

HOW IS PORN ADDICTIVE?

You hear about “pornography addiction” all the time, but people never tell you what makes it so addictive, or why it even matters. You rarely hear the fact that viewing pornography messes with your brain in the same way drugs do.

WHETHER YOU'RE TAKING DRUGS OR VIEWING PORNOGRAPHY, THE ADDICTION PROCESS IS THE SAME:

REWIRING

Your brain rewires itself to accommodate the extra chemicals.

CHEMICALS

You over-expose the brain with pleasure chemicals like dopamine, serotonin, oxytocin, and epinephrine.

DEPENDENCY

You build up a tolerance and a dependency to the chemicals. You go from “wanting” the pleasure chemicals in order to feel good, to “needing” them.

FRONTAL LOBES:

The area of your brain responsible for making decisions and logically thinking through situations and scenarios is the part of your brain most affected by addiction.

OKAY IT'S ADDICTIVE, SO WHAT?

PORN CAN'T KILL YOU LIKE CHEMICAL DRUGS CAN, SO WHAT CAN IT DO?

RUIN RELATIONSHIPS

RELATIONSHIP PORNOGRAPHY

Porn decreases your interest in a real relationship and increases your appetite for more porn.

300%

INFIDELITY

Pornography use increases the marital infidelity rate by more than 300%.

56%

OF DIVORCES

involve at least one of the people having “an obsessive interest in pornographic websites.”

CYBER SEX

More than 50%

of people involved in cybersex eventually lost interest in sex with a loved one.

ALTER BEHAVIOR

Pornography is directly related to **NEGATIVE PERCEPTIONS, ATTITUDES,** and **AGGRESSION** towards the opposite sex.

PREVENT HAPPINESS

Twice as many people who use Internet pornography are reported to have severe clinical depression compared to non-users.

There is a significant relationship between frequent porn use and feelings of loneliness and major depression.

LIMIT SUCCESS

58%

of addicts suffer major financial loss.

1/3

of addicts lose their jobs.

CHANGE BELIEFS

AN EXAGGERATED PERCEPTION OF SEXUAL ACTIVITY IN SOCIETY

LESS TRUST BETWEEN INTIMATE COUPLES

THINKING THAT ABSTINENCE & SEXUAL INACTIVITY ARE UNHEALTHY

PROLONGED EXPOSURE TO PORNOGRAPHY CAN LEAD TO:

LOSS OF HOPE FOR SEXUAL MONOGAMY

RELIEF THAT PROMISCUITY IS NORMAL

CYNICISM ABOUT LOVE OR THE NEED FOR AFFECTION BETWEEN PARTNERS

WHY RISK IT? IT'S JUST NOT WORTH IT.

BECOME A FIGHTER!

FIGHT THE NEW DRUG
EDUCATING ON THE HARMFUL EFFECTS OF PORNOGRAPHY