

## The chemical dependency cycle of pornography:

Endorphin	Effect	Organic purpose:	Leveraged by porn:
Dopamine	Narrowly focuses attention Ignores negatives Triggers ecstasy, arousal Creates dependency	Sex and romance are desirable, thrilling Coaches you to focus on your partner and mate Encourages relationship-building	Endless well of pleasure, no consequences Blocks out sadness, pain, social discomfort, feelings of inadequacy Creates dependency
Norepinephrine	Increases memory of smallest details “Sears” experience, images into the brain	Awareness in times of excitement Strong memory (both good and bad) of high-energy experiences	Can’t get the images out of your head – can’t “quit”. Re-triggering of dopamine associated with previous porn viewing
Oxytocin	The “cuddle chemical” Creates deep imprinting, non-rational bonding	Maternal bonding Paternal bonding Mate bonding (a rush at sexual climax)	Increases desire to be in the “porn viewing” situation Creates deep bond with both the setting and the images
Serotonin	Creates deep feeling of calmness, satisfaction, and relief from stress	After sexual climax, relief, release, relaxation – combines well with Oxytocin	Reinforces that the porn-viewing behavior leads to positive feelings and stress-relief

### Is it really so surprising?

- Clinicians report that “cyber-porn is the crack-cocaine of sexual addiction”
  - One hit is enough to create the dependency
  - Once that pattern is established, it’s very hard to break
  - Because it creates a highly-potent distillation of two of the most powerful forces that affect humans:
    - Romantic Love
    - Sex
- It’s not just harmless fun
  - It’s a mental health issue
  - It’s a social issue
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### Why is Porn worse than Violence?

- A major difference – relevance
- Sex is central to us as individuals
- We all want our kids to grow up “normal”
  - Chances are, they will all engage in sexual behavior
  - On the other hand, most will NOT engage in violent behavior