



Addiction

Pornography addiction is a condition in which a person becomes overly dependent on pornographic materials for their physical and emotional satisfaction. There are many individuals that view pornography regularly, but this does not always lead to addiction.

Symptoms of addiction include:

1. Increased frequency in watching or reading pornography
 2. Lose track of time while watching for several hours on end
 3. Spending more money to want a greater variety and better satisfaction
 4. Rearranging your schedule and making up excuses in order to make time for pornography
 5. Experiencing physical or psychological symptoms when trying to stop, such as anger, depression, irritability, and stress
- Studies show strong evidence that sex affects the rewards systems in the brain in the same way that drugs or food can as well.
 - Addiction to pornography can impair the development of emotional intimacy.
 - Many who have struggled with multiple addiction report that it was the hardest addiction for them to overcome.
 - Addiction to pornography often results in decreased interest in sex with a partner.
 - Pornography addiction can start at any age.

I'M REALLY A NICE GUY. REALLY.
I'M ON-LINE FOR HOURS LOOKING AT PORN.
COUPLES, GROUPS, WOMEN, FETISH. IT DOESN'T MATTER.
I LOOK AT WOMEN NOW AND IMAGINE THEM UNDRESSED.
I'M DATING YOUR DAUGHTER. YOUR WIFE IS HOT.
I AM EMOTIONALLY NUMB.
I'M A NICE GUY.

I AM ADDICTED

“Modern science allows us to understand that the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction: only the delivery system is different.”

Dr. Jeffrey Satinover, Psychiatrist

“We found greater activity in [the] reward centre, involved in processing reward, motivation and pleasure. When an alcoholic sees an ad for a drink, their brain will light up in a certain way and they will be stimulated in a certain way. We are seeing this same kind of activity in users of pornography.”

Dr. Valerie Voon, Neuropsychiatrist

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