



The Ugly Truth about Porn's Effect on You

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1. Porn kills love.

It's about getting. Real love is about giving. It's about romance and a trust relationship. A date is a friend not a conquest, an object or a toy.

2. Porn erodes values.

Morals decline. Ethics shift. Once scandalous, shameful acts become normalized. Tolerance grows as porn is embraced. You get used to it. "It's no big deal now."

3. Porn caters to ME.

It feeds instant gratification. Solo sex is self-centered only about my needs and my schedule. Great sex is others-centered.

4. Porn *neuters* young men.

Google Erectile Dysfunction. You won't like it. The brain gets warped to respond only to porn and you are unable to enjoy real person sex later.

5. Porn distorts young women.

Girls are now believing they have to be sex machine to get a guy. Sex gets attention but not feeling loved and cared for. Long for respect and to be cherished.

6. Porn dumbs you down.

Ongoing porn fixation limits cerebral activity and growth. Research already shows that porn is known to actually shrink the brain.

7. Porn robs innocence.

The magic of marital intimacy is tarnished. Nothing is left to your imagination. The fun of being unique and creative with your mate has been lost.

8. Porn breeds comparison.

Seeing countless naked creatures engaging in countless sexual experiences sets you up for a lifetime of sexual evaluation of your spouse.

9. Porn hyper-stimulates.

The highly over-sensationalized and dramatized sex scenes flood the sexual arousal centre of the brain far beyond what real intimacy was designed to consistently deliver.

10. Porn dehumanizes people.

It displays a harsh, degrading and offensive version of sex that is fully dysfunctional in marriage. Partners aren't people but are humiliated, violated and abused.

11. Porn warps expectations.

Unrealistic, unfair anticipations are formed. Porn drives the agenda of variation in marital intimacy thus creating extreme, unhealthy pressure.

12. Porn crushes YOU emotionally.

The private sex life of porn is shrouded in shame and increases in aloneness moving one away from both others and God.

13. Porn violates God's plan.

It is clearly outside of God's design for relationships and separates us from Him.

Porn messes people up long-term.