



## The Ugly Truth about Porn's Effect on You

Dr. Dave Currie

### 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.