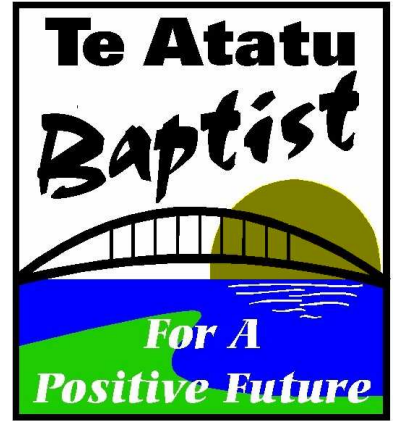


# Pornography

## Addiction and Temptation



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Practical, scientific and Biblical help for anyone caught in the web of porn addiction, or to help you understand someone else who is addicted.

May 2007

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Te Atatu Baptist Church

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**Warning: Intended reading by  
over 18 years of age only!**

What you are about to read, is a ‘no-holds barred’ scientific, practical and Biblical account of pornography today, especially on the internet and its affect upon countless of ‘nice’ people in our nation, neighborhood, church and homes.

Warning, this study contains graphic words and descriptions – and is intended for mature readers only, over 18 years of age only.

Statistically, 60% of all men and 40% of all women today – in NZ and the world - engage in internet porn viewing (Or chat-rooms), *including Christians!*

For more helpful studies and articles on how to gain freedom from addiction, see our website:

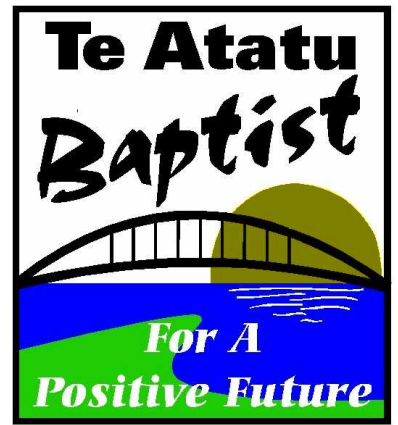
[www.TeAtatubaptist.com](http://www.TeAtatubaptist.com)

Blessings

*Ps Roger Spackman*

## Article 1 of 5

### Internet Porn Is a Drug and Pornographers Are Drug Dealers



Today, we live with more stress, pain and anxiety than perhaps any other society in the world's history. Viewing Internet porn and/or engaging in cybersex chat, coupled with self-stimulation, cause the brain and body to release drugs back into its own nervous system. No wonder so many are turning to the Internet. Based on its ability to produce self-medication, mask pain, escape reality and provide the means to achieve one of the body's most powerful peak experiences, *Internet pornography has been placed in direct competition with illicit drugs!*

As will be detailed in future articles, the structure of the male brain predisposes virtually all men and teenage boys to some level of porn attraction and/or addiction. To a lesser degree, women also are at risk. Many today agree that the greater danger for women and teenage girls is cybersex through Internet chat rooms.

For some, pornography and cybersex are simply part of the process of becoming sexually aroused and excited to the point of peak experience. Pornography and cybersex are a means to satisfy a sexual urge. Many pro-pornography activists at this point would cry out and say, "Exactly right! That's what we've been saying all along. Porn and cybersex are harmless outlets for men, women and teens to satisfy their normal, healthy urges."

If only it were that simple. To the contrary, the hard facts prove otherwise. With rare exception, once a person sets off down the path of regular pornography use and/or cybersex chat, it

becomes much more than a “harmless outlet for normal, healthy urges.” For millions of men, women and teenagers, sexual stimulation is but a piece of the puzzle. Pornography and cybersex become a habit-forming drug used as an escape—escape from the pressures of life, from stress and pain, from fear, loneliness, emptiness, regret, rejection, childhood abuse and a host of other human emotions and memories. Pornography and cybersex temporarily mask the pain. They fill the “void,” the “hole in the soul,” and provide momentary “self-medication.”

Viewing pornography and engaging in sexual chats are ways to “feel good” by passing time in an all-consuming activity that blocks out the trying realities of life, the difficulties at hand. But for pornography and cybersex addicts, exacting, time-consuming rituals leading up to the “main event” become a major part of the process. Thus a man may invent elaborate excuses for his wife as to why he is spending so many late nights at the office. He may put stacks of files in his briefcase and bring them home, going on and on about how “swamped” he is. The longer and more elaborate the ritual, the more time he can spend away from the pressing realities of his life.

A woman may neglect her home and family because she is obsessed with Internet chat rooms. She, too, will employ a litany of excuses and go to great lengths to cover up her addiction.

Whether the motive for consuming pornography and cybersex is sexual appetite, escape/self-medication, or a combination of the two, engaging in these addictions causes the brain and body to “endogenously” produce and release chemical drugs into its own system, just as if they had been injected with a hypodermic needle. These chemicals include: epinephrine (an adrenal gland hormone that “locks-in” memories of experiences occurring at times of high arousal), adrenaline, adrenocorticotrophic hormone (ACTH), noradrenaline,

norepinephrine and testosterone, among others. This at-the-push-of-a-button drug injection is dragging millions of troubled victims along in its destructive wake.

Thus, persistent accessing of porn and cybersex not only provide the addict with sexual arousal, but offers a way to “self-medicate” in order to escape the realities of life and, if only temporarily, “make the pain go away.”

## **INTERNET PORN IS PREFERABLE TO TRADITIONAL DRUGS**

If you think about it, in many ways Internet pornography is preferable to traditional drugs. For one thing, it can more easily be hidden from view. If you achieve your high through Internet porn or cybersex, do you stagger around, slur your words or pass out? After an Internet porn or cybersex fix, might you be pulled over and cited for DUI? What other drug can you sample for free as long as you like? (There are enough “free” and “sampler” porn sites and thousands of cybersex chat rooms available through standard Internet services to keep an addict occupied for years.) And if the free or sample drugs aren’t strong enough, what other drug could you purchase in large enough quantities—not to mention a constantly changing variety to satisfy your changing mood, craving or preference—for just the cost of your Internet connection?

Do you see the point? Can you understand why addicts of Internet porn eventually will outnumber cocaine, crack or meth addicts?

## **THE PORN ADDICTION PROCESS IS LIKE THAT OF ANY OTHER DRUG ADDICTION**

Internet porn/cybersex addiction follows a similar pathway as traditional drug addiction. In order to mask or deaden the pain of life, the porn addict seeks a quick mood change, some sort of stimulation, an escape.

Eventually he becomes powerless. He further spins out of control as the compulsion takes over his life. Even severe threats to job, family or health cannot slow down the obsession. He is caught in a cycle of the need for mood change, stimulation, escape and temporary relief, a vicious gripping cycle that both repels and draws him, repulses and arouses. Often the addict wants to change, in fact knows he must change or succumb to disaster. Virtually every porn/cybersex addict reaches the point where he realizes the craving is simply too powerful; he cannot stop without help.

### **PORN ADDICTION, LIKE OTHER ADDICTIONS, BUILDS UP A TOLERANCE**

Alcoholics are notorious for their ability to consume enormous amounts of liquor; chain smokers can burn through several packs of cigarettes a day.

It is the same with pornography and cybersex chat—greater and greater stimulation is needed to produce an ever-diminishing gratification. Porn and cybersex addicts have acquired a tolerance to perverse and obscene material, material that would leave most sick to their stomachs. And the desire for harder and more explicit material and conversations grows stronger—not weaker—with each attempt to satisfy it—they've got to take a “harder drug” to get the same high. In too many cases, this “harder drug” is the addict acting out what they've seen in porn, with real people—often innocent women, teens and children.

### **PORN ADDICTS SUFFER WITHDRAWAL**

Porn or cybersex addicts suffer withdrawal symptoms when they try—or are compelled—to relinquish their vice for any length of time. An alcoholic gets the shakes without alcohol; the porn and cybersex addict's world starts to shake when the overwhelming urge to view pornography or start up a cybersex conversation hits and he can't get online.

It's as if he might go crazy without another session. The withdrawal pains may drive an addict to find porn or sexual arousal any way and anywhere he can—often causing him to act out his needs in inappropriate ways.

With the Internet, however, it's usually all too easy to satisfy the craving (at least in the early stages of addiction) by heading for the computer screen. With such ease of access and frequency of use, how quickly do you think a porn or cybersex addiction will accelerate until it is out of control? How quickly will an addict become bored with soft-porn or tame sex conversations and proceed to the hard stuff?

When compared to the rate of addiction with traditional pornography mediums of the past, Internet porn and cybersex have accelerated porn addiction to the speed of light.

## **CIGARETTES AREN'T ADDICTIVE AND THEY DON'T CAUSE CANCER—AT LEAST ACCORDING TO THE TOBACCO COMPANIES**

Until a few years ago, the tobacco companies insisted that cigarettes were not addictive and didn't cause cancer. Finally after more than 40 years of investigative research, testing and tracking, the evidence is so completely overwhelming that the tobacco companies could no longer credibly deny it.

Of course, most reasonably intelligent people have recognized the dangers of smoking for decades. The signs and evidence were decisive. We didn't need a panel of scientists and doctors to verify the facts we saw all around us. And now that the tobacco companies have finally admitted (or at least stopped denying) that their product is a silent killer, how does that help those already afflicted with lung cancer or emphysema? It doesn't. For them it's too late. But hopefully future generations won't be so foolish.

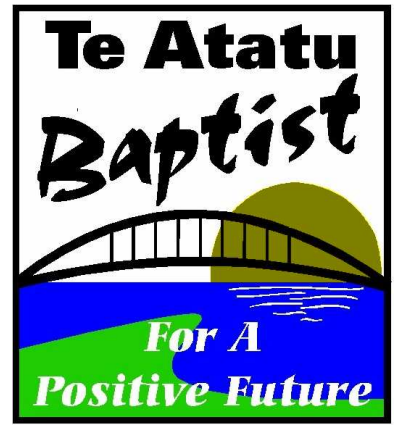
Do you see any correlations between the tobacco and the pornography industries? What do pornographers and those who support them say? “Internet pornography is just a harmless hobby.” “It’s a harmless way to blow off sexual tension.” “What’s wrong with a woman having an affair over the Internet?” “Women should be able to fantasize with porn just like men do.” “Porn doesn’t hurt anyone; if you don’t like it, then don’t look at it.”

But just as with cigarette smoking, the signs and evidence are all around us. Rape, incest, child sexual abuse, teen pregnancy, venereal disease, crime rates, glazed-over fathers and husbands, aloof wives and mothers. And like second-hand smoke, ingesting pornography doesn’t harm just the viewer, it damages all those within the viewer’s sphere of influence.

There are now hundreds of credible medical, psychological and neurological studies which clearly show that pornography is harmful and dangerous to all involved, directly and indirectly. There is no need to wait for additional research or more millions of victims—the results are in.

## Article 2 of 5

### The Difference Between the Male and Female Brain



Significant differences exist between the male and female brains. Although what follows has been meticulously gathered from the research and writings of leading scientists and psychologists, it is by no means a hard and fast rule or description of every man and every woman. Every person is different and unique.

However, the facts clearly bear out that for nearly all men and women there are significant differences between the male and female brain. This means that in most cases, men and women do not behave, feel, think, or respond in the same ways, either on the inside or on the outside.

- The male brain is highly specialized, using specific parts of one hemisphere or the other to accomplish specific tasks. The female brain is more diffused and utilizes significant portions of both hemispheres for a variety of tasks.
- Men are able to focus on narrow issues and block out unrelated information and distractions. Women naturally see everyday things from a broader, “big-picture” vantage point.
- Men can narrowly focus their brains on specific tasks or activities for long periods of time without tiring. Women are better equipped to divide their attention among multiple activities or tasks.
- Men are able to separate information, stimulus, emotions, relationships, etc. into separate compartments in their brains, while women tend to link everything together.

- Men see individual issues with parts of their brain, while women look at the holistic or multiple issues with their whole brain (both hemispheres).
- Men have as much as 20 times more testosterone in their systems than do women. This makes men typically more aggressive, dominant and more narrowly focused on the physical aspects of sex.
- In men, the dominant perceptual sense is vision, which is typically not the case with women. All of a woman's senses are, in some respects, more finely tuned than those of a man.
- Pornographers incorporate male/female differences into the design and marketing of their wares. Just because something might not appeal to a man doesn't mean that a woman won't be attracted to it and vice versa.

Perhaps the greatest impact of the male/female brain differences is how men and women view sexuality and intimacy. It is important to understand the differences in these views in order to comprehend the vulnerabilities men and women have to Internet pornography and cybersex chatrooms. Internet pornographers are cognizant of these differences and market differently to each set of potential customers.

Again, the insights that follow are not absolutes but represent what most therapists, psychologists, and scientists consider to be the majority of men and women. The facts are not listed in any particular order and are not intended to be a complete study. Rather, they are intended to help you understand the unique male and female views of sexual intimacy as a result of the differences in their respective brain structures.

**Special Note:** The descriptions that follow are the findings of professionals who have dedicated their lives to the study of male and female sexuality. You will note that some of the male descriptions are not very flattering; many paint a downright cold,

animalistic picture.

Unfortunately, the descriptions represent a large cross section of the male population in our society. And with Internet porn and cybersex in the forefront, these common attitudes are growing.

Let me clearly state that I **do not** believe that men (or women) are locked into these negative stereotypes. We each have the inner capacity, strength, and innate goodness to rise above animal/sexual instinct if we choose to. We are not dogs; we are not forced into the reactive-impulse mode from which the Internet pornographers profit. I believe that we are so much better than that. I believe that the potential of human intimacy is light-years ahead of what is portrayed on the sterile screen of Internet porn.

### **Women See Relationships, Men See Body Parts**

Anne Moir and David Jessel, in their book *Brain Sex: The Real Difference Between Men and Women*, write:

*Women are not, in the main, turned on by pictures of nudes . . . Women may be aroused by pictures of couples coupling—because what they are seeing, in however sterile a sexual context, is a relationship in action. Women are not excited by a picture of male genitalia by itself . . . Men like female genital close-ups in porn magazines because it is a thing to which they can imagine doing things. Sex for men is vastly impersonal—pornography is simply meat for men. Do they ever wonder who the nude is? Not for a moment. They wonder what they would do to her.*

*Men want sex, and women want relationships. Men want flesh and women want love. Just as boys wanted balloons, toys, and carburetors, the girls have always wanted contact, and communion, and company.*

*The female mind is organized to place priority on relationship, the male on achievement. Men keep a tally of their sexual conquests. The female brain is not organized to keep sex in a separate compartment. This is a male model—as if his brain has a specific filing cabinet for sex, completely unrelated to emotion.*

(This ability to compartmentalize is why a man can put his involvement with pornography in one compartment—or cellular-memory group—in his brain, and his relationship with his wife in another. He may consider the two to be completely unrelated. Many men can't understand why their wife makes such a big emotional fuss when she finds out he has been viewing pornography.)

In her book *The First Sex*, Helen Fisher writes:

*In a 1920s study of several hundred American men and women, 65 percent of the men said that they had done some peering through a bedroom window. Only 20 percent of the women had done any stealthy ogling. Men are more turned on by visual stimuli. They use pornographic materials of every kind more frequently than women do. When they fantasize, they conjure up more images of coitus and body parts, the explicit details of sex itself.*

*Women, too, are excited by visual erotica, although women are not as turned on by it as men are. Women are much more aroused than men by romantic words, images, and themes in films and stories. Women's sexual fantasies include more affection and commitment. Women often dwell on their own emotional reactions. And they are more than twice as likely to think about a sex partner's emotional characteristics. . . . Flowers, oils, candlelight, satin*

*sheets, fluffy towels: when women fantasize about sex, they conjure up the textures, sounds, and smells, all of the ambience surrounding sex, more regularly than men. Women also like more kissing, hugging, stroking, and cuddling during sex. In short, women place the act of intercourse within a wider physical context.*

Fisher continues:

*“Men think having orgasm is having sex. That’s the difference,” remarked one woman in a recent survey. There is a kernel of truth in what she says. Female sexuality is nested in a broader lattice of emotions, a wider range of physical sensations, and a more extensive social and environmental context—all reflections of feminine web thinking. Men’s sex drive is far more focused on the act of copulation itself—yet another example of men’s propensity to compartmentalize the world around them and focus their attention on specific elements.*

Diane Hales, in her book *Just Like a Woman*, quotes Beverly Whipple, president of the American Association of Sex Education Counselors and Therapists, and mixes in her own insights:

*“Women have a variety of sexual responses, and not all fit in with the monolithic pattern described by Masters and Johnson,” says Whipple. “Female sexual response may be much more complex than anyone ever guessed.” Men, she notes, tend to view sex—like many other things—in a linear way. To them, a sexual encounter is like descending a staircase that leads step by step to only one endpoint: ejaculation. Woman’s sexuality, like our ways of taking in and thinking about the world, is more holistic.*

*“I see female sexual response in a circle, with every aspect of sexual interaction—touching, kissing, hugging—as a pleasurable endpoint in itself,” Whipple says. For women, the process of making love—the holding and the hugging and the tenderness—can be as emotionally gratifying as orgasm itself, and sometimes even more so.*

*When women experience sex not as a ten-nine-eight countdown to climax, not as quest or test, but in terms of sensing, knowing, and feeling what one poet calls “the song of life singing” through them, then Eros offers more than mere physical gratification. This may indeed be what sex was meant to be—an experience that touches the essence of who we are in ways not unlike a spiritual revelation.*

The structure of the male brain vs. the female brain is very different. As a result, men and women and teenage boys and girls, do not react to nor view sexuality and intimacy the same ways. Pornographers approach the male and female markets differently. What seems harmless, uninteresting, or meaningless to a woman may be extremely powerful and addictive to a man or vice versa. We must be aware of what materials, stimuli, and circumstances make men and women and teenage boys and girls, most vulnerable and at greatest risk when it comes to pornography, chatrooms, movies, TV programs, etc.

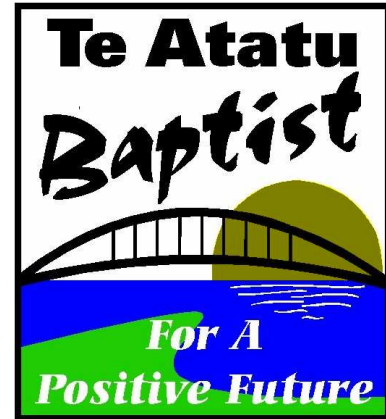
In next month’s article I will discuss how Internet pornographers, knowing male and female brain differences, use different techniques to attract male and female customers. I will also discuss one of the most important concepts you will ever learn regarding the impact of pornography on the human brain: **The Funnel of Sexual Intimacy.**

Mark B. Kastleman is the author of the revolutionary new book titled ***The Drug of the New Millennium—the Science of How Internet Pornography Radically Alters the Human Brain and Body—A Guide for Parents, Spouses, Clergy and Counselors***. Many leading scientists, psychologists, therapists and religious leaders consider this book to be one of the most important works ever written on this subject

## Article 3 of 5

### The Funnel of Sexual Arousal

The mindbody is persistent in its mission to seek to link information, experiences, and knowledge together, to achieve a “peak experience.” Sexual climax is one of the most intense “peak” experiences the mindbody can experience. And climax cannot take place without what is called the “narrowing process.”



Our mindbody is like a narrow landing strip--only one plane can set down at a time. For example, if you are in conversation with someone, and the T.V. is blaring in the background and children are screaming and playing outside, in order to clearly make out what the children are up to you must “let go” of the conversation first. Of course, if you do so, then the conversation becomes background.

Yes, there are those that can pull the “stunt” of performing multiple tasks, but the natural tendency of the mind is to focus on only one thing at a time. In fact, the mindbody craves a singular focus. Why? Because it is by way of a singular focus that it has the greatest access to all its own learning resources.

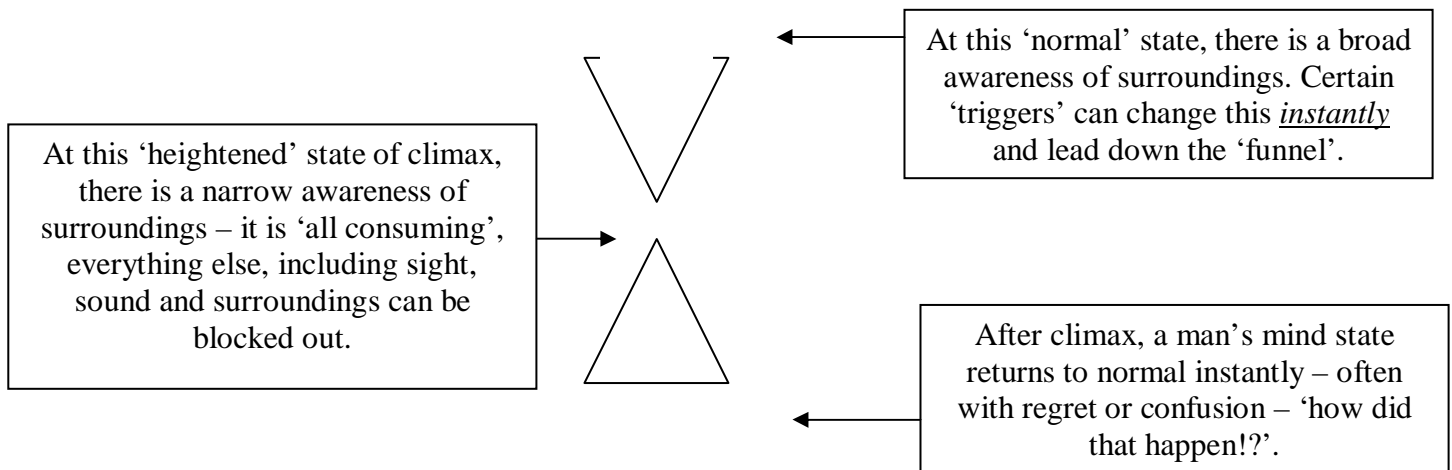
The mindbody assumes that its number one responsibility is to learn. It is there to acquire new experiences, learn from them, then turn them into habit so it can go on and focus on new tasks, habituate them—and the cycle continues. How does the mindbody access its highest ability to carry out this function? By a single focus—one plane at a time on the landing strip. The mindbody is a master of focus.

Sexual climax requires a “one plane on the landing strip” type focus in order to take place. As with any sexual activity, this focus by a man or woman as they move toward climax is

legitimate and desirable **in the appropriate setting**. The following discussion of the “funnel of Sexual Arousal” and the “narrowing process” provides an explanation of sexual functionality without any implied moral commentary.

## Narrowing Down the Funnel into the Tunnel of Sexual Climax

If sexual climax is one of the most intense, single-focus, peak experiences that the human mindbody can experience, but it can only take place through a “narrow focus,” how does the mindbody do this? In order to understand this process, consider the illustration below:



At the top of the funnel, we are in control of our thoughts, perspectives, beliefs, morals, etc. and keeping them in check in the “widest sense.” Keep in mind that women more naturally think at the top of the funnel much of the time. While on the other hand, men can narrow down to the bottom of the funnel very quickly and stay there for longer periods of time.

When a person “lets go” and moves from the top of the funnel, narrowing toward climax, everything at the “big picture” level of thought starts to fade away as the mindbody begins to narrowly

focus on the attainment of a powerful peak experience. Our wide perspective and full mental faculties are not accessed again until after orgasm, when we emerge from the tunnel at the base of the funnel. This narrowing process is where the powerful differences between the male and female brain structure really manifest themselves.

## **The Male Brain in the Funnel**

When a man or teenage boy uses pornography as the process to arrive at the peak experience of climax, the results are usually mind-boggling.

Remember, because of testosterone and the structure of the male brain, a man or boy can focus intensely on a very narrow subject for long periods of time. He also can block out all other thoughts and distractions.

Men typically do not think in terms of the big picture, but rather on the specific issues at hand. They tend to be more goal-oriented and can focus intensely on getting to the finish line, completing the project, winning the trophy, while blocking out all other thoughts not related to the end goal. This is not to suggest that a man cannot see things from a wide perspective. If he makes an effort to do so, he can see the big picture. But, given a specific task, goal, or purpose, he tends to narrow very rapidly and utilize a specific area of the brain on one hemisphere or the other.

What do you think happens when a man begins to focus on pornographic images with the **intention** or **goal** to achieve the peak experience of climax? The male mindbody races down the funnel and narrows so quickly that it is scarcely believable!

After climax and exiting the narrow opening at the base of the funnel, the male mindbody returns quickly to the wide part of

the funnel.

With their senses restored, men often ask themselves after a porn-viewing session, *“How could have I forgotten my wife and children, my religion, my convictions?”*

How can a man, staring at pornography, with all of his focus on attaining the culminating peak-experience of climax possibly be thinking about his wife and children at the same time? He can't. Having descended into the narrow base of the funnel, he surrenders his ability to see the “big picture” and what ought to be most important to him.

As a man heads into the tunnel and “narrows” his mental consciousness, chemical and hormonal responses are triggered in the brain and body that would not be triggered if he stayed at the top of the funnel. When a man viewing pornography begins his descent into the tunnel that leads to climax, this narrowing leads to “switches” that are not accessible at the wide perspective level of thinking. Remember, the mindbody can only experience sexual climax on a “narrow landing strip.” Once he heads down the funnel to where the switches of arousal and climax focus are tripped, there is little hope of him being able to turn back.

[In a similar way, we counsel teenagers not to start down the funnel of sexual arousal in the first place, because they will reach a point where their bodies take over and rational thought is lost—along with their virtue.]

### **Comments from Male Porn Addicts About the Funnel**

I have conducted interviews both formal and casual with many men who have been or are addicted to Internet pornography. As soon as I show them the funnel illustration, it's like a light going on. The standard comment is, “That's exactly the way it is!”

Without exception, these men talk about how rapidly their focus and perspective narrows with Internet pornography. But the amazing and frightening thing is, the narrowing process usually began before they actually turned on their computer!

John, a man with a typical Internet porn addiction problem, said, “I would be going through a normal day and then suddenly I would get this urge to look at porn. Once the urge hit me, it was like everything around me became unimportant. All I could think about was getting to a computer. It was like I was being pulled by some powerful force. I would cancel meetings, or make up excuses, do anything necessary to get to the computer.”

“Once there, I blocked out everything else. I would spend hours looking at porn on the Internet. It was like I was in a cave and the rest of the world didn’t exist. These sessions always ended with masturbation, after which it was like I was suddenly coming out of a cave and seeing the world again. I remember being shocked when I would look at my watch and realize how long I was out of commission. It was almost like I didn’t know where I’d been—like waking up from a dream or something.”

With virtually everyone I spoke, it was the same story. They described being pulled or pushed down the funnel—almost as if its sides were greased and once they had begun their downward plunge, pulling up was nigh to impossible.

They all talked about being trapped in the narrow tunnel, glued to the images, riveted by desire, completely consumed, out of control.

They referred to everything around them as being blocked out, blurred or of little significance. And in every case they described the sensation of emerging from the narrow tunnel after

masturbation and suddenly coming to their senses, stepping out of the dark, once more being aware of everything around them.

The desire to experience a sexual encounter and climax is triggered in the male very quickly because the brain narrows very quickly. The sexual stimulation of pornography floods directly into the male brain stem where higher reasoning is eliminated and automatic response or animal instinct takes over.

In *Brain Sex, The Real Difference Between Men and Women*, Anne Moir and David Jessel state the following:

*Male lust is blind. High testosterone acting on the male brain increases the narrow focus and “single-minded” approach to the “object” of his desires. After orgasm, testosterone levels subside and the male brain starts to receive a wider input of information without the “narrowing” effect of larger amounts of testosterone present during arousal.*

### **An Interesting Side Note**

It isn't only pornography that pulls men into such a narrowing process. Since the beginning of time men and boys have enmeshed themselves in dangerous, foolish, careless and crazy things in the “narrow tunnel” at the base of the funnel. But instead of the peak experience being sexual climax, it is something else such as the thrill of danger, the heat of competition, the enticement of mischief.

How many times after pulling some really dumb or dangerous prank has a boy or man been asked, “*What on earth were you thinking?*” And the response has usually come, “*I don't know,*” or “*I just had the sudden urge to do it.*”

And you know what? When you ask, “What on earth were you thinking,” you can already assume that they “weren’t thinking at all,” but were acting on instinct in the narrow passageway at the bottom of the funnel, in hot pursuit of a peak experience. With a narrow “male” focus on a single end goal, the wide-perspective and logical-reasoning mechanisms were completely blocked out.

Dedicate significant time and attention to studying and understanding the Funnel. It is the key to understanding the male porn addiction process. When women understand the narrowing process they usually begin to understand for the very first time, how their husband, son, brother, boyfriend, etc., can get so caught up in pornography and abandon values and loved ones. The funnel is also extremely valuable in helping pornography addicts finally understand “why” they lose all perspective and reason in the addictive process.

## **The Female Brain and the Funnel**

How does the female brain operate in the funnel of sexual arousal? Every woman I spoke to about this issue, including those who were presently involved with Internet porn and cybersex chat rooms, the response was universal: Yes, a woman does slip and slide down the funnel, but with some very important differences:

1. None of the women indicated that they had ever been pulled uncontrollably down the funnel with no way to stop. Each of them used one word to describe their slippery descent into the funnel: “choice.” They each said that narrowing toward climax was a conscious choice rather than an uncontrollable compulsion. They only descended down the funnel when they wanted to and at their own pace.

2. They all agreed that they had never narrowed to the point

where everything else was completely blocked out. None of them had experienced suddenly emerging from the narrow tunnel after orgasm and exclaiming, “What just happened? Where was I?”

3. All of the women maintained that climax was very enjoyable, yet it was not their singular focus and be-all/end-all goal. In fact, they contended that if the other important elements of intimacy were experienced, and climax was not reached in a given situation, they could be just as satisfied with the experience. (With all of the men I interviewed, the attitude was entirely opposite—the funnel experience could not be complete without climax. Climax was the total focus.)

4. None of the women were interested in Internet porn images all by themselves, as the way to narrow down the funnel to climax. Each insisted that there had to be more to it than that.

Each of these areas of response from women makes total sense when measured according to the structure of the female brain. The female brain is not organized so as to keep sex and the process leading up to climax in a separate, narrow mental compartment like the male brain does.

A woman is exerting both sides of her brain when she starts into the funnel. She connects the process with a wider variety of emotional information against a background where relationships, communication, and emotional fulfillment are more important than the single, narrow event of climax.

### **For Women, the Right Setting Is Paramount**

Because she is so much more aware of her emotions, thoughts and feelings at a much wider perspective, it takes the right setting and a longer period of time for a woman to allow herself to get to the place in the funnel where she begins “throwing the

switches” leading to climax. This of course is completely contrary to the classic porn flick scenario, in which the woman plays the willing victim, the ravenous nymphomaniac, the office hussy.

Porn also shows women writhing in pleasure, achieving orgasm at the drop of a hat and under all circumstances. These responses are obviously staged. Few if any women could become aroused so easily, especially in such situations. Remember, porn seeks to create fantasy women who respond sexually the same way a man might—or in the way a man wishes the woman to respond.

In the female brain, the centers of logic, reason, arousal and emotion are well connected. A woman thus will not typically narrow down the funnel unless she has considered the big picture and deems the journey to be in line with her overall values, reasoning and goals.

And even when she does slide down the funnel, a woman’s narrowing is not nearly that of a man’s. Again, remember, even when focusing on a single issue, such as intimacy and climax, a woman is still exerting her entire brain and on a wider scale when compared to the male. A woman’s reasoning is still intact at some level, which is why all the women I interviewed used the word “choice.” And this would explain why they did not suddenly “regain their reasoning when coming out of the tunnel”—basic reasoning was connected to the process all the time.

In *The First Sex*, Helen Fisher says the following:

*Women are more likely than men to be distracted during coitus. If a woman hears a baby cry, recalls something that happened at the office, or wonders if she turned off the stove, her*

*concentration can be interrupted. She has to reset her focus and rebuild her sexual excitement. Men are better able to keep their attention riveted on sex . . . Women tend to assimilate many disparate thoughts at once—web thinking. Web thinking may disrupt their concentration as they make love.*

The women I interviewed suggested that the funnel of intimacy be rendered slightly differently for women. They offered the following adjustments:

1. The female funnel should be wider at the top, indicating that women start out using more brain space and taking in a wider range of information, emotions, etc.
2. The female funnel should narrow more gradually, with “exits” or “rest stops” along the way, to suggest that women more slowly narrow toward climax and can halt the process at will. Further more, they can be completely satisfied if the process is put on hold, if other important elements are present.
3. The tunnel at the base of the funnel should be wider than the male tunnel, indicating that, even in its narrowed state, the female brain still maintains a wider perspective and is continuing to consider a wide range of choices, emotions, and information. It is obvious that men and women do not approach or experience sexual arousal in the same way. Through a more habitual, mindbody process, a man uses Internet porn as the process to achieve sexual climax. And each subsequent time he expresses that intention, his mindbody is trained to seek out the network of cellular memories that activate the process and he begins the slippery slide down the funnel very quickly.

When a woman expresses an intention for a sexual experience, her mindbody requires much more than some pornographic images. She must receive a much wider range of stimulus in order to be fulfilled, thus her mindbody will seek for the network

of cellular memories best equipped to make her intention a reality. This network generally will be much larger and more complex than in the male, and so her journey down the funnel is necessarily wider, slower, and much more of a “consciously directed” process than in the male. Given what I have learned about the female brain and based on numerous interviews and discussions, I would have to agree that the female funnel of intimacy should be rendered differently than that of the male.

**However, there is a disturbing trend with Internet porn and cybersex chat rooms that indicates a growing number of women may be approaching the funnel more like men do—traveling down the funnel more quickly and more narrowly! Women are becoming addicted to Internet cybersex chat rooms and relationships as surely as men are addicted to Internet porn images.**

Now that we have thoroughly explored the differences between the male vs. female funnels of sexual arousal, our next article will take a look at how Internet pornographers entice and ensnare the male and female markets differently.

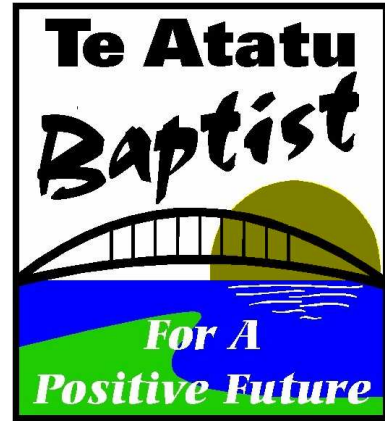
Mark B. Kastleman is the author of the revolutionary new book titled ***The Drug of the New Millennium—the Science of How Internet Pornography Radically Alters the Human Brain and Body—A Guide for Parents, Spouses, Clergy and Counselors***. Many leading scientists, psychologists, therapists and religious leaders consider this book to be one of the most important works ever written on this subject, and a must-read for parents, spouses, clergy and counselors. [Click Here](#) to purchase ***The Drug of the New Millennium—the Science of How Internet Pornography Radically Alters the Human Brain and Body***.

Mr. Kastleman's series of monthly articles will feature excerpts from his book as well as the latest information regarding Internet pornography laws, protection, addiction and recovery.

## Article 4 of 5

### How Internet Pornography Makes Men Stupid

In the last article, we explored how pornographers use specific tactics to target the male and female markets according to the dramatic differences in male and female brain structure, and how each views sexuality and intimacy differently. Now we will look at how pornography radically alters human behavior—specifically male behavior. Next article we will examine how pornography alters female behavior.



We have already discussed in past articles how pornography radically alters the structure of the human brain—changes so dramatic they can only be described as brain damage. Upon observing news headlines describing the bizarre behaviors of prominent men under the influence of pornography, one teenage boy I know declared, “Porn makes men stupid!” Rather than re-examine the mass of convincing mindbody science showing why Internet pornography makes men stupid, I will present a sampling of the millions and millions of men who have done some of the most wildly stupid things as a direct result of pornography consumption.

Of course, you need not go any further than the headlines of the past few years in which prominent world leaders have abandoned all values, responsibility, reason and logic, and under the influence of porn and sex addiction, have engaged in behavior that would rightly be considered stupid, vulgar and depraved.

Among this cross section of examples are stories from men I have interviewed; other examples are taken from reports in the media.

### Men on a Diet of Pornography Do Wildly Stupid Things

#### *Internet Porn Led Man to Rape Tot:*

(From the Deseret News, Salt Lake City, Utah, December 21, 1999)  
*Kenneth Rodger Hardy started experimenting with pornography on*

*the Internet. Once the high-tech, sex superhighway got rolling, he couldn't stop. Before long he was stockpiling pornography on videotapes and computer disks and videotaping himself performing sex acts on a 15-month-old female relative.*

*“It got away from him,” said Hardy’s attorney, Lee Rasmussen. “That’s the root of the problem.”*

*Hardy pleaded guilty Monday to rape of a child, sodomy of a child and aggravated sexual abuse of a child, all first-degree felonies, for raping and sexually abusing the 15-month-old girl while he was babysitting her.*

*The charges surfaced after Hardy’s son-in-law discovered the videotape, filmed sometime between Aug. 1 and Oct. 8. The son-in-law showed the tape to the baby’s mother, who turned it over to Grantsville police.*

*. . . Rasmussen, who worked in the FBI 23 years before becoming a defense attorney, has also seen the tape. He said Hardy has no explanation for why he sexually abused the girl or videotaped the act. [Remember [male narrowing at the base of the funnel](#) and the loss of all reason, values, logic, etc?].*

*“He feels terrible,” Rasmussen said. “He has a lot of remorse. It’s been devastating to him. It is an egregious case, and he realizes that.” [Remember the [hopeless dialogue](#) and what happens when one emerges from the narrow base of the funnel and full perspective, values and reasoning return?].*

### ***Mayor Arrested:***

The 46-year-old Deputy Mayor of the City of Los Angeles attended a West L.A. porn theater one afternoon a few years ago. While engrossed in the sex film, he became so aroused [\[narrowed – all logic and reason blocked out\]](#) that he started to sexually assault a patron seated next to him..

The individual turned out to be an undercover city vice-squad officer. The Deputy Mayor was arrested, booked, and found guilty in a subsequent trial. This distinguished public servant resigned his office shamed and humiliated, his career in shambles.

### ***Man Exposes Himself on Freeway:***

One morning after spending hours on the Internet surfing pornography, a successful executive drove to a meeting across town. While on the freeway, he noticed a pickup truck ahead of him with two teenage girls inside.

A great deal of his Internet porn viewing had been at sites that featured teen porn, —i.e., teen girls in sex acts with older men. The image of the girls in the truck went straight to the neural pathways and cells where the Internet porn images were stored. This triggered a series of connections in his brain and body and he immediately became sexually aroused.

Pulling up next to the truck, he pulled his pants down to his knees, exposed himself and then honked the horn of his car. The two girls looked over and were so startled at what they saw that the driver gunned her engine and swerved away from the man's car, nearly causing an accident.

Jolted back into reality by the girl's reaction, [he pulled out of his narrow focus and began seeing things at the [top of the funnel](#) again]. Afraid that the girls or someone else might jot down his license plate number, he pulled off the freeway at the next exit. He was late for his meeting.

### ***Man Enters the Narrow Tunnel of Porn the Day Before His Wedding:***

In the wedding video his father-in-law shot, John doesn't smile or look at the camera. He shifts his gaze and his eyes drift downward. The day that was supposed to be a highlight of his life is among his darkest memories more than 20 years later.

The wedding went according to plan. A minister from John's church performed the ceremony in a sacred edifice he had always revered. But it was John's actions the day before that haunted him. Stressed out by the magnitude of the vows he was about to take, John medicated himself by indulging in the addiction that had plagued him since his early teens. He drove to a park, walked to a restroom, and acted out sexually with a man who remains nameless and faceless in his memory. Though John doesn't recall all of the details of what went on, the shame he felt afterward is still glaringly clear in his mind.

You may be tempted to judge John harshly. "What a pig he is, or a sleaze, a filthy pervert. How could he do that to himself and to his future wife?" And of course you'd be right. The act was disgusting, grossly irresponsible, a vile betrayal of his bride-to-be. But only John and those like him know the dark and overwhelming power of porn when it lures you in and the resulting sexual addiction. John is no different than the alcoholic or cocaine addict, who under the stress and pressure of getting married just has to have one more fix.

### ***Former Disney Executive Seeks Sex with 13-Year-Old Girl:***

Aside from the assumptions and stereotypes many people have adopted, many Internet porn addicts are college graduates, are in the upper income brackets, and often are prominent, successful citizens.

Such was the case with a former Disney Studios executive. Convicted of possessing child pornography and of crossing state lines while seeking sex with a 13-year-old girl with whom he had made arrangements over the Internet, he reaped the sad fruits of his addiction. His career, his marriage, his life was ruined.

### **Grandfathers and Pornography – A Human Tragedy**

As men grow old and gray, most become wise to the trappings of the world. They develop greater perspective, self-discipline and self-control. Most people think Internet pornography is a young man's problem. Grandfathers are above this sort of thing. They can no longer be lured in by such juvenile trash.

As much as I would like to tell you that this is true, statistics don't bear it out. The male brain and body is structured in a way that it is susceptible to pornographic images whether he is a 12-year-old boy or a 70-year-old grandfather. I have the deepest respect for our senior citizens. The more I meet with them and spend time with them, the more impressed I am. I often think to myself, "This woman has a lifetime of experience and knowledge. That man is a walking, talking library on life! These people are our most precious natural resource. We must not let them go to waste. Let's tap into their wisdom and knowledge and use it!"

I marvel as I see elderly couples who have been together for half-a-century or more, and are more deeply in love than ever. I reverence the elderly as they age with grace and dignity. What great wells of wisdom. What a tremendous gift they are to our society.

So it pains my heart deeply when I see loving grandfathers fall into the pornography trap. With their distinguished gray hair, their deep wrinkles of experience, their quiet wisdom, grace and dignity, it seems all the more tragic to see one of them shot down by porn's poisonous dart.

Out of my deep respect for grandfathers, I hesitate to share the following stories. But I feel compelled to do so as a cautionary voice of warning. No matter what your age is, you cannot afford to indulge your curiosity when it comes to the highly addictive drug called Internet pornography.

### ***Grandfather Case Study:***

An acquaintance recently told me of a grandfather in the family who had discovered pornography on the Internet and had begun viewing it on a regular basis.

One afternoon, when the family was off running errands, it was just the grandfather and his 12-year-old granddaughter in the house. The grandfather was in his bedroom with the door locked, getting his

Internet porn fix, consisting of images of naked teenage-looking women.

Having descended to the narrow bottom of the funnel in his arousal, he rose from his chair and proceeded to the room where his granddaughter was. He doesn't remember what he said to her, but he exposed himself and attempted to sexually molest her. She fled to the house of the next-door neighbor. I'm sure you can imagine the sequence of painful events from that point.

This example isn't so different from hundreds of others. But there are several facts about this case that I will never forget. First, there was no denial, no deception or concealment on the part of the grandfather, only total and complete despair, humiliation, regret, shock and disbelief.

“Shock and disbelief?” you ask. “Wasn't this grandfather accountable for his actions? Didn't he make a conscious decision to do what he did?” Yes. The grandfather acknowledged that he was responsible. He made no excuses. The reason he suffered such shock and disbelief, is how quickly it had happened and how he could not remember exactly why he had risen from the chair in the first place. It was like he had been in a “trance,” like he was a different person.

At the moment his granddaughter screamed and ran from the house, it was as if he had been shocked back to his senses [regained his big-picture perspective at the [top of the funnel](#)]. He just stood there in total horror at what had just occurred.

In fact, I was told that the family found him sobbing uncontrollably when they arrived home later that day. This distinguished, dignified and loving gentleman had been cut down by the crushing force of pornography. The pain, shame, guilt and regret of that moment will follow him for the remainder of his life.

Here is a grandfather who would never harm one of his grandchildren for anything in the world; rather in an instant he would give his life for

any one of them. Yet, in a moment of sexual indulgence he temporarily abandoned everything he loved and violated his values, his morals, his beliefs. How could this happen?

His initial mistake was the moment that he took that first peek at those pornographic images on the Internet. For this grandfather, at least, from that first glance the tragic outcome was set. He didn't understand the power of the pornography he was looking at. He knew it was wrong, but he probably figured he could give it up just as easily as he embraced it, and it would be no big deal. After all, he was a grandfather, an old man, a religious family man. He was in control. It wouldn't hurt to indulge his curiosity just a little bit.

This tender grandfather didn't realize beforehand how pornography “narrows” the male brain and robs the viewer of his logic, reason and sound judgment (regardless of his age); how it forces him into a narrow tunnel where nothing else matters but satisfying the fiery urges the porn has ignited. It was in this “narrow tunnel” that this grandfather lost his way for but a moment—a moment that would haunt him and his family for the rest of their lives.

Alongside this devastating image, I would create a monument to all of pornography's tragic victims: The women, the children, the wives, mothers, sisters and daughters, the little boys, sons and brothers—all innocent bystanders from whom the thief took so much. The men, fathers and husbands who could have been so much more and given so much more, were it not for the thief called pornography.

So, as you can see, my 12-year-old friend was right—pornography really does make you “stupid.” However, the examples I have given, tragic though they may be, represent only the beginning of the carnage and catastrophe that pornography addiction can—and will in the future—create.

### **In Some Men Pornography Brings Out the Darkest Evil**

We have seen that under the “narrowing” influence of pornography, men momentarily forfeit their reasoning and judgment. As a result,

they do stupid things that bring shame, embarrassment, broken marriages, scarred families, ruined careers and lost opportunities.

Many of these men could have made significantly greater contributions of love and service to those around them and to the world, if they had not spent so much time trapped in their own “narrow world” of pornography.

But porn’s ability to make men do stupid things is only the tip of the proverbial iceberg. The industry, with the Internet as its primary ally, is now leading more and more men and women, teens and children down a dark and sinister path. It is seducing them to become part of a world where innocent bystanders bear the hellish, hideous impact of pornography’s progeny.

In his work *Pornography’s Effects on Adults & Children*, clinical psychologist Dr. Victor Cline reports:

In research conducted by Dr. W. Marshall, almost half of the rapists that he studied used pornography depicting consenting sex to arouse themselves preparatory to seeking out a victim to rape. Another investigator, Dr. M. J. Goldstein, found that far more of the sex offenders than the non-offenders he studied wished to, and often did, emulate the acts they saw depicted in pornography.

In still another study, most of Dr. E.G. Abel’s sex offenders said that pornography increased their appetites for deviant activities (and these were the men who reported the least control over their deviant activities). Other investigators have reported that rapists and child molesters use pornographic materials fully, both immediately prior to their crimes and during the actual assaults.

Still another type of evidence comes from a study conducted by Darrell Pope, a former Michigan State police officer, who found that of 38,000 cases of sexual assault on file in Michigan, 41% involved pornography exposure just prior to the act or during the act.

Porn users don't live in a vacuum; they live among people, real, living, breathing people: spouses, children, neighbors, co-workers. Any or all of these can be hurt when a porn addict spins out of control.

### **Copycat Crime**

People imitate what they have seen in pornographic images. Dr. Judith Reisman calls this type of acting out copycat crime. Based on what we know about cellular memories and the mindbody using these memories to bring about our desires for a peak experience, this makes perfect sense.

If a man or teenage boy has been masturbating while viewing porn, the images he sees are linked by the mindbody as the way to arrive at the highly desirable peak experience of orgasm. The mindbody links these images with pleasure, release, arousal and climax. And what are these images? In their obsession to capture as many viewers as possible, to appeal to every fetish and appetite, no matter how twisted or deviate, Internet pornographers display an incredible variety of images—from the traditional pin-up girl to the bizarre, depraved, debauched and vile; sexual images mixed with traditional fantasy, but also co-mingled with images of children, animals, rape, torture, murder, expectant mothers, and many other shocking connections.

Do you recall that the mindbody does not distinguish between reality and fantasy when it comes to material that is highly erotic, violent or shocking? When men look at Internet porn photographs, videos and live transmissions, their mindbody accepts the images as reality.

An Internet site shows girl-like women dressed in Girl Scout uniforms being raped; a few weeks later a local newspaper reports the brutal rape of a girl scout while selling cookies door-to-door. After viewing a graphic video on the Internet portraying little girls in their school uniforms, a porn addict kidnaps, rapes, tortures, mutilates and murders two children in their Catholic schoolgirl uniforms. Mere coincidence? Sound too far-fetched? These are actual cases! They are only two of the thousands of such copycat crimes committed by porn addicts each year.

Taking into account the litany of sexual perversions linked to acts of violence that can be accessed on the Internet, can you begin to understand the source of grizzly sex-murders, tortures and mutilations occurring with increasing frequency around the world?

In the past, the most extreme examples of porn-related copycat crime were men like Ted Bundy and Gary Bishop. With the Internet now exposing tens of millions of men and teens to pornography day in and day out, in what direction and magnitude will the number of copycat crimes committed against innocent women and children go?

Next month we will discuss how pornography makes women stupid.

Mark B. Kastleman is the author of the revolutionary new book titled *The Drug of the New Millennium—the Science of How Internet Pornography Radically Alters the Human Brain and Body—A Guide for Parents, Spouses, Clergy and Counselors*. Many leading scientists, psychologists, therapists and religious leaders consider this book to be one of the most important works ever written on this subject, and a must-read for parents, spouses, clergy and counselors. Click here to purchase *The Drug of the New Millennium—the Science of How Internet Pornography Radically Alters the Human Brain and Body*.

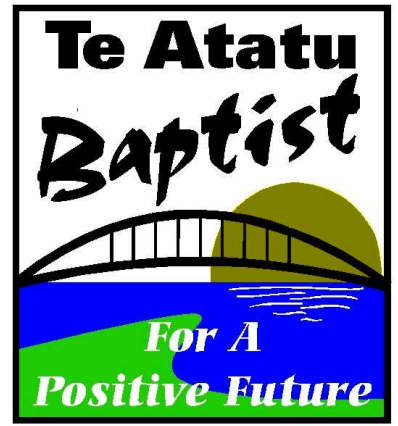
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## Article 5 of 5

### How Cybersex Chatrooms and Internet Pornography Make Women Stupid



Just as porn-addicted males do some really stupid things, women under the influence of Internet porn and cybersex chatrooms are engaging in some stupid behaviors of their own. In her book *Caught in the Net*, Dr. Kimberly Young cites the following examples:

*From an e-mail: Read your article on Internet addiction . . . took the quiz . . . got the worst possible score . . . but know what? Don't really care. . . . Yes, I am TOTALLY addicted but having the best time of my life. . . . I'm mother of two kids, 13 and 11 . . . used to be very devoted, but now I live for the Internet. . . . I hide a lot of dirty laundry, make quickest meals possible . . . could go on and on. Online lovers? Met a few . . . even planning a vacation with one. . . . Everyone in my family is worried sick. . . . My husband is ready to throw the computer out the window. . . . Poor guy, he's suffering . . . gotta go . . . Bye, Paula.*

*Another e-mail: My name is Dennis. I have been married for eleven years, and my wife, Melinda, and I have three children. We bought a new computer a few months ago, and Melinda got very interested in chatrooms. Soon the friendly chat turned to cybersex, and from there it escalated into phone sex. Finally, she started driving to meet a couple of these guys hundreds of miles away, taking the children with her! When I found out about this and confronted her, she refused to admit she had a problem.*

And finally, Dr. Young offers this description of a woman addicted to cybersex on the Internet: *It's almost midnight and the lobby of People Connection [an Internet chatroom] is*

*bursting with people, excitement, and anticipation. Leah has just clicked on and already is engaging in a little harmless flirting. Then she sends a bolder message: "Any guys out there looking for a foxy babe tonight?" Instantly, her screen fills with invitations from eager men from all over the world who urge this "foxy babe" to come to a Private Room for a more intimate conversation. The erotic dialogue that ensues resembles what's found on 900 phone sex lines, except that no one is paying for this service and both parties enter the exchange as equals.*

*Dr. Young continues her description of Leah: A 32-year-old single librarian from upstate New York, Leah is shy and overweight. In real life, she feels intimidated by men and hasn't had much success attracting them. Now when Leah enters the People Connection seeking quick sexual encounters, she finds herself desired by dozens of men. She's amazed at how brazen she's become, hopping among several "partners" in one night and indulging in virtual sex acts she had never previously imagined.*

"For Leah," Dr. Young goes on, "the best part is the morning after. She had no fears of pregnancy or sexually transmitted diseases; she hadn't spent any money beyond her basic Internet access cost; she wasn't concerned about one of the men knocking on her door someday or sending unwanted love letters or flowers, because she never shared her phone number or any specifics about where she lived. Her reputation in her real-life community remained intact. No one knew where she had gone, what she had done, or the language she had used the night before. She was still the same shy, quiet, responsible librarian. And after work she could go home and play the vixen again, engaging in dominance and submission under handles like 'Super Vixen' or 'Madam X.'"

## **Cathy's Story—The Future of Women and Internet Pornography**

While writing my book *The Drug of the New Millennium*, I took the opportunity to conduct a telephone interview with a woman whom we will call Cathy. Before this interview, I had all but completed my book and had titled it *How Internet Pornography Makes Men Stupid*. As a direct result of this interview with Cathy, together with my interaction with Willie Draughon, retired Assistant Chief of Criminal Investigations with the State Attorney General's Office, I returned to the drawing board, and revised my book to include the rising and devastating problem of **female Internet porn and cybersex addiction**.

The following is a brief overview Cathy provided me prior to our telephone interview:

*My first contact with the Internet is an experience that I will never forget. I was curious about how far a person would go to expose their body for all the world to see so I got on a pornography site. . . . The more I saw the more I wanted to see. I found myself looking for time when no one was around so I could get on the Internet. I began having sexual fantasies about what I saw there (sometimes involving masturbation). Before long I realized that I didn't want to just imagine sex with a partner, I wanted to physically have sex with someone.*

*One day I got bold enough to find a person online and we arranged to meet for the sole purpose of having sex. I didn't know this person. I had never met him before in my life and that is the way I wanted it. For six months I forgot what life was. All I wanted to do was live for myself and fulfill my selfish physical desires. My circle of friends changed. I now wanted to hang around the people who wanted a life such as mine.*

*I began going to bars. I didn't drink or smoke but I went there to socialize with the kind of people that I could take home and*

*have a one-night stand with. . . . My life was one of sex and gratification, and all because of curiosity about porn sites.*

*I know of many women who have fallen into the same trap that I did for one reason or another. It's a slow, subtle process that takes you on a trip to hell. I was addicted to sex, fantasies, physical desire, and I didn't even know it until it was too late.*

*The detrimental effects that those six months had on me are too great to mention in detail, but I can tell you the worst of them. My family was nearly destroyed. My children have lost respect for their mother. Somewhere along the way I contracted Chlamydia, a serious sexually transmitted disease. But worst of all, I lost respect for myself and it took a lot of time to get my life back.*

*Internet pornography is a world of subtlety. It is the first lurid step in a long staircase that leads both men and women into a life of misery.*

Cathy stated very clearly in our telephone interview that she was "heavily involved with cybersex chatrooms." *My initial curiosity with Internet porn led me to the chatrooms, which in turn led me to actual face-to-face sexual encounters.*

*Chatrooms had a much more powerful attraction to me than the pornography itself. I spent many hundreds of hours in sexually graphic conversations with men in cybersex chatrooms. The Internet porn was simply a convenient tool that aided in my romantic/sexual fantasizing.*

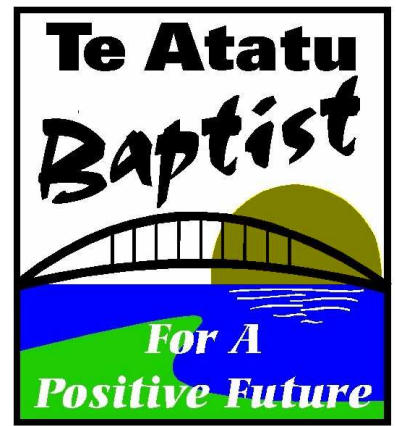
There are those reading this who might assume that Cathy was simply a loose woman, slutty, not unlike a prostitute in her mind-set. Actually, prior to her introduction to Internet pornography and her subsequent addiction to cybersex chatrooms and illicit sex, she was an exemplary wife and mother, a model citizen in her community, and an active participant in her church. Now

she lives alone, divorced, virtually ignored and despised by her children.

Like it has done to so many men, Internet pornography/cybersex chat takes decent, intelligent, respected and successful *women* and **makes them stupid!** Just as it does for men, Internet porn/cybersex becomes a “drug of choice” where women find pleasure, relief and escape (self-medication) from the pain, stress and realities of everyday life.

In fact, retired sexual crimes investigator Willie Draughon asserts that “females are more inclined to pursue the communication aspect of the subculture after their initial intro through visual porn. The argument can be made that females may spend even more time in the porn underworld—i.e., chatrooms, phone sex, and eventually personal encounters—than males since their world of intimacy involves the need to have more stimulation than just the visual alone to reach the fantasy of fulfillment. The Internet provides this type of environment for women more than any other vehicle in history.” In next month’s article I will discuss the myriad of pornography’s victims—those who lie in the wake of porn wreckage. The list of victims is far more expansive that you might ever imagine. I will blow away the argument that says pornography is a harmless outlet—what someone does in the privacy of their own home or office is their business and doesn’t hurt anyone else. When it comes to pornography, especially Internet porn, nothing could be further from the truth.

## The four steps of addiction



**FIRST STEP - ADDICTION** "The first change that happened was an addiction-effect. The porn-consumers got hooked. Once involved in pornographic materials, they kept coming back for more and still more... The pornography provided very exciting and powerful imagery which they frequently recalled to mind and elaborated on in their fantasies."

"Once addicted, they could not throw off their dependence on the material by themselves, despite many negative consequences such as divorce, loss of family, and problems with the law (such as sexual assault, harassment or abuse of fellow employees)."

"... many of my most intelligent male patients appeared to be most vulnerable—perhaps because they had a greater capacity to fantasize, which heightened the intensity of the experience and made them more susceptible to being conditioned into an addiction."

"... It is difficult for non-addicts to comprehend the totally driven nature of a sex addict. When the "wave" hits them, nothing can stand in the way of getting what they want, whether that be pornography accompanied by masturbation, sex from a prostitute, molesting a child, or raping a woman. These men are consumed by their appetite, regardless of the cost or consequences. Their addiction virtually rules their lives."

## SECOND STEP - ESCALATION

"The second phase was an escalation-effect. With the passage of time, the addicted person required rougher, more explicit, more deviant... sexual material to get their "highs" and "sexual turn-ons." It was reminiscent of individuals afflicted with drug

addictions. Over time there is nearly always an increasing need for more of the stimulant to get the same initial effect."

"... Their addiction and escalation were mainly due to the powerful sexual imagery in their minds, implanted there by the exposure to pornography."

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### **THIRD PHASE - DESENSITIZATION**

"The third phase was desensitization. Material (in books, magazines, or films/videos) which was originally perceived as shocking, taboo-breaking, illegal, repulsive, or immoral, in time came to be seen as acceptable and commonplace. The sexual activity depicted in the pornography (no matter how anti-social or deviant) became legitimized. There was an increasing sense that "everybody does it" and this gave them permission to also do it, even though the activity was possibly illegal and contrary to their previous moral beliefs and personal standards."

### **FOURTH PHASE - ACTING OUT SEXUALLY**

"The fourth phase was an increasing tendency to act out sexually the behaviors viewed in the pornography, including compulsive promiscuity, exhibitionism, group sex, voyeurism, frequenting massage parlors, having sex with minor children, rape, and inflicting pain on themselves or a partner during sex. This behavior frequently grew into a sexual addiction which they found themselves locked into and unable to change or reverse—no matter what the negative consequences were in their life."