

HOW PORNOGRAPHY DESTROYS INTIMACY

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PORNOGRAPHY

- Consider how attitudes toward the use of pornography have changed in recent years.
 - ☀ Now more available, affordable, anonymous. Known as the AAA effect.
 - ☀ Now also more acceptable
 - ☀ Little difference between the church and the world

VARYING OPINIONS RE. PORNOGRAPHY

- Acceptable
- Permissive
- Tolerated
- Forbidden

THERE ARE MANY WAYS TO THINK ABOUT SEXUAL ADDICTION

- ☀ Psychobiological addiction
- ☀ Attachment disorder
- ☀ Trauma response

NEUROSCIENCE AND ADDICTION

- ☀ We now know that neural pathways are significantly involved in the process of attraction.
- ☀ The sex drive (lust) is associated with androgens and estrogens.
- ☀ Attraction is linked to higher levels of dopamine and norepinephrine as well as lower levels of serotonin.
- ☀ Attachment is associated with oxytocin and vasopressin.

NEUROSCIENCE AND ADDICTION

- ☀ Repeated activation of sex drive, and becoming attracted to objects of fantasy (e.g., use of pornography and masturbation) leads to tolerance.
 - ☀ The result...people lose the ability to find gratification in “normal” sexual experiences with a spouse.

NEUROSCIENCE AND ADDICTION

- ☀ This is further complicated by the brain becoming “tricked” into searching for another pleasurable experience at the expense of moving on to attachment.

PREDICTABLE STAGES OF COURTSHIP

1 Noticing	7 Intimacy
2 Attraction	8 Touching
3 Flirtation	9 Foreplay
4 Demonstration	10 Intercourse
5 Romance	11 Commitment
6 Individuation	12 Renewal

TEN TYPES OF COMPULSIVE SEX

1 Fantasy Sex	6 Trading Sex
2 Seductive Sex	7 Intrusive Sex
3 Voyeuristic Sex	8 Anonymous Sex
4 Exhibitionist Sex	9 Pain Exchange Sex
5 Paying for Sex	10 Exploitive Sex

HERE'S THE POINT...

- Any form of pornography destroys genuine intimacy.
 - Fantasy sex destroys intimacy by:
 - Noticing another
 - Becoming attracted to another
 - Setting unrealistic goals for actual sex with my spouse.

SEXUAL ADDICTION AS A TRAUMA RESPONSE

- Each of us are imprinted in infancy and childhood with a “map” of how to become attached to others.
 - Secure, avoidant, anxious-ambivalent, and insecure patterns of behavior are established early.
- We react to people much quicker than we process our memories of people.
 - It takes 400-500 milliseconds to bring a sensation into conscious awareness.
 - It takes only 14 milliseconds to react to and categorize visual information.

SEXUAL ADDICTION AS A TRAUMA RESPONSE

- But it's what we do with those reactions that is damaging to genuine intimacy.
 - Trauma memories often become sexualized.
 - As a coping mechanism
 - As a “bonding” maneuver.

SEXUAL ADDICTION AS A TRAUMA RESPONSE

- As a coping mechanism people retreat into preoccupation (fantasy) to avoid painful memories.
- In trauma bonding, people look to sexual behavior as a way to “repair” the damage of the traumatic experience.

SEXUAL ADDICTION AS A TRAUMA RESPONSE

- ☀ In either case (as a coping mechanism, or as a trauma bond) intimacy suffers because the individual seeks resolution of the trauma in a manner that takes him or her away from genuine intimacy, as opposed to experiencing genuine intimacy.

SUMMARY

- ☀ Pornography destroys marital intimacy by:
 - ☀ Hijacking the normal brain chemistry associated with attachment
 - ☀ Initiating a process of attachment that is a “false intimacy.”
 - ☀ Encouraging poor coping, or a trauma bond, as opposed to healing of trauma through genuine relationship.