

*“Cyber Seduction  
– The Porn  
Pandemic*

Art Adams, MSW, LCSW, LCAC, CADACIV, NCPE, NCCE

# The Facts of Life

Where did you learn the facts of life?

From God? (Everything God made is “good”.)

From the world? (Satan tried to make “good” things perverted.)

I Thess. 4:3-8 – “For this is the will of God, [even] your sanctification, that ye abstain from fornication; <sup>4</sup> that each one of you know how to possess himself of his own vessel in sanctification and honor, <sup>5</sup> not in the passion of lust, even as the Gentiles who know not God; <sup>6</sup> that no man transgress, and wrong his brother in the matter: because the Lord is an avenger in all these things, as also we forewarned you and testified. <sup>7</sup> For God called us not for uncleanness, but in sanctification. <sup>8</sup> Therefore he that rejecteth, rejecteth not man, but God, who giveth his Holy Spirit unto you.”



# God's Views on Sex outside of Marriage (OT)

Death Penalty for:

Incest: Lev. 18:1-18

Adultery: Lev. 19-22

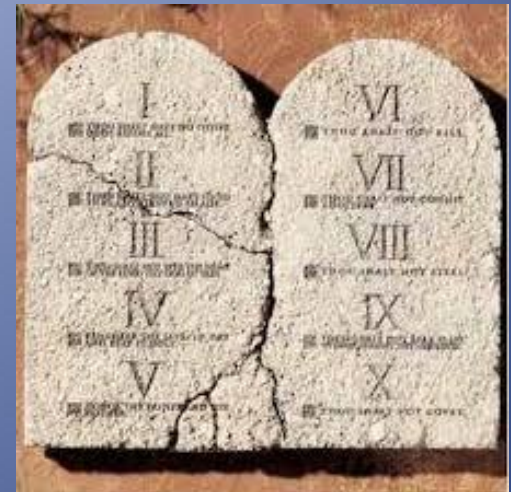
Rape: Deut. 22:22-29

Whoredom: Ex. 22:16,17; Deut. 23:17

Bestiality: Lev. 20:15, 16

Sodomy: Lev. 20:12

Non-virgin bride: Deut. 22:13-21



**“Thou shalt not commit adultery” (Ex. 20)**

# The Fantasy is not the Reality

Consider the bad advice of Jonadab (II Sam. 12:2-15)

**Nobody** is the same after a sexual sin.



# Understanding the physical drive - 2

## Males

- The body regulates semen based on supply and demand. The greater the demand, the greater the body is triggered for the supply. The “build up” demands release.
- Sex in marriage releases important hormones in the male brain
- Dopamine (the “feel good” hormone) and oxytocin (the bonding hormone). Thus, a male who has regular sex with his wife can actually become “addicted” to her. His brain has been trained to find her desirable.



# Understanding the physical drive - 3

## Males

- **When a couple has a new, exciting sexual experience, the body release different chemicals - phenylethylamine (PEA) and adrenaline.**
- **Impacts the brain in a way similar to crack cocaine.**
- **Becomes intoxicated with sexual pleasure.**

# Understanding the physical drive - 4

## Males

- ✧ A great sex life won't solve the problems in marriage. But, it will ramp up the husband's affection and attraction to his wife.
- ✧ "Most men face a lifelong struggle to control their sexuality. The struggle is between their hormones and their higher aspirations." - Archibald Hart
- ✧ Marriage means that the man should not have to fight temptation alone.
- ✧ No wife is responsible for her husband's sexual choices. Even a man whose wife withholds herself does not have an excuse to seek sexual pleasure outside of marriage.





# What is the frequency of sexual relations with the couple?

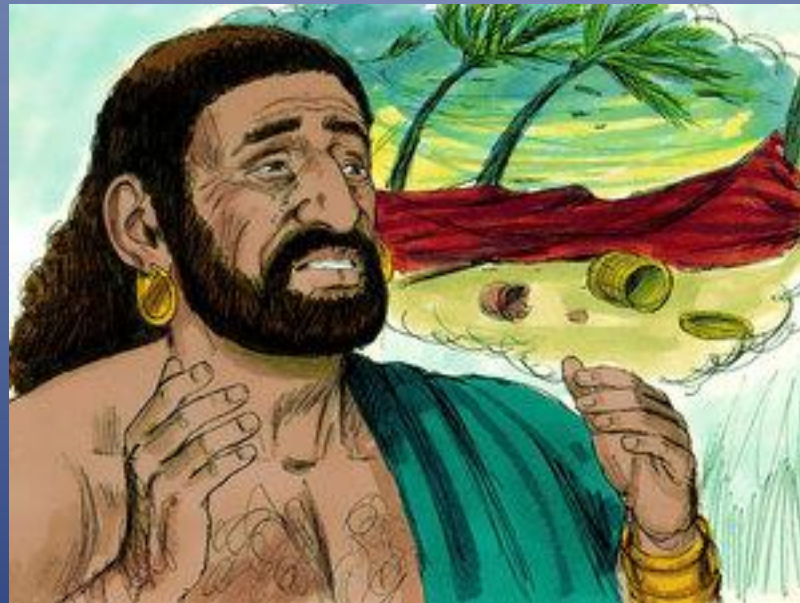
- ✧ Physical roadblocks:
- ✧ Church members frequency is reported as: “4 times a year if I’m lucky”, “once a year”, “never”, “once every six months”, “on his birthday”, “four time a day”, “two to three times a week except during her period”.

# First listen to God on this:

- Works of the flesh (Gal. 5:19-21)
- Without natural affection (Rom. 1:31,32)
- Looking to lust (Matt. 5:27-30)
- Eyes full of adultery...cannot cease from sin (II Pet. 2:14)
- “Evil men and seducers shall wax worse and worse.” (II Tim. 3:13)
- “Entice unsteadfast souls” (II Peter 2:12-22)

# Job's covenant

Job 31:1-4 – “I have made a covenant with my eyes not to look upon a maiden.”



# 10 Types of internet Related Sex Addicts (After Patrick Carnes, Ph.D.)

- Fantasy Sex
- Seductive Role Sex
- Voyeuristic Sex
- Intrusive Sex
- Exhibitionism
- Sex Trading
- Anonymous Sex
- Paying For Sex (Prostitution)
- Pain Exchange
- Exploitive Sex



# Internet/Porn Addiction Criteria

- Frequent viewing for longer periods than intended
- Repeated, unsuccessful attempts to stop, cut back or control behavior
- Irritability off-line during period of attempted abstinence



# Internet /Porn Addiction Criteria

- Escalating sexual behavior-more intense and higher risk
- Deceive family and friends to protect internet activity
- Committing Illegal Acts online
- Jeopardizing or losing relationships, job, education or career



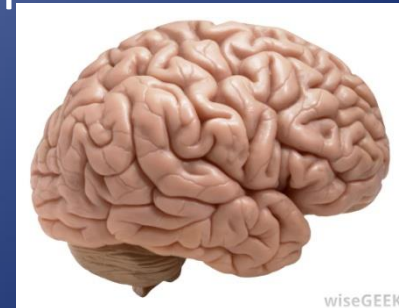
# Myths/Denial about Pornography

- Justifies Sex with Self and lust
- Doesn't hurt anyone, even me
- Helps stimulate marital sex
- It's not real life
- Can stop whenever I want
- No consequences
- Just a game-virtual reality
- Satisfies curiosity



# Did you also know...

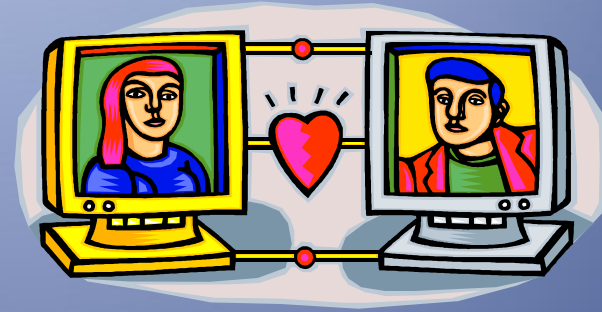
- Viewing pornography releases the same chemicals into your brain that heroin or cocaine does (Hyde & Christenson, 2010).
- Consistent exposure to pornography can rewire the brain (Hilton, 2010).
- Patients with cybersex/online pornography addictions report a level of stimulation that is difficult to replicate in real life with real people (Carnes & Carnes, 2010)
- A study of youth between the ages of 10 and 17 concluded that there is a significant relationship between frequent porn use and feelings of loneliness and major depression (Ybarra & Mitchell, 2009).





# Role of Pornography

- Safe Relationships
- Power over the image
- No rejection
- Replaces real relationships-too difficult/complex
- Stimulation because real life is stressful, difficult, boring, or unhappy



# Addiction Cycle



# The Inner Conflict of Addiction

The addicted person is ambivalent because:

- Sexual Addiction is both pleasurable and destructive
- Sexual Addiction is accepted by the non-Christian world but not by God
- Sexual Addiction is pleasurable and yet over time takes over the mind's neurotransmitters
- The sex addict can justify their use of pornography and yet know in their heart it is wrong for them

# Impact of Pornography

- Danger to Society

- 86% of CONVICTED RAPISTS confessed to regular exposure to pornography

- 57% of CONVICTED RAPISTS tried to re-enact pornographic images

- 51% of male STUDENTS exposed to violent pornography indicated likelihood of raping women

# Impact of Pornography

- Degrading

- Devalues the “act” of marriage
- Void of Relationship
- Humiliating Sex Acts
- Education/Training in perversion & deviant conduct

# Impact of Pornography

- Damaging To Marriage
  - Creates unrealistic demands on wife/husband
  - Compare images to wife/husband's body
  - Anger with wife/husband
  - Pornographic image relationship takes place of intimacy with wife/husband
  - Decreased interest in sexual fulfillment with wife/husband
  - Can decrease interest in sex with marriage partner

# Impact of Pornography

- Destructive to the User
  - Can lead to social isolation
  - Loss of family
  - Loss of job
  - Increased instances of depression
  - Increased paranoia

# Impact of Pornography

- Destructive to Users

- 4 Step progression

- Addiction-*Stimulant*

- Escalation-*Increased Around Potential*

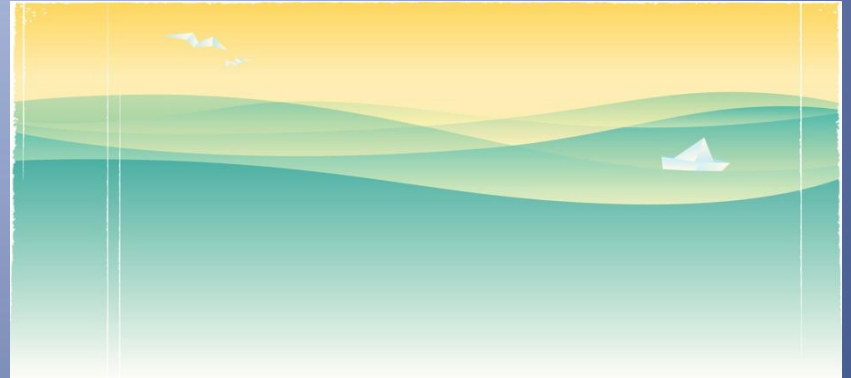
- Desensitization-*Dulled Senses*

- Acting out sexually-*Increased Activity*



# The Role of Sex With Self

- Self Soothing
- Release of Tension
- Release of Stress
- Means to alter a bad mood
- A way to punish someone
- An escape from difficult relationships
- An escape from boredom
- Chasing the orgasmic high



# Spiritual Impact

- God intends sexual expression to be only in the marriage relationship
- Sexuality is not a selfish act, it's purpose is to build up the marriage relationship
- Pornography is a form of infidelity/adultery against a marital partner

# Spiritual Impact

- Porn and self stimulation are disrespectful uses of the temple of the Holy Spirit (Rom. 12:1-2, Gen. 38:9)
- Self stimulation is devaluing the seed of life
- Porn and self stimulation increase guilt and shame in relating to God

# Spiritual Impact

- “For this is the will of God, even your sanctification, that you abstain from fornication; that each one of you know how to possess himself of his own vessel and sanctification and honor, not in the passion of lust, even as the Gentiles who know not God; that no man transgress and wrong his brother in the matter: because the Lord is an avenger in all these things, as we forewarned you.”  
(1 Thessalonians 4:3-6)

# Spiritual Impact

- “Flee fornication, every sin that a man does is without the body; but he that commits fornication sins against his own body...”  
1 Corinthians 6:18
- Turn to Matthew 5:27-32, especially verses 29-30 (note the progression from lust to divorce)

# New Testament

Lust: **Matt. 5:27-30**

Fornication: **Matt. 5:32; 15:29; Rom. 1:29; I Cor. 6:9**

Adultery: **Rom. 13:9**

Lasciviousness: **I Pet. 4:3-4**

Such like: **Gal. 5:21**

Concept of “bastard”: **Heb. 12:8**

Whoremonger: **I Tim. 1:9-11; Heb. 13:4**

Sodomy: **Rom. 1:26-28; 31-32**

Flee fornication: **I Cor. 6:18-20**

Possess your vessel in honor: **I Thess. 4:3-8**



# YOUR SEXUALITY AND YOUR SPIRITUALITY ARE INSEPARABLE

- Sex and Spirituality are interlinked, not one behind closed doors and the other is public.
- Result of fragmented thinking is this: “We commit our life to Christ, but we reserve our sexuality for our self.”
- Hebrew word for sexual intimacy between a husband and a wife is “yada”. Used 940 times in O.T.
- The most frequent use describes intimacy with God (Psalm 139:1; Prov. 3:6; Exodus 33:12-13, et al)

# YOUR SEXUALITY AND YOUR SPIRITUALITY ARE INSEPARABLE

- Strong connection between our sexuality and our spirituality – that sexual choices have spiritual consequences (1 Cor. 6:15-20)
- In the midst of saying the two shall be one, Paul says this is a great mystery. What is the mystery? The comparison? (Eph. 5)



# What is Intimacy?

- Intimacy is that human longing to be known, cherished, valued and loved. No amount of sex can compensate for a lack of intimacy.
- Hundreds of Christians are struggling with sexual issues
- In the silence of the church, they are left to sort through harrowing experiences like childhood sexual abuse, exposure to porn, raging temptation, homosexual thoughts and betrayal in marriage.

# What is Intimacy?

- They may want to be free from the bondage of the past, but often do not know where to turn for answers.
- We desperately need God's perspective on sexuality.
- Fortunately, the Bible has a lot to say on the topic – some negative and some positive.

# How was sexuality awakened?

- “The Talk”
- Many men report seeing nude pictures or “locker room” talk, acting out
- Many women learned about sexual pleasure through a shameful experience.

# Marital love

- God has given married couples a “permission slip”. “You have my complete blessing to enjoy this gift I gave you.”
- Withholding sexual pleasure from yourself and your spouse is not a God-honoring endeavor.
- 70-80% of men rate sex as the most important aspect of marriage for them. When sex is absent or unfulfilling, it is a big deal.
- However, no one ever died from a lack of sex.

# Understanding the physical drive

## Males

- **Husbands experience sex as a pressing physical urge. Not a need, but an urge.**
- **His level of desire is determined by environment**
- **Amount of testosterone in his body.**
- **His body continues to produce and store sperm, but sperm fluctuates based on testosterone and the frequency of sexual release.**
- **Right after a physical release, men are physically satisfied.**



# Understanding the physical drive - 2

## Males

- The body regulates semen based on supply and demand. The greater the demand, the greater the body is triggered for the supply. The “build up” demands release.
- Sex in marriage releases important hormones in the male brain
- Dopamine (the “feel good” hormone) and oxytocin (the bonding hormone). Thus, a male who has regular sex with his wife can actually become “addicted” to her. His brain has been trained to find her desirable.



# Understanding the physical drive - 3

## Males

- **When a couple has a new, exciting sexual experience, the body release different chemicals - phenylethylamine (PEA) and adrenaline.**
- **Impacts the brain in a way similar to crack cocaine.**
- **Becomes intoxicated with sexual pleasure.**

# Understanding the physical drive - 4

## Males

- ✧ A great sex life won't solve the problems in marriage. But, it will ramp up the husband's affection and attraction to his wife.
- ✧ "Most men face a lifelong struggle to control their sexuality. The struggle is between their hormones and their higher aspirations." - Archibald Hart
- ✧ Marriage means that the man should not have to fight temptation alone.
- ✧ No wife is responsible for her husband's sexual choices. Even a man whose wife withholds herself does not have an excuse to seek sexual pleasure outside of marriage.





# Understanding the physical drive - 5

## Males

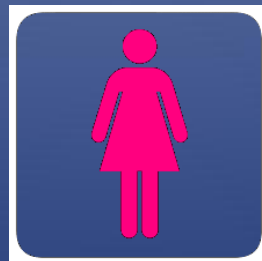
- **The wife is key component to his victory.**
- **She is the only woman in the world this husband can look at sexually without compromising his integrity with God.**
- **The only holy sexual outlet a wife and husband have is enjoying each other.**



# Understanding the physical drive

## Females

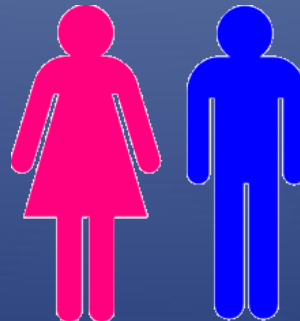
- Do not tend to experience the physical drive for sex in the same way.
- Rather than a “buildup” that demands release, the fluctuation of hormones drives female sexuality.
- Intimacy is key for a female. Honor, adoration, respect, affirmations, and an environment of safety/security nurtures intimacy. Intimacy is not a bedtime story – it is ongoing!



# Understanding the physical drive

## Both

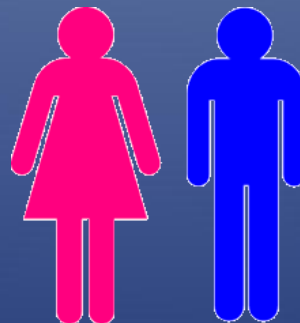
- Paul assumes that both the husband and wife have sexual needs ( 1 Cor. 7:3-5a)
- Have you and your spouse talked about the issue of frequency? What satisfies? How to explore each other? Repentance for violations before marriage? Guilt and shame issues?
- Pushing each other away is not a healthy form of communication. It leaves one or both feeling rejection, frustrated and often angry. A powder keg.



## Understanding the physical drive - 2

Both

- **Husbands and wives will never solve a problem until they learn to talk about it with the goal of understanding each other and getting on the same team.**
- **Blaming, hurting and withholding as weapons.**



# What is the frequency of sexual relations with the couple?

- ✧ Physical roadblocks:
- ✧ Church members frequency is reported as: “4 times a year if I’m lucky”, “once a year”, “never”, “once every six months”, “on his birthday”, “four time a day”, “two to three times a week except during her period”.

# Sexual Outlets

- Sadly, some have other sexual outlets that keep them from desiring sex with their companion.
- Extra-marital affair, habitual masturbation, sexual fetish one is too ashamed to admit, porn, strip clubs, phone sex including skypeing and sexting, sex toys, chat rooms and hotel rooms.
- Those introduced to porn as boys and girls and are diverted to porn throughout their teen and young adult life have often seared their brain with images that keep re-appearing in marriage even years later.
- Past sexual exposure has trained the brain to respond to more and more graphic sexual stimuli, so that one is unable to enjoy normal sex with his/her spouse.





# The Past

- It is very difficult for a married person to admit to the spouse he/she is engaged with some form of immorality.
- Excuses and secrecy prevail.
- We are only as sick as the secrets we keep.

# **It is not a sin to be tempted (James 1:14-15)**

- **Temptation becomes sin when we dwell on it and act on it. With every temptation comes a way of escape.**
- **Our sins should not define us.**



***AFFAIRS***  
***ELECTRONIC, REAL LIFE***  
***AND BETRAYAL***

# The Spiritual Union of Marriage

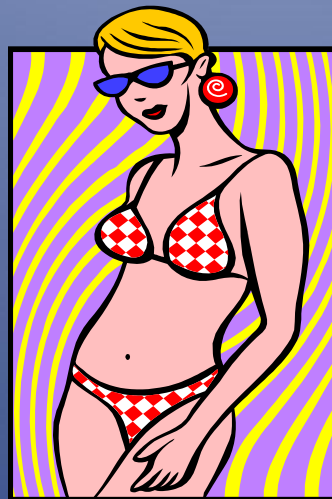


# The Other Woman

Husband



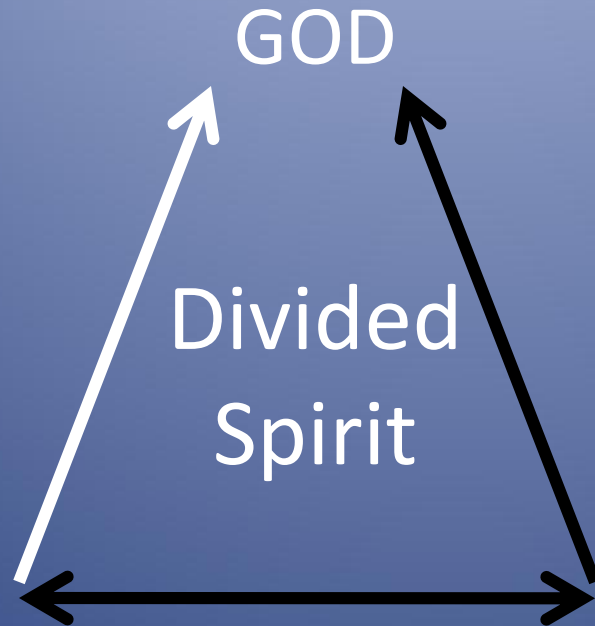
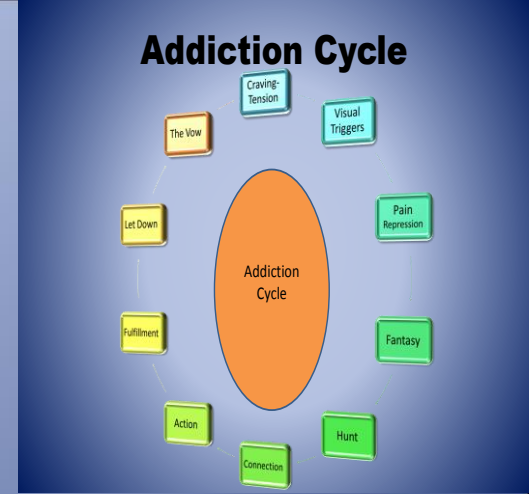
Pornography



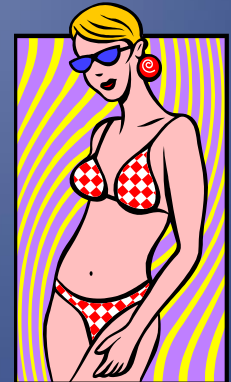
Wife



# Infidelity/The Affair



Porn Image



# The Unknown Prison



# Stages of Healing

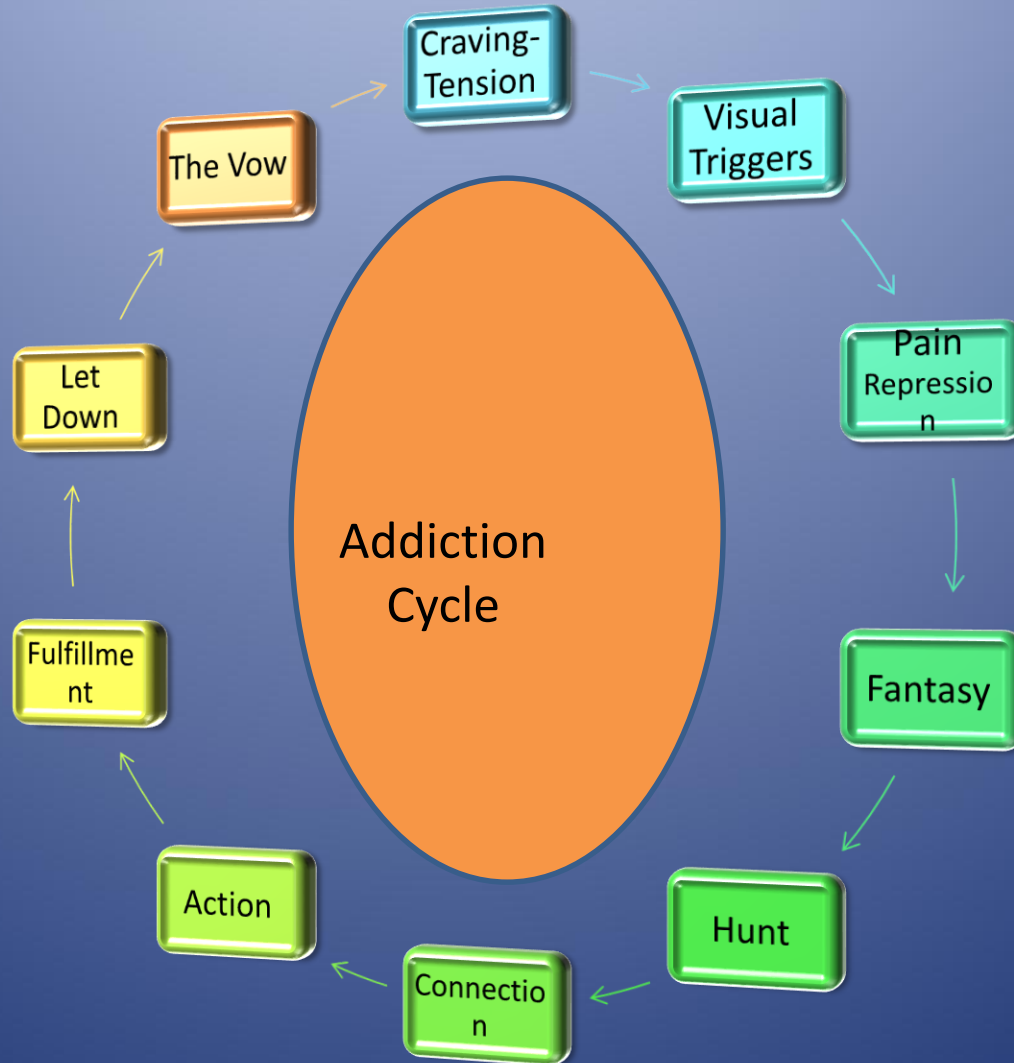
1. Shock
2. Grief
3. Repair
4. Growth



(Source: Patrick Carnes, PhD; Melvin w. Wong, PhD)

# Addiction Cycle

Where  
is the  
cycle  
broken?



# Breaking the Pornography- Sex with Self Cycle

- Come to your own assistance-You are responsible to get help. You are not likely to do it on your own!
- Get help
  - Confess and trust brothers/sisters/elders/church leaders to keep you accountable
  - Enter a treatment program/12 step, live-in program
  - Be honest with yourself and be ready to address painful issues
- Therapy and accountability programs simultaneously produce higher success rates
- Confront the issue



# Breaking the Pornography-Sex with Self Cycle

- Necessary Changes
  - Beliefs about sex, intimacy and family
  - Beliefs about addiction
  - Core beliefs about self and relationships
  - Coming to terms with pain in your past
  - Learning to grieve losses in life
  - Determination to change
  - A new love and respect for self
  - Maladaptive Roles the family has adopted

# The Unknown Prison



# Stages of Healing

1. Shock
2. Grief
3. Repair
4. Growth



(Source: Patrick Carnes, PhD; Melvin w. Wong, PhD)

# Level 3 of Addiction

- Compulsive (Uncontrolled) “Cyber Porn” use
  - Chat Room visits online at work or after bedtime
  - Rendezvous-meetings via chat room & email
  - Sex for hire experiences: Strip Clubs, Prostitution
- Compulsive (Ritualistic) “Tele-Porn” use
  - Astoundingly high phone bills

# Level 3 of Addiction

- Unexplained hotel bills, condoms, wigs & underwear found in storage or trunk of car
- Loss of job due to acting out in office
- Financial-legal problems: Bankruptcy

# Addictions Tend to Travel Together

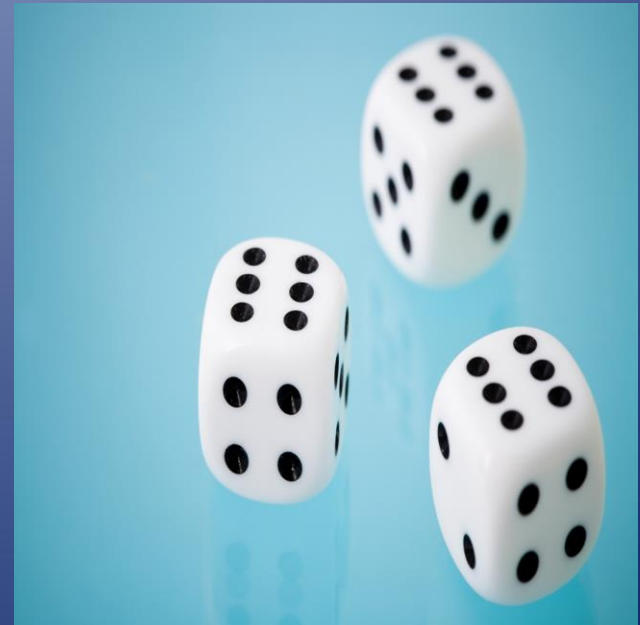
- Chemical Dependency (42%)
- Eating Disorders (38%)
- Compulsive Working (28%)
- Compulsive Spending (26%)
- Compulsive Gambling (5%)

# Why Sexual Addiction?

Needs for Arousal

*Life is Boring*

- Gambling
- Sex
- Stimulant Drugs
- High-Risk Behaviors



# Why Sexual Addiction?

Needs for Satiation

*Life is Not Satisfying-Unhappy*

- Sex
- Over-Eating (Bulimia-Binging)
- Depressant Drugs (Marijuana)
- Narcotic Drugs (Anesthetic effect)
- Alcohol





# Why Sexual Addiction?

## Needs for Fantasy

Reality is too Hard: Need a Quick Escape

- Voyeuristic Sex: Intelligent fantasy & Routine
- Psychedelic Drugs: LSD
- Marijuana
- Mystic/Artistic
- Preoccupation

# The Addiction

(Modified from Patrick Carnes, Ph.D. & Steven Arterburn, M.S.)

Craving –tension-urge to get emotionally intimate with others

```
graph TD; A[Craving –tension-urge to get emotionally intimate with others] --> B[Visual Triggers-Mental-Emotional-]; B --> C[Pain Repression with immediate Sexual Longing];
```

Visual Triggers-Mental-Emotional-

Pain Repression with immediate Sexual Longing

---

---

# The Addiction

(Modified from Patrick Carnes, Ph.D. & Steven Arterburn, M.S.)

Fantasy Development-Planning Begins (The Thrill begins)

The Hunt (The Intrigue)



# The Addiction

(Modified from Patrick Carnes, Ph.D. & Steven Arterburn, M.S.)

The Connection

“Rush” Altered state of awareness



The Act

Under-Control: Impulsivity: Binge



The Fulfillment

Orgasm: Feeling Dissociation



# The Addiction

(Modified from Patrick Carnes, Ph.D. & Steven Arterburn, M.S.)

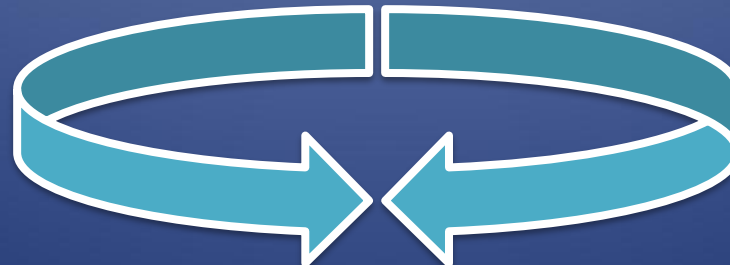
The Let-Down  
Self-Blame: Numbness



The Vow  
Over-Control: Compulsivity: Rigidity

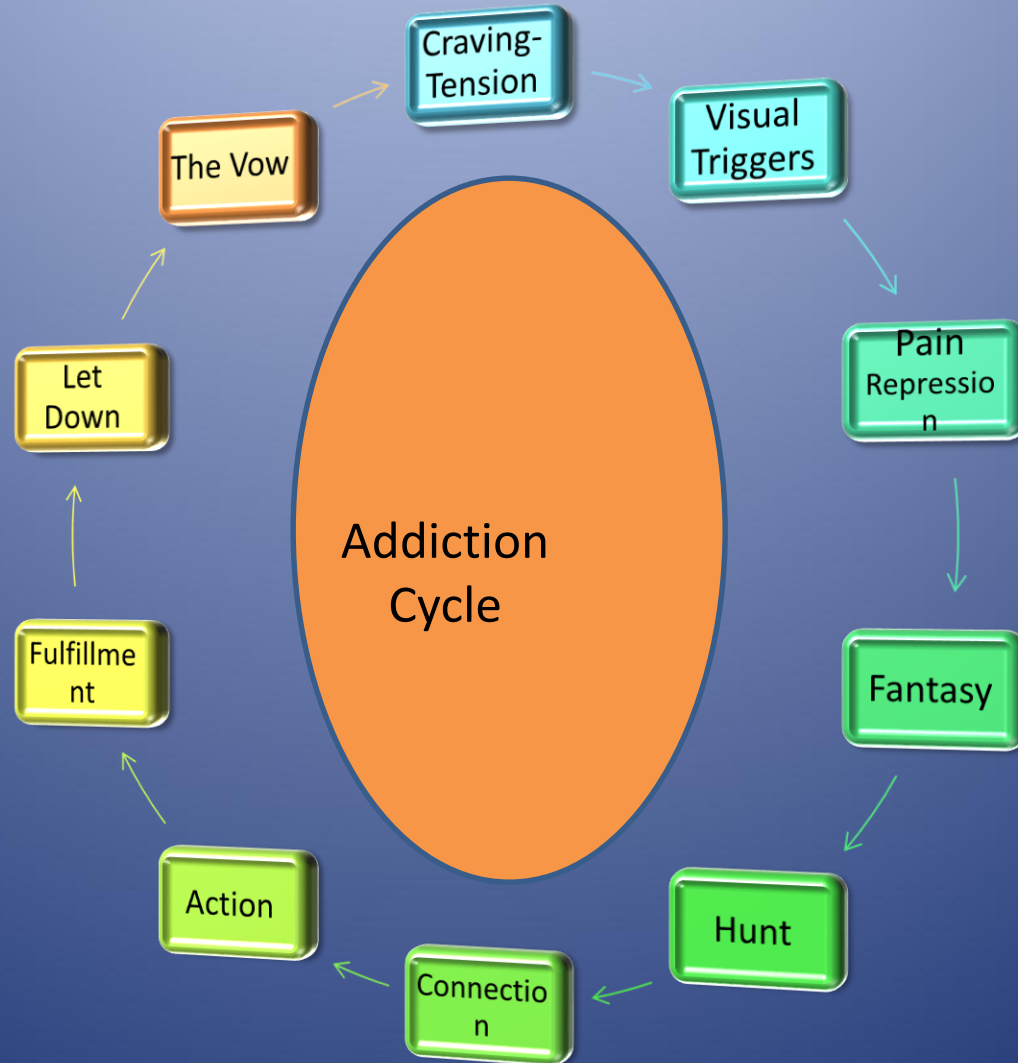


The Cycle Returns again (Deprivation Sets-In)



# Addiction Cycle

Where  
is the  
cycle  
broken?



# Breaking the Pornography- Sex with Self Cycle

- Come to your own assistance-You are responsible to get help. You are not likely to do it on your own!
- Get help
  - Confess and trust brothers/sisters/elders/church leaders to keep you accountable
  - Enter a treatment program/12 step, live-in program
  - Be honest with yourself and be ready to address painful issues
- Therapy and accountability programs simultaneously produce higher success rates
- Confront the issue

# Breaking the Pornography-Sex with Self Cycle

- Necessary Changes
  - Beliefs about sex, intimacy and family
  - Beliefs about addiction
  - Core beliefs about self and relationships
  - Coming to terms with pain in your past
  - Learning to grieve losses in life
  - Determination to change
  - A new love and respect for self
  - Maladaptive Roles the family has adopted



# Warm-Up Observations

- Pornography has a damaging effect on the user, their human relationships and society, and relationships with God
- Pornography and Sex with Self are difficult to stop because they are driven by pain and the ambivalence of participant

# Warm-Up Observations

- The use of Pornography must increase in risk behavior in order to sustain pleasure, so the compulsion takes on a life of its own.
- Addiction is a compromised life of fulfillment



# **God's Views on Sex outside of Marriage (OT)**

**Death Penalty for:**

**Incest: Lev. 18:1-18**

**Adultery: Lev. 19-22**

**Rape: Deut. 22:22-29**

**Whoredom: Ex. 22:16,17; Deut. 23:17**

**Bestiality: Lev. 20:15, 16**

**Sodomy: Lev. 20:12**

**Non-virgin bride: Deut. 22:13-21**

**“Thou shalt not commit adultery” (Ex. 20)**

# The Fantasy is not the Reality

Consider the bad advice of Jonadab (II Sam. 12:2-15)

**Nobody** is the same after a sexual sin.



# New Testament

- Lust: **Matt. 5:27-30**
- Fornication: **Matt. 5:32; 15:29; Rom. 1:29; I Cor. 6:9**
- Adultery: **Rom. 13:9**
- Lasciviousness: **I Pet. 4:3-4**
- Such like: **Gal. 5:21**
- Concept of “bastard”: **Heb. 12:8**
- Whoremonger: **I Tim. 1:9-11; Heb. 13:4**
- Sodomy: **Rom. 1:26-28; 31-32**
- Flee fornication: **I Cor. 6:18-20**
- Possess your vessel in honor: **I Thess. 4:3-8**

**WHY?**

***AFFAIRS  
ELECTRONIC, REAL LIFE  
AND BETRAYAL***

# AFFAIRS - ELECTRONIC, REAL LIFE AND BETRAYAL

## *Addiction*

- I see many marriages and families on the brink of divorce. Most people wait until their dirty little secret spins out of control into a big traumatic mess before they do something about it. What starts out as “just me and pictures” can destroy a family. Sadly, there are some marriages that don’t make it.
- A metaphor – Like smoke filling a room. It starts slowly, filling the room through a crack. Over time, it completely swallows the air. And if there is a big crack, it will fill the room more quickly.
- The monkey



*When It Comes to Addictions,  
We Must Loudly Proclaim:*

*“The Thing You Are  
Playing With...*

*Isn't Playing With You.”*

# Definitions

- Stronghold (*2 Cor. 10:4*)
- Being devoured (*1 Peter 5:8*)
- Drunkenness (*Gal. 5:19-21*)
- Sorcery/witchcraft (*Galatians 5:19-21*)
- Snare of the devil (*1 Timothy 3:7; 6:9*)
- A deceiver (*Prov. 20:1*)

## Peter 4:1-41

<sup>3</sup>*For the time already past is sufficient for you to have carried out the desire of the Gentiles, having pursued a course of sensuality, lusts, drunkenness, carousing, drinking parties and abominable idolatries.*

<sup>4</sup>*In all this, they are surprised that you do not run with them into the same excess of dissipation, and they malign you;*

# *The Other Woman*

Husband



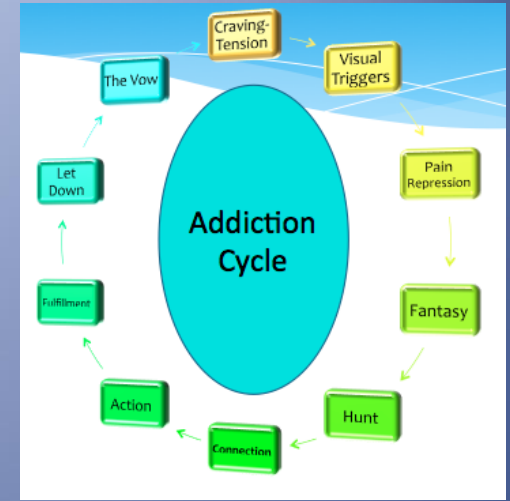
Pornography



Wife



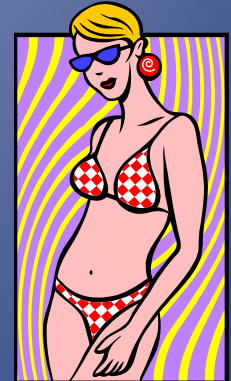
# Infidelity/The Affair



GOD

Divided Spirit

Porn Image



# CONCEPTS ASSOCIATED WITH BETRAYAL

- Abandonment
- Disclosure
- Image of family broken
- Disequilibrium
- Disempowerment, anger, rage, indignation
- Denial
- Trust and lies



# POTENTIAL ADVERSE EFFECTS ON CHILDREN INCLUDE:

- Exposure to cyber-porn
- Objectification of children
- Involvement in parents' conflicts
- Emotional neglect perhaps from both parents
- Negative effects of changes in the marriage
- Lasting impact of divorce

# PREFERENCES

(Cooper, 2000)

- Women prefer chat rooms (relationships)
- Men prefer pictures, trailers and movies (voyeuristic)



# Self-Help Group resources

SA: Sexaholics anonymous

[www.sa.org](http://www.sa.org) (615) 331-6230

*SLAA: Sex Love Addicts Anonymous*

*EA: Emotions Anonymous*

*(510) 471-8894*

*CODA: Codependents Anonymous*

*(415) 905-6331*

*WWW.ChristianMentalHealth.com*

# Getting Help

- **Sex and Love Addicts Anonymous (SLAA)**  
P.O. Box 119, New Town Branch, Boston MA 02258 617-332-1954
- **Sex Addicts Anonymous (SAA) SA.ORG**  
P.O. Box 3038 Minneapolis, MN 55403 612-339-0217
- **Sexual Compulsives Anonymous (SCA)**  
P.O. Box 1585, Old Chelsea Station, NY, NY 10011 212-439-1123
- **National Council on Sexual Addictions, INC**  
P.O. Box 20249, Wickenburg, AZ 85358 602-684-7919
- **Sexaholics Anonymous (SA)**  
P.O. Box 300 Simi Valley, CA 93062 805-581-3343
- **Emotions Anonymous (EA) 510-471-8864**