

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 powerless 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 peoples' 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, ie. "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

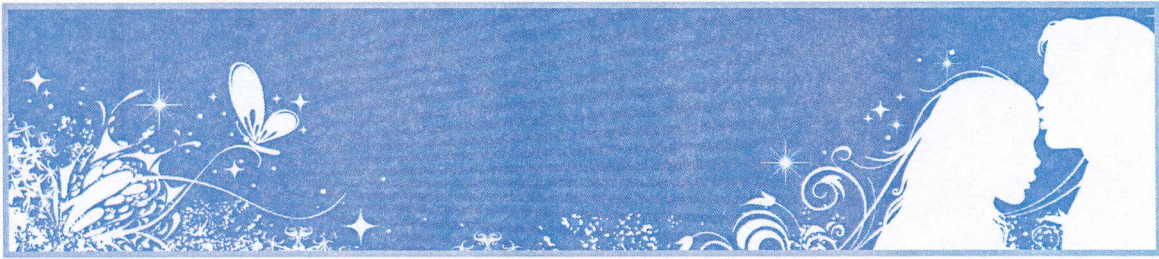
- Feeling disconnected from personal values, beliefs, and goals
- Loss of personal integrity
- Damaged self-esteem
- Persistent feelings of guilt and shame
- Feeling controlled by porn

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)



DO YOU KNOW THE DIFFERENCE?

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