

The Pornography and Masturbation Cycle

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10 Types of Internet Related Sex Addicts

(After Patrick Carnes, Ph.D.)

- Fantasy Sex
- Seductive Role Sex
- Voyeuristic Sex
- Intrusive Sex
- Exhibitionism
- Sex Trading
- Anonymous Sex
- Paying For Sex (*Prostitution*)
- Pain Exchange
- Exploitive Sex



Internet/Porn Addiction Criteria

- ◆ Frequent viewing for longer periods than intended
- ◆ Repeated, unsuccessful attempts to stop, cut back or control behavior
- ◆ Irritability off-line during period of attempted abstinence



Internet/Porn Addiction Criteria

- ◆ Escalating sexual behavior-more intense and higher risk
- ◆ Deceive family and friends to protect internet activity
- ◆ Committing Illegal Acts online
- ◆ Jeopardizing or losing relationships, job, education or career



Myths / Denial about Pornography

- ◆ Justifies Masturbation
- ◆ Doesn't hurt anyone, even me
- ◆ Helps stimulate marital sex
- ◆ It's not real
- ◆ Can stop whenever I want
- ◆ No consequences
- ◆ Just a game – virtual reality



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)

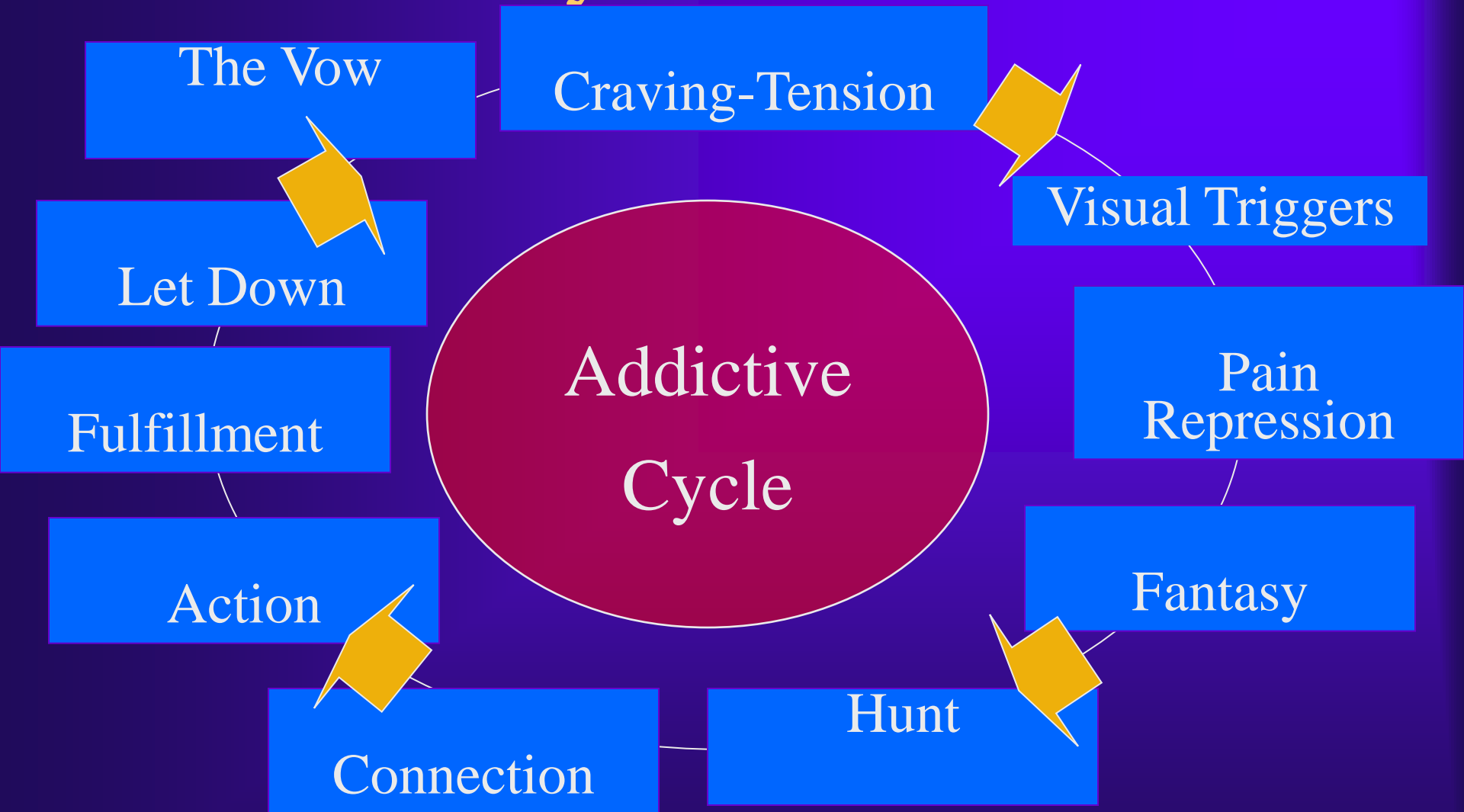
- ◆ **Compulsive (Uncontrolled) “Cyberporn” use**
 - Chat Room visits online at work or after bedtime
 - Rendezvous-meetings via chat room & email
 - Sex for hire experiences: Strip joints, Prostitutes
- ◆ **Compulsive (Ritualistic) “Tele-Porn” use**
 - Astoundingly high phone bills
- ◆ **Unexplained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



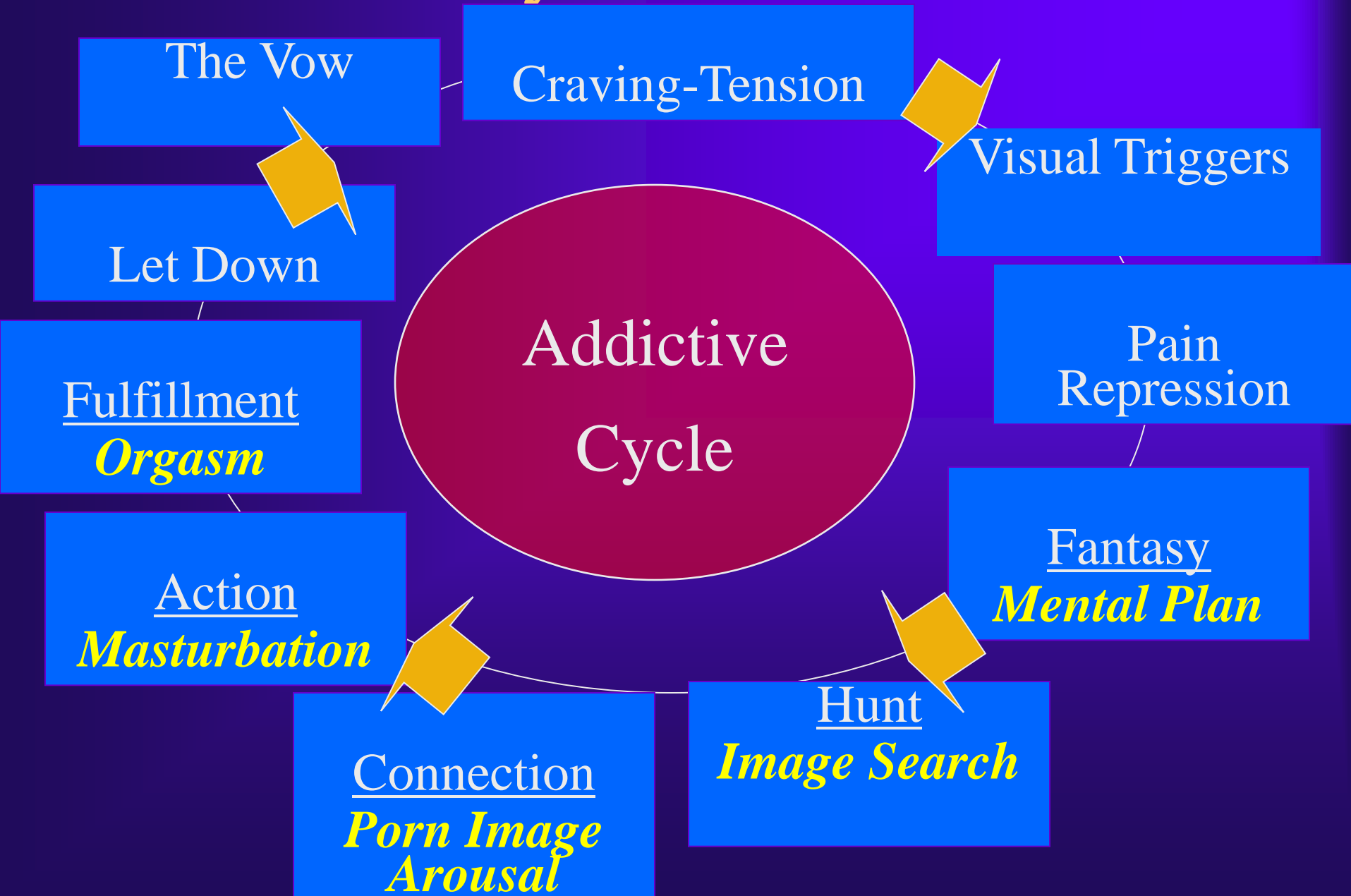
Role of Pornography

- ◆ Safe Relationships
- ◆ I have power over image
- ◆ No rejection
- ◆ Replaces real relationships-too difficult/complex
- ◆ Stimulation because real life is stressful, difficult, boring, or unhappy

Addiction Cycle



Addiction Cycle





The Inner Conflict of Addiction

The addicted person is ambivalent because:

- Addiction is both **pleasurable** and **destructive**
- Addiction is accepted by the **non-Christian world** but not by **God**
- Addiction is **pleasurable** and yet over time takes over the minds **neurotransmitters**
- The addict can **justify** their use of pornography and yet know in their heart **it is wrong** for them



Impact of Pornography

◆ Danger to Society

- 86% of CONVICTED RAPISTS confessed to regular exposure to pornography
- 57% of CONVICTED RAPISTS tried to reenact pornographic images
- 51% of male STUDENTS exposed to violent pornography indicated likely of raping a woman



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 Role of Masturbation

- ◆ Self Soothing
- ◆ Release of Tension
- ◆ Release of Stress
- ◆ Means to alter a bad mood
- ◆ A way to punish someone
- ◆ An escape from difficult relationships
- ◆ An escape from boredom




Spiritual Impact

- ◆ God intends sexual expression to in the marriage relationship
- ◆ Sexuality is not a selfish act, its purpose is to build up the marriage relationship
- ◆ Pornography is a form of infidelity/adultery against a marital partner




Spiritual Impact

- ◆ Porn and Masturbation are disrespectful uses of the temple of the Holy Spirit
- ◆ Masturbation is the devaluing the seed of life
- ◆ Porn and Masturbation increase guilt and shame in relating to God



Breaking the Pornography- Masturbation Cycle

- ◆ Come to your own assistance-You are responsible to get help. You cannot do it on your own!
- ◆ Get help
 - Confess and trust brothers/sisters/pastors to keep you accountable
 - Enter a treatment program /12 step, live in program, etc.
- ◆ Therapy and accountability programs simultaneously produce higher success rates



Breaking the Pornography-Masturbation Cycle

◆ Necessary Changes

- Beliefs about sex, intimacy and family
- Beliefs about addiction
- Core beliefs about self and relationships
- Coming to terms with pain in your past
- Learning to grieve losses in life
- Determination to change
- A new love and respect for self



Wrap-Up Observations

- ◆ Pornography has a damaging effect on the user, their human relationships and society, and relationship with God
- ◆ Pornography and Masturbation are difficult to stop because they are driven by pain and the ambivalence of users



Wrap-Up Observations

- ◆ The use of Pornography must increase in risk behavior in order to sustain pleasure, therefore the disease takes on a life of its own
- ◆ Addiction is a compromised life of fulfillment



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



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