddit.com, known as NoFap, has begun to push back against their own addictions by voluntarily abstaining from porn use. These participants recognize that porn use has become a problem in their lives and, together, they're making an effort to regain a sense of normalcy and control over their addictions. Here, we'll explore the demographics of these users, the consequences porn addiction has had for them, and their experiences with giving up porn.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

The Highly Addictive Elements of Online Porn”

“What makes net porn different?”

“Internet porn has several aspects that distinguish it from other pornography as well as other addictive substances. Unlike porn in other media, net porn doesn't come in physical formats that must be acquired (and concealed), carry a high cost of ownership, and offer little in the way of variety before becoming ‘stale’. Online porn is potentially endless, and often free – users are not limited to whichever magazines or DVDs they can afford. And unlike addictive drugs, for instance, most internet porn is fully legal to view. The barriers to accessing net porn anytime, anywhere, are largely nonexistent: it's always just a click away.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“The internet is ubiquitous, its contents on-demand, making it the perfect medium for the porn industry. It has also demolished any social barrier of

having to purchase porn in-person from a shop or adult store – internet porn allows its viewers to remain safely anonymous (or as anonymous as anyone can be online) in the comfort of their own homes. WebMD reports that an astounding 420 MILLION web pages contain pornographic material. YouPorn.com, the second-largest porn site on the web, receives 100 million page views a day, and serves 4,000 VIDEOS a second during its peak hours. This one site receives an astounding 2% of the internet's total traffic.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“Our novelty-seeking sex drive”

“Male sexual response follows a well-established pattern known as the Coolidge effect. As demonstrated in rats and other animals, a male will enthusiastically have sex with a female he's been newly placed with – but before long, he'll become accustomed to her, and less interested in sex. However, if she's replaced with a new female, the process restarts, and the male will once again be just as enthusiastic about having sex with her as he had been with his previous mate.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“This is a novelty-seeking behavior: a new female mate is largely more stimulating and exciting than mates that the male has been with before. The effect is so pronounced that, with new females, the post-sex refractory period of males is substantially reduced - allowing them to have more sex, more frequently. While this effect is most prominent in males, it's also been observed in females to a lesser extent. (<http://yourbrainonporn.com/doing-what-you-evolved-to-do>)” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“How these elements combine”

“The features of internet porn are perfectly poised to take advantage of the Coolidge effect. Were it not for this novelty-seeking effect, net porn viewers would settle on the first few scenes they enjoyed, and never seek out anything else. But this isn't the pattern that's observed, as indicated by the continuing boom in the online porn business. Porn viewers have the opportunity to browse through as much new porn - ‘new mates’ - as they wish, for as long as they wish. This provides a constant source of novelty.”

“This pattern of response to porn has been scientifically proven. In one study, sexual response steadily decreased as men were shown the same adult film 18 times in a row, but their arousal once again peaked as they were shown a new film the 19th time around.” (<http://yourbrainonporn.com/doing-what-you-evolved-to-do>) (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“With the vast amount of porn online, and all of the different niches available, viewers will never run out of novel porn, and this state of heightened sexual response can be maintained indefinitely. This phenomenon, where modern technologies take advantage of our evolutionary tendencies in an exaggerated way, is known as a supernormal stimulus, or ‘superstimulus’. It is the kind of overwhelming stimulus that the human mind simply did not evolve to cope with – just as unnaturally sweet foods drive us to keep eating unhealthy amounts of them.” (<http://yourbrainonporn.com/garys-research-intense-sweetness-surpasses-cocaine>) (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“The endless stimulus of porn has a real impact. Today, 42% of male college students report that they regularly visit porn sites, one in five feel controlled by their own sexual desires, and 12% of them spend 5 or more hours watching internet porn every week.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“Its impact on sexual behavior and relationships”

“Like any addictive stimulus, continued use of net porn appears to induce a degree of tolerance and desensitization. This heightened state of arousal becomes normal - a new baseline. Acquiring the same ‘high’ now requires more effort. This further perpetuates the cycle of seeking out new porn, and the addiction is real: using internet porn is the single strongest predictor of compulsive internet use. It’s more addicting than any game or social website, striking right at the heart of one of our evolutionary imperatives.” (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB_IVhBc)

“The behavior of porn users precisely matches the predictions of the Coolidge effect. Against this desire for novelty, traditional monogamous relationships with a single partner often cannot compete. This normal stimulus, a single mate, is not enough for someone who's used to the

constant novelty of online porn. Just as with the rats, porn users can experience delayed ejaculation, as well as a selective impotence – one that occurs while with their partner, even when this is not an issue for them when viewing porn. (<http://yourbrainonporn.com/dr-oz-show-addressess-porn-induced-ed>) Even their porn use may become less satisfying to them, no matter how frequently they use it, often leading to more fetishistic or deviant porn content. Their addiction leaves them unable to stop, and all of this can greatly compromise their relationships as well as their enjoyment of sex.” (<http://yourbrainonporn.com/doing-what-you-evolved-to-do>) (“The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery”, Project Know, September 30, 2013, <http://www.projectknow.com/discover/taking-a-whack-at-porn-addiction/#.VcppB IVhBc>)

To read complete article, see [The Nofap Experiment: A Voyage Through Porn Addiction, Support, and Recovery](#)

“THE BATTLE PLAN”

“3 recommendations for a woman struggling with porn (by Audrey Assad)”

4. **“Confession.** Speaking your sins aloud to someone you trust is the surest way to begin to confront them, and then to walk away from them.” [Josh note: Confess your sins one to another] (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)
5. **“Accountability.** Pick several people in your life (probably of your same gender, unless you’re choosing you brother or your dad) who know you well and who don’t judge you for your sins, but who care enough about you to hold you accountable to what you are attempting to do. A great way to be accountable online is to use Covenant Eyes.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)
6. **“Counseling.** Pornography feeds on what is, deep-down, a good and innocent need – the need for intimacy, for love, and for affection. Most often when someone is addicted to pornography, the foothold of the enemy is to warp and twist those natural, God-given needs and desires. A good counselor can help you unravel the spiritual and emotional reasons those needs and desires are being preyed on, and help you develop healthy ways to meet those needs at your stage in life and in

your state of life.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

“It’s extremely helpful that you examine each stage in the sequence and honestly reflect upon your own experience. Once you have done this you can then write a deactivation sequence ... A game plan.” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

4. **“Stimulus or Trigger.** One encounters something which activates the sequence. (Internet ad, mindlessly searching on YouTube)” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)
5. **“Emotional Response.** One has an emotional response (instant excitement, interest or curiosity)” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)
6. **“Thought.** Almost simultaneously with the emotion is a thought. (‘What will I see;’ ‘can look at pornography;’ ‘no one has to know’).” (Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

“Here are five questions...are you addicted?”

1. “Do you have a preoccupation with pornography”
2. “Have you had repeated unsuccessful attempts to control or stop viewing pornography?”
3. “Do you use pornography as a reward for hard work, and/or a way to escape problems or negative emotions?”
4. “Are you risking the loss of a significant relationship, job or educational or career opportunity because of the use of porn?”
5. “Have you been thinking that you might need counseling because of your pornography use?”

(Matt Fradd, “The Battle Plan”, Covenant Eyes, 2015, <http://www.covenanteyes.com/five-step-battle-plan-to-fighting-porn/>)

“WHAT FEWER CHRISTIANS IN AMERICA MEANS FOR CHRISTIAN PARENTS”

1. “Parents will need to intentionally make their kids less comfortable in their faith.”

“We need to help our kids handle their faith like a kaleidoscope: They should hold it up to the light, spin it around, and examine it from many different angles to fully understand what it’s all about.”

(Natasha Crain, “What Fewer Christians in America Means for Christian Parents”, Natasha Crain, September 23, 2015, <http://christianmomthoughts.com/what-fewer-christians-in-america-means-for-christian-parents/>)

2. “Many parents will need to relearn the difference between good values and Christianity.”

“The world, however, doesn’t need Christianity in order to have well-behaved citizens. The world needs Christianity because it’s the truth of where we came from, our sinful nature, the problem of separation from God, and the good news of reconciliation through Jesus.”

(Natasha Crain, “What Fewer Christians in America Means for Christian Parents”, Natasha Crain, September 23, 2015, <http://christianmomthoughts.com/what-fewer-christians-in-america-means-for-christian-parents/>)

3. “Parents will have to stop ignoring the tough parts of the Bible.”

“A critical part of making sure your kids understand the real gospel (and not a value-based proxy) is studying the Bible with them.”

(Natasha Crain, “What Fewer Christians in America Means for Christian Parents”, Natasha Crain, September 23, 2015, <http://christianmomthoughts.com/what-fewer-christians-in-america-means-for-christian-parents/>)

4. “Parents will need to answer tough questions about Christianity and other beliefs starting at a much earlier age.”

(Natasha Crain, “What Fewer Christians in America Means for Christian Parents”, Natasha Crain, September 23, 2015, <http://christianmomthoughts.com/what-fewer-christians-in-america-means-for-christian-parents/>)

5. “Parents will need to give their kids good reason to have thick skin about their beliefs.”

“In an increasingly secular world, kids will see and hear the media mocking their beliefs. They’ll experience their friends’ jokes about faith. They’ll be challenged by unbelieving teachers and professors who claim the authority of knowing that religion is just wish-fulfillment and a by-product of evolution.”

“No one continues to hold lukewarm beliefs in the face of such challenges. Shame will soon set in and it’s as easy as saying ‘I no longer believe’ to remedy the perceived problem.”

(Natasha Crain, “What Fewer Christians in America Means for Christian Parents”, Natasha Crain, September 23, 2015, <http://christianmomthoughts.com/what-fewer-christians-in-america-means-for-christian-parents/>)

6. “Parents will need to more explicitly help their kids ask the right question about competing worldviews.”

“As America becomes less Christian in general, kids will encounter a greater diversity of claims about the nature of reality. Some people will say there is no God; some will say there’s no way to know if there’s a God; some will say there’s a God but any religion can lead you to Him; some will make generic claims about being spiritual but not religious; some will mysteriously say they have their own beliefs; some will say there’s only one way to God, but that it’s a way other than Christianity.”

(Natasha Crain, “What Fewer Christians in America Means for Christian Parents”, Natasha Crain, September 23, 2015, <http://christianmomthoughts.com/what-fewer-christians-in-america-means-for-christian-parents/>)

“THE TOP 10 REASONS TO STOP WATCHING PORN”

1. “The best version of yourself doesn’t watch porn”

“I know he’s not a real man, but do you think the character James Bond was watching porn in between killing bad guys and slaying gorgeous women? Do you think George Clooney and Brad Pitt were spending hours streaming porn and fapping in their trailers on the set on Ocean’s

13.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“There’s not a chance.”

“Guys who live lives that you envy, get girls you want, and carry themselves like you should, don’t waste their time jerking off to internet porn. They are ambitious. They approach women and are smooth when they do so. The best version of you can be like this. Or you can turn to your laptop when you get aroused. Up to you.” (Sean Russell, “The Top 10

Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

2. “Porn makes you lazy”

“Men no longer have to make any attempt at fulfilling their sexuality. It is the worst thing that ever happened to the race. Men used to go out of their way to win the hearts of women they wanted. They used to be romantic and bold. Now they just stay home and spend countless hours jerking off to internet porn instead.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

3. “Porn strips you of your desire for improvement”

“There is no reason to go to the gym. There is no reason to do your hair and make yourself look good. Porn will never reject you no matter how you look, and regardless of how much money you make. When there is no primal need to impress the opposite sex in order to fill mans instinctive need for lust, men let themselves go and lurk their house in their underwear.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

4. “Porn causes insecurity”

“Porn sets unrealistic standards for men. To be in porn men must have abnormally large ‘talent.’ Men who watch porn consistently grow to see that as the norm and themselves as inadequate.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“It’s a slippery slope because this insecurity keeps men from having sex with women, in turn driving them deeper into porn use.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

5. “Many men find porn more stimulating then sex”

“Porn is now so fantastically HD, with every sexual fantasy imaginable at the click of a mouse. The pleasure of watching porn is starting to overtake the pleasure of actual sex, if it hasn’t already done so.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“Men searching hundreds of fetishes and videos in the matter of an hour now find sex with a woman of the standard they can get (because of the porn) boring, and unpleasurable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“I could link you 100 + examples easy, of just men who write about it online. If this sounds like you, you really need to sort yourself out. Get on the forums, there are many people who have been through the same thing who can help you along the way.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

6. “Porn causes ED”

“Because of reason 4 and 5, porn causes erectile dysfunction in an enormous amount of men. Porn becomes the only thing that can stimulate them because of the intense visual experience it offers the brain. This experience is unnatural, and real sex become bland and unstimulating.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“The experience of porn is so unnatural, that it actually causes the brain to release unnatural amounts of Dopamine, the reward chemical. The brain becomes so accustom to this unnatural level of Dopamine that without porn you can not achieve an erection and you straight feel like crap.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“It is a proven fact that porn affects the brain the exact same way as other addictive drugs. Educate yourself on the matter.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

7. “You will find women more attractive”

“I think the greatest gift of living a porn free is how you start to perceive women around you. After months free of porn, your attraction to women will go through the roof. It is truly remarkable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

– “Just the sight of a woman’s skin will turn you on”

“Being free of porn you start to really appreciate the beauty of women. Just the sight of a woman’s skin, or her smell will be enough to throw your attraction into overdrive. Your sexual instincts will be back where they are supposed to be, and you will crave women like never before.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

– “You will start to notice women you once found unattractive”

“Women that once were not up to your porn standards really start to pop out at you. You will start to see the beauty in women that you once overlooked because they did not have the bodies of porn stars. I find myself more and more surprised at some of the women I find attractive and for what reasons. It is really a beautiful thing.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

8. “You will be better with women”

“This should be reason enough for anyone to stop watching internet porn. I promise you that after months of no porn, and even better, no masturbation, you will be better with women (out of necessity!). And not just a little better, but a lot better.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

– “You will crave women, instead of craving your favorite videos”

“Have you ever gotten that incredible sexual urge that comes out of nowhere. To a regular porn viewer to first thing they do is head to the internet. To men who don’t watch porn, the first thing they do is head to their cell phone to call a real girl. Or they go out and meet one.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

– “You will find it easier to talk to women”

“Many men who give up porn find that they start to interact much smoother with women. A lot of their anxiety towards the opposite sex fades and they start to feel more confident and smooth.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

9. “Sex will be more satisfying”

“Instead of having ED and not finding sex as satisfying as porn, you will be the opposite. After months without porn in your life your pleasure for sex will skyrocket.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

– “You will have better, harder erections with women”

“Without porn numbing your sexual stimulation, just the touch of a woman will be enough to get you up and going. Actual sex will feel so different than it ever did. So much more powerful and pleasurable.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

– “Your intimacy levels during sex will be something that you never experienced before”

“If you are like most men who started porn at an extremely young age, you have probably never even experienced intense intimacy. You have sexually numbed yourself from porn for years, and your first sexual experience free from porn will be like a sexual awakening.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“You will also be much better at sex itself. You will be more in touch with a woman’s body, and your own. You won’t have any performance anxiety issues and your sexual freedom and spirituality will increase.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“Sex can be the greatest experience there is, you just need to lose the porn.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

10. “You will simply be a better version of yourself”

“It’s a fact that if you can give up porn you will be a better version of yourself.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

- “You will think clearer and be less stressed”
- “You will find women more attractive”
- “You will be better with women”
- “Your sex life will improve”
- “You will have more energy”

“Try it. If it doesn’t work, porn will be waiting for you right where you left it.” (Sean Russell, “The Top 10 Reason to Stop Watching Porn”, Men Provement, August 29, 2013, <http://www.menprovement.com/the-top-10-reasons-to-stop-watching-porn/>)

“COURAGE TO QUIT: HOW I’M OUTGROWING PORNOGRAPHY AND WAKING UP TO MY TRUE SELF”

“My Reasons for Quitting:”

“After a decade of porn use, I quit watching 2 years ago. It was February 14, 2013. V-Day. Haven’t been back since. My reasons for quitting were pretty simple...” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“First, I was pissed off that my sense of personal ‘sexuality’ had been reduced to sitting alone in the dark in a disembodied daze drooling over pixelated fantasies of submissive females in a desperate attempt to feel a release from the tension in my body and the void in my heart. And – I was concerned about how my porn use had become compulsive.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Second, I was outraged about all the sexual violence perpetuated by men on women and girls – and porn felt like the main way I was subconsciously contributing to that cycle of violence. (Yes, some men and boys are also victims of sexual abuse – often perpetuated by other men. But it is important to acknowledge that women and girls experience the vast majority of sexual violence.)” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Finally, I’m an incredibly stubborn person who will do just about anything to follow through on what I commit to, even just to prove people wrong for doubting my resolve! And I made the commitment to a close buddy of mine. No Porn for 1 year. Period.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Starting off, I had no idea what to expect. At that time, I didn’t know anyone else who had quit. I had never even talked to my friends about porn. And I didn’t know a thing about the science of pornography addiction. Despite feeling alone, I knew I was up for the challenge. I wanted to see

how my life might be different after a year without porn.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rebooting My Brain:”

“Because most of us (younger guys) started watching high-speed, hard core internet porn during our brain’s formative years – when we were 12-17 years old, we’ve experienced a kind of subtle trauma. One that often requires a conscious prolonged effort to heal and recover from.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“People often talk about two phases of recovery from pornography addiction: **Rebooting and Rewiring.**” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rebooting for me has been the process of stopping my addictive/compulsive viewing behavior altogether, over a period of time, in order to allow my brain to dismantle and unwire the endorphin-releasing ‘reward pathways’ that I learned to associate with porn consumption.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Revealing the Façade:”

“Rebooting was the vital first step toward my recovery because it opened up space for me to step outside of the box of my addiction and objectively assess my compulsive behavior. Like recovering from any other addiction, the decision to quit had to start with me. Nobody could convince me to quit porn. I had to choose to quit because I wanted to.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Once I broke the cycle of my addiction, I could see that my porn use was a coping strategy that I used in a desperate attempt to meet some basic unmet human needs.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“For me, porn use was an attempt to meet my needs for sexual expression, connection & intimacy, and stress release. The first two needs never had a chance of being truly met through porn. And, although I sometimes achieved a temporary sense of stress release. In the end – it was a powerful deception. The feeling was always fleeting and counterproductive: it always resulted in greater tension and an even greater need for release the next time. But the truth is, I simply couldn’t see the reality of this cycle when I was in it.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Porn, ironically, inhibited me from actually getting my needs met in any kind of deep, connected or sustained way. It kept me stuck in a never-ending cycle of ‘tension and release’ that made true intimacy impossible.”

“There’s a real sense of grief for me in acknowledging all this – I feel like I’ve been living a pornographed lie: like my experience of my own ‘sexuality’ has often amounted to little more than a superficial obstruction, blocking the true essence of embodied sexual power that lay dormant

within me.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“It is clear that this pornographed façade of ‘sexuality’ must die in order for my true sexual power and deep capacity for intimacy to re-awaken.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rewiring for Intimacy:”

“What I found was that it was not enough for me to just quit porn, cold-turkey. I had to be strategic about cultivating new behaviors to take its place in my life – to fill the void – and I needed to practice healthier ways of meeting the very real needs that I thought porn was satisfying. To do this has meant re-discovering basic skills of breath, presence, and intimacy.”

(Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to my True Self”, The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rewiring as I’ve come to understand it, is the process of re-creating neural pathways in the brain, associated with actual human connection, sensation, love, and intimacy.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking

Up to my True Self", The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

"For me, the biggest new learning has been moving out of my head and into my body. After so much time in the 'neck-up' world of pixelated pornographic fantasy, I'm now beginning to learn how to drop into my heart, my belly, my breath." (Dan Mahle, "Courage to Quit: How I'm Outgrowing Pornography and Waking Up to my True Self", The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

"Not that there's anything wrong with fantasy – fantasy can be an exciting part of authentic sexual expression. But when I realized that my fantasies were no longer connected to my body, I knew something was out of balance." (Dan Mahle, "Courage to Quit: How I'm Outgrowing Pornography and Waking Up to my True Self", The Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

"A fall 2013 report from Juniper Research, estimates that by 2017, 250 million people will use mobile or tablet devices to access pornography, up by more than 30% on current usage."

"Now What?"

- "Assume your teen will be exposed to online pornography (it's likely he or she already has)."
- "Understand the difference between a teen that stumbles upon online pornogrphay and a teen that seeks it out. React appropriately based on behavior."
- "Make discussing pornography a topic of discussion with your teens."
- "Set clear expectations for online behavior regarding pornography."
- "If your teen is regularly viewing pornography, consider using an acccountability tool such as the ones found on xxxchurch.com"

(Jim Liebelt, "Pornography: The New Narcotic," Homeward – Azusa Pacific University, April 3, 2014, <https://homeward.com/articles/pornography-the-new-narcotic/#.VurW8ulrKCg>)

"As their brains return to normal sensitivity, erectile dysfunction fades, their taste for extreme material/acts with mates evaporates, they find normal women attractive again, they find social interaction easier and more

rewarding, they laugh more readily, they feel less depressed and more optimistic, they can focus better, they feel like they are in control of their lives, they feel more confident and more attractive. Some men even notice their voices get deeper. One man described the change as a welcome ‘fire in the gonads.’” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“The downside of increased sensitivity is that recovery is not linear. Former users have really good days and really bad days before their brains return to equilibrium—almost like a pendulum swings before it rests. Because many have been desensitizing their brains with porn since puberty, they have not necessarily learned how to deal with intense emotions of anger and frustration as they come out of their fog. Group support is very helpful during this phase.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Other things that they report help regulate mood during a return to equilibrium are: vigorous exercise, time in nature, daily mindfulness meditation, friendly interaction with others (avoiding isolation), techniques for turning their attention elsewhere when urges arise, and avoiding all sexual cues for a time, even on TV. For many, ‘avoiding cues’ means avoiding masturbation itself for a time (to the extent possible), simply because, at first, sexual arousal is so tightly wired to porn use and porn flashbacks. Masturbation without porn or flashbacks, with an emphasis on sensual, gentle touch is less problematic.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Consistently they report that they cannot return to porn use, even just looking,’ without masturbation. Those who test themselves soon report relapses, often with bingeing and escalation in nature of material viewed.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Another confounding factor is that orgasm without a partner appears to have a different neurochemical profile than orgasm during intercourse with a partner. Orgasm with intercourse, for example, releases four times as much prolactin after climax and is associated with lower stress markers for a week.” (‘Penile-Vaginal Intercourse Is Better: Evidence Trumps Ideology’

<http://www.informaworld.com/smpp/content~content=a758475782~db=all> and “The Post-Orgasmic Prolactin Increase Following Intercourse Is Greater Than Following Masturbation and Suggests Greater Satiety” <http://www.ncbi.nlm.nih.gov/pubmed/16095799>) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“It’s likely related changes are going on in the limbic system.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Another confounding factor is that orgasm without a partner appears to have a different neurochemical profile than orgasm during intercourse with a partner. Orgasm with intercourse, for example, releases four times as much prolactin after climax and is associated with lower stress markers for a week.” (‘Penile-Vaginal Intercourse Is Better: Evidence Trumps Ideology’

<http://www.informaworld.com/smpp/content~content=a758475782~db=all> and “The Post-Orgasmic Prolactin Increase Following Intercourse Is Greater Than Following Masturbation and Suggests Greater Satiety” <http://www.ncbi.nlm.nih.gov/pubmed/16095799>) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“It’s likely related changes are going on in the limbic system.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Some assume that porn users ‘bond’ to porn in lieu of women, perhaps due to the spurt of oxytocin often released at climax. This seems doubtful. Porn hijacks our drive to mate, which is probably the most powerful, most drug-like, neurochemical response we humans experience. Porn can certainly lead to subsequent dissatisfaction and a desire for more. But porn users don’t desire more of the same. Instead they desire the more intense stimulation of novelty. So they generally aren’t ‘bonding’ to specific porn; most are simply becoming dependent on the neurochemicals of intense arousal. One of our website visitors mentioned he had seen a TV show on sex dolls. One man had already acquired ten life-size rubber dolls he barely had room to store, because only novelty seemed to offer satisfaction. (Obviously, it didn’t, and this is a graphic example of how the binge trigger actually promotes dissatisfaction.)” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Educating young people about porn and the brain is challenging, but possible. In fact, learning about the reward circuitry helps kids understand all addictions, including junk food (obesity). To this end, a free audiobook directed to kids and their parents to help both understand the risks of porn addiction in terms of its effects on the brain can be heard here: ‘Things You Didn’t Know About Porn.’” (Slide presentation of excerpts:

www.youtube.com/user/BodyWisdomVideos#p/a/u/2/aJLRTL7w5qA Full audio file:

<http://www.reuniting.info/download/misc/ThingsYouDidnt.UK.mp3>) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“Erectile dysfunction (or lack of orgasmic responsiveness in both sexes) is powerful motivation to change one’s habits. But only if one clearly understands how over-stimulation can desensitize the brain. Without this information, most users chart their course by short-term results, and conclude that the solution to erectile dysfunction is hotter and hotter porn, and then sexual enhancement drugs, or both.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“One recovered user on my website recommended this tongue-in-cheek warning for porn videos:”

“SURGEON GENERAL'S WARNING: Habitual use of this product may adversely affect your perceptions about the opposite sex and significantly reduce the amount of pleasure you are able to experience from normal activities and through normal social interactions.”

(Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“In 2009, a highly regarded German sexologist made the same point in an interview:”

“What is the most urgent thing to be done?”

“There ought be a warning notice on every porn video, and before any pornographic Internet clip there should also be a warning: ‘The viewing of pornography can inflict considerable harm to your sexual health!’ We do have sufficient facts that would justify such a warning.”

(<http://www.zeit.de/zeit-wissen/2009/03/Aufklaerung-Kasten-Interview>) (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010,

“PREACHING AND PORNOGRAPHY”

“...you have one of three choices: ignore, abhor or restore.” (Dr. Sam Serio, “Pornography and Preaching,” Preaching Magazine, August 22, 2012, www.preaching.com/resources/articles/11674938)

“We drafted the Utah Resolution with the intent that it be a catalyst for action...a public health crisis, then it follows that that state must enforce its obscenity laws (45 states prohibit retail distribution of obscene material)...” (from Patrick Trueman e-mail to Josh McDowell, March 11, 2016)

“Our sexuality is a litmus test for our spirituality!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“The time for the church to sound a very loud alarm is now. The church can do so much more!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Parents must be equipped to learn how to talk about sexuality to their kids and given tools to protect their children from the dangers of unfiltered and unaccountable Internet usage that children and youth now see on tablets, smartphones, and iPod Touches.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Groups for men and women strugglers need to be up and running, along with groups for affected spouses (usually wives).” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“We need a compelling argument for how God’s design for sexuality is the best argument against the many and growing forms of sexual brokenness, inside and outside the church. For example, the best argument that homosexuality is not within God’s created design for sex is not Leviticus 18 and 20, but rather Genesis 1 and 2!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Pastors, next time you’re in front of your congregation, look around at your flock, and realize that, according to one survey, as many as 50% of Christian men and 20% of women report being addicted to or ensnared at some level to porn.” (ChristiaNet, Inc. “ChristiaNet Poll Finds that Evangelicals are Addicted to Porn.” Marketwire, 7 Aug. 2006. Web. 7 Dec. 2009. <http://www.marketwire.com/press-release/Christianet-Inc-703951.html>. As compiled by Covenant Eyes) (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“The mission of Harvest USA is to equip churches to minister to sexually broken people.” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“Now, I’m not advocating that parents forsake their God-given calling to raise their children and address sexuality with them, but the Church must work together with parents in this endeavor. No longer can churches just assume parents are talking about this stuff. They aren’t. I frequently ask audiences how many of them were raised in a Christian home and, out of those, how many had parents that talked about sex. Most of the hands go down!” (David White, “The Normalization of Porn in the Church: What the Church Needs to do Now”, Harvest USA, Fall 2013, <http://www.harvestusa.org/the-normalization-of-porn-in-the-church-what-the-church-needs-to-do-now/#.VXnbwflVhBd>)

“WAYS TO HELP YOUR KIDS SURVIVE SOCIAL MEDIA”

“According to Pew Research,”

1. “92 percent of 13- to 17-year-olds are online daily.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media,” Facts & Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VYmwk_lViko)
2. “Almost 3-in-4 (73 percent) have a smartphone themselves and...88 percent at least have access to one.” (Aaron Earls, “6 Ways to Help Your Kids Survive

Social Media,” Facts & Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VYmwk_IViko)

3. “89 percent of teens reported using at least one social media site or app...” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media,” Facts & Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VYmwk_IViko)
4. “...and 71 percent said they used two or more.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media,” Facts & Trends, May 29, 2015, http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VYmwk_IViko)

“According to Pew Research, 92 percent of 13- to 17-year-olds are online daily. Almost 3-in-4 (73 percent) have a smartphone themselves and 88 percent at least have access to one. With easy access to the Internet, 89 percent of teens reported using at least one social media site or app, and 71 percent said they used two or more.” (Aaron Earls, “6 Ways to Help Your Kids Survive Social Media,” Facts and Trends, May 29, 2015, <http://factsandtrends.net/2015/05/29/6-ways-to-help-your-kids-survive-social-media/#.VuriTOIrK70>)

“Ensuring effective treatment”

“Putting a label on a porn habit isn't an idle exercise. Understanding what drives the behavior is a necessary step toward designing effective treatments for people who can't control the urge.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“While science is far from settling this debate, some treatment programs continue to push the idea that porn is an addiction. ‘There's a tremendous treatment industry that needs this to be a disease — a thing they can charge people to treat,’ Prause says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“But promoting certain therapies may be ill-advised. ‘You can harm patients by using treatment models that aren't research-supported,’ Prause says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Whether or not pornography is a diagnosable addiction, it's clear it hurts some people. For them, there just isn't much evidence about how best to control this behavior. ‘There is a real dearth of good, evidence-based

therapeutic literature,’ Voon says.” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“A handful of researchers are working to close that knowledge gap but it's not an easy field to work in. ‘[Pornography] is a highly politicized and sensitive topic,’ notes Janssen. ‘It's hard to get funding for sex research in general, unless it's in the context of sexually transmitted diseases.’” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Prause has experienced the difficulty firsthand. While she'd be thrilled to see things change, she says, funding agencies are still squeamish about sex. ‘It's difficult to have it taken seriously,’ she says. ‘But it really is a science like any other.’” (Kirsten Weir, “Is Pornography Addictive”, American Psychological Association, April 2014, <http://www.apa.org/monitor/2014/04/pornography.aspx>)

“Rebooting”

“Hussey said that in addiction therapy, it's important to get to the root of the purpose the addiction serves. ‘Does it help them manage anger, loneliness, stress, relationship conflicts—these are big reasons why people use addictive processes and substances,’ he said. ‘They work very well to manage stress.’ Socially awkward guys who are lonely, stressed and bored might turn to alcohol, porn or cocaine for a distraction, he said.” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Like Middleton, David also struggled with an alcohol addiction and other internalized battles. When he decided it was time to get off porn, he had to quit the booze if he was going to commit. But porn proved to be a harder habit to kick. ‘I've been sober in all of this time, but the porn site has been a lot of struggle,’ he said. ‘It's completely different than alcoholism ... [with it] being a substance ... but porn, all the images, the videos, everything, they're still in my head.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“David started his recovery in January 2012. A few months earlier, he saw the movie ‘Shame,’ about a sex addict, and while David wasn't sexually active, he felt strangely connected with the main character. It hit him one day when he was driving home on the highway, at 60-70 mph, searching his phone browser to get videos ready to watch when he got home. ‘I could

see myself, at the affliction of how obsessed I have become that I don't care about my own life, anybody's life, all I want is to have...these videos open the moment I open my door,' he said. 'That I would say was a painful moment—the moment of painful realization of how much powerlessness I have. It was just compulsion beyond my comprehension.'" (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"He started seeing a therapist and began 12-step programs in the city for alcoholism and porn addiction. During the therapy process, he discovered that he was sexually abused as a child. Although a gay man, he didn't watch gay porn—it was usually with men and women, but moreover, it was an escape. 'Maybe in a way, I was trying to hide from everybody, and the moment I found porn, I found the one thing which will keep me isolated,' David said. 'I was really afraid of people, and I thought that if I can keep everybody away I am safe.'" (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"Today, David doesn't have Internet access at home. He uses security apps and works with his provider to help foolproof his phone, blocking any pornographic images from the server end. He has friends, goes on dates and has made a commitment to go dancing once a month. He said he feels like a teenager. 'Most refreshing is I think I may be an extrovert,' he said. 'I do like people's company. ... I am this social being who just never exploded.'" (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

"About six weeks ago, a small group from Middleton's church went over to his house for what he thought was Bible study. By the end of the night, he was in an intervention for his drug and alcohol abuse. That week, he started an intensive outpatient rehab program at a Hazelden Betty Ford Foundation clinic. He goes four days a week for three hours in the evenings. On Facebook, he came across Fight the New Drug, a nonprofit whose mission is to raise awareness of the 'harmful effects of pornography.' He said it's really opened his eyes to get sober. While he values the anonymity of addiction programs, he chooses to be open with friends and family. 'Every time I take a stand to grab more control over my life and let people in, I feel less shame, and more confidence.'" (Heather Schroering, "The Porn Problem," Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“For Kevin, help was at noFap.com, which has a following on Reddit of more than 160,000 ‘fapstronauts’ (followers). The site refers to recovery from porn addiction as “rebooting” and challenges users to refrain from porn, masturbation and maybe even sex altogether for a period of time. Kevin started April 7, and already he feels like a different person. He feels more confident, procrastinates less and feels like he has more testosterone. He said he thinks his ED has gone away and described random erections in the middle of the night. However, there have been struggles in his recovery. The hardest part: ‘Dealing with the anger of not finding it before while I was still with the person I really wanted to be with.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Hussey said it’s important for anyone with an addiction to work with an individual psychotherapist. ‘They need to get to the underlying causes of why they ended up addicted in the first place,’ he said. He also recommends support groups, such as Sex and Love Addicts Anonymous, which, he said, takes on ‘healthier attitudes toward sex in general.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“‘You don’t have to be isolated anymore,’ David said. ‘You are a social being, and you deserve a full social life. Come out, ask for help. ... There is help out there. Just opening the door is all it takes.’” (Heather Schroering, “The Porn Problem,” Chicago Tribune, July 14, 2015, www.chicagotribune.com/news/redeye-porn-addiction-20150714-story.html#page=1)

“Pornography is a difficult issue for the politically nuanced to get right. On the one hand, its regulation could be deemed to limit freedoms and can smack of *Daily Mail*-style moral panic. On the other, an increasing body of evidence suggests that porn is having a dangerous and as yet unquantified effect on the brains of those who use it.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“The Impact: Dulling and Erosion”

“If that last claim sounds wild, let me introduce Dr William Struthers, a neuroscientist-slash-theologian specialising in the scientific impact of adult material on the human brain, and a professor at Wheaton College,

Chicago.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“His book, *Wired for Intimacy: How Pornography Hijacks the Male Brain* (IVP) was one of the first academically backed works to suggest that pornography could have a damaging effect on consumers. I asked him to explain in simple terms (not always easy for a scientist) what that actually looks like.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“He says: ‘Repeated exposure to sexualised material, and not just graphic porn, will change our standards of what is acceptable sexually and morally. This is known as the “exposure effect” in psychology.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“‘[As a result]...the generation that has been raised on porn is becoming less able to enjoy sexual intimacy, connectedness and the empowerment that comes in healthy sexual relationships, especially in the context of marriage.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Struthers believes our brains are being dulled by pornography, and that our relational abilities are being damaged and eroded as a result. So porn is potentially doing us neurological damage. Even if you want to lay to one side the very valid concerns about the porn industry’s links with human trafficking, or the connections between hard-core pornography use and sexual violence, there’s a strong argument that this is, in fact, a public health issue.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“A Shift in Christian Engagement”

“Not only does the Church need to get its own house in order, it also needs to find ways to speak with grace and compassion about porn, sex and relationships. Sexual violence isn’t compatible with the kingdom of God, and media-induced neurological damage probably doesn’t have a place in it either. I’d like to suggest a few steps we could meaningfully take in the

right direction:” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

1. “Recognise the nature of the issue”

“Firstly, a reality check – if one is still needed – for anyone who thinks the Church doesn’t have an issue with porn. My December 2014 survey (something of a straw poll, but sufficiently quantitative to hold some weight) suggested that around 55% of Christian men view Internet porn more than once a month, with a further 20% admitting that they succumb to temptation every so often. That’s 75% of Christian men engaging with pornography on, let’s say, a monthly basis. Among women the figure was much, much lower. Just 15% said they viewed porn online more than once a month, with a further 20% visiting porn sites occasionally.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“However, within those stats there are some interesting details. Only 5% of men said they looked at Internet porn on a daily basis, but a disproportionate 42% said they would describe their behaviour as ‘compulsive or an addiction’. If these men are truly suffering from an addiction, shouldn’t these two percentages be closer together? Is it possible that Christian men who have heard warnings from the Church about porn addiction and feel ashamed of their own occasional use mistakenly believe they are suffering from an addiction they can’t control? By calling them addicts, we have given them a mental excuse to concede defeat. Is that right in the majority of cases? Or can we actually call them higher, to train themselves to steer clear of porn? Of course, there are true addicts, but correctly labelling the issue for the majority could be a simple but key step in changing those statistics.”

(Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

2. “Rethink accountability”

“My 2009 research highlighted that, after prayer, the main strategy for tackling porn was ‘accountability’, either in the form of face-to-face meetings or via computer software, which monitored Internet use and sent reports of any indiscreet online behaviour to a trusted friend.

Struthers thinks this approach is deeply flawed. In many cases, he says,

accountability groups ‘become an exercise in either shaming or ‘sin reminiscing’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“He says: ‘As a result of the extended period of time that can elapse between meetings, and the nature of confessing something that is embarrassing, these kinds of groups often dissolve because of a lack of efficacy. In contrast, some groups easily fall into a permissive, locker room atmosphere. It becomes more about telling stories about how the week went [reminiscing] and an attitude that lacks the calling to a higher standard.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Struthers is not entirely cynical about their worth, but he says that ‘accountability groups that are lazily structured and have no purpose other than confession without instruction are useless’. So, if the approach is accountability it needs to be oriented around building groups of men and women with integrity, not a continual focus on a uniting ‘sin’.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Alongside this, and bearing in mind that we may be mislabelling casual porn use as ‘addiction’, it is perhaps time to re-embrace the most countercultural gift: self-discipline. This might seem a deeply unremarkable idea, but it’s a firmly biblical one; the fruit of the Spirit that is best suited to helping us conquer temptation (Galatians 5:23). A commitment to prayer and personal discipline is the strongest weapon available to anyone wanting to fight the temptation to use pornography.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

3. “Interrupt the porn conversation”

“Even if we want to flee from the evils of porn, we have a problem. We’re called to be part of a world that is saturated with sexualised materials, and to meet and love the people who live in it. It’s not our job to judge people who think pornography is healthy, but there are ways that a compassionate Christian voice can and should be expressed to the

contrary.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“The Church has already been heavily involved in campaigning to ensure children and young people have a better chance at avoiding repeated pornography exposure. We can also play a key role in modelling healthy relationships that don’t use pornography as a guidebook. There is also a part for the Church to play in reaching out to the UK’s adult industries, just as XXXchurch does in the US.” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Encouragingly, Struthers believes the future isn’t quite as dark as we might imagine. ‘I see the culture waking up to the reality that pornography has saturated it with a litany of broken promises,’ he declares. ‘The false presentation of ecstasy, intimacy and power presented in porn are finally being seen as hollow.’” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“He might be right, but at this moment porn is everywhere. This month, the release of the *Fifty Shades of Grey* movie is another leap forward for pornography in the mainstream. Could the Church respond with self-awareness, intelligence and compassion?” (Martin Saunders, “Grey Matter: 50 Shades, pornography and the shaping of our brains”, Premier Christianity, 2014, <https://www.premierchristianity.com/Past-Issues/2015/February-2015/Grey-Matter-50-Shades-pornography-and-the-shaping-of-our-brains>)

“Dr. Struthers has explained elsewhere that viewing pornography and masturbating [weakens the region of our brain known as the cingulate](#) cortex, the region that is responsible for moral and ethical decision making. In other words, repeatedly watching porn dulls one’s conscience and critical thinking skills.” (Luke Gilkerson, “2 Big Ways Porn Affects Those Who Watch It”, Covenant Eyes, April 16, 2013, <http://www.covenanteyes.com/2013/04/16/how-does-porn-affect-people/>)

XIII. BIBLICAL SCRIPTURES

“The Story of Achan (Josh. 6—7)”

“No one would have suspected Achan of privately sinning against the Lord. He was a member of the congregation of Israel, a fine upstanding citizen and an excellent soldier. No one suspected him of this sin; He blended in with the rest.” (Sam Serio, “Preaching and Pornography”, Preaching.com, August 22, 2012, <http://www.preaching.com/resources/articles/11674938/?page=4>)

Achan’s Sin

¹But the Israelites were unfaithful in regard to the devoted things^[b]; Achan son of Karmi, the son of Zimri,^[c] the son of Zerah, of the tribe of Judah, took some of them. So the LORD’s anger burned against Israel. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

²Now Joshua sent men from Jericho to Ai, which is near Beth Aven to the east of Bethel, and told them, “Go up and spy out the region.” So the men went up and spied out Ai. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

³When they returned to Joshua, they said, “Not all the army will have to go up against Ai. Send two or three thousand men to take it and do not weary the whole army, for only a few people live there.” ⁴So about three thousand went up; but they were routed by the men of Ai, ⁵who killed about thirty-six of them. They chased the Israelites from the city gate as far as the stone quarries and struck them down on the slopes. At this the hearts of the people melted in fear and became like water. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

⁶Then Joshua tore his clothes and fell facedown to the ground before the ark of the LORD, remaining there till evening. The elders of Israel did the same, and sprinkled dust on their heads. ⁷And Joshua said, “Alas, Sovereign LORD, why did you ever bring this people across the Jordan to deliver us into the hands of the Amorites to destroy us? If only we had been content to stay on the other side of the Jordan! ⁸Pardon your servant, Lord. What can I say, now that Israel has been routed by its enemies? ⁹The Canaanites and the other people of the country will hear about this and they will surround us and wipe out our name from the earth. What then will you do for your own great name?” (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

¹⁰The LORD said to Joshua, “Stand up! What are you doing down on your face? ¹¹Israel has sinned; they have violated my covenant, which I commanded them to keep. They have taken some of the devoted things; they have stolen,

they have lied, they have put them with their own possessions. ¹² That is why the Israelites cannot stand against their enemies; they turn their backs and run because they have been made liable to destruction. I will not be with you anymore unless you destroy whatever among you is devoted to destruction.

(“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

¹³ “Go, consecrate the people. Tell them, ‘Consecrate yourselves in preparation for tomorrow; for this is what the LORD, the God of Israel, says: There are devoted things among you, Israel. You cannot stand against your enemies until you remove them. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

¹⁴ “In the morning, present yourselves tribe by tribe. The tribe the LORD chooses shall come forward clan by clan; the clan the LORD chooses shall come forward family by family; and the family the LORD chooses shall come forward man by man. ¹⁵ Whoever is caught with the devoted things shall be destroyed by fire, along with all that belongs to him. He has violated the covenant of the LORD and has done an outrageous thing in Israel!” (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

¹⁶ Early the next morning Joshua had Israel come forward by tribes, and Judah was chosen. ¹⁷ The clans of Judah came forward, and the Zerahites were chosen. He had the clan of the Zerahites come forward by families, and Zimri was chosen. ¹⁸ Joshua had his family come forward man by man, and Achan son of Karmi, the son of Zimri, the son of Zerah, of the tribe of Judah, was chosen. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

¹⁹ Then Joshua said to Achan, “My son, give glory to the LORD, the God of Israel, and honor him. Tell me what you have done; do not hide it from me.” (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

²⁰ Achan replied, “It is true! I have sinned against the LORD, the God of Israel. This is what I have done: ²¹ When I saw in the plunder a beautiful robe from Babylonia, ^[d] two hundred shekels ^[e] of silver and a bar of gold weighing fifty shekels, ^[f] I coveted them and took them. They are hidden in the ground inside my tent, with the silver underneath.” (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

²² So Joshua sent messengers, and they ran to the tent, and there it was, hidden in his tent, with the silver underneath. ²³ They took the things from the tent, brought them to Joshua and all the Israelites and spread them out before the LORD. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

²⁴ Then Joshua, together with all Israel, took Achan son of Zerah, the silver, the robe, the gold bar, his sons and daughters, his cattle, donkeys and sheep, his tent and all that he had, to the Valley of Achor. ²⁵ Joshua said, “Why have you brought this trouble on us? The LORD will bring trouble on you today.” (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

Then all Israel stoned him, and after they had stoned the rest, they burned them. ²⁶ Over Achan they heaped up a large pile of rocks, which remains to this day. Then the LORD turned from his fierce anger. Therefore that place has been called the Valley of Achor^[a] ever since. (“Joshua 7”, Bible Gateway, Accessed January 19, 2016, <https://www.biblegateway.com/passage/?search=Joshua+6-7&version=NIV>)

Footnotes:

- a. [Joshua 6:17](#) The Hebrew term refers to the irrevocable giving over of things or persons to the LORD, often by totally destroying them; also in verses 18 and 21.
- b. [Joshua 7:1](#) The Hebrew term refers to the irrevocable giving over of things or persons to the LORD, often by totally destroying them; also in verses 11, 12, 13 and 15.
- c. [Joshua 7:1](#) See Septuagint and 1 Chron. 2:6; Hebrew *Zabdi*; also in verses 17 and 18.
- d. [Joshua 7:21](#) Hebrew *Shinar*
- e. [Joshua 7:21](#) That is, about 5 pounds or about 2.3 kilograms
- f. [Joshua 7:21](#) That is, about 1 1/4 pounds or about 575 grams
- g. [Joshua 7:26](#) *Achor* means *trouble*.

Isaiah 1:16-17

*“Wash yourselves; make yourselves clean;”
remove the evil of your deeds from before my eyes;
cease to do evil,
learn to do good;
seek justice,
correct oppression;
bring justice to the fatherless,
plead the widow’s cause”*

I Timothy 6:11

*“But as for you, O man of God, flee these things.
Pursue righteousness, godliness, faith,
love, steadfastness, gentleness”*

Proverbs 27:17

*“Iron sharpens iron,
and one man sharpens another”*

I Timothy 5:8

*“But if anyone does not provide for his relatives,
and especially for members of his household,
he has denied the faith and
is worse than an unbeliever”*

- “Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.” 1 Corinthians 6: 18-20
- “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.” Philippians 4:8
- “Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge.” Hebrews 13:4
- “But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.” Matthew 5:28

- “The one who commits adultery with a woman is lacking sense: he who would destroy himself does it. Wounds and disgrace he will find. And his reproach will not be blotted out.” Proverbs 6:32-33
- “No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.” 1 Corinthians 10:13
- “Submit therefore to God, Resist the devil and he will flee from you.” James 4:7
- “Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.” 1 Peter 5:8
- “But I say, walk by the Spirit, and you will not carry out the desire of the flesh.” Galatians 5: 16
- “Be angry, and yet do not sin; do not let the sun go down on your anger.” Ephesians 4:26
- “It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.” Galatians 5:1
- “Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.” Isaiah 40:31
- “He heals the brokenhearted and binds up all their wounds.” Psalms 147:3

Romans 6-8: “the struggle against sinful desire” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

1 Peter 2:18: “arrogant and vain words have a way of appealing to our lustful hearts” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a

Christian Psychologist, October 25, 2006,
<https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

James 1:13-14: “innate evil desires drag us away, entice us” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

James 4:1ff: “normal” desires can drag us away too” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Job 20: “The initial sweetness from filling our craving. Interesting sermon by Zophar (later condemned by God so not sure how much we take from this, but was his counsel completely wrong or wrong in this instance?) Anyway, the description of how the cravings first bring sweetness then emptiness.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Romans 1:18-28: “‘Giving over’ includes both ours and God’s actions. Self-deceit is involved in lust.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Ephesians 4:17-22: “our active giving over to sensuality. Similar passages in I Thess 4:5, 1 Pet 4:3. Assumption is that as we are renewed, reborn we begin to obtain wisdom about the difference between the passions of men versus the passions of God.” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Psalms 78: “God gives us what we want. A history psalm that talks about how God gives his people what they want when they crave after other things and what it results in. He makes what we have unsatisfying: Mic. 6:14, (see also Isa 9:20; Eze. 7:19; 16:28)” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Proverbs 6: “Risk taking to get more. Attempts to ‘take fire in his bosom’” (Phil Monroe, “Protecting Desire 4: Desires gone awry”, Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Proverbs 7: “Neglecting the cost, becoming dead. The giving over to desire leads to being taken to ‘the snare’ without knowing it will cost his life.” (Phil

Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Ezeziel 20:24; 23: "The effects of lust and how even when we see its destructive effect, we still want it. The whole chapter (23) details the impact of repeated giving over to lust. Vs. 20 is quite remarkable in its description of lust." (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Isaiah 57:5: "Idols enflame and enslave. We seem to serve idols but they also serve to enflame passions to do evil" (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

Ezekiel 6:9 "Waking up. Interesting verse that talks about waking up, seeing the destruction idolatry has brought them, (after being taken captive), the "hurt" (NASB) to their God which results in their engaging in self-loathing. Also implicitly, this awakening is how we see God as God." (Phil Monroe, "Protecting Desire 4: Desires gone awry", Musings of a Christian Psychologist, October 25, 2006, <https://wisecounsel.wordpress.com/2006/10/25/protecting-desire-4-desires-gone-awry/>)

"HOT BODS, THE BIBLE, AND THE BRAIN: UNDERSTANDING PORN ADDICTION"

"In 1 Corinthians 6:18, Paul writes, 'Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.'" (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

"This gives the brain an unnatural high as surge after surge of dopamine is released. Eventually the brain fatigues, leaving the viewer wanting more but unable to reach a level of satisfaction...begins to seek out novel, more intense porn to get the same high. (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

"We now can see on an MRI what the Bible has led us to expect all along—that sin in our *members* includes, to an extent, our brains." (Luke Gilkerson, "Hot Bods, the Bible, and the Brain: Understanding Porn Addiction", Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

- “The Bible has always taught us to be transformed by the renewing of our minds (Romans 12:2), and now we can literally ‘map’ how our thoughts change the way we see the world.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “The Bible has always taught that sexual sin has physiological consequences (1 Corinthians 6:18), and now we can see some of those consequences under a brain scanner.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)
- “The Bible has always taught us to trump the desires of the flesh with the longings of the Spirit (Galatians 5:16-17), and now we can see the way new, healthy neurological pathways are the key to overcoming old habits.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“Internet pornography is a modern phenomenon that has no parallel in history.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“*Remember and believe* that, in His death and resurrection, Christ has *died to sin*. He is no longer lives in this sinful realm (Romans 6:10).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“*Remember and believe* that by the Spirit, we are *united* to the One who is dead to sin: Christ is in us. We no longer belong to this sinful age. We belong to the sinless age to come (Romans 6:8).” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“*Reckon or consider* yourself *dead* to sin (Romans 6:11). You are not *dying* to sin (a process). You are not *commanded* to die to sin (an imperative). You are indeed *dead* to it. United to Christ, your *whole identity* has changed. So meditate on this. Chew on this. Reconsider it. Get this idea deep into your soul.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“‘Present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness’

(Romans 6:13b). Fighting from our new identity, now Paul tells us to be practical. Present the very *members* of your physical body to God as His instruments.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

“Neurologically speaking, this means as we replace old habits with new habits, new neural pathways are formed.” (Luke Gilkerson, “Hot Bods, the Bible, and the Brain: Understanding Porn Addiction”, Covenant Eyes, February 10, 2015, <http://www.covenanteyes.com/2014/02/10/hot-bods-bible-brain/>)

XIV. VIRTUAL REALITY

“...human brains are actually being merged with computer intelligence. Rather than viewing games on a screen, users can now experience the program from within their own nervous systems; as though it were an extension of their mind...procedure inserts nanobots...” (“2039 Full Immersion Virtual Reality”, Future Timeline, Accessed January 4, 2016, http://www.futuretimeline.net/21stcentury/2039.htm#full_immersion_virtual_reality)

“When the user wishes to experience a simulated reality, ... suppressing all of the inputs coming from the real senses and replacing them with signals corresponding to the virtual environment...” (“2039 Full Immersion Virtual Reality”, Future Timeline, Accessed January 4, 2016, http://www.futuretimeline.net/21stcentury/2039.htm#full_immersion_virtual_reality)

“...from business to education, training, healthcare, engineering, design, media and entertainment.” (“2039 Full Immersion Virtual Reality”, Future Timeline, Accessed January 4, 2016, http://www.futuretimeline.net/21stcentury/2039.htm#full_immersion_virtual_reality)

“Tech giants are in an arms race to put this technology in your living room...” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“Samsung Electronics announced a partnership with the NBA to shoot behind-the-scenes and live-action footage that may one day bring the courtside-seat experience to the general population.” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“VirtualRealPorn, which has been producing virtual-reality adult films since January 2014, makes money by selling subscriptions: a 15-day trial for 5.95 euros, a month-to-month plan for €15.95, a three-month contract for €29.95 and a one-year contract for €89.95.” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“The initial filming struggles prompted VirtualRealPorn to build its own custom cameras to shoot in 360-degree stereoscopic 3D. ‘There are many things to change in the shooting regarding the actor and actress positions,

distances to the cameras, poses, etc.,” said VirtualRealPorn spokeswoman Linda Wells.” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“GoPro Inc. GPRO, +1.12% became the first mainstream consumer technology company to try and bring virtual-reality production capabilities to everyone when it announced a cube shaped mount in May that can hold six of its action cameras. The footage can be pieced together into 360-degree video segments using technology from Kolor, a virtual-reality production company GoPro bought at the end of April. But for what it’s worth, virtual-reality production remains in infant stages.” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“...designed to be so powerful and immersive it tricks people into believing they are fully present in a simulated world. The porn industry has taken that step further, partnering with makers of digitally-connected sex toys – a budding field known as teledildonics – to sync virtual videos with the physical movements of toys.” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“Juniper Research ... a whopping 136 billion adult videos will have been watched in 2015 alone ... expects to skyrocket to 193 billion by 2020. ... each smartphone user of adult content is expected to watch an average of 348 videos this year...” (Jennifer Booton, “Porn industry’s billion-dollar new frontier”, Market Watch, July 26, 2015, <http://www.marketwatch.com/story/how-the-future-of-virtual-reality-depends-on-porn-2015-07-15>)

“‘You’ll put on 3D glasses and the woman or man will proposition you. And in some cases it’ll be interactive – you could say ‘Take off your clothes’.” (Stuart Jeffries, “Psychologist Philip Zimbardo: ‘Boys Risk Becoming Addicted to Porn, Video Games and Ritalin’”, The Guardian, May 9, 2015, <http://www.theguardian.com/lifeandstyle/2015/may/09/philip-zimbardo-boys-are-a-mess>)

XV. TESTIMONIES

“My college students and I were discussing the pros and cons of reading *Fifty Shades of Grey* last semester. I teach at a small Christian college with a diverse population of kids from the farm, the hood, uptown, and fresh out of their mamma’s kitchen classroom. You can imagine this sparky debate. After the banter died down, I simply sighed and said, “But your brains. Your brains just can’t handle that kind of stimulus. They’re not even fully formed yet, and your sexual experiences haven’t even culminated in marriage yet, and geesh.... Your neuro-pathways, and synapses, and desire and pleasure centers will learn to feast on trash so they won’t even recognize homemade ice cream as being good. And why is abusive sex glamorized, anyway? When, in our society, did it become sexually gratifying to be used?” I don’t know if those 18 and 19 year olds even knew what I was rambling on about- me with my hopeless shoulder-shrugging, and old-fashioned ideals. But I know.” (Michelle Hollomon, “The Secret We Can’t Afford to Keep”, Michelle Hollomon, May 24, 2015, <http://michelle-hollomon-498f.squarespace.com/blog/the-secrets-that-slowly-kill-us-inside>)

“While an extreme example, Ariel Castro, who imprisoned and sexually abused three women in his house in Cleveland for more than a decade, said this at his sentencing: “I believe I’m addicted to porn. . . to the point where I am impulsive, and I just don’t realize that what I am doing is wrong.” As James Conley mentioned in his analysis on how pornography is reshaping the mind of American men, he says this:

“Ariel Castro’s addiction is no excuse for his actions, but it points to a deep and sobering reality: Free, anonymous, and ubiquitous access to pornography is quietly transforming American men and American culture.” (James D. Conley, “Ariel Castro’s Addiction,” *First Things*, August 2013, <http://www.firstthings.com/web-exclusives/2013/08/ariel-castros-addiction>) (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“Michael kept insisting that his viewing pornography wasn’t hurting anybody. ‘I’m divorced, and what else am I going to do with my sex drive? This isn’t hurting me; it’s actually helping me.’” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014,

“This was a conversation I had with a friend a few years ago. Not long afterward he remarried, but the years of porn usage poisoned his marriage, and it failed. The messages and attitudes of porn distorted his view of sex and relationships. But Michael’s porn usage didn’t just impact himself and his marriage. He failed to realize that his porn usage hurt far more people than he was willing to see or admit.” (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

“It is imperative that Christians look below the surface of sexual sin. So many porn actresses and actors, prostitutes, and others who work in the sex industry, are there because of other major brokenness issues in their lives. It is inaccurate, unhelpful and judgmental to merely condemn those in it apart from seeing and understanding the numerous factors that contribute to it. On the Shared Hope International website (sharedhope.org: a Christian organization working to help victims of sex trafficking and eradicate the demand for it), a young girl named Robin tells her story about her descent into prostitution, a story that is not uncommon: (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014, <https://truthandmercy.wordpress.com/2014/06/04/pornography-and-injustice-the-social-impact-of-sexual-sin/>)

I became alcoholic after my first drink at 14-years-old. Gradually through my adolescence, I began experimenting with other substances and they became more important to me than school. After miserably failing almost two years of college, I dropped out. I had just turned 21 before *I met the man who sold me a dream*. The dream turned into a nightmare and the nightmare lasted six years. In those six years I was prostituted up and down the I-5 corridor from Seattle to San Francisco, Los Angeles, Phoenix, Las Vegas, and Honolulu, Hawaii. . . I was 21 years old when my pimp walked into my life and because I was an “adult,” I always carried the guilt and shame for “choosing” this lifestyle. . . Telling my story and backing it up with the truths, rather than misconceptions about prostitution, allowed me to heal.” (“Survivor Story: Robin’s Journey to Redemption and Restoration,” March 7, 2013, <http://sharedhope.org/2013/03/07/survivor-story-robin/>.) (Nicholas Black, “Pornography and Injustice: The Social Impact of Sexual Sin”, Harvest USA, June 4, 2014,

“Shaming ourselves (or anyone else) for watching porn is always counter-productive. It just fuels the cycle of addictive behavior that so often underpins pornography use. So rather than barraging you with a bunch of stats about the problematic impacts of pornography, I’ll let Russell brand lay it out – as only he can:” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“My Reason for Quitting:”

“After a decade of porn use, I quit watching 2 years ago. It was February 14th, 2013. V-day. Haven’t been back since. My reasons for quitting were pretty simple:” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“First, I was pissed off that my sense of personal ‘sexuality’ had been reduced to sitting alone in the dark in a disembodied daze drooling over pixelated fantasies of submissive females in a desperate attempt to feel a release from the tension in my body and the void in my heart. And – I was concerned about how my porn use had become compulsive.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Second, I was outraged about all the sexual violence perpetrated by men on women and girls – and porn felt like the main way I was subconsciously contributing to that cycle of violence. (Yes, some men and boys are also victims of sexual abuse – often perpetrated by other men. But it is important to acknowledge that women and girls experience the vast majority of sexual violence).” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Finally, I’m an incredibly stubborn person who will do just about anything to follow through on what I commit to, even just to prove people wrong for doubting my resolve! And I made the commitment to close buddies of mine:

Not Porn for 1 Year. Period.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Starting off, I had no idea what to expect. At that time, I didn’t know anyone else who had quit. I had never even talked to my friends about porn. And I didn’t know a thing about the science of pornography addiction. Despite feeling alone, I knew I was up for the challenge: I wanted to see how my life might be different after a year without porn.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rebooting my Brain:”

“Because most of us (younger guys) started watching high-speed, hardcore internet porn during our brain’s formative years – when we were 12-17 years old, we’ve experienced a kind of subtle trauma. One that often requires a conscious, prolonged effort to heal and recover from.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“People often talk about two phases of recovery from pornography addiction: Rebooting and Rewiring.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rebooting, for me, has been the process of stopping my addictive/compulsive viewing behavior altogether, over a period of time, in order to allow my brain to dismantle and unwire the endorphin-releasing ‘reward pathways’ that it learned to associate with porn consumption.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Revealing the Façade:”

“Rebooting was the vital first step toward my recovery because it opened up space for me to step outside of the box of my addiction and objectively assess my compulsive behavior. Like recovering from any other addiction, the decision to quit had to start with me. Nobody could convince me to quit porn; I had to choose to quit because I wanted to.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

<http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>

“Once I broke the cycle of my addiction, I could see that my porn use was a coping strategy that I used in a desperate attempt to meet some basic unmet human needs.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“For me, porn use was an attempt to meet my needs for sexual expression, connection and intimacy, and stress release. The first two needs never had a chance of being truly met through porn. And, although I sometimes achieved a temporary sense of stress release, in the end – it was a powerful deception. The feeling was always fleeting and counterproductive; it always resulted in greater tension and an even greater need for release the next time. But the truth is, I simply couldn’t see the reality of this cycle when I was in it.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Porn, ironically, inhibited me from actually getting my needs met in any kind of deep, connected, or sustained way. It kept me stuck in a never-ending cycle of ‘tension and release’ that made true intimacy impossible.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“There’s a real sense of grief for me in acknowledging all this – I feel like I’ve been living a pornographed lie; like my experience of my own ‘sexuality’ has often amounted to little more than a superficial obstruction, blocking the true essence of embodied sexual power that lay dormant within me.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“It is clear that this pornographical façade of ‘sexuality’ must die in order for my true sexual power and deep capacity for intimacy to re-awaken.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rewiring for Intimacy:”

“What I found was that it was not enough for me to just quit porn, cold-turkey. I had to be strategic about cultivating new behaviors to take its place in my life – to fill the void – and I needed to practice healthier ways of

meeting the very real needs that I thought porn was satisfying. To do this has meant re-discovering basic skills of breath, presence and intimacy.”

(Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Rewiring as I’ve come to understand it, is the process of re-creating neural pathways in the brain, associated with actual human connection, sensation, love and intimacy.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“For me, the biggest new learning has been moving out of my head and into my body. After so much time in the ‘neck-up’ world of pixelated pornography fantasy, I’m now beginning to learn how to drop into my heart, my belly, my breath.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Not that there’s anything wrong with fantasy – fantasy can be an exciting part of authentic sexual expression. But when I realized that my fantasies were no longer connected to my body, I knew something was out of balance.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Cultivating Embodied Presence:”

“For me, quitting porn is about being willing to look, see, and speak the truth – to pull back the façade and find the courage to take actions that bring my behaviour into deeper alignment with what I value. Through this process, I’ve been restoring a sense of integrity, confidence, and self-love that had been dormant for far too long.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Over the past 2 years, I’ve experienced porn-induced erectile dysfunction, low sexual libido, and other sexual difficulties. I’ve also begun to experience re-awakened sensation and sensitivity, emotional self-connection, and a deeper capacity for intimacy and presence.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“I still have a lot of healing to do to rewire my brain after a decade of porn use, but the progress I’m seeing gives me hope. And the impacts of my decision to quit porn continue to ripple outward in many areas of my life.”

(Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Clearly, this journey I’m on is not just about quitting porn and overcoming addiction; it’s about creating the life I want. It’s about cultivating the skills to give and receive the love and intimacy that I long for. Ultimately, it’s about living a life of deep passion, purpose, and connection as a conscious, activated man – capable of bringing my unique gifts fully out into the

world.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Outgrowing Pornography:”

“For me, quitting porn is about being willing to look, see and speak the truth – to pull back the façade and find the courage to take actions that bring my behaviour into deeper alignment with what I value. Through this process, I’ve been restoring a sense of integrity, confidence, and self-love that had been dormant for far too long.”

(Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

In his recent book, “To be a Man: A Guide to True Masculine Power” (Sounds True, 2015), Robert Agustus Masters makes a case for outgrowing pornography. He says: ‘Pornography is erotic imagination gone slumming – losing contact with true love, intimacy, and ecstasy – binding us to arousal rituals that obstruct our stepping into and embodying our full humanness.’” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“He goes on to observe: ‘Men who are hooked on pornography have an enormous opportunity. The work they need to do to outgrow – not repress but outgrow – pornography is the very work that brings them into their full manhood and humanity, unhooking them not just from pornography, but also from much of their [sexual] conditioning.’” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“It’s never too early (or too late) to outgrow pornography and create the life you want. Men and women all across the globe are quitting porn and rewiring for true intimacy. I invite you to join us, when you feel the time is right for you.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Moving Forward:”

“I want to live in a world of compassion, safety, freedom and respect for all people. I want to see an end to sexual violence and abuse, sex trafficking and exploitation. Enough is enough.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“I want to see a whole movement of men rise up to confront this issue by first taking action in our own lives: Reconnecting to our bodies, grounding in our authentic power and sexuality and re-awakening our capacity to give and receive the love that we long for.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“I believe we each contribute to building a culture of love when we step outside of the cycle of addiction and into our authentic power as conscious men. Having the courage to quit is the first step.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Though quitting porn is often a profoundly private and personal experience – requiring us to come face-to-face with ourselves in a series of quiet moments – we are not alone. We can find friends, counselors, and/or groups to support us along the way.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“Today, we have the opportunity to join a global movement of people who are rebooting, rewiring and outgrowing pornography.” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“What do you have to lose? At the very least, it will be one of the most interesting ‘life-hacks’ you’ve ever tried. The question is, will you even recognise yourself on the other side...?” (Dan Mahle, “Courage to Quit: How I’m Outgrowing Pornography and Waking Up to My True Self”, Good Men Project, March 31, 2015, <http://goodmenproject.com/featured-content/courage-quit-im-outgrowing-pornography-re-awakening-sexuality-hesaid/>)

“JOEL’S STORY (FOUNDER OF PROVEN MEN)”

“My marriage was in deep trouble, the result of sexual immorality in my life. I was a model Christian and very active in the church. But I secretly lived with a paralyzing fear of rejection by the church should my struggle with sexual sins ever revealed itself. Because all that I cherished was slipping away from me, I finally risked telling a pastor that I needed help. Surprisingly, he did not judge me. Instead, he lovingly guided me to other Christian men who had faced similar struggles. This is where I began experiencing freedom through Christ. I was no longer alone. I was finally ready to do business with sin at the deepest level of my heart and ready to be changed from the inside out.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“This is my story and testimony. By God’s grace, I was called out of despair to begin living a Proven™ life, exactly the model established in the Scriptures (see 1 Cor. 6:9-11).” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Childhood Influences”

“I grew up believing that men don’t cry and that emotion was a sign of weakness. It was also unthinkable to ask anyone outside the family for help. If I couldn’t do it myself, it didn’t need to be done. It was also important not to do anything that might be embarrassing. Therefore, it seemed much safer not to be open or vulnerable, lest someone might think I was not perfect.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“My father was not affectionate and, busy providing for a large family, didn’t spend much time with me. Although my dad loved me, he never verbally or physically expressed it. I grew up believing that men don’t say “I love you” or hug each other.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“When I was about twelve, I found Playboy magazines hidden in a room. About that time, I also learned about masturbation from friends. As I looked at the pictures of the naked women, I began fantasizing about sex. In fact, I soon became fixated upon sex. I began seeing women as objects of desire. I would masturbate almost every day while thinking about sexual images or fantasies. Although I usually felt guilty afterwards, each night as I closed my eyes, sexual thoughts flooded my mind and I would begin the ritual all over again.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Adult Practices”

“During high school I went to my first X-rated movie and to a topless bar. I began buying my own Playboy magazines and hard core pornography. Sex was always on my mind, and I could easily find sexual images or ideas almost everywhere. I would often purposefully keep these images in my mind so that I could use them later to masturbate. During college I began having sex. This only fueled my fire. I continued to fantasize and masturbate as well. Each relationship ultimately ended without satisfaction. Although deep down I knew lustful thoughts and masturbation were wrong, I held on to the belief that as soon as I got married I would stop.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“During law school, I accepted Jesus into my heart as Lord, and soon met the prettiest, most wonderful woman in the world. We were married within a year. Everything was falling into place. But the lustful thoughts and temptations to masturbate did not go away. I was married Christian but I still maintained my former fantasy thought life and other impure sexual practices.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Daily I continued to keep opening my mind to sensuality. I was fixated on beautiful women in TV shows, commercials, or magazines. Even on the way to work I noticed (and fantasized over) sensually dressed women. Giving in to lust only heightened my desire for sex, making me think I needed it every day.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“By now, my wife and I were involved in many activities at church, and were viewed as a model couple. She would become a staff member and I would be active in many ministries for the church. I simply was too proud and ashamed to seek help. Yet my world seemed to be closing in on me and I

needed to find a way of escape. I knew it was just a matter of time before I would drive my wife away, and she was too precious to lose.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“I tearfully begged God to take away the temptations. I wrote out every verse in the Bible about sexual immorality in the hope that my actions would conform to what I read. I even went to a Promise Keepers event and confessed to a counselor on the football field that I masturbated. However, no matter what I tried, after about three weeks I would begin masturbating again. In fact, my thoughts and actions continued to grow more and more impure.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Repentance and Commitment to Change”

“My mind was so constantly plagued with lustful thoughts that I was totally consumed with sex. I finally became so afraid of acting out some of the fantasies or actually committing adultery that I went to the pastor of the church. I admitted that I had a sex problem that I could not overcome. Although the pastor was shocked to know this about me, he did not reject me. Rather, he cried and poured out his heart for me. He reassured me, and told me that he loved me. That marked a new direction in my life.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“I continued the road towards God by having a repentant heart, and in confessing to my wife all my sins — sexual, selfishness and pride. For the first time in my life I actually felt free. After linking up with an accountability partner, who himself overcame sexual addiction, I knew that I could live in freedom. It was going to take work, but I knew there was hope. And I was 100 percent committed to being changed by God, willing to do whatever it took to live a pure life in dependency upon Him.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Early on in the process, my wife was not so sure that I would change. After all, I had been unfaithful to her from day one of our marriage. I still remember clearly one thing she told me that helped change the course of my life. She said, “You are just sorry about the consequences, but you don’t really see your conduct as wrong.” I wanted to lash out at her. But she was absolutely right. I hated the consequences, but didn’t really want to stop. I had not seen lustful thoughts or masturbation as something that grieved God or was evil. Besides, I secretly enjoyed certain aspects of the

false intimacy of fantasy, lust and masturbation. Yet, I knew I needed to die to lust and live for the Lord.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“By the grace of God my wife didn’t abandon me. She stood by my side every step of the way. Of course, it took a long time to regain her trust. But for the first time I truly was willing to do whatever it took to stop sinning and start living for purposes greater than my own selfishness. I received biblical counseling weekly from another Christian man who had been addicted to sex. I also read several good books relating to freedom from sexual sins. I began to see that my thinking was backwards, and that my selfishness and pride fueled the lust. I finally realized that the only hope I had was in turning over all areas of my life to Jesus. I needed to adopt His plan for living. I spent hours on daily Bible study and prayer. I began to understand the root sin issues beneath the sexual behavior. I confessed my struggles to a trusted Christian friend who helped hold me accountable. This time I really wanted to be totally free from the bondage of lust and sexual impurity. But more than that, I wanted to return home to God, to live out love, and to live for Jesus. It was only then that I finally began living a victorious life free from the addiction of lust and masturbation.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“The Root Causes of Sexual Bondage in My Life”

“All my life, I lacked real and intimate relationships with God and others. These things were not modeled to me as a child, nor sought after by me as an adult. Instead, I allowed the pridefulness in my life to lead to self-centered desires. For instance, masturbation, pornography and sexual fantasies were fueled by my selfish way of thinking. Because I refused to permit emotions or feelings to exist in my life, I also used artificial intimacy in place of real relationships. In fact, all of my relationships were shallow including the ones with God and my wife. The Lord was there simply to meet my needs. And my interactions with my wife were based upon sex and the fulfillment of my desires; not hers.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“When I accepted the Lord into my heart, my selfish desires and patterns did not miraculously disappear as I had selfishly hoped they would. Because my prideful way of living, including lustful thoughts and masturbation, spanned 20 years, they had become ingrained habits that were done almost automatically and without reflection. The repeated conduct also desensitized me to sin. Moreover, I had never learned how to

be vulnerable, open or honest with my feelings or with people. I needed to learn how to replace my former ways with new Christ-like thinking and conduct. It took time and hard work but I did not give up. I was committed to being a Proven Man™.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Passionate for God”

“I had viewed God as a doorway to receiving answers to prayers or obtaining blessings. I didn’t fully grasp how I could or should have an intimate love relationship with Jesus. But, when I could no longer stand the sexual sins and fake relationships, I finally turned completely to Jesus: this time for good!” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“My mind was so warped with selfish and wrong thinking it needed to be “transformed and renewed” (Romans 12:2). For this to happen I needed to flood it with godly inputs while also eliminating selfish and sexual inputs. I began spending time praying each morning. My prayers changed from asking for blessings for myself to asking God to meet the needs of others. I also poured out my heart to Jesus each morning by telling Him how much I loved Him, how hard the struggle was, and asking Him for His strength. I also asked Jesus to make me humble and to give me a soft heart towards Him and others. For the first time in my life, I actually started learning what it really meant to love God and others. I also began reading the Bible daily with enthusiasm and new understanding as He opened my willing eyes to His truth. Then I began putting into practice what I was learning.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“After working through the 12-week study twice and using other daily Bible studies for six months, I began craving more and more of an intimate relationship with Jesus. I also read two books that helped me see that I needed (and could have) an even deeper, more dependent relationship with Jesus. (False Intimacy by Harry Schaumburg (NavPress 1997) and Sexual Healing by Mastering Life Ministries.)” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“I kept finding myself wanting even more. But I still did not really know how to pray to Him like those in the Bible that I was reading about. My pastor recommended that I read some of the writings of E.M. Bounds. Wow! Mr. Bounds explained prayer in a way I had never heard. My heart was convicted once again. I realized that I had still been praying with the intent

to receive blessings from Him, instead of getting to know Him and changing my life to conform to His will. My prayer life dramatically changed, and with it my heart, once more.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Before seeking absolute purity, I prayed for only about one minute a day for things for myself. During the first twelve weeks of recovery, I disciplined myself (using a timer clock) to pray 5 to 10 minutes a day and began focusing upon the needs of others. A year later, I began meeting weekly with other men to pray for things impossible without God. I consider these prayer meetings to be among the most precious activities in my life. Clearly, the Lord gave me a new and passionate heart that is still growing!” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Repentant in Spirit”

“Only when I began truly hating sexual sins by repenting to the Lord over them did they began to lose their grip over me. I realized that there was a connection between the selfishness and pride in my life and what my mind dwelt upon. Once I learned how to combat selfishness and pride, I could begin to engage in the battle.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“I began confessing to the Lord how selfish and wicked my ways were. I even wrote God a psalm modeled after Psalm 51 — when King David repented over having an adulterous affair with a married woman. In fact, each time I had a lustful thought I would immediately call it sinful, and ask God for forgiveness. My repentance was not merely words. I also began working very hard at removing all sensual inputs from my life and replacing them with godly inputs. For instance, I didn’t watch television for an entire year, and refused to open magazines that I knew would have pictures of women in them. For a few months, I found it necessary to stare at the ground as I walked to the subway, and I would read the Bible on my commute to work so I would not lust after the women on the train. I also strictly limited my interactions with all women.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“One very important part of repentance was refusing to allow any sexual image or fantasy to stay in my mind. I would reject every such thought and image right away, and actually “refuse” to take any pleasure from them. Whenever I looked at a woman and entertained the slightest impurity in my

thinking, I immediately acknowledged and confessed it as sin, turned away from it, and asked Jesus for forgiveness. Although it seemed like I was confessing lustful thoughts every few minutes, I did not give in. My attitude became: Because God hates sexual sin, so do I.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Open and Honest”

“Although I had lots of friends and acquaintances, I had never been in vulnerable, open and honest relationships with anyone. I was afraid that people would not like me if they really knew me. I also closed off my emotions and feelings. I suppose I subconsciously thought that I was being protected by these walls around my heart. But I began seeing how hiding from feelings and true intimacy blocks us from loving others as God desires. Deep down, I knew that loving and putting others first meant more than just wishing them well or praying for them; it would require investing my life in their lives. Let me tell you, this was way outside my comfort zone. For instance, I never reciprocated when the pastor or another man gave me a hug. But, I began to tear down these walls, too. I knew that if I could not be open and honest in my relationships with other men, allowing myself to be vulnerable, I would not be able to truly live out passion for God or be fully intimate with my wife.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“I began learning that openness also means being open about bad or embarrassing things that happen. I was exposed to inappropriate sexual matters as a child (i.e., was shown pornography and how to masturbate). I had to accept that I had been subject to a form of sexual abuse as a child. I read the book *The Wounded Heart* by Dr. Dan Allender (NavPress). It reinforced that the behavior I was exposed to as a child was wrong. It also helped me understand my emotional wall. Now that I could see this improper pattern for what it was and knew where it stemmed from, I could start replacing it with real, open and honest relationships. Although it was difficult, I began making it a point to recognize how I was feeling, and to talk about things such as disappointment, fear, anger and other topics that were once off limits. (I often referred to the feelings chart, attached as Appendix F to the 12-week study, as an aid to recognizing my own feelings.) Today, I am able to go up to another man, give him a hug, and tell him I love him. I also maintain vulnerability with my networking accountability partner and others.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Victorious in Living”

“The Bible tells us that those who persist in sexually immoral ways will not inherit heaven (1 Corinthians 6:9-10). However, the very next verse is: “And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God” (1 Corinthians 6:11). When I truly began to seek the Lord and commit to giving Him control, I felt Him telling me that even though I was currently engaged in sexual sins, I not only was called to lead a victorious life through God’s grace, but that He would lead me by the hand to holiness.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Each moment I am following God’s plan for living, I am leading a victorious life. It has been over a dozen years since I last masturbated or looked at pornography. My relationship with my wife is better now than it ever was before because I put her needs and desires ahead of my own. The victory is that I have died to sexual immorality and chosen to appreciate and love the relationship with my wife. In fact, I see that my relationship with her is so much more than sexual. We are learning to work together in all things as a team. Although I still face the temptation of lust, I continue to be on guard. I have not grown complacent or weary of the battle because my strength is in Jesus and not myself.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“The effects of living victoriously through His power include a healthy and thriving relationship with Jesus that is continuing to grow. I love to read the Bible and to sing worship songs in church. I also regularly write love songs (or “Psalms” as I like to call them) to the Lord. I am developing real and intimate relationships with my wife and others. I can hug men, talk about my feelings, admit I am wrong and ask for forgiveness. I share my heart with others when I speak and I am vulnerable.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Eternal in Focus”

“When I was a slave to sexual immorality, all that I could see were my circumstances, my needs, and my desires. Without an eternal focus I remained selfish — the fuel that ignites and feeds sexually immoral practices. But, after starting to see and appreciate God’s perspective, plan and ways, my vision was magnified and focused like a powerful telescope. I was no longer held captive by destructive temporary. God taught me (and keeps teaching me) that His eternal perspective is key to living a life of

loving God and others. This eternal focus changed my life and keeps me on track today. I now desire and value healthy relationships with God, my wife and other men so much more than the temporal pleasures I once sought from selfish sexual practices.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Networking with Others”

“Developing relationships with other men who face struggles with sexual sins was very important in breaking free and continues to keep me on track. Other Proven Men are safe in being vulnerable, open and honest without the fear of being judged. They also hold me accountable and encourage me when temptations seem great.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“The importance of others cannot be understated. I vividly remember the first time I heard a man say that he struggled with masturbation. I was shocked that he admitted it, but I was grateful. I had thought that I would take my secret life of lust and masturbation to the grave without ever telling another person. Hearing another Christian man admit his struggles gave me strength and encouragement to one day admit my own. We encouraged each other in many ways, such as praying for each other, calling each other during the week, and sharing struggles and victories. This is what Jesus taught. He did not send out His disciples alone, but two by two (Mark 6:7; Luke 10:1).” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Maintaining friendships and accountability with those who are passionate for God helps keep my eternal perspective and reliance upon the Lord. I need others and cannot go it alone.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Conclusion”

“I have not looked at pornography or masturbated in more than 15 years. I am convinced that the only road to freedom from sexual bondage begins with a close and dependent relationship with Jesus. It includes incorporating each of the elements of a *Proven* life. By having the right relationship with God and others, I no longer chase after false intimacy and sexual impurity in my life.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“Will you turn to the Lord Jesus Christ right now and trust Him to free you from sexual bondage? Begin a transition to a Christ-centered life right now. Live a *Proven* life. Then stay the course and never give up. Jesus promises He will never leave you nor forsake you (Hebrews 13:5). Instead, He promises that if you completely trust in Him you will not be tempted beyond what you can bear and that He will provide you with a way out so that you can stand up under it (1 Corinthians 10:13). So stop using your own strength and turn over complete control of your life to the Lord each and every day.” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“I hope that my testimony is an encouragement to you, and that you join me in living out purity as our spiritual act of worship by the power of the Lord Jesus Christ (Romans 12:1-2).” (Joel Hesch, “Joel’s Story”, ProvenMen, Accessed March 17, 2016, <http://www.provenmen.org/stories/joels-story/>)

“‘Never Give Up.’ A College Student Shares Her Inspirational Story” (article)

“Sexually abused as a little girl. Behavior issues in elementary school. Anti-social childhood. Constantly fearful and frequently suicidal at age ten. A teenager full of anxiety. Panic attacks first year of college. Nervous breakdown age 19. Hope lost. Can’t handle life.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“That is my story. But not all of it. Here is the second part.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“Age 21. Smiles spontaneously. Makes new friends. Walks around college campus confidently. Going after dreams and goals. Likes to go on dates. Loves job. Loves learning. Loves hanging out with family. Loves life. Hopeful, happy, healed.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“During the hard times, I made a promise to God that if He would help me I would spend the rest of my life spreading hope and opposing sexual exploitation and upholding human dignity. I did receive help and many people were placed in my path at perfect moments to boost me up and push me along.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“Now I have three messages for the world.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“The first is that **sexual exploitation hurts**. It hurts children who are sexually abused and I know from experience that it continues to hurt them for the duration of their lives until they can access healing. It hurts people who are addicted to pornography. It alters their brains just like a drug. There are many who are addicted who don’t want to be and are desperate for a way out. It hurts those who are trafficked, sold, bought and used. Their dignity and humanity are stripped from them.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“It hurts the people who love the people it affects. I witnessed immense suffering in my parents and siblings because of my experience and I’ve watched it ripple out to our neighbors and friends. Sexual exploitation is an epidemic in our society. Disregard for dignity, respect and morality is corroding our society and some people are making a gigantic profit because of it.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“The second is that **nothing will change if we don’t talk about it**. You cannot fix a problem you don’t understand. Because it is a problem that is bigger than a few individuals there has to be widespread understanding across society. I was very sick because of sexual exploitation. Healing did not come until I looked it squarely in the face, acknowledged it and how it affected me, and understood it. Because then I could see things I needed to change. It is the same with society as a whole.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“We are sick because sexual exploitation has infected us. Societal healing will not come until we look it squarely in the face, acknowledge it in its huge scope, and understand it. Then we will see how and what to change.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“And finally **there is hope**. There is a source of hope that is greater and better than all the sorrow and pain in the world. There is hope for people who feel so hopeless that they feel like it would be less painful to just die. There is hope for people who are watching loved ones suffer and feel powerless to help them. There is hope for the children, women and men who have been so deeply hurt by sexual exploitation in any form. There is hope for their brains to make new pathways and their hearts to be mended. **There is hope for dignity to replace degradation in our world. Never give up.**” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“To take action, Nicole organized the [! Make Noise! charity concert](#) at UVU in April 2016 to help raise awareness among her peers of the links between all forms of sexual exploitation.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“Founded in 1962, National Center on Sexual Exploitation is the leading national organization opposing pornography by highlighting the links to sex trafficking, violence against women, child abuse, addiction and more. The organization changed its name from Morality In Media to the National Center on Sexual Exploitation early in 2015 to better describe the organization’s scope and mission, which is to expose the seamless connection between all forms of sexual exploitation.” (Nicole Dailey, “‘Never Give Up.’ A College Student Shares Her Inspirational Story”, End Sexual Exploitation, March 14, 2016, <http://endsexualexploitation.org/articles/college-student-inspirational-story-uvu/>)

“MY STORY”

“One summer morning in 1995, my wife confronted me after I’d stayed up all night surfing online for pornography. In many ways, that morning, my life ended. In an instant, I went from being a superstar in my community, the ideal husband and father, an admired leader in the church, even the model recovering addict, to being a moral failure, a visual adulterer, a liar, a porno junkie.” (“My Story,” Safe Families – Keeping Children Safe Online, Tech Mission, accessed 3.22.16, www.safefamilies.org/recoverystories.php)

“When my life had fallen apart eleven years ago, I didn’t know if there was any hope for someone like me. But now I know that ...‘the LORD’s hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear.’” (Isaiah 59:1) (“My Story,” Safe Families – Keeping Children Safe Online, Tech Mission, accessed 3.22.16, www.safefamilies.org/recoverystories.php)
