

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

SEXUALLY OBJECTIFYING OTHER

- 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

MOOD DISORDERS

- Feeling irritable and defensive
- Feeling angry and depressed
 - Experiencing mood swings
- Pervasive anxiety and fearfulness
 - Feeling powerless in relation to porn

SELF-LOATHING

- Disconnected values, beliefs & goals
- Loss of personal integrity
- Damaged self worth / self-esteem
- Persistent feelings of guilt and shame
 - Feeling controlled by porn

ENGAGING IN RISKY, 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 marred by dishonesty and deception about porn
- 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

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, exposure & use of porn
- Inability to discontinue porn despite consequences

- Repeated failures to stop using porn
- Requiring extreme content or exposures to porn to get the effect (habituation symptoms)
- Experiencing discomfort & irritability when deprived of porn (withdrawal symptoms)