

What is Porn?



- The word "*pornography*" comes from the Greek words, "*porne*" meaning a harlot, prostitute, or whore, and "*graphos*," meaning written or a depiction.
- If we add both words together we arrive at "A depiction or description of the activities of whores."
- Webster expounds to indicate that *pornography* also means "... a portrayal of erotic behavior designed to cause sexual excitement."

How does Porn work?



Pornographic images stimulate the production of a "cocktail" of endogen drugs, natural substances produced by the body.

- **Dopamine** (produces feelings of pleasure): chemically similar to **cocaine**
- **Norepinephrine**: chemically similar to **adrenaline**
 - **Serotonin**: similar to **LSD**
- **Endorphines**: similar to **morphine** (also produced in the body)

Research shows that viewing pornography produces a cocktail of drugs with an effect **similar to street drugs!**



What are the stages of Porn addiction?

From his experience in treating pornography addicts, Dr. Cline explains the following! :

(A) ADDICTION

"The first change that happened was an addiction-effect. The porn consumers got hooked. Once involved in pornographic materials, *they kept coming back for more and still more*. The material seemed to provide a very powerful sexual stimulant or aphrodisiac effect, followed by sexual release, most often through masturbation."

"Once addicted, they could not throw off their dependence on the material by themselves, despite many negative consequences such as divorce, loss of family, and problems with the law ..."

(B) ESCALATION

"The second phase was an *escalation effect*. With the passage of time, the addicted person required rougher, more explicit, more deviant, and 'kinky' kinds of sexual material to get their 'highs' and 'sexual turn-ons'."

(C) DESENSITIZATION

"The third phase was desensitization. ... Pornography which was originally perceived as shocking, taboo-breaking, illegal, repulsive, or immoral, though still sexually arousing, in time came to be seen as *acceptable and commonplace*."

(D) ACTING OUT SEXUALLY

"The fourth phase is an *increasing tendency to act out* sexually the behaviors viewed in the pornography including compulsive promiscuity, exhibitionism, group sex, having sex with minor children, rape, and inflicting pain on themselves or a partner during sex."

📱 Sexting...

"Sexting" or the sending of sexually provocative images, is defined in the Films and Publications Act (FPAAct) and the Criminal Law (Sexual Offences and Related Matters) Amendment Act (SOAct).

You can be prosecuted for distributing child pornography if the images you send are of an individual under the age of 18.



Examples of porn addictive victims

- **Gary Bishop, Serial Killer**

"Pornography was a determining factor in my downfall."

- **Ted Bundy, Serial Killer**

"In the beginning it fuels this kind of thought process. Then at a certain time, it's instrumental in what I would say crystallizing it ... At that point ... I was on the verge of acting out these kinds of thoughts ... and it happened in stages ... you become addicted ... I would keep looking for more explicit, more graphic kinds of materials ... until you reach the point where the pornography only goes so far. You reach that jumping-off point where you begin to wonder if maybe actually doing it will give you that which is beyond just reading about it or looking at it."

"The influence of violent pornography-which is an indispensable link in the chain of behavior ... the assaults, the murders and what have you ... *I know that I could not control it.*"

- **Jeffrey Dahmer, Serial Killer**

While in the U.S. Army he found graphic porn in Germany and spent thousands of dollars on it. He admitted to killing as often as once a week.

FREEDOM



Even though it is not easy to escape from pornography addiction, there is hope! Your thinking patterns have formed wrong foot paths and these must now be destroyed. By creating new thinking patterns the old ones will become obsolete.

SAY NO TO PORNOGRAPHY

For a different approach to getting help with your porn problem call

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