THE HAZARDS OF PORN

Pornography use has the potential to cause the following problems:

SOCIAL ISOLATION
- Withdrawing from social activity
- Developing a secret life
- Lying to and deceiving others
- Becoming self-centered
- Choosing porn over people

MOOD DISORDERS
- Feeling irritable and defensive
- Feeling angry and depressed
- Experiencing mood swings
- Pervasive anxiety and fearfulness
- Feeling powerlessness in relation to porn

SEXUALLY OBJECTIFYING OTHER PEOPLE
- Treating people as sexual objects
- Judging people primarily in terms of their sexual body parts
- Disrespecting other people's needs for privacy and safety
- Being insensitive about sexually harmful behavior

ENGAGING IN RISKY AND DANGEROUS BEHAVIOR
- Accessing porn at work or school
- Accessing child porn
- Participating in degrading, abusive, violent, or criminal sexual activity
- Producing, distributing, or selling porn
- Engaging in physically unsafe and harmful sex

UNHAPPY INTIMATE PARTNER
- Relationship is marred by dishonesty and deception about porn use
- Partner views porn use as sexual infidelity, i.e., "cheating"
- Partner is increasingly upset and angry
- Partner is concerned about the welfare of the children
- Partner feels sexually inadequate and threatened by the porn
- Relationship deteriorates due to lack of trust and respect
- Loss of emotional closeness and mutual sexual enjoyment

SEXUAL PROBLEMS
- Loss of interest in sex with a real partner
- Difficulty becoming aroused and/or achieving orgasm without porn
- Intrusive thoughts, fantasies, and images of porn during sex
- Becoming sexually demanding and/or rough in sex
- Having difficulty connecting love and caring with sex
- Feeling sexually out of control and compulsive
- Increased interest in risky, degrading, abusive, and/or illegal sex
- Growing dissatisfaction with sex

SELF-LOATHING
- Feeling disconnected from personal values, beliefs, and goals
- Loss of personal integrity
- Damaged self-esteem
- Persistent feelings of guilt and shame
- Feeling controlled by porn

NEGLECTING IMPORTANT AREAS OF LIFE
- Personal health (sleep deprivation, exhaustion, and poor self-care)
- Family life (neglecting spouse, children, and household responsibilities)
- Work & school pursuits (reduced focus, productivity, and advancement)
- Finances (spending on porn depletes resources)
- Spirituality (alienation from faith and spiritual practice)

ADDICTION TO PORN
- Craving porn intensely and persistently
- Difficulty controlling thoughts of, exposure to, and use of porn
- Inability to discontinue porn use despite negative consequences
- Repeated failures to stop using porn
- Requiring more extreme content or intense exposures to porn to get the same effect (habituation symptoms)
- Experiencing discomfort and irritability when deprived of porn (withdrawal symptoms)

<table>
<thead>
<tr>
<th>PORN-RELATED SEX</th>
<th>HEALTHY SEX</th>
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<tbody>
<tr>
<td>Sex is using someone</td>
<td>Sex is caring for someone</td>
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<tr>
<td>Sex is “doing to” someone</td>
<td>Sex is sharing with a partner</td>
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<tr>
<td>Sex is a performance for others</td>
<td>Sex is a private experience</td>
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<tr>
<td>Sex is compulsive</td>
<td>Sex is a natural drive</td>
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<td>Sex is a public commodity</td>
<td>Sex is a personal treasure</td>
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<td>Sex is watching others</td>
<td>Sex is about genuine connection</td>
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<tr>
<td>Sex is separate from love</td>
<td>Sex is an expression of love</td>
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<tr>
<td>Sex can be hurtful</td>
<td>Sex is nurturing</td>
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<tr>
<td>Sex is emotionally distant</td>
<td>Sex is emotionally close</td>
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<tr>
<td>Sex can happen anytime</td>
<td>Sex requires certain conditions</td>
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<tr>
<td>Sex is unsafe</td>
<td>Sex is safe</td>
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<tr>
<td>Sex can be degrading</td>
<td>Sex is always respectful</td>
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<tr>
<td>Sex can be irresponsible</td>
<td>Sex is approached responsibly</td>
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<tr>
<td>Sex is devoid of morality</td>
<td>Sex requires morals and values</td>
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<tr>
<td>Sex lacks healthy communication</td>
<td>Sex requires healthy communication</td>
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<tr>
<td>Sex involves deception</td>
<td>Sex requires honesty</td>
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<tr>
<td>Sex is based on visual imagery</td>
<td>Sex involves all the senses</td>
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<tr>
<td>Sex has no ethical limits</td>
<td>Sex has ethical boundaries</td>
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<td>Sex requires a double life</td>
<td>Sex enhances who you really are</td>
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<tr>
<td>Sex compromises your values</td>
<td>Sex reflects your values</td>
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<tr>
<td>Sex feels shameful</td>
<td>Sex enhances self-esteem</td>
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<tr>
<td>Sex is impulse gratification</td>
<td>Sex is lasting satisfaction</td>
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