



UNDERSTANDING PORNOGRAPHY'S ADDICTIVE DRAW

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INSTRUCTIONS: This discussion will attempt to express both the nature of the draw and the impact of the addiction – the cause and the effect of pornography on the life and future of the person so entrapped. Both of you should read this through privately first and then sit down together and read it together and discuss each point for a minimum of 3-4 minutes (or longer as needed). Report back that you completed it.

1. **EXPOSURE** – Innocence is robbed at a young age. Instead of sexual understanding and engagement based on natural and healthy exploration and discovery about relationships with the opposite sex, graphic pornographic images steal away the joy this God-honoring development. Research shows that the average first exposure to online porn is at age 9½ years. Incredible. Yet, raw curiosity is normal, natural and should be expected. But, premature introduction of unlimited and graphic sexual behavior strips the person's creative mind of future discovery and overlays a negative and degrading sexual picture.
2. **ENTICEMENT** – The sexual lure is as strong as the exposure. Puberty brings an awakening of desire for a relational connection with the opposite sex. Children want to understand this boy-girl mystery. They are attracted to the opposite sex in growing measure – how they look, smell, feel, taste, think and react. Because boys especially are visually stimulated, they are attracted to the female body and seduced into repeated viewing of porn. This curiosity to see and experience what sex is all about is powerfully captivating and will even draw them away from healthy morals and principles of conscience that are only marginally implanted.
3. **EXCITEMENT** – Puberty also brings an awakening of desire for sexual expression. That's within God's plan. The sexual release and pleasure that accompanies self-stimulation and orgasm though not in alignment with God's complete intention for sex is still an unprecedented sensation for the youth. The extreme and vibrant arousal through viewing a collage of pornographic activity along with ongoing masturbation gives an adrenaline rush like nothing they have ever experienced. The physiological hormone surge of chemicals is undeniably pleasurable and brings euphoria and well-being both. Sexual stimulation and arousal is increasingly addicting. That's how God wired us all. This is physiologically as He implanted and is designed to be very powerful.
4. **EDUCATIONLESS** – Here's where the problem really starts. The first three legs of the sexual journey as listed above are quite normal and universal (except the Porn

exposure). How the child interprets them is where the tragedy begins. When parents are negligent at teaching their children what to expect in the puberty transition of life, the child has no healthy framework to understand their sexual interest and arousal. With so little intentional parental instruction on sex, most youth are lost at sea and set adrift to be carried along by the perverted currents of culture. They have been given no warning about “naked pictures” and how to handle them, no understanding of their own body’s changing sexuality and no healthy perspective of the beauty and reverence of this God-designed phenomenon. For most teens, the only thing that God says about sex is “NO!” So, why does it feel like a “YES”? They are confused and so vulnerable.

5. **EXAMPLELESS** – Face it. More often than not, we are lacking models of sexual purity before marriage and genuine excitement about intimacy in marriage. The wedding bliss and honeymoon stage fades too quickly and little coaching is available for young couples on keeping the sexual flame burning in a healthy God-honoring way! Faithfulness to one’s spouse, a once broadly accepted value and norm, is up for grabs. Instead of vows reading “as long as we both shall live” they have been replaced with “as long as we both shall love!” Sadly, extramarital affairs and divorce are rampant even within the church. Who do the youth look up to? What do newlywed’s base their sexual futures on? The culture trashes loyalty and implies marital sex as infrequent, routine and boring. Where do couples learn about what God says is okay sexually? Characteristically, one common adage says, “if you want to ruin your sex life – get married.” Hollywood’s example of multiple sexual partners can so easily dominant the inner recesses of a teens or a young marrieds’ mind. If things aren’t going well in the marriage, the assumption is it is time to look around. One of the greatest gifts for Christian couples to give our children is to love our spouse and keep the home fires burning. They can see it and sense it.
6. **ENVIRONMENT** – By default, children are inundated and indoctrinated by the society’s values. Media pushes sex; celebrities flaunt sex; companies sell sex; people abuse sex. There are condoms available in high school washrooms, birth control pills passed out without parental knowledge and abortions available with very little inconvenience. The version of sexual truth coming at them is really clear. If it feels good, do it! Sow your wild oats now. Experience it all. Everybody’s doing it. Cool people do. Don’t wait. After all, “What happens in Vegas stays in Vegas.” The sexual jokes, innuendos and dirty, degrading talk can all be simplified down to one thing. In your sexual world, get all you can. Be a stud. What are we doing to proclaim a desirable alternative?

ILLU: Milk crate full of porn magazines at age 14 given by father.

ILLU: Father taking young man to a prostitute to be initiated/introduced to sex.

7. **EXCLUSIVE** – Porn becomes their private world that they share with no one. The creation of their own sexual fantasy world of completely a self-centered and self-indulgent sexual expression. Here, they are always a winner, always successful and always wanted. Sex is always hot and steamy, always varied,

always pleasurable and always effortless. It is their world of SELF SEX - egocentric, private and exclusive.

8. **ESCAPISM** – People run from the real world for many reasons – mostly to avoid the real hurts and struggles of their family of origin. With porn, the diversion of the mind to any and all imaginative activity as an escape from this pain becomes the norm and the routine. They are seeking “COMFORT” – the physiological release and a momentary distraction from the hurt. This fantasy world becomes their safe place – a sort of sexual healing where they feel good for a moment.
9. **EXTRACTION** – Porn repeatedly pulls people away from the norm. They do porn alone. They leave the people close to them, healthy involvement in relationships and the broader community because of the shame within and the fear of exposure without. Porn isolates them as they emotional withdraw, they physically pull away and become lonely and relationally distant. There is a growing chasm between one’s selfish sexual preoccupation and the needed selfless interaction for friendship. The deeper the addiction, the greater the dimension of private life. The downward spiral of isolation leads to even more acting out with porn and more porn activity creates lower self-worth and thus withdrawing from people. The vicious cycles destroy most healthy relationships.
10. **ENTANGLEMENT** - Because of the growing TOLERANCE – just like with drug addiction, the person needs to have greater levels of erotica to bring about the same sexual rush. They need more to satisfy. What once was enthralling soon becomes boring and a deepening draw into a widening selection of porn genres creates a growing perversion. While on one hand, they are enticed into watching something so graphically immoral and vile to feed the progressing addiction. Yet, away from the moment, they can’t believe that they are actually viewing what was once thought unconscionable. Tolerance makes the addiction deepen.
11. **EXTREMES** – You likely have no idea of what’s available online and that’s a great thing. Let’s keep it that way. That being said, maybe you do know. Our culture, in the name of freedom of expression between consenting adults and with the porn industry’s incessant drive to profit at people’s expense, the growing bazaar and corrupting sexual expressions are long since passed unconscionable. It’s called “Gonzo” porn because it has “gone so far.” Violence, degradation, humiliation and verbal abuse are the norm. The expressions of degeneracy, immorality and moral depravity are without conscience. And it’s all available, all the time – 24/7 – for any struggling teen or adult to ogle. Most teens will have seen sex depicted between multiple partners, same sex and bisexual. Yet, at the risk of being too graphic to illicit unhealthy and deviant images, gonzo porn is far beyond this deviance. It goes on to flaunt bestiality, sadism, daddy indoctrination, dominance, necrophilia, sodomy, child rape, and eventually in extreme illegal, black-market porn, the actual murder of the woman as part of the sexual thrill. God help us. I am sorry for being so honest. It is here that the

deepest of addictions take the wayward viewer to new and shocking levels of exposure.

12. **EMASCULATION** – Porn clearly weakens and undermines the natural sexual draw toward a 3-dimensional person – your life-partner in marriage. It reduces the sexual capacity for real stimulation and in effect “neuters” a person to sexual intimacy in some cases leaving them impotent, unable to be aroused by their spouse. Many men experience Erectile Dysfunction because of extensive porn viewing and soon can’t be intimate with a real person. They can only get a hard with porn because that is what they have in essence taught their brain.
13. **EXPLOITIVE** – As the addiction grows, sexual preoccupation dominates one's private life destroying their sexual future. Further, acting out in real life relationships exploits others as people are seen as sex objects. Teens can become “users” of their peer girls in their group. People are often signs of a conquest. They are depersonalized and distanced because of the sexual cues received in watching porn. They are throw-a-ways. The attitude is raunchy, the act is cheapened and the talk is dirty. Sex is fully selfish. They are TAKERS. Sex takes on an abusive and degrading tone.
14. **EXPERIMENTATION** – It's simple: monkey see, monkey do. Porn video sexual activity – enacted by porn stars and bathed in the context of exploitive one-sided sexual experience, drives the person to want this and more in their real-life encounters. These activities are often inappropriate, not mutually appreciated or satisfying and are fully premature for the new marriage. They end up pushing their spouse into sexual variation that she is not at all comfortable with – but he drives hard to get what he has viewed. Often, the sexual appetite of the porn watcher slides to trying novel sexual encounters that mirror what has been relished for hours online. Their spouse feels like a prostitute and disengages and avoids sex.
15. **ENTRAPMENT** – The journey is clear. Full on addiction to pornography is their life. They are snared, hooked and obsessed. The craving creates an impulsive, dependent person to a totally addicting habit. They are mentally preoccupied with the next time they will be able to act out. They seek their next hit.
16. **ERROSION** – Through this process of growing addiction, the person's moral compass has been lost. Their repeated ethical failure creates a distance from God. There are huge gaps growing in their spiritual life as the porn preoccupation as robbed hours away that could have been used in the spiritual disciplines. They remain immature as Christians - not engaged in spiritual things. As their values erode more, they try to rationalize their porn experience. Yet against the backdrop of their own convictions and call to moral purity in Christ, leads to a private life of shame, disgust and self-hatred.

17. **EXPERIENCED** – When it comes to honeymoon sex, their line is often “been there – done that”. After all, they have seen it all and more. It is not uncommon for there to be 10-15 years of porn exposure before marriage. Their porn world of sex is their norm. They may have watched between 7,000 and 10,000 sexual acts. Because of the constant and frequent pairing of sexual arousal (self-stimulation) with the perversion of porn and not the purity of intimacy within the sacred trust of marriage, the neurological path for sexual satisfaction is set. The default drive for sexual experience is programmed, ingrained in the brain. New marital sex doesn't suffice – often called “diluted”. This is the **PMO** Cycle.
18. **EXPECTATIONS** – Because of the years of exposure of sexually explicit and extreme images and movies, the person cannot go back to a level of innocence and satisfaction with tame and novice early marital sexual discovery. It is too shallow and too basic. There are huge differences in expectation. It is so unfair to the partner who has remained untainted by porn.
19. **EXPRESSION** – They can't do real sex well because it is selfless and others-centered. They often need the extremes. Can't love selflessly. Don't know how to make love. They are impatient and self-gratifying. It's not – “it is better to give than to receive” rather it's better to simply take as much as you can without working to give much. There seems to be no understanding or appreciation about their wife's needs and desires. In their ignorance of healthy mutual sex, they become exasperated. Don't often don't express love and flirting, tenderness and romance. Sex is usually not a joy for the woman. Pornographic sexual depiction implies that women gladly want what a man wants. It is so one-side and destructive.
20. **ENDANGERED** – A healthy, balanced sexual relationship with their spouse in the future may be impossible even with serious intervention. It's a really hard road to regain innocence and other's centeredness. The porn struggler passes on an extreme sexual liability to an unexpecting fiancé who will have to carry the burden of their spouse's aberrant and perverse sexual obsession sometimes for life. Through the schizophrenic bonding to countless porn images, they lose their ability to bond well to one. They are not unique to one person but have had countless sexual partners who are extremely experienced and paid well to act like they are enjoying the one-sided male dominated sexual portrayal of sex.