

Trouble In Paradise: Pornography



This thought-provoking and professionally presented session defines and addresses the origins of all addictive behavior and provides the scientific data explaining sexual addiction. Having grown to epidemic proportions via the internet, pornography is often considered the “secret sin.” Unless addressed, its addictive powers have a devastating impact on individuals and relationships. The session concludes with the practical information and resources necessary to break out of its bondage.

I. Introduction

A. Definition:

“Sex used or depicted in any way that _____ God’s intent. It encourages _____ not selflessness. It is based upon _____ and not _____ and uses _____ whether _____ or _____.”

B. Pervasiveness of Internet Pornography

II. Understanding Addictions

A. The addictive nature

1. All addictions are formed in an effort to fill an _____ void or to mask an _____ or _____ pain.
2. Any substance or behavior can become _____.
3. Human beings are designed to _____.

4. Addictive cycle

- triggered by physical pain or threatening feelings of _____ / _____, etc.
- fueled by _____ and _____ behavior

B. Signs of addiction

1. Questions to consider

- An addiction is present if a substance or behavior . . .
 - is continually used to escape _____ or physical _____.
 - is used in a _____ or _____ way.
 - has led to or will lead to destructive _____.
- Does an individual or those closest to them perceive they are...
 - _____ to cover behavior.
 - _____ oneself or others _____ physically, mentally, or spiritually.
 - _____ one's _____ system.

C. Common classifications of addictions

1. Minor

- examples: _____ . . .
- identify _____
- modify _____

2. Major (harder to break)

- _____
- _____
- _____

D. Significance of addictive behavior

1. Any type of addiction can destroy _____ and impact _____.
2. The addiction becomes the _____ of a marriage.
3. Self is the _____ of service.

III. Sexual Addictions

A. Nature of the sex drive

1. Automatic response to _____ cues
2. Compounding factors: Every human _____ can enhance the _____ level.
3. Practical implications: _____ emotions create a higher _____ level than _____ emotions can create.

B. Correlations with sexual addictions

1. Unmet _____ needs from childhood
2. Failure to develop specific, _____ coping skills
3. Fear of _____ intimacy in adulthood
4. Genetic tendencies:
 - reward dependent
 - thrill or novelty seeking

C. Levels of sexual addiction

1. Habitual use of _____ in any form (fantasy)
2. Involves a real _____ (can include computer generated images or CGI)
3. _____ activity

D. Defining factors

1. Not the _____ but _____ the sexual activity occurs.

Sex...

- ...is used to escape _____ or physical pain.
- ...is not an expression of _____ intimacy.
- ...can lead to or has led to _____ consequences.

E. Chemical addiction

1. Food and sex target _____ (the pleasure chemical) and activate the pleasure centers of the brain.
2. A spouse is used as a _____ fix.
3. Dopamine thrives on _____, _____, and novelty.

F. Habituation

1. We become used to the _____ (sights, sounds, and smells, etc.) that are often available to us.
2. _____ implications

IV. Effects of Pornography on the Individual

- A. Images are _____ on the brain.
- B. Pornography encourages _____ and _____ of others for one's personal pleasure.
- C. Erotica linked to _____.
- D. The _____ of others can become a sexual stimulus.

"Other people whether real or imagined are NOT _____ to be used or abused."

THIS FLIES IN THE FACE OF THE _____

V. Effects of Pornography on the Marriage

- A. Affects emotional _____
- B. Encourages _____ and _____ of children and spouse
- C. The *fantasy* world becomes the _____ world and the *real* world becomes the _____ world.

DISSATISFACTION GROWS!

VI. Breaking Out of Bondage

GOAL: Learn to address in a productive manner the feelings and emotions that trigger the addictive cycle.

- A. _____ that it is wrong
Ephesians 5:1
I Corinthians 6:15-20
Philippians 4:8
- B. _____ responsibility
II Samuel 12:13
- C. _____
Philippians 4:6
- D. _____ action (*seek resources: see 'Additional Resources' list*)
- E. _____ focus
Hebrews 3:1
Hebrews 12:2
II Corinthians 4:18
- F. _____ accountable
James 5:16