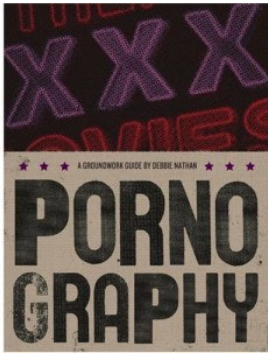


Is Pornography Really That Harmful?

By Justin Stum, MS LMFT
Licensed Marriage and Family Therapist



Human beings search the globe over for connection and what many would call "love". In my experience as a therapist, it appears that

almost all persons I have treated clinically seem to be searching for some connection, some relationship, something intimate. This is not always sexual in nature but when I say intimate I mean something meaningful and rich, deeper than trite comments at a dinner party, richer than shallow conversation with a new acquaintance; we long to belong. In this quest for connection ones sexual needs often become superimposed on ones emotional and spiritual needs. If this misguidance occurs individuals end up meeting their emotional needs via sexual encounters real or imagined.

Many men I have worked with seem to drink from a similar reservoir; a reservoir of shame, guilt, low self-esteem, and fear. In an attempt to find connection and intimacy, which is what they are ultimately seeking, they end up getting entirely deceived into thinking the pornography will meet their needs. Instead they find that it is one major lie; a lie so strong they continue to drink the 'salt water' and wonder why they are so 'thirsty'. As they continue to drink the sodium laden pornography in an attempt to quench their thirst for intimacy, they in their own emotional delirium end up drinking

more and more of the very material that is making them ill. When caught in this pernicious cycle many cannot pull out on their own. Not because they do not want to, but because they don't know how. Stopping and white knuckling it is not enough as that only sends the sexual behavior deep into secrecy. That works for a few days, but over time individuals head back to the same well and drink water that won't quench their thirst. The mirage of 'intimacy' they seek is really a journey for 'intensity' and impulsive self-gratification. Again, the motives are pure initially ... we as humankind seek for intimacy, belonging, and richness only human relationships can offer but can be misguided and blinded and end up addicted to the very material that one perceives as the 'cure' but is unknowingly causing the corroding sickness and ends up perpetuating more thirst.

I recently saw a video clip of a Christian speaker named Jason Evert. He had some solid things to say about his experience with pornography, in fact he has posted many of them online on YouTube.com and the like. I have posted one of his most solid five minute audio clips here online [1]. I hope you find it helpful as you consider this blog post about the nature of pornography and the great lie it is.

Healing and breaking the chains of pornography is possible. It takes work, a lot of work. Working with a trained therapist that understands the nature of sexual addiction as well as couples therapy is key to your getting the right kind of clinical help.

You can take a free online assessment to determine if you have a sexual addiction problem at <http://www.sexhelp.com/sast.cfm>

Do you feel your spouse may be addicted to pornography? Take an assessment to find out at

<https://www.recoveryzone.com/tests/sex-addiction/PSS/index.php>

Recommended Reading:

Treating Pornography Addiction: The Essential Tools for Recovery

<http://www.amazon.com/Treating-Pornography-Addiction-Essential-Recovery/dp/097722080X>

The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography

<http://www.amazon.com/gp/product/006123186X>

Sources: [1]

<http://www.ldsphonecounseling.com/audio/jason-evert.mp3>

Have questions still? Reach my online by email or by phone, I'd be happy to consult with you about pornography addiction and other sexual addictions from which I have helped many clients reach healing and recovery from.

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Justin Stum, MS LMFT
Licensed Marriage and Family Therapist
www.ldsphonecounseling.com