



PORNOGRAPHY

Cybersex (sexual stimulation on the internet) is transforming our sexuality. Many people have trouble with uncontrollable sexual behaviour that would never have had problems were it not for Internet.



Why does pornography have so much power?

1. Sexual stimulation due to pornography has the ability to go beyond our own biological limits. It is the crackcocaine of sexual stimulation – people get so stimulated that sex with your partner doesn't satisfy anymore. This immediately affects the relationship with your partner, who will definitely pick up on it – with major consequences.
 2. Many people watching pornography think that it is OK because the stimulation is being done with visual images and not real people. The problem is that the brain responds the same way with images than with a person. In the process you create brain damage, because pathways are created in the brain with repeated actions, with chemicals like dopamine (the “feel good” chemical) being produced during sexual stimulation. This creates an addiction, which means you cannot just stop the moment you realise the damage it has done.

Long-term therapy (2–3 years) will be needed to overcome this addiction.

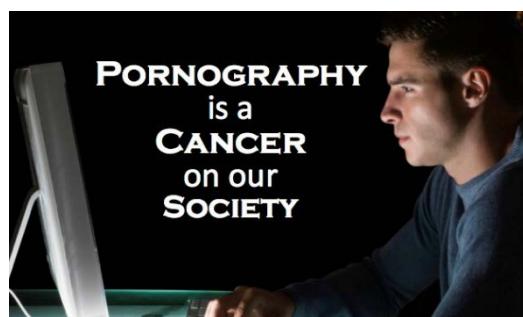


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Some consequences of being addicted to pornography are:

1. Sexual addiction using cybersex, once started, escalates quite quickly.
 2. Sexual addiction on the internet will extend to non-internet behaviours (like cheating on your partner, visiting strip clubs, having sex with prostitutes, raping women, etc).
 3. Sexual addiction magnifies behaviours (feelings of depression and suicide, relationship problems, etc) as well as associated problems (e.g. drugs, alcohol, nicotine, gambling, etc).
 4. Sexual addiction will affect your work, relationships, finances, health, etc. in a negative way once it gets out of control. There comes a point where you won't be able to control your acting-out due to the addition and your compulsive behaviours will eventually destroy you.



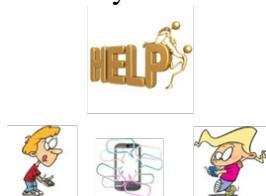
How can porn addiction be treated?

You can't stop it on your own. Once you are addicted to it, you need sexual addiction therapy, as it is treated as an addiction (like drug addiction, alcoholism, etc.), which takes about 2–3 years to get under control.



If you have porn addiction and feel unsure what to do about it – please chat to me about it and get help. It is an anonymous helpline.

Add me on **BBM(7C4BB895)** or **whatsapp(825 576 9286)** for professional and anonymous chat.



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