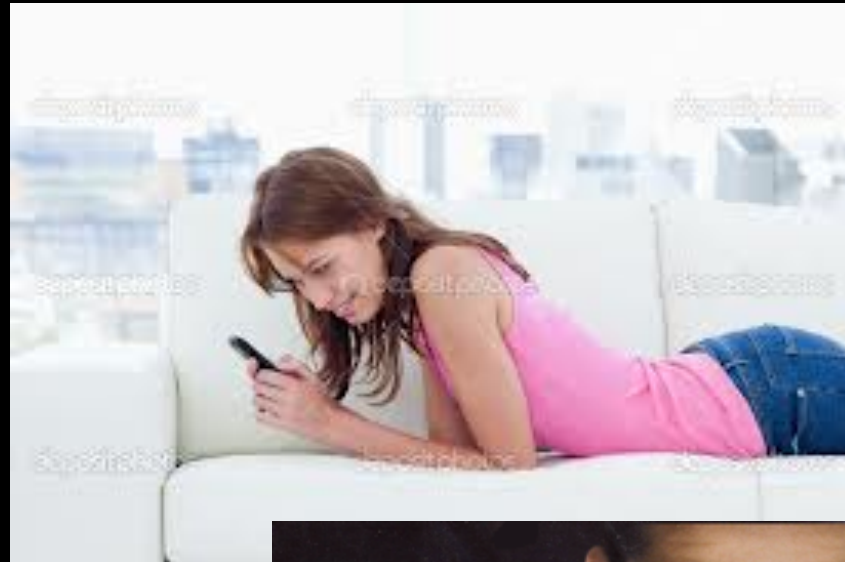


Breaking the Power of Pornography: Knowing the Enemy

© Richard Winter



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If it feels good,
do it!

PORNIFIED: How pornography is transforming our lives, our relationships and our families.

Pamela Paul (2004)

- Billions of dollars
- Hollywood movies: 400
porno movies: 11,000.
every 39 mins a new porno
video produced in US
- 30% all web traffic
- Webcams, sexting...



Internet porn

- Accessibility
- Anonymity
- Affordability

- Accidental



College-age men (US)

- 14% no use in last year
- 17% once a month or less
- 48% 4-6 days/month
- 16% 3-5 days/week
- 5% every day or nearly every day
- *Journal of Adolescent Research* January 2008
- 67% young men and 49% young women say viewing porn is acceptable way to express one's sexuality

Porn, Pastors, and Church

- Rick Warren (2002) survey of 1351 pastors
 - 54% viewed porn in last year
 - 30% of these in last month
- Evangelical denominational survey (Bentley, 2005) 1023 male church members
 - All age men: 39% accessed internet porn more than 25 times
 - 19-29 year olds 60%

No-Porn.com survey

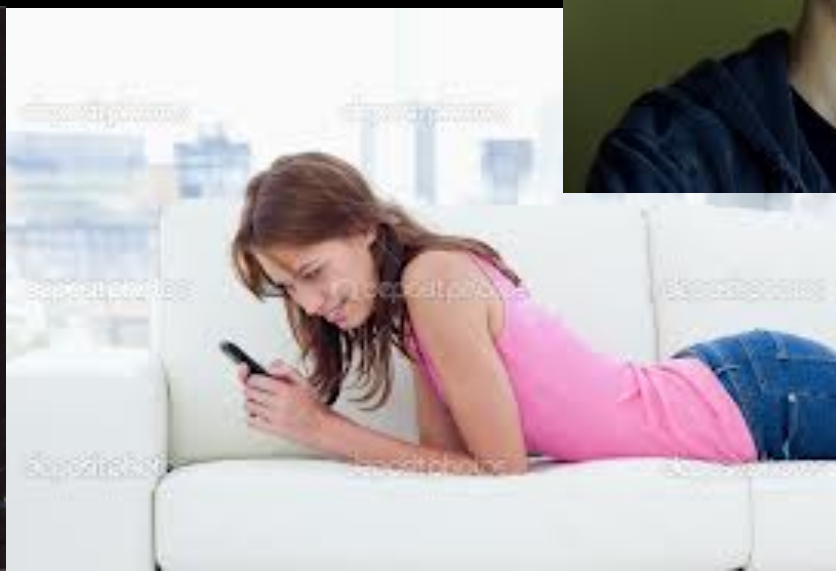
- 40,000 (72% said they were religious)
- 75% said addicted to porn
- 62% had not told anyone
- 52% said they view porn daily
- 45% were age 11-15 when first hooked
- 25% were 16-20
- 10% were under age 10

Generation Sext

- 93% boys, 62% girls exposed to internet porn before age 18
 - 83% boys, 57% girls age 11-17 have seen group sex on the internet
 - 69% boys, 55% girls have seen porn showing same sex intercourse
 - 32% boys, 18% girls have viewed bestiality on the internet
- Bethesda Workshops

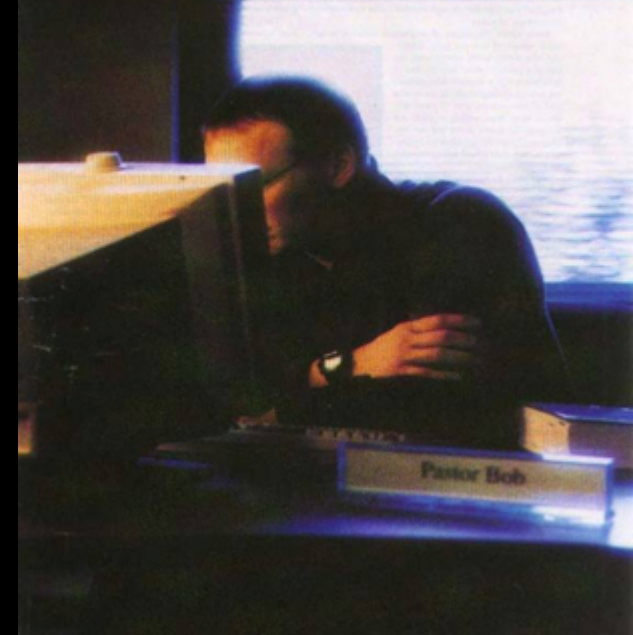
Pleasure

- Real relationships difficult
- Release without responsibility
- Fantasy easier than reality



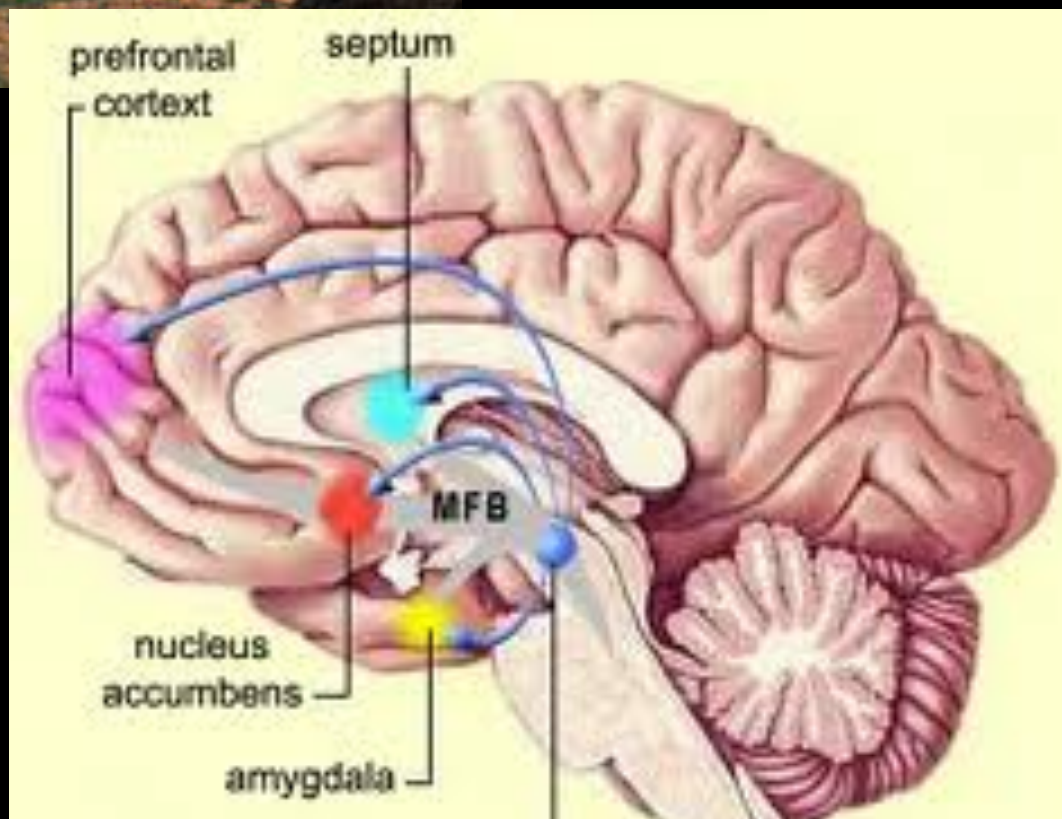
Power

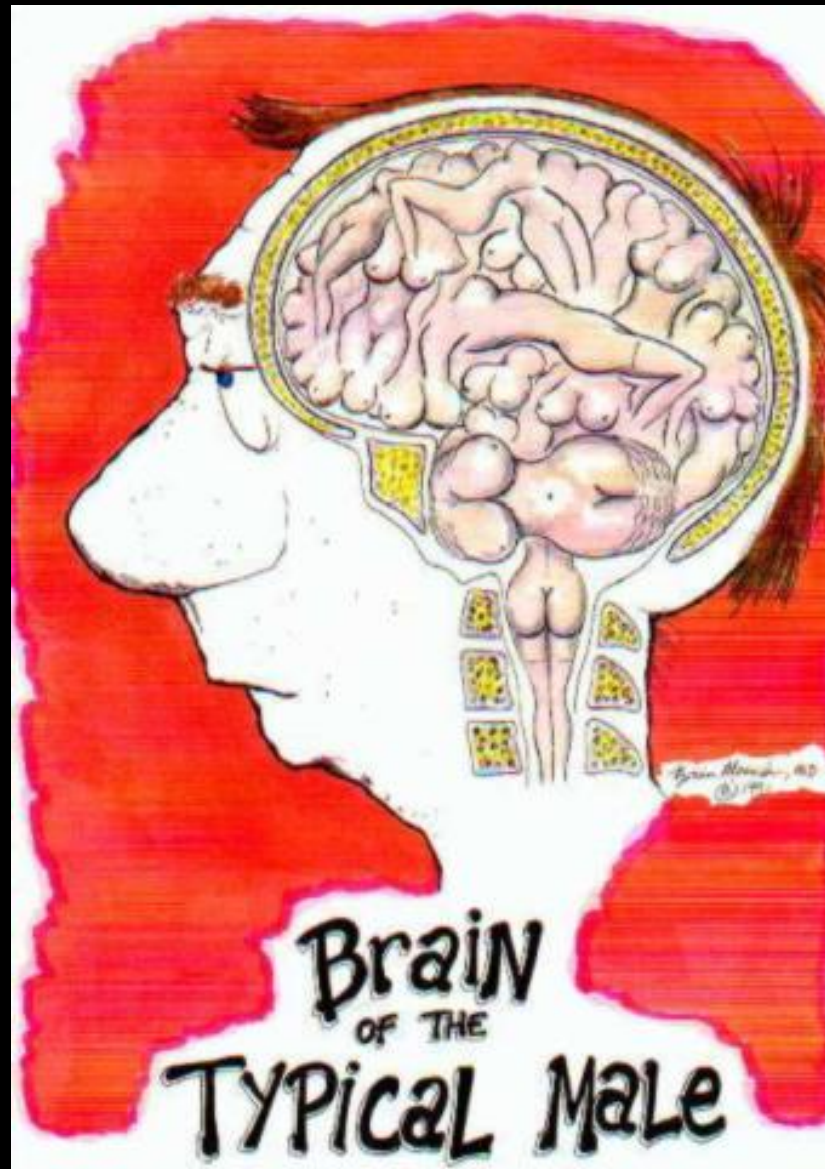
- Channeling emotional tension
- Mood and brain altering
- Addictive nature of orgasm
 - Excess chronic consumption (dopamine ++)
 - Bingeing (Delta Fos B ++) structural brain changes
 - (Numbed pleasure response, hyper-responsiveness to porn, willpower erosion as frontal cortex changes)
 - Cravings for more
 - Youtube: *The Great Porn Experiment* by Gary Wilson





Pleasure pathways





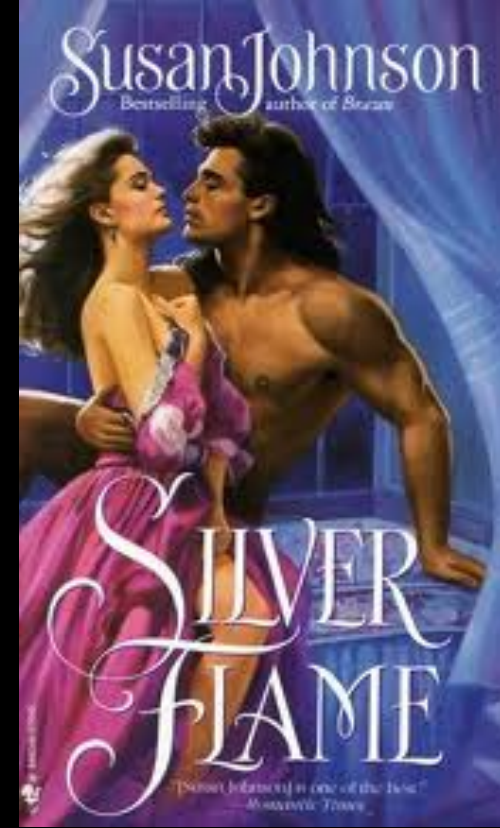
Brain
OF THE
TYPICAL MALE

Why men more than women?

- Thoughts and fantasies
- Visual stimulation
- Separate sex and relationship
- Danger of caricatures
- Confuse love and lust

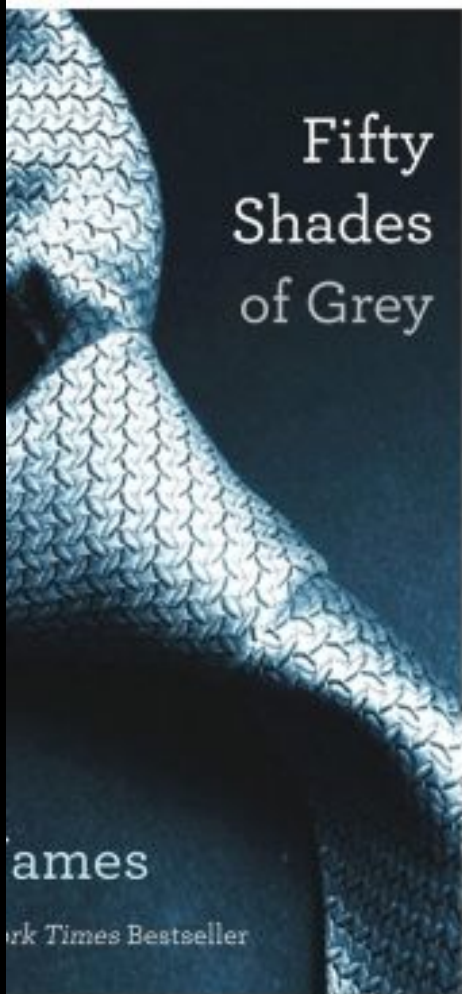
Women and porn

- Different porn? Erotica?
- Visitors to porn sites:
72% male, 28% female
- 31% women between 18 and 26
use porn (BYU 2008)
- 17% all women “struggle” with porn
(50-100% men)



Women and Porn

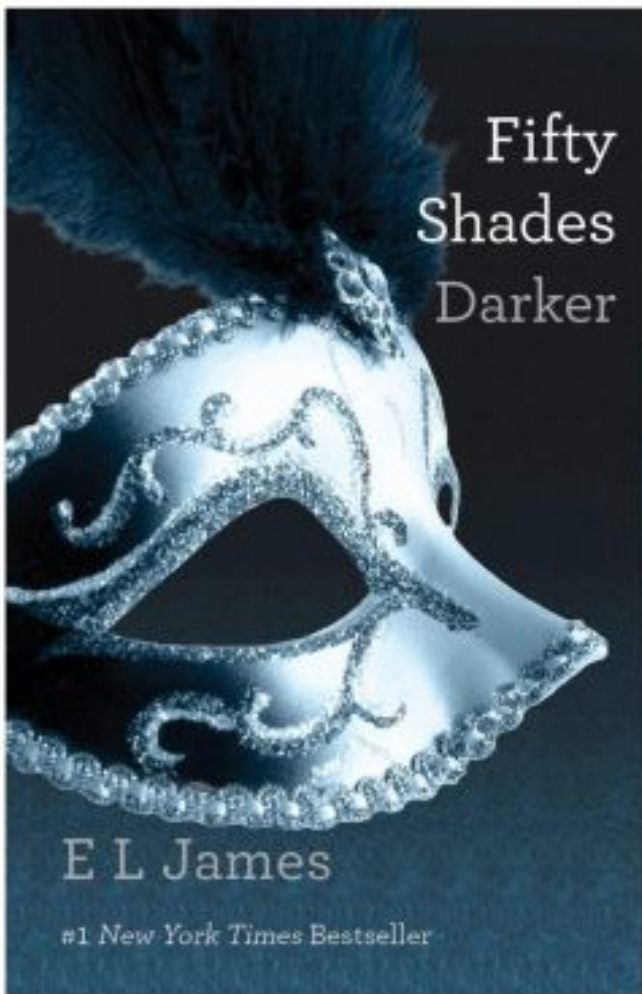
- Romance
- Relationship
- “Erotica”
- Education
- Empowerment and equal opportunity



Fifty
Shades
of Grey

ames

rk Times Bestseller



Fifty
Shades
Darker

E L James

#1 New York Times Bestseller



Fift
Shade
Free

E L James

#1 New York Times Bestseller

Female sex addiction

- Age 35+ romance/relationship
- Under 35 also visually stimulated
- Culture rewiring our brains?
- More shame and splitting... stud/player v. whore, slut, tramp
- Different consequences – pregnancy, std effects, post abortion trauma
- Present with other problems: depression, anxiety, substance abuse, relational problems

Sexual Addiction

- Addiction: Craving, no control, continue despite consequences
- Does this behavior interfere with your everyday life in a negative way?
- Have you tried to stop on your own but cant?

Basic themes

Robert Jensen

- “All women at all times want sex from men
- Women like all the sexual acts that men perform or demand
- Any woman who does not at first realize this can be easily turned with a little force – rarely necessary for most of the women in porn are the ‘nymphomaniacs’ that men fantasize about.”

Progression

1. Tolerance and escalation
 - Anything goes – homo, bi, group, with animals, machines....
2. Withdrawal symptoms
3. Time
4. Desensitization
5. Deception and denial
6. Dissatisfaction and boredom
7. Addiction



Poison

- Seeing the world through porn tinted spectacles
 - exaggerated perception of sexual activity in society
 - belief that promiscuity is natural state
 - cynicism about love or need for affection between sexual partners
- Devaluation of women
- False intimacy
- Narcissism and callousness
- Lack of commitment to marriage and family

Pain

- Secrecy and split life
- Self loathing and shame
 - I am a bad and unworthy person
 - No one would love me as I am
 - Sex or a relationship are my most important need
 - God is not powerful enough or trustworthy enough to meet my needs

(First three from Patrick Carnes, fourth from Richard Blankenship)

IN CONTROL

TRYING HARD TO KEEP SEXUALLY
ADDICTIVE THOUGHTS OUT OF MIND

RESOLVE TO NEVER
DO IT AGAIN

INCREASING PREOCCUPATION
WITH SEXUALLY
ADDICTIVE THOUGHTS

Compulsive Cycle

FEELINGS OF DESPAIR
SHAME AND GUILT

RITUALS LEADING
TO SEXUAL FIX

OBTAINING SEXUAL FIX

OUT OF CONTROL

Pain

- Secrecy and split life
- Self loathing
- Shame – drives the cycle
- Marriage problems
- Distance from God