

Porn Addiction – What is it??

Five Types of Porn Addicts

Dr. Doug Weiss breaks them down like this:

1. Brain Buzz Porn Addicts
2. Brain Balancer Porn Addicts
3. Escape Porn Addicts
4. Re-enactment Porn Addicts
5. Avoidance Porn Addicts

How do we know which type we are?

1. Brain Buzz Porn Addicts

Questions to ask :

1. I have masturbated pretty consistently throughout my life.
2. Most of my masturbation involves porn or fantasy about porn.
3. I have a certain type of porn that I prefer.
4. I have tried to stop viewing porn (for any reason) at any time in my life.
5. I have failed to stop viewing porn at any point in my life.
6. If I could just stop viewing porn, I think my life would get better.
7. I think looking at porn is affecting me in sexual relationships.
8. I generally have to fantasize or think about my favourite porn to reach an orgasm – even while having sex with a real person.
9. My pornography viewing has created problems in my relationships.
10. I have had consequences for viewing porn in my life.

11. I have continued to use porn even after having consequences.

Answering yes to 6 or more of these questions probably means you have a brain buzz porn addiction. Knowing this can help determine the most effective treatment options.

2. Brain Balancer Porn Addicts

Questions to ask :

1. I feel like I have more than 3 of the following :
 - difficulty concentrating
 - difficulty making decisions
 - have lost/gained significant weight
 - have challenges with sleep
 - have low energy most days
 - have low sex drive with real people
 - feel worthless
2. My moods go really high for weeks at a time and really down for weeks at a time.
3. On a regular basis, I have an off day where I am putting things off, I am irritable and less productive for no real reason.
4. Looking at porn helps me feel normal, energized and brings me back to reality.
5. I know I will get more done if I masturbate first before focusing on other things I need to get done.

Answering yes to even 3 or more of these questions could indicate some sort of chemical brain imbalance. Do some research on these different types to see if they apply to you. If so, consider seeing a doctor.

3. Escape Porn Addicts

Questions to ask :

1. I have been rejected or even abandoned by one or both parents.
2. My parents divorced before I turned 18.
3. I experienced physical and/or emotional abuse from anyone.
4. I was sexually abused by anyone (male or female)
5. I had feelings of being neglected or unseen growing up.
6. My parent(s) were not great at praising me.
7. My parent(s) had addictions.
8. One or both of my parents struggled with porn.
9. I had feelings of being unwanted or worthless in my family.

A combination of 5 or more of these could indicate you are using porn as some kind of medication or escape. Knowing this can help to explore some of the soul wounds you may have that are causing you to turn in this direction.

4. Re-enactment Porn Addicts

Questions to ask :

1. I had sexual experience with someone 3 or more years older than I was growing up.
2. I felt I was manipulated and forced to engage in a sex act(s) when I was young.
3. I experienced being raped.
4. I gave sex to get love by unhealthy partners throughout my life and even as an adult.
5. My sexual fantasies or porn choices have some similarities to an early sexual abuse incident.

6. My choice in sexual partners have features in common with a person who sexually abused or used me.
7. My first sexual encounter was a negative experience, leaving me feel used and alone.
8. If I told a police officer about a sexual incident as a child, the other person would probably have been arrested.
9. My favourite porn types depict similar behaviour to my sexual abuse.

Answering yes to 5 or more of these questions indicates you could have some significant trauma in your life, creating tremendous pain that requires medication of some sort. Many use porn as that medication.

5. Avoidance Porn Addicts

Questions to ask :

1. I withhold love, affection, praise or appreciation from my spouse.
2. I control my spouse by silence and anger, or create arguments to avoid any chance at intimacy.
3. I stay busy, for the purpose of avoiding US time.
4. I am happy to live as a roommate.
5. I require medication to perform during sex.
6. I would rather orgasm to a screen than take time for intimacy with my spouse.
7. I am happy to be left alone, preferring no emotional connection to anyone.

4 or more positive responses to these questions are a strong indication of avoidance porn addiction. These have significant ties to being an IA. If you fall into this category, there are steps that can be taken to change our behaviour.

