



# Pornography Impact on Women in Marriage

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# Addicted to Pornography?

## Unhealthy Signs (Mild-Moderate)

- ◆ Husband demands wife to be in a certain physical position for intercourse
  - Re-enactment (replay) of pornographic materials
  - Have X-Rated (XXX) video on for sex
- ◆ Husband demands wife to wear a certain kind of lingerie (“To seduce-tease him”)
  - He buys specific pieces of underwear, stockings
- ◆ Husband is distracted by flash backs of pornographic images while love-making



# Addicted to Pornography?

## Unhealthy Signs (Moderate-Serious)

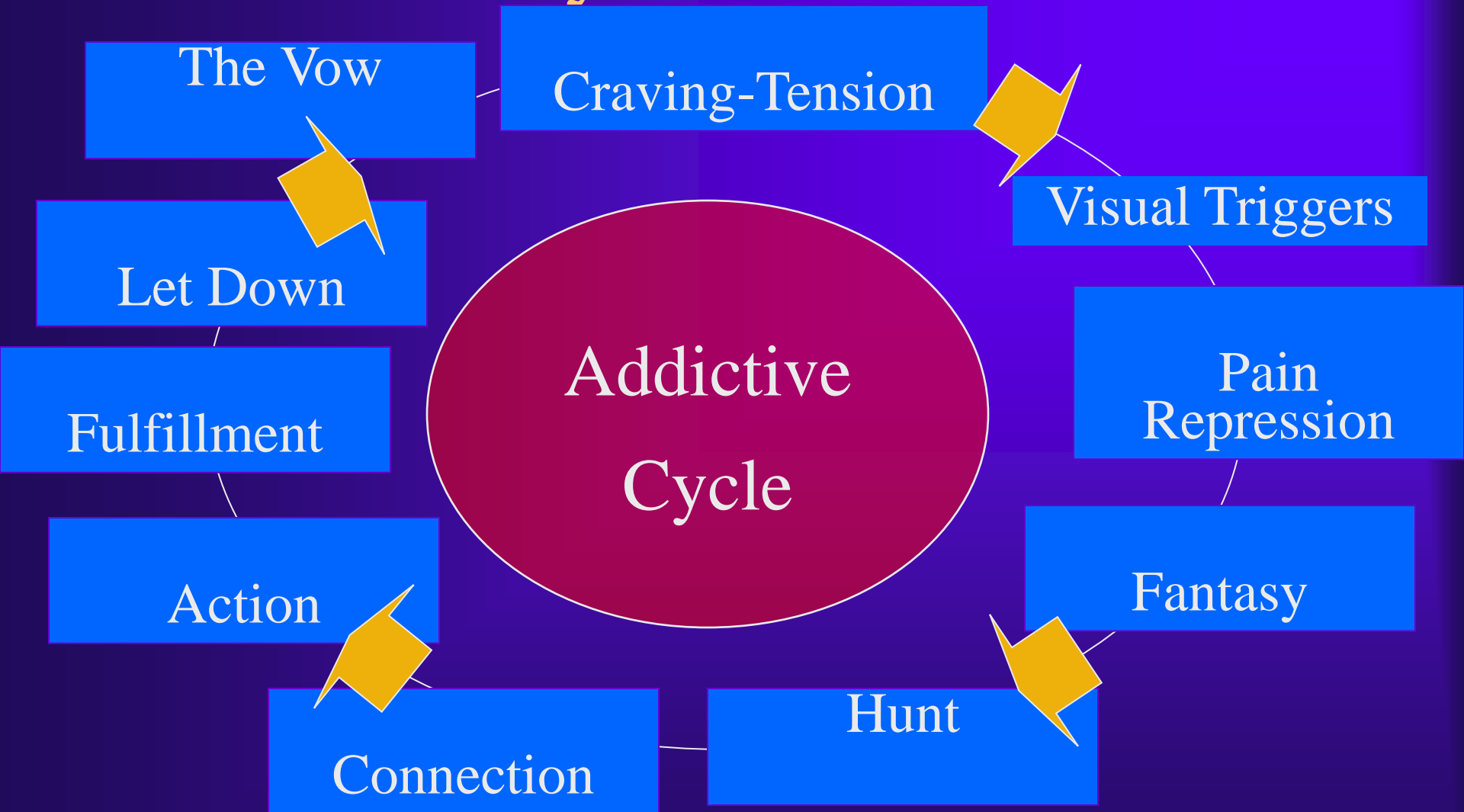
- ◆ **Masturbation after marriage (Decreased desires)**
  - Sexual “Anorexia” “Indifference”
- ◆ **Very few or no male friendships**
- ◆ **Gets enraged easily or numb emotionally**
  - Polarized emotional expression vs. full-range
    - Happy to sad vs. anger to numbness
    - Numbness to dissociated vs. euphoria to numbness
- ◆ **Rigidity & inflexibility**
- ◆ **Telling half-truths and white lies to cover-up**



# Addicted to Pornography? Unhealthy Signs (Serious)

- ◆ **Compulsive (Uncontrolled) “Cyberporn” use**
  - Chat Room visits online at work or after bedtime
  - Rendezvous-meetings via chat room & email
  - Sex for hire experiences: Strip joints, Prostitutes
- ◆ **Compulsive (Ritualistic) “Tele-Porn” use**
  - Astoundingly high phone bills
- ◆ **Unexplained hotel bills, condoms, wigs & underwear found in storage or trunk or car**
- ◆ **Financial-legal problems: Bankruptcy**

# Addiction Cycle





# Impact of Pornography

## ◆ Degrading Women

- Woman is only fulfillment of pornographic exposure
- Object of Sex / void of relationship
- Humiliation, degrading sexual acts oriented to only please man
- Oral Sex is unsafe and illegal



# Impact of Pornography

## ◆ Damaging To Marriages

- Creates unrealistic demands on wife
- Compare images to wife body
- Anger with wife
- Pornographic image relationship takes place of intimacy with wife
- Decreases interest in sex with wife



# Impact of Pornography

## ◆ Destructive to Users

4 Step progression

– Addiction--*Stimulant*

– Escalation-*Increased Arousal Potential*

– Desensitization-*Dulled Senses*

– Acting out sexually-*Increased Activity*



# The Spiritual Union of Marriage



God

One Spirit

One Flesh



# The Other Woman

Husband



Pornography



Wife



# Infidelity / The Affair





# Stages of Healing

1. Shock
2. Grief
3. Repair
4. Growth

(Source: Patrick Carnes, PhD; Melvin W. Wong, PhD)

# Conflict of Marital Identity

*The Raft has a leak,  
plug the hole!*



...so we will often try to  
fix our spouse to a level of our  
comfort




# Stages of Grief

1. Denial/Numbness
2. Anger
3. Guilt
4. Depression
5. Acceptance

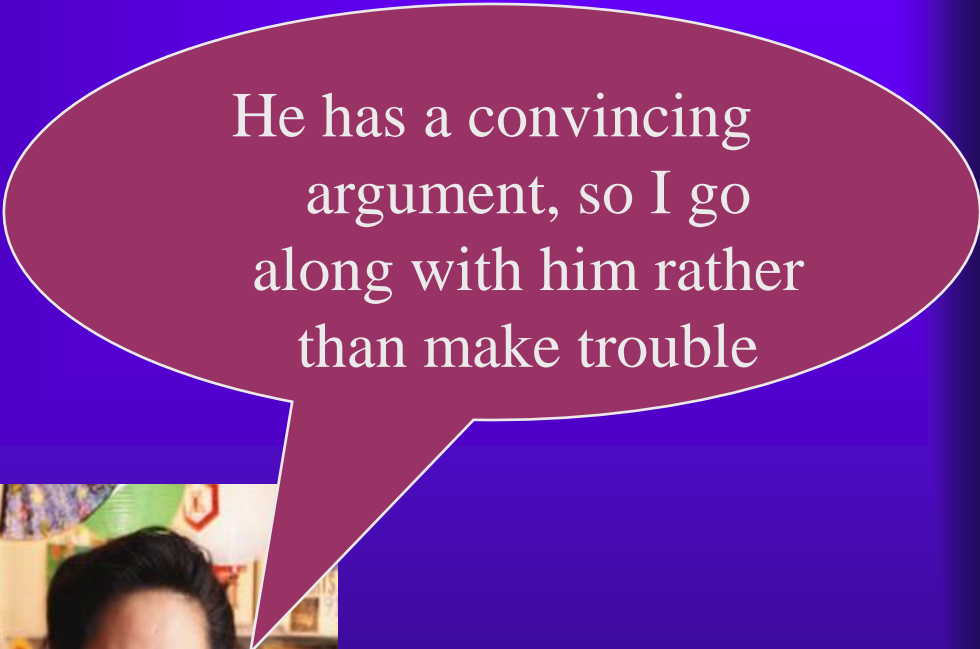


# 12 Tasks For Healing Wives

# Self Trust vs. Deny Feelings



I trust my  
good judgment  
and it saved  
me much pain

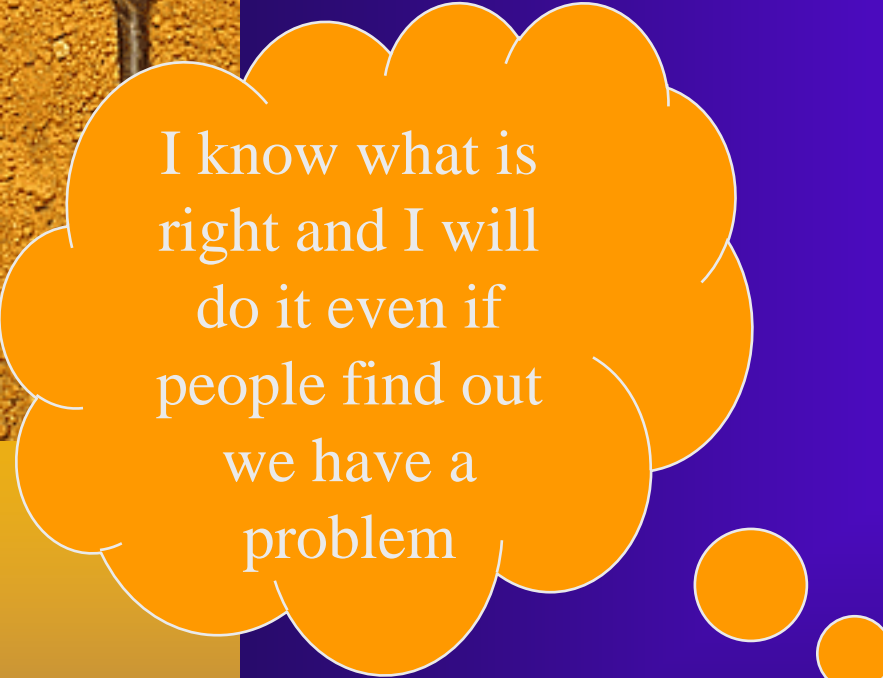


He has a convincing  
argument, so I go  
along with him rather  
than make trouble






# Righteousness vs. Reputation




I know what is  
right and I will  
do it even if  
people find out  
we have a  
problem



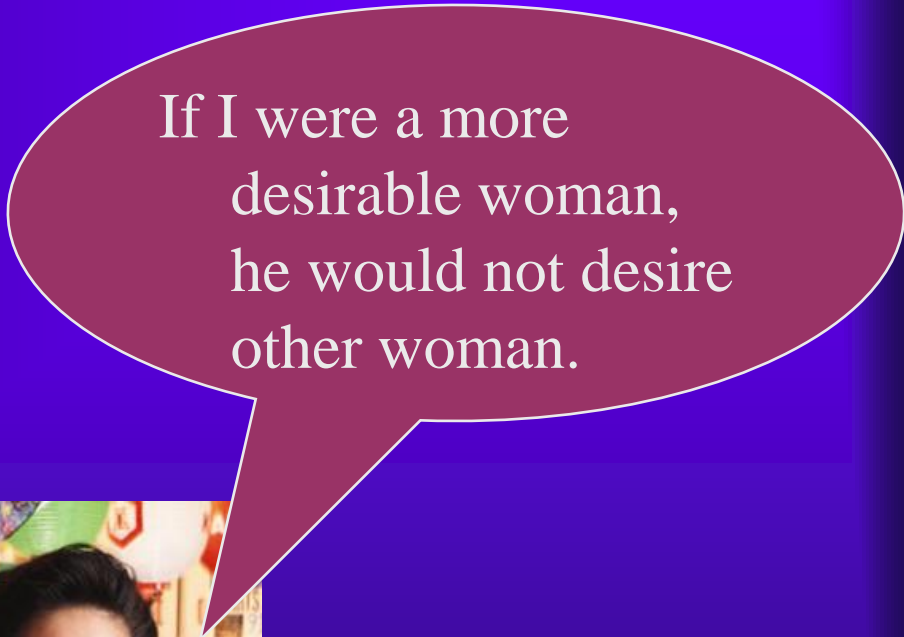
What will people at  
Church think if they  
find out???



# Self Acceptance vs. Feminine doubt



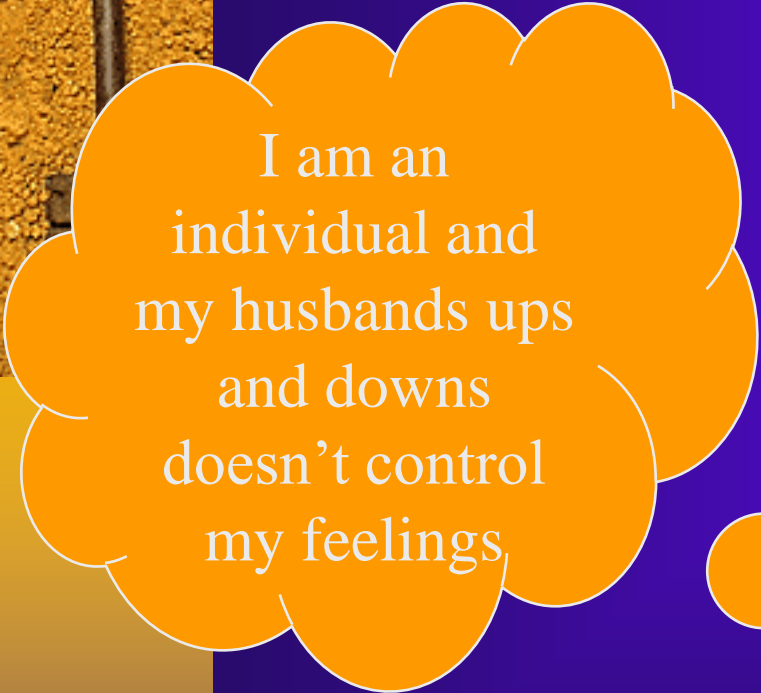
I accept myself  
as a woman and  
if my husband  
has unmet needs  
he must  
communicate  
them



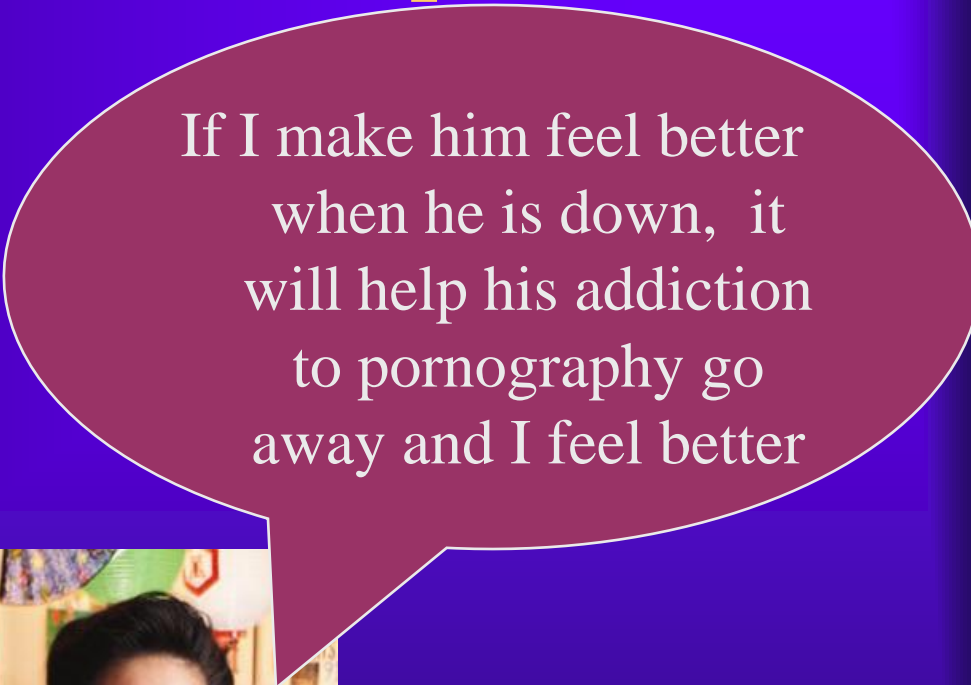
If I were a more  
desirable woman,  
he would not desire  
other woman.



# Interdependent vs. Co-dependence



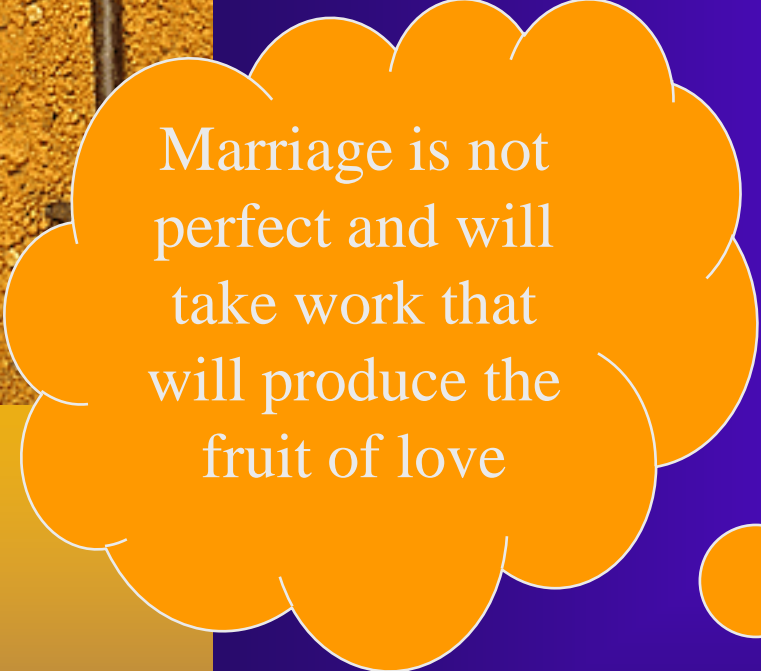
I am an individual and my husband's ups and downs doesn't control my feelings



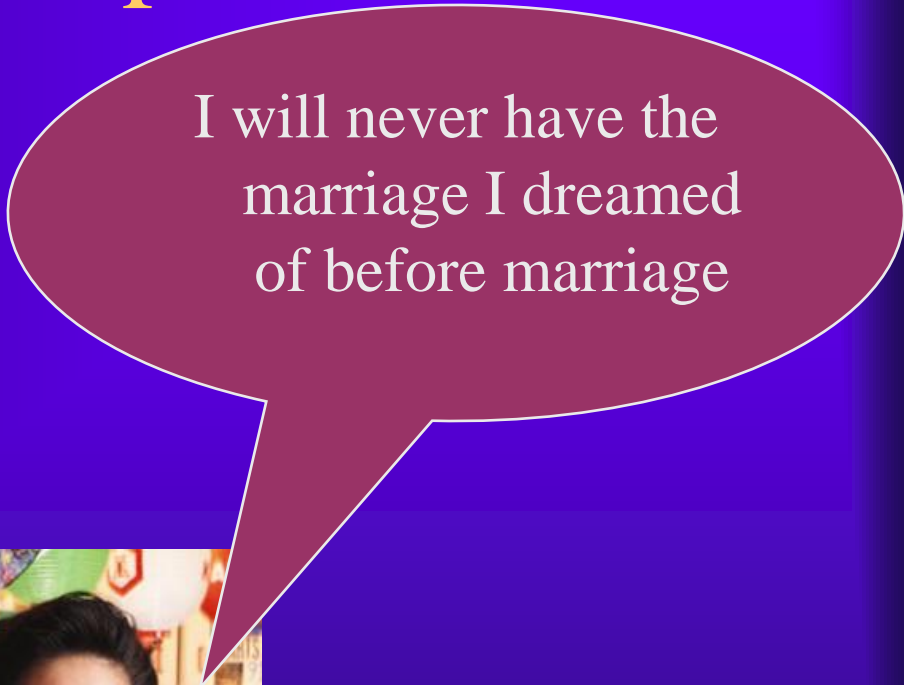
If I make him feel better when he is down, it will help his addiction to pornography go away and I feel better



# All or Nothing Hope



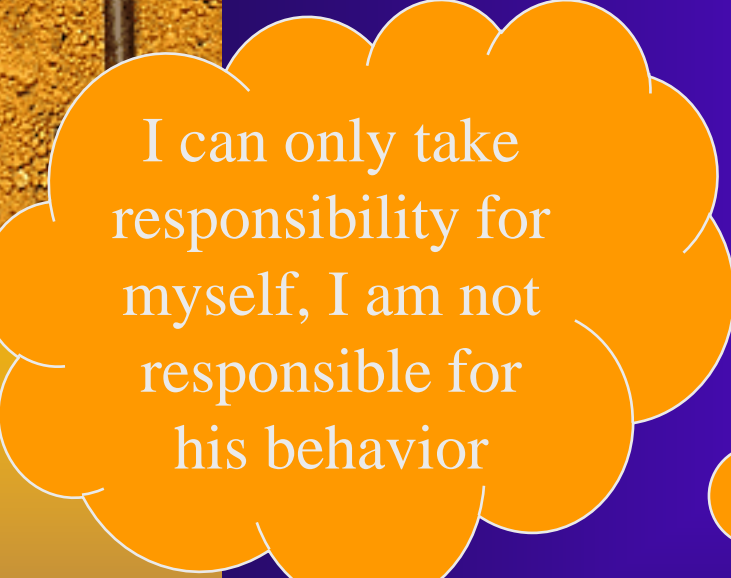
Marriage is not perfect and will take work that will produce the fruit of love



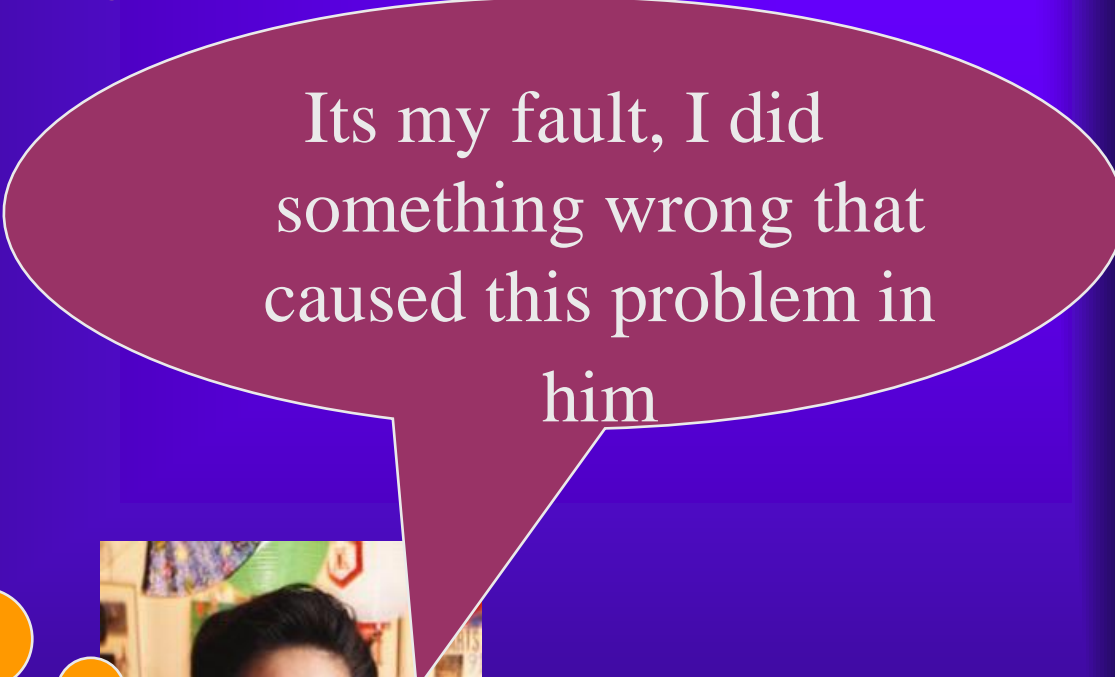
I will never have the marriage I dreamed of before marriage



# Responsibility vs. Blame




I can only take responsibility for myself, I am not responsible for his behavior



Its my fault, I did something wrong that caused this problem in him



# Self Care vs. Abandonment




If he does leave,  
it's not because  
of me and I can  
care for myself


If I don't help to  
change him he will  
leave me??



# Abundant Giving vs. Self Sacrifice



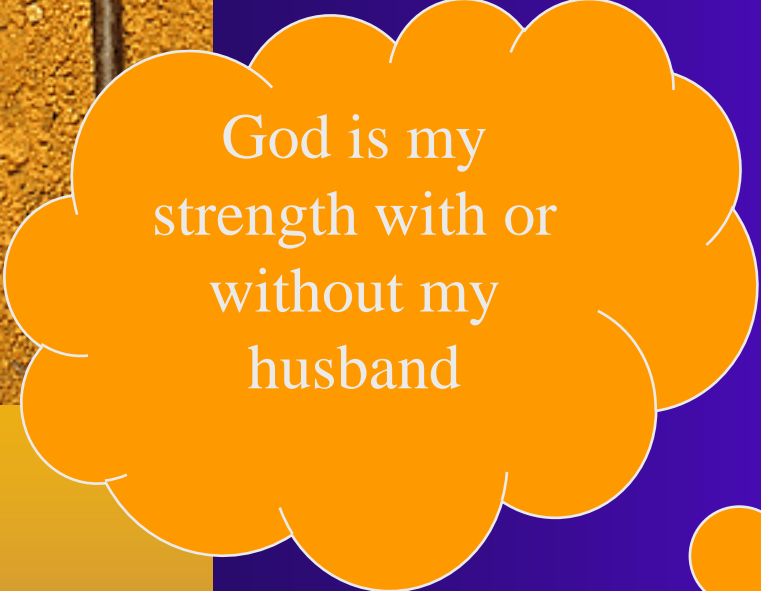
I care for my husband and children out of an abundance of God blessing me



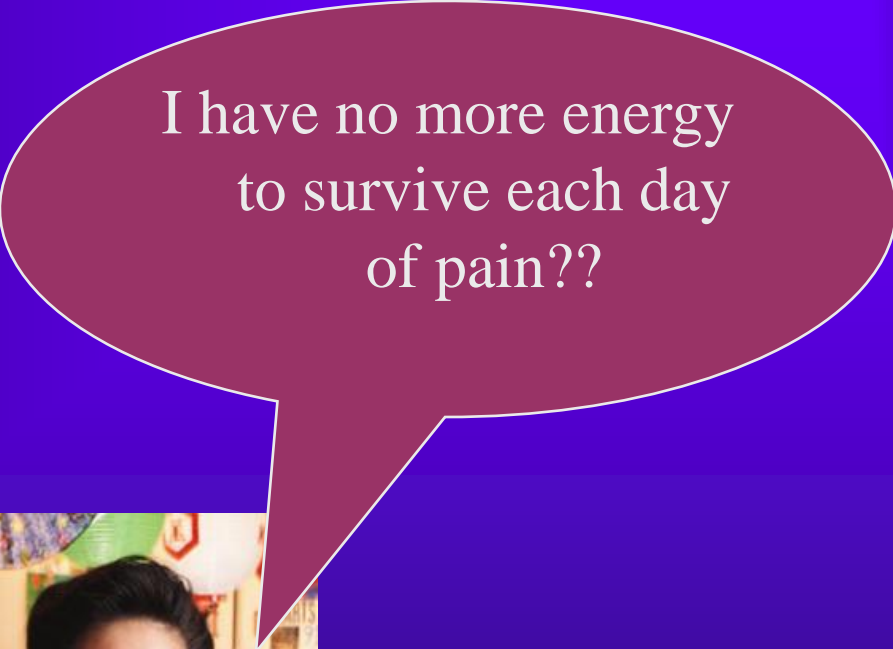
If I sacrifice more of myself he will get better!!



# Spiritual vs. Human Battle



God is my  
strength with or  
without my  
husband



I have no more energy  
to survive each day  
of pain??

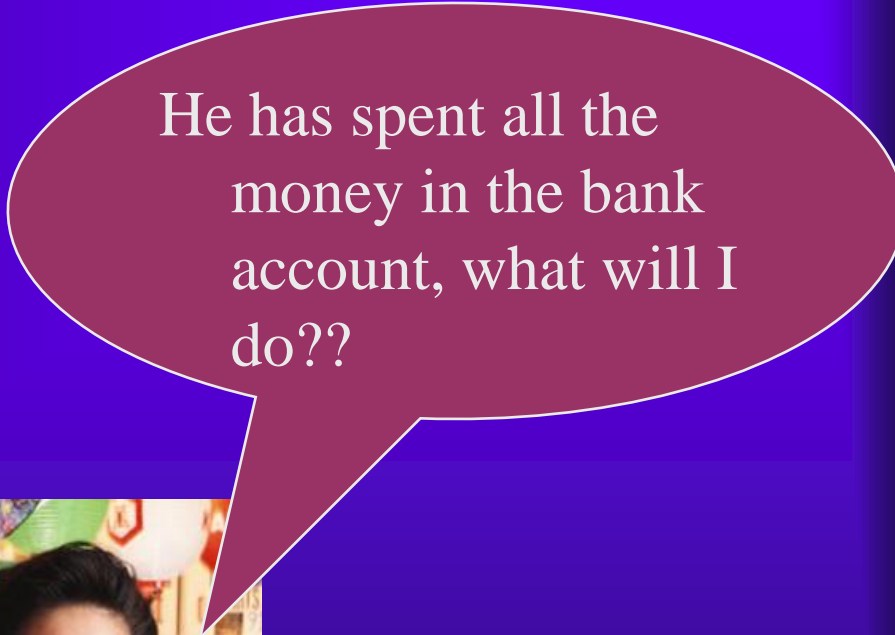




# Functional Authority vs. Positional Authority



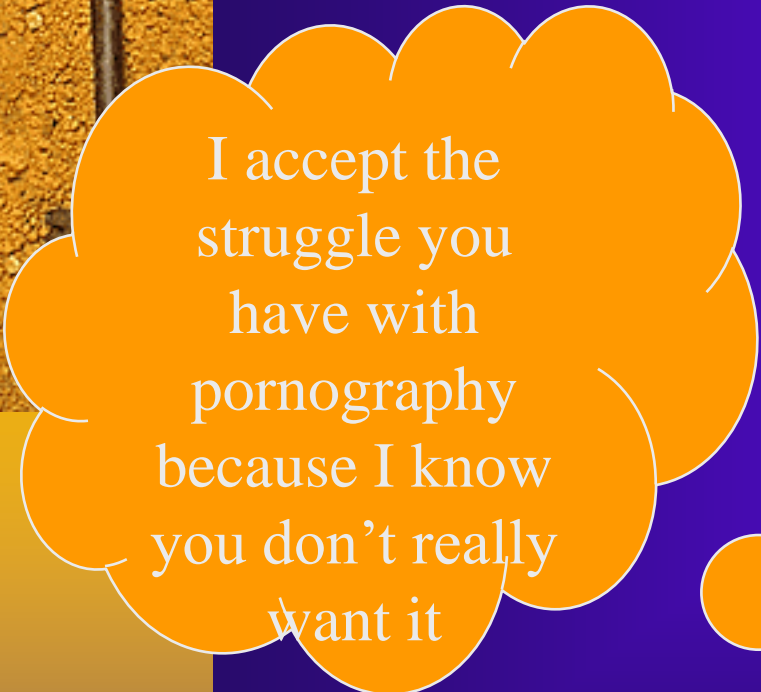
I will get my own bank account and take responsibility for myself




He has spent all the money in the bank account, what will I do??



# Acceptance vs. Approval




I accept the struggle you have with pornography because I know you don't really want it



I cannot approve of your addiction to pornography



# Live Now vs. Future



I live one day at a time and find meaning in what God gives me

I am waiting for him to change so I can be happy again





# Wrap-Up Observations

- ◆ It is better to confront my unhappiness rather than live with a lie.
- ◆ When I deal with the truth, I am set free emotionally.



# Wrap-Up Observations

- ◆ I can only take responsibility for myself and pray for others. I cannot control my husband's addiction.
- ◆ My self worth is determined by me and God and is not based on the success/happiness of my marriage



# Wrap-Up Observations

- ◆ When I take care of myself I am better equipped to care for my husband.
- ◆ My husbands sexual addiction is unrelated to my feminine worth.



# Women's Recovery

- ◆ Deal with the 12 Issues as they apply to each woman in the context of support system
- ◆ Seek a support group that is focused on healing self and marriage
  - Avenue wives support group ([avenueresource.com](http://avenueresource.com))
- ◆ Read relevant books (see reading list)
- ◆ Seek Pastoral support
- ◆ Seek Professional Counseling ([ChristianMentalHealth.com](http://ChristianMentalHealth.com))



# Self-Help Group Resources

SA: Sexaholics Anonymous  
*www.sa.org* (615)331-6230

SLAA: Sex Love Addicts Anonymous

EA: Emotions Anonymous  
*(510) 471-8864*

CODA: CoDependents Anonymous  
*(415) 905-6331*

*www.ChristianMentalHealth.com*



# Getting Help

## Sex and Love Addicts Anonymous (SLAA)

P O Box 119, New Town Branch, Boston MA 02258 617-332-1945

## Sex Addicts Anonymous (SAA)

P O Box 3038 Minneapolis, MN 55403 612-339-0217

## Sexual Compulsives Anonymous (SCA)

P O Box 1585, Old Chelsea Station, NY, NY 10011 212-439-1123

## National Council on Sexual Addictions, Inc

P O Box 20249, Wickenburg, AZ 602-684-7919

## Sexaholics Anonymous (SA)

P O Box 300 Simi Valley, CA 93062 805-581-3343



# Books / Web Resources

- ◆ An Affair of the Mind (Hall, Laurie)
- ◆ Back From Betrayal (Jennifer P. Schneider, M.D.)
- ◆ Gentlepath.com
- ◆ Sexhelp.com
- ◆ christians-in-recovery.com



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