

Pornography: The Pink Elephant In the Room, 3.26.17

Introduction:

- No one wants to talk publicly about the personal and devastating impact of pornography. It is not neutral, but negative.
- Pictures of the headlines of The Facts (March 22 – Youth Pastor accused of sexual assault; March 23 – 2 Brazoria County men face federal sex trafficking charges)

The Big Picture: Genesis 3:15

- This maybe the most important verse in the Bible in understanding every evil and awful thing that humanity faces, from personal issues, genetic disorders, natural disasters, to man made atrocities, and addictions. Warfare between humanity and the demonic realm began and continues with no abating until Jesus return. These are no small skirmishes but strategic and tactical warfare waged against all humanity.
- Humanity had authority/dominion over the devil. Adam and Eve did not have to believe the lie and they and we could be living in the world of Genesis 2 for all eternity.
- When they chose to sin, it initiated a war between humanity and the devil. We are now in an ongoing battle for dominion of the earth.
 - After A & E sin, the earth was under the domain of the devil (Luke 4.5-7), but After Jesus' resurrection Jesus proclaimed, "Mt.28 – all authority in heaven and earth are mine."
 - The believer is now reinstated to his place and position before God that A & E occupied in Gen.1 & 2, but Satan is loose and he is thrashing about attempting to overthrow God's children and planet at every turn.
- The second half of the verse is a prophetic proclamation about Jesus. From the offspring of the woman will rise One who will defeat Satan, but not w/o first causing Him pain.
 - We know we have authority over Satan – Luke 10.19, 1 John 2.13f, 3.8. Jesus crushed his head and we have victory over him as long as we understand God's perspective of the battle.
 - We are still in a battle with him – 1 Pet.5.8f; John 17.20; Rom. 16.20.

The End Time Generation – Luke 17.26-30

- The ET generation will look remarkably like Gen.6 & 19 – The earth will be filled with violence and sexual perversion. There is callousness on the earth. We are entertained (enjoy, indulge) by the very things (sex and violence) that destroyed this planet and the region of Sodom & Gomorrah.

Satan's Battle Plan

- The two biggest hooks in entertainment are sex and violence. These things grip us physically and emotionally.
- Satan instigated the sexual perversion of Gen.6 and inspired it in Gen.19.
- He is behind all violence – stealing, killing and destroying. He is the source of all death – Heb.2.14.
- Why is sexual perversion and violence against humanity so strategic?
 - They both destroy the body and soul of a person. These things warp and corrupt our thinking
 - We see and treat people as objects.
- Satan cannot capture our spirits, but he can wreck our soul and eventually destroy our bodies.
- Pornography is not just a societal issue or an addiction, but it is a larger strategy of Satan to capture, neuter and eventually destroy you.

Pornographies Grip

1. It is the #1 searched item on the internet; men look at porn online more than any other subject; over 50% of young adult men & 20% of young adult women view porn weekly.
2. Symantec – the security software company – 2009 survey revealed the word 'porn' ranked as the 4th most popular search word for children 7 and younger and the top 5 words for children under 18.
3. 90% of boys between the ages of 8 – 16 who have internet access have viewed pornography while doing homework.
 - a. The porn industry intentionally "porn-naps" an unsuspecting internet user by purchasing commonly misspelled websites and then redirects them to their website.
4. In 2015, 4.3 billion hours of pornography were viewed on a single pornographic website that is 500,000 years.
5. Cell phones = porn in our pocket...easy, accessible and private.

Pornography Changes the Brain

1. Porn activates both of the reward center's pleasure systems, but the wanting system is stronger than the satisfying system; porn hyper-activates our wanting system, pumping out dopamine in response to each new image. As a result, the user can get caught in a loop of wanting, using, pumping out a bunch of dopamine, in response to new images found while using, and then wanting even more. Norman Doidge, *The Brain That Changes Itself*, New York: Viking, 2007.
2. What is dopamine? Dopamine is a neurotransmitter that helps control the brain's reward and pleasure centers. Dopamine also helps regulate movement and emotional responses, and it enables us not only to see rewards, but to take action to move toward them. People with low dopamine activity may be more prone to addiction.

3. Dopamine encourages us to seek and search for things that bring us pleasure; it increases when we encounter something novel, surprising and when we are in the pursuit of it. It likes the chase.
4. Teenagers are more responsive to dopamine – University of Pittsburg, “Teen Brains Over-Process Rewards, Suggesting Root of Risky Behavior, Mental Ills,” Phys.org, January 2011, <http://phys.org/news/201101-teenbrainsoverprocessrewardsroot.html>.
5. Thus, they are more susceptible to addictive behavior – B. J. Casey and R.M. Jones. “Neurobiology of the Adolescent Brain and Behavior: Implications for Substance Use Disorders,” *Journal of the American Academy of Child & Adolescent Psychiatry* 49, no. 12 (2010): 1189–1201.
 - a. The teen brain’s reward center has a response two to four times more powerful than an adult brain’s, which means teen brains release higher levels of dopamine in response to natural rewards. Sturman, David A. and Bitu Moghaddam, “Reduced Neuronal Inhibition and Coordination of Adolescent Prefrontal Cortex During Motivated Behavior,” *The Journal of Neuroscience* 31, no. 4 (2011): 1471–78.
6. Pornography can have a supranormal stimulating effect on the brain so that it overrides our brain’s natural breaking system that says, “you’ve had enough; it’s finished; put it down.” Hilton, D. L., & Watts, C. (2011). Pornography addiction: A neuroscience perspective. *Surgical Neurology International*, 2, 19.
7. We see this happen when we’re tired or full. Your brain is being overloaded with dopamine and it does not want to stop. Deirdre Barrett, “Supernormal Stimuli,” HuffPost Books, June 16, 2010, http://www.huffingtonpost.com/deirdre_barrett/supernormal-stimuli_b_613466.html.
 - a. This is similar to what happens to the drug addict. His brain likes the rush so he must get more.
 - b. A study examining brain scans of porn addicts and comparing them to non-addicts found that the addicts’ brains showed an exaggerated response to porn cues, indicated their brains had been sensitized—which can lead to cravings. The study showed that the porn-addicts’ brains lit up when they saw porn, the same way a drug addicts’ brain lights up when they see something they associate with taking the drug. Valerie Voon, et al., “Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours,” *PLOS One* (2014).
8. Eventually, this overstimulation causes the reward center in the brain to feel dull. In other words, the porn you’ve been using does not produce the same excitement. Therefore, you search for more novel or exciting material to get a bigger dopamine burst.
9. People with Internet addiction have been found to have less grey matter in several important areas of the brain, including the frontal lobes, (which oversee things like planning, prioritizing, and controlling impulses) the striatum, (which is involved with the reward center and helps us control our behavior;) and the insula (an area involved with feeling empathy and compassion for others). The vast majority of people with porn addictions have Internet addictions. Brand, M., K. S. Young, and C. Laier. “Prefrontal Control and Internet Addiction: A Theoretical Model and review of Neuropsychological and Neuroimaging Findings.” *Frontiers in Human Neuroscience* 8 (2014).
 - a. Porn users often have a harder time controlling impulses. It affects their discipline, planning and prioritizing and general motivation. Matthias Brand, Kimberly S. Young, and Christian Laier, “Prefrontal Control and Internet Addiction: A Theoretical Model and Review of Neuropsychological and Neuroimaging Findings,” *Frontiers in Human Neuroscience* 8, no. 375 (2014).
 - i. The way I see it is that they become more passive towards life goals and aggressive towards the things they are viewing.
10. Porn develops deep pathways in the brain so that the more we view it the stronger they become and whenever a neuron is triggered in that pathway that pathway activates and slams the

reward center with a burst of dopamine so that you begin craving porn.

- a. Example of pulling into Buccees and getting gas and going to get a soft drink. If you do it often enough, you begin filling the pull to go to Buccees even when you don't need gas. The pathway has been built and reinforced with a dopamine rush.
 - b. This is incredibly clear with popcorn in a movie theater or even watching a movie at home. You find it hard to watch a movie w/o popcorn.
 - c. With pornography consumption something triggers it – the back door closing and the car leaving the drive way, loneliness, boredom, fatigue, not having our sexual needs met (Paul talks about that 1 Cor.7), trauma, pain from the past, etc.
 - d. It moves from the pathway to a highway.
11. We are wired to mimic what we see and watch. You can especially see this with small children always parroting what they hear. The same is true for adults. What is the impact when we view porn...we put ourselves in those situations and act them out in our minds.

Pornography Effects Your Thinking and Actions

1. B/c of the change in your brain, your sexual tastes may become more extreme or deviant. NoFap Survey results, <http://www.reddit.com/r/NoFap>, April 2012, <https://docs.google.com/file/d/0B7q3tr4EV02wbkpTTVk4R2VGbm8/edit?pli=1>
 - a. It is reinforced with images that normalize the unusual and extreme types of sexual behavior. Zillmann and Bryant, "Effects of Massive Exposure to Pornography," in *Pornography and Sexual Aggression*, Eds. Neil M Malamuth and Edward Donnerstein (New York: Academic Press, 1984).
 - b. As a person told me: What once was seen as vile and offensive becomes acceptable. You're like a trailblazer; you can't stop; you will press the boundaries
2. You find yourself with less sexual and relationship satisfaction. E. M. Morgan, "Associations Between Young Adults' Use of Sexually Explicit Materials and Their Sexual Preferences, Behaviors, and Satisfaction," *Journal of Sex Research* 48, no. 6 (2011): 520–30.
 - a. In fact, there is a direct correlation between the amount of time spent viewing pornography and loneliness. The more one views it the more isolated and lonely they feel. Vincent Cyrus Yoder, Thomas B. Virden III, and Kiran Amin, "Internet Pornography and Loneliness: An Association?" *Sexual Addiction & Compulsivity* 12, no. 1 (2005): 19–44.
3. In Italy, research looking at porn specifically and its impact on sexual problems in men ages 19 to 25 found that on a scale ranking sexual desire from 1 to 10 (10 being the highest), porn users averaged a score of 4.21, while non-porn users came in at 8.02. Foresta, Carlo. "Sessualita Mediatica e Nuove Forme Di Patologia Sessuale Campione 125 Giovani Maschi." ("Sexuality Media and New Forms of Sexual Pathology Sample 125 Young Males, 19–25 Years"), study to be published, discussed in "Progetto Androlife: Salute e Sesso." Fondazione Foresta Onlus per la Ricerca Biomedica, presentation delivered February 21, 2014, <http://www.associazioneveneto.esalute.it/www.associazioneveneto.esalute.it/uploads/foresta.pdf>.
4. Between 25-30% of young adult men (16-25) who use internet porn are reporting ED. O'Sullivan, Lucia, L. Brotto, E. Byers, J. Majerovich, J. Wuest. "Prevalence and Characteristics of Sexual Functioning Among Sexually Experienced Middle to Late Adolescents." *The Journal of Sexual Medicine* 11, no. 3 (2014): 630–41. Another report: Mialon, A., A. Berchtold, P. A. Michaud, G. Gmel, and J. C.

Suris. "Sexual Dysfunction Among Young Men: Prevalence and Associated Factors." *Journal of Adolescent Health* 51, no. 1 (2012): 25–31

- a. As a result of using sexually explicit material, they had less libido and erectile function/arousal with actual women. Valerie Voon, et al. "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviors," *PLOS One* (2014).
5. Reduced response to dopamine due to overstimulation is associated with lower risk taking, increased anxiety, increased overreactions, lack of motivation, social problems, isolation and depression. A. R. Oliveira, et al., "Conditioned Fear Is Modulated by D2 Receptor Pathway Connecting the Ventral Tegmental Area and Basolateral Amygdala," *Neurobiology of Learning and Memory* 95, no. 1 (2011): 37–45. Next resource: Marijke Vroomen Durning, "PET Scans Link Low Dopamine Levels and Aggression," *Diagnostic Imaging*, June 12, 2012, <http://www.diagnosticimaging.com/nuclear-imaging/pet-scans-link-low-dopamine-levels-and-aggression>. Next resource: Nora D. Volkow, et al., "Evaluating Dopamine Reward Pathway in ADHD," *JAMA* 302, no. 10 (2010): 1084–91. P. Trifilieff, et al., "Increasing Dopamine D2 Receptor Expression in the Adult Nucleus Accumbens Enhances Motivation," *Molecular Psychiatry* 18, no. 9 (2013): 1025–33.
 - a. This is also true of people with internet addictions.
 - b. As a person chronically floods their brain with dopamine—either from substances or behaviors such as porn viewing—DeltaFosB accumulates, strengthening and growing the brain pathways leading to whatever the person has been bingeing on.¹ The more those pathways grow and build connections between the reward center and anything connected to using, the easier it is to activate them.² In a desensitized brain, this is happening while it's becoming harder for the brain to register the dopamine put off by every day activities. This can fuel addiction because the person is craving porn while other things in their life are losing value to the reward center (aka, don't activate the person's dulled reward center as well as they used to when the reward center wasn't desensitized)." Gary Wilson, *Your Brain on Porn*, Kent, UK: Commonwealth Publishing, 2014 1—Pitchers, K. K., K. S. Frohmader, V. Vialou, E. Mouzon, E. J. Nestler, M. N. Lehman, et al. "DeltaFosB in the Nucleus Accumbens Is Critical for Reinforcing Effects of Sexual Reward." *Genes, Brain and Behavior* 9 (2010): 831–40. 2— J. A. Kauer and J. C. Malenka. "Synaptic Plasticity and Addiction." *Nature Reviews Neuroscience* 8 (2008): 844–58.
6. Users begin to think promiscuity is the normal state of interaction and there are unrealistic attitudes about sex – A. Tsitsika, E. Critselis, D. Kormas, E. Konstantoulaki, A. Constantopoulos, and D. Kafetzis, "Adolescent Pornographic Internet Site Use: A Multivariate Regression Analysis of the Predictive Factors of Use and Psychosocial Implications," *CyberPsychology and Behavior* 12 (2009): 545–550.
7. Frequent exposure to porn is associated with diminished trust in intimate partners, increased risk of developing a negative body image, especially for women, acceptance of promiscuity as a normal state of interaction, beginning to view love in a cynical manner, belief that superior sexual satisfaction is attainable without having affection for one's partner, belief that marriage is sexually confining, and belief that raising children and having a family is an unattractive prospect. Dolf Zillmann, "Influence of Unrestrained

Access to Erotica on Adolescents' and Young Adults' Dispositions Toward Sexuality," *Journal of Adolescent Health* 27, no.

- a. Frequent exposure is associated with that having a sexually exclusive relationship with a partner is confining and that having children and a family is not a good idea. (same study by Zillmann)
8. "Pornography leaves men desensitized to both outrage and to excitement, leading to an overall diminishment of feeling and eventually to dissatisfaction with the emotional tugs of everyday life." Paul, Pamela (2007-04-01). *Pornified: How Pornography Is Transforming Our Lives, Our Relationships, and Our Families* (p. 90). Henry Holt and Co.
 - a. You begin projecting sexual intentions on others that aren't there. Your mind goes to what you can do with that person.
9. The Cycle "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 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.' It was reminiscent of individuals afflicted with drug addictions.... The third phase was desensitization. Material... which was originally perceived as shocking, taboo-breaking, illegal, repulsive, or immoral, in time came to be seen as acceptable and commonplace.... The fourth phase was an increasing tendency to act out sexually the behaviors viewed in the pornography, including ... frequenting massage parlors." Dr. Victor Cline, clinical psychologist who treated many with pornography addictions; Victor B. Cline, *Pornography's Effect on Adults and Children* (New York: Morality in Media, 2001).
10. A person told me: Felt like I was in a fog – creativity, productivity and focus were lost. Felt dirty and shamed; I'm not good enough.

Pornography Destroys Everything Important To You

1. Users have a more negative view of women and speak to them in derogatory ways and believe they wanted to be raped. All pornography types correlated with future likelihood of raping a woman. Scot B. Boeringer, "Pornography and Sexual Aggression: Associations of Violent and Nonviolent Depictions with Rape and Rape Proclivity," *Deviant Behavior* 15, no. 3 (1994): 289-304.
 - a. One person said: It literally destroys love and concern for you spouse...any care. It hardens the heart...become callous. You don't care about the impact. It becomes about getting the fix.
2. Among the porn addicts the Cambridge researchers examined, some had lost jobs due to porn use. Others had damaged relationships. More than half were experiencing lower libido or erectile dysfunction when they tried to have sex with real women, and some had lost large amounts of money or even become suicidal, each of which they reported was a result of their problem with porn. Voon, Valerie, Thomas Mole, Paula Banca, Laura Porter, Laurel Morris, Simon Mitchell, Tatyana Lapa, et al. "Neural Correlates of Sexual Cue Reactivity in Individuals with and without Compulsive Sexual Behaviours." *PLOS ONE* 9, no. 7 (2014).
3. Studies have found that women who learn of a husband's consumption of porn and/or online sexual activity through either discovery or disclosure commonly report feelings of betrayal, loss, mistrust,

devastation, and anger. Ana J. Bridges, R. M. Bergner, and M. Hesson-McInnis, "Romantic Partners' Use of Pornography: Its Significance for Women," *Journal of Sex and Marital Therapy* 29, no. 1 (2003): 1–14; Jill C. Manning, "A Qualitative Study of the Supports Women Find Most Beneficial When Dealing with a Spouse's Sexually Addictive or Compulsive Behaviors," unpublished doctoral dissertation (Provo, Utah: Brigham Young University, 2006); Schneider, "Effects of Cybersex Addiction on the Family."

4. Some researchers have found that partners in committed relationships who learn that their partner is compulsively using pornography or engages in other sexually addictive behaviors can show signs of post-traumatic stress disorder. Barbara A. Steffens and Robyn L. Rennie, "The Traumatic Nature of Disclosure for Wives of Sexual Addicts," *Sexual Addiction & Compulsivity* 13, nos. 2 and 3 (2006): 247–67.
5. Other research of partners of sexual addiction felt hurt, objectified, that their partners were less interested in sexual contact and that they could never measure up to the women seen online. Jennifer P. Schneider, "Effects of Cybersex Addiction on the Family: Results of a Survey," *Sexual Addiction & Compulsivity* 7, nos. 1 and 2 (2000): 31–58.
6. You begin to lose the ability to relate or be close to women, b/c you view them as sexual objects. Gary Brooks (as quoted in Pamela Paul, "From Pornography to Porno to Porn: How Porn Became the Norm," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 3–20. Princeton, New Jersey: Witherspoon Institute, 2010. Another study - L. Monique Ward and Kimberley Friedman, "Using TV as a Guide: Associations Between Television Viewing and Adolescents' Sexual Attitudes and Behavior," *Journal of Research on Adolescents* 16, no. 1 (2006): 133–56.
 - a. One person said, "You feel awkward talking with women b/c you view everything through the sexual dimension."
 - b. A study that both exposed participants to pornography and asked them about their pornography use found that high-pornography users were higher than low-pornography users on scales measuring acceptance of rape myth, acceptance of violence against women, adversarial sex beliefs, reported likelihood of committing rape and forced sex acts, and sexual callousness. High users who were exposed to non-violent dehumanizing pornography had higher scores in reported likelihood of committing rape, sexual callousness, and sexually aggressive behaviors than high pornography users who weren't shown pornography as part of the study. James Check and Ted Guloien, "The Effects of Repeated Exposure to Sexually Violent Pornography, Nonviolent Dehumanizing Pornography, and Erotica," in *Pornography: Research Advances and Policy Considerations*, eds. Dolf Zillmann and Jennings Bryant (Hillsdale, N.J.: Lawrence Erlbaum Associates, 1989), 159–84.
7. Children feel the effects of the addiction either through accidental or intentional exposure or through absenteeism since he spends so much time with porn. Pamela Paul, "From Pornography to Porno to Porn: How Porn Became the Norm," in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 3–20. Princeton, New Jersey: Witherspoon Institute, 2010.
8. There is growing evidence the pornography is playing a larger role in over 50% of current divorces – Jonathan Dedmon, "Is the Internet Bad for Your Marriage? Online Affairs, Pornographic

Sites Playing Greater Role in Divorces,” press release from the Dilenschneider Group, Inc., November 2002, <http://www.expertclick.com/NewsReleaseWire/ReleaseDetails.aspx?ID=3051&CFID=1696313&CFTOKEN=23726003>.

9. According to survey data, those Internet users who had engaged in an extramarital affair were 3.18 times more likely to have use Internet porn than internet users who did not have affairs.¹ Those who have paid for sex were also 37 times more likely to use internet pornography compared with those who had never gone to a prostitute.² “These statistics indicate that internet pornography is often associated with activities that can undermine marital exclusivity and fidelity, and subsequently increase the risk of contracting and transmitting sexual diseases.”³ Jill C. Manning, “The Impact of Pornography on Women: Social Science Findings and Clinical Observations,” in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 69–88. Princeton, New Jersey: Witherspoon Institute, 2010. 1—Jonathan Dedmon, “Is the Internet Bad for Your Marriage? Online Affairs, Pornographic Sites Playing Greater Role in Divorces,” press release from the Dilenschneider Group, Inc., November 2002, <http://www.expertclick.com/NewsReleaseWire/ReleaseDetails.aspx?ID=3051&CFID=1696313&CFTOKEN=23726003>. 2— Steven Stack, Ira Wasserman, and Roger Kern, “Adult Social Bonds and Use of Internet Pornography,” *Social Science Quarterly* 85, no. 1 (2004): 75–88.
10. Use of pornography is the strongest correlate of sexual aggression. Leslie L. Crossman, *Date Rape and Sexual Aggression by College Males: Incidence and the Involvement of Impulsivity, Anger, Hostility, Psychopathology, Peer Influence, and Pornography Use*, unpublished doctoral dissertation (College Station: Texas A&M University, 1994).
11. “Among the effects of the use of pornography are an increased negative attitude toward women, decreased empathy for victims of sexual violence, a blunted affect, and an increase in dominating and sexually imposing behavior.” Ana J. Bridges, “Pornography’s Effects on Interpersonal Relationships,” in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 89–110. Princeton, New Jersey: Witherspoon Institute, 2010.
12. “Exposure to pornography also results in more dominating, degrading, and sexualizing behaviors in men.” Ana J. Bridges, “Pornography’s Effects on Interpersonal Relationships,” in *The Social Costs of Pornography*, edited by James R. Stoner Jr. and Donna M. Hughes, 89–110. Princeton, New Jersey: Witherspoon Institute, 2010.
 - a. They frequently refer to women in degrading and contemptible ways – Michael Kimmel, *Guyland*, New York: HarperCollins, 2008.
13. The likelihood of someone engaging in sexual harassment is significantly correlated with the amount of sexually explicit material they have been exposed to. Azy Barak et al., “Sex, Guys, and Cyberspace: Effects of Internet Pornography and Individual Differences on Men’s Attitudes Toward Women,” *Journal of Psychology and Human Sexuality* 11 no. 1 (1999): 63-91.
14. High pornography users score higher on scales measuring acceptance of rape myth, acceptance of violence against women, adversarial sex beliefs, reported likelihood of committing rape and forced sex acts, and sexual callousness when compared with non-porn users. James Check and Ted Guloien, “The Effects of Repeated Exposure to Sexually Violent Pornography, Nonviolent Dehumanizing Pornography, and Erotica,” in *Pornography: Research Advances and Policy Considerations*, eds. Dolf Zillmann and Jennings Bryant (Hillsdale, N.J.: Lawrence Erlbaum Associates, 1989), 159-84.

- a. This is especially true of boys. They are less likely to value intimacy, empathy or respect of partners...they are more likely to be sexually aggressive and to do whatever they can get away with. Maggie Hamilton, "Groomed to Consume Porn: How Sexualized Marketing Targeting Children," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 16–24. North Melbourne, Australia: Spinifex Press, 2011.
 - b. B/c of the exposure to pornography, we are actually seeing an increase in sexual predators among elementary students. Maggie Hamilton, "Groomed to Consume Porn: How Sexualized Marketing Targeting Children," in *Big Porn Inc.*, edited by Melinda Tankard Reist and Abigail Bray, 16–24. North Melbourne, Australia: Spinifex Press, 2011.
15. Pornography fuels prostitution and prostitution fuels the sex trade and curbing pornography would reduce sex trafficking. 1 - Robert W. Peters, Laura J. Lederer, and Shane Kelly, "The Slave and the Porn Star: Sexual Trafficking and Pornography," *The Protection Project: Journal of Human Rights and Civil Society*, Issue 5 (Johns Hopkins University: Fall 2012). 2- Ellyn Arevalo and Mark Regnerus, "Commercialized Sex and Human Bondage," Witherspoon Institute, Princeton, NJ, February 11, 2011, <http://www.thepublicdiscourse.com>. 3- Victor Malarek, as quoted in Joe Matyas, "Prostitution, Porn Linked to Human Trafficking," *London Free Press (Ontario)*, May 20, 2009.
16. Your relationship with God suffers b/c you know you are not where you need to be with Him. The deceit and deviancy cloak you with depression and shame. You want out, but you don't think there is hope. God is distant; the Bible isn't relevant; church seems empty. Pornography guts your spiritual life, b/c you live in a state of grieving the Holy Spirit. There is so much shame and you even wonder if you can truly be a follower of Jesus.

Proverbs 5

3000 years ago King Solomon spoke about the power of sexual immorality and what it would do to its victims. Though he speaks of prostitution, pornography is prostitution for mass consumption. It is prostitution through media. The bodies within pornography have been bought and sold for sex.

Moving Forward

1. The brain can regain sensitivity to healthy, everyday activities. Lisle, Douglas and Alan Goldhamer. *The Pleasure Trap*. Summertown, TN: Healthy Living Publications.
 - a. Once porn is left behind, the brain pathways it created will start to fade. Doidge, Norman, *The Brain that Changes Itself*, NY: Viking: 2007.
 - b. Once overstimulation stops, the frontal lobes can recover – Kim, Seog Ju, In Kyoon Lyoo, Jaeuk Hwang, Ain Chung, Young Hoon Sung, Jihyun Kim, Do-Hoon Kwon, Kee Hyun Chang, and Perry Renshaw. "Prefrontal Grey-matter Changes in Short-term and Long-term Abstinent Methamphetamine Abusers." *The International Journal of Neuropsychopharmacology*, 9 (2006): 221–28.
2. You have to admit it to God and others (parents or spouse) – Ps.32.1-5; James 5/16.
3. Hard accountability & strict guidelines. You need to have a person in your life who can be your wingman. He is standing with you and holding you accountable.

4. Understand your triggers. You have to control the gateway to your mind. What is triggering? Unmet need (to connect or sex), boredom, stress/fatigue, past pain/trauma, family of origin, unresolved issues.
5. Online Assessment – drdougweiss.com
6. Reach out for help. You cannot do this alone.
7. Jesus can deliver you! He has already defeated the chains that bind you, but you have to align yourself with His heart. Porn is a punk to Him. His power is available and it comes in the form of people and resources around you. Jesus didn't do His work by Himself; He had companions. The same is true for you too.
8. You have a real enemy who is trying to take you out, destroy your family and pass down a curse to the generations following you. Will you stand up and fight?

Resources

- Moral Revolution
- Fightthenewdrug.org – Fortifyprogram.org
- Covenanteyes.com – reporting and content filtering
- drdougweiss.com – online assessment and book, The Final Freedom
- For older men: Keith Jones, 979.665.6896
- For younger men: Paul Crutcher, 979.824.9830