

# PORN (SEX) ADDICTION

*for clergy & parents determined to protect our kids*

# BLUF

- It's everywhere & no one is immune – a 'not my kid' attitude could destroy your child's future
- Not talking about it is the **WORST** thing you can do – open dialog within your family provides protection
- Honest dialog within youth groups provides transparency & accountability – **No Porn Pledge**

*“Let’s just say very plainly, pornography is training an entire generation of people to prefer images on a screen along with masturbation, to sex the way God intended it. It is one of the **BIG** levers the enemy can pull to destroy lives and families with generational impact.”*

Clinicians are now seeing men in their late teens and early 20s with ED caused by excessive porn consumption, to the point even porn can no longer create physical arousal

Counselors are now reporting on men in the teens and 20s who have never been on a date Why?  
– dating is hard, awkward, expensive – they get everything they need from porn

Teens & pre-teens are being exposed to every conceivable form of perverse & deviant sex including suffocation, rape, pedophilia, exhibitionism, etc.

***BEFORE GOING ON THEIR FIRST DATE***

It's worse than you think – it's pervasive, but mostly hidden due to the secretive nature. It's anonymous, available, affordable, and aggressive

It's **EASY** to develop a porn habit, even after one or two views out of curiosity. Once trapped, it's **VERY** hard to reverse the behavior

No one is immune, and some are more vulnerable than others. **Vulnerability** comes from instability in the home & life – but mostly **NOT TALKING ABOUT IT**

# PORN STATISTICS\*

- More than 40 million Americans are regular visitors to porn sites.  
The average visit lasts 6 minutes and 29 seconds.
- There are around >45 million porn websites, which totals around 370 million pages of porn.
- **The porn industry's annual revenue is more than the NFL, NBA and MLB combined.**  
It is also more than the combined revenues of ABC, CBS and NBC.
- 47% of families in the United States reported that pornography is a problem in their home.
- **Pornography use increases the marital infidelity rate by more than 300%.**
- **Eleven is the average age that a child is first exposed to porn, and 94% of children will see porn by the age of 14.**
- 56% of American divorces involve one party having an “obsessive interest” in pornographic websites.
- 70% of Christian youth pastors report that they have had at least one teen come to them for help in dealing with pornography in the past 12 months.

\* [Covenant Eyes Porn Stats](#) – 2018

[Baptist News – Ongoing Epidemic of Porn in the Church](#) - 2021

[Barna Research Group – Porn in the Digital Age](#) - 2016

# PORN STATISTICS\*

- **68% of churchgoing men and more than 50% of pastors view porn on a regular basis.**  
Of young Christian adults 18-24 years old, 76% actively search for porn.
- **59% of pastors said married men seek their help for porn use.**
- 33% of women ages 25 and under search for porn at least once per month.
- Only 13% of self-identified Christian women say they never watch porn;  
87% of Christian women have watched porn.
- 55% of married men and 25% of married women say they watch porn at least once a month.
- **57% of pastors say porn addiction is the most damaging issue in their congregation.**  
And 69% say porn has adversely impacted the church.
- **Only 7% of pastors say their church has a program to help people struggling with pornography.**

\* [Covenant Eyes Porn Stats](#) - 2018  
[Baptist News - Ongoing Epidemic of Porn in the Church](#) - 2021  
[Barna Research Group - Porn in the Digital Age](#) - 2016

# PORN ADDICTION DEFINED

## Pornography is:

- *the display in any medium of nudity or sexual activity that causes arousal or excites sexual feelings*

- *Freedom Fight definition*

- *sexually explicit material (written or pictorial) that is primarily designed to produce sexual arousal in viewers*

- *Plato philosophy database at Stanford University*



# ADDICTION DEFINED

## ■ Sometimes the simplest definitions are best...

- *Addiction is a habit that's become so powerful the person can't stop despite desperately wanting to, and despite severely escalating consequences.*

**WHAT IT'S NOT:** a moral defect or shortcoming, unrepentant sin (although that may be part of it), a lack of willpower, a lack of character or virtue, something to be ashamed of, a choice...

**LIMERENCE:** the state of being infatuated or obsessed with another person, typically experienced involuntarily and characterized by a strong desire for reciprocation of one's feelings but not primarily for a sexual relationship.

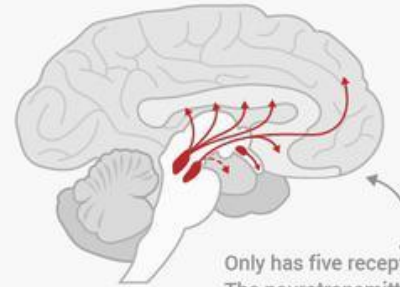
Limerence	Love
<ul style="list-style-type: none"> <li>- Obtaining affection.</li> <li>- Testosterone, dopamine and adrenaline chemicals.</li> <li>- Sees the LO as perfect and without flaws.</li> <li>- Stress and frustration due to lack of commitment.</li> <li>- Mind games.</li> <li>- Cannot stop thinking about their crush.</li> </ul>	<ul style="list-style-type: none"> <li>- Giving affection.</li> <li>- Vasopressin, oxytocin and similar calming chemicals.</li> <li>- Sees the Lover's flaws, but accepts them.</li> <li>- Calm and relaxation in a solid relationship.</li> <li>- Clear communication.</li> <li>- Can stop thinking about the Lover whenever needed.</li> </ul>

# PLEASURE VS. HAPPINESS

the neurobiology of love vs. lust

## Why addictive pleasure isn't the same as true happiness

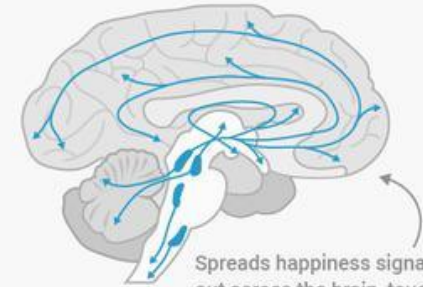
**Dopamine**  
Pleasure



Only has five receptors. The neurotransmitter fuels desire and motivation.

- **Addictive**
- **Short term**, like enjoying a piece of cake
- **Visceral**—it's felt in the body
- Inspires **taking**, like cashing in your chips at the casino
- Typically experienced **alone** (eating, shopping, drinking, bingeing)
- Makes the brain say, "This feels good, I want **more**."
- **Too much** leads to addiction

**Serotonin**  
Happiness



Spreads happiness signals out across the brain, touching at least 14 different receptors.

- **Not addictive**
- **Long term**, like contentment
- **Ethereal**—it's felt above the neck
- Inspires **giving**, like volunteering at a soup kitchen
- Generally **shared** (spending time with friends, family, colleagues, a congregation, etc.)
- Makes the brain say, "This feels good, and it's **enough**."
- **Too little** leads to depression

# RESOURCES FOR PARENTS

AS PARENTS YOU SHOULD BE AWARE OF THESE RESOURCES

- **Defend Young Minds** - <https://www.defendyoungminds.com/>  
*Led by **Kristen A. Jenson, MA**, this is a powerful resource for parents to teach and protect their kids from the ever-expanding digital threats reaching their devices and screens; **Subscribe to the frequently-published newsletters** covering emerging threats with steps you can take to protect your children*
- **Hopeful Mom** - <https://hopefulmom.net/>  
*Led by **Barb Winters** who one day discovered a loved one had a severe pornography addiction; this site represents*
- **Enough is Enough** - <https://enough.org/>  
*Movement to make the Internet safer for kids and families – they lobby Washington to enact child protection laws - **you can get involved!***
- **Parents Aware & Media Savvy Moms** - <https://parentsaware.info/>  
*Media Savvy Moms Podcast - <https://parentsaware.info/index.php/podcast/>*

# SEX & PORN RESOURCES

## CONSIDER THESE 'CAN'T DO WITHOUT' TOOLS

- [SET FREE SUMMIT](#): A 2016 global gathering of >850 faith Leaders to discuss openly the reality, threat and consequences of pornography – in the church, in families, and in our communities – **numerous useful resources to learn and respond!**
- [THE FREEDOM FIGHT](#): Biblically rooted discipleship tools to equip your church or ministry to effectively lead your people to **freedom from a porn or sex addiction**
- [SOUL REFINER](#): cinematic discipleship videos, including **the popular Conquer Series** freedom from pornography
- [ONE CLICK AWAY](#): (Josh McDowell Ministries) - an invaluable compendium of tools to help educate parents and youth ministers and equip them to **address sex and porn questions & concerns**
- [SEX & RELATIONSHIPS](#): (Josh McDowell Ministries) **another robust compendium** listing professional counseling organizations, resources for families, media & Internet safety, porn & sex addiction, sex abuse, and recommendations for other useful resources

# BOOKS & ONLINE RESOURCES

## BOOKS

- [Pure Desire](#)  
Ted Roberts  
(co-founder of Conquer)
- [The Pornography Trap](#)  
Laaser & Earle (Jr.)  
(specifically for church leaders)
- [Out of the Shadows](#)  
[Don't Call it Love](#)  
Patrick Carnes
- [Lonely All the Time](#)  
Ralph Earle (Sr.)
- [Sex Addiction 101](#)  
Robert Weiss
- [Your Brain on Porn](#)  
Gary Wilson

## ONLINE Resources & Tools

- [Family Strategies](#) – professional counseling services certified for sex addiction
- [Focus on the Family](#) – *\*Helping Kids Resist Porn*
- [Defend Young Minds](#) – *\*Porn-proofing our Kids from pre-puberty on*
- [Your Brain on Porn](#) – scientific research & repository site – articles & videos
- [Covenant Eyes](#) – device & screen accountability tool
- [The Freedom Fight](#) – Christian accountability to beat Porn Addiction
- [Fight The New Drug](#) (FTND) – movement to fight porn
- [Enough is Enough](#) – fighting to make the Internet safe for families and children
- [XXX Church](#) – communities and affordable resources for those seeking freedom from unwanted sexual behavior and shame
- [Freedom424 coalition](#) – movement to end human trafficking
- [Fortify](#) – science-based help & tools for quitting porn
- [Porn Recovery Resource List](#) – 1-page list valuable of resources

*\* Prevention is the Best Medicine! Kids can become addicted to porn before puberty.*

# GROUP STUDY & SUPPORT PROGRAMS

- [Conquer Series](#) – Bible-based Battle Plan for Purity - group study **\*Cornerstone uses this program\***
- [Pure Desire Ministries](#) – Dr. Ted Roberts’ ministry site (co-founder of Conquer)
- [The Freedom Fight](#) – is a free online porn addiction recovery program that guides men and women on the path to freedom from porn. The program works through each of the 6 roots of addiction, giving a scientific, gospel-centered and clinical approach to recovery - active >20 years with numerous success stories – free and paid versions; paid versions connect you to small groups for support and accountability
- [Soul Refiner Ministries](#) – Bible-based programs (Cinematic Discipleship) dealing with addictions and other spiritual traps – also a hosting portal for [Conquer](#)
- ➔ ■ [Just Between Us](#) – Christian Women’s Ministry addressing women’s struggles, including sexual sin (addiction & pornography) – **don’t underestimate the trauma from betrayal caused by porn – porn is adultery!**
- [Bethesda Workshops](#) – Christian Healing workshops for men, women, teens and parents of teens – focuses on sex addiction and shame-based trauma
- [The Meadows](#) (Wickenburg, AZ) – **In-patient** intensive treatment center for addictions, trauma and mental health issues – *Dr. Patrick Carnes is the architect of the treatment programs – long held (>40 years) as the gold standard for sex addiction treatment and recovery*

# MUTUAL AID & SUPPORT GROUPS

- [Celebrate Recovery](#) – *Christ-centered* program addressing habits, hang-ups & hurts – addresses alcohol addiction, drug addiction, gambling addiction, sexual addiction and food addiction. Also deals with eating disorders, love and relationship addiction, co-dependency, and anger to name a few.
- [Conquer Series](#) – *Bible-based* battle plan for sexual purity
- [XXX Church](#) - a non-profit Christian website that aims to help those who struggle with pornography.
- [Pure Desire](#) – from Dr. Ted Roberts (collaborated on Conquer) – an entire program designed to secure freedom and healing from sexual/porn addiction
- [Sexaholics Anonymous](#) – *12-step program* – 100% abstinence outside of marriage
- [Sex Addicts Anonymous](#) – *12-step program* – recoveree determines what sobriety is for them and what behaviors are acting out, risky, and healthy
- [SMART Recovery for Sex Addiction](#) – evidence-based 4-step *purely secular* program

# SEX ADDICTION TESTS

- 1) [Am I a Sex Addict](#) – standard test from Sex Addicts Anonymous - *accurate & revealing!*
- 2) [Sexual Addiction Screening Test \(SAST\)](#) - designed to assist in the assessment of sexually compulsive or "addictive" behavior. The SAST provides a profile of responses that help to *discriminate between addictive and non-addictive behavior.*
- 3) [PATHOS, SAST & SARA](#) (plus PSS & BBI) – site of Dr. Patrick Carnes, a pioneer and thought leader in the diagnosis and treatment of sex addiction (or Hypersexuality Disorder).
- 4) [Sex Help Site](#) - numerous resources to determine if you or someone you love is struggling with an Addiction or Compulsive Sexual Behavior Disorder - *hosted by IITAP and Dr. Carnes*



FOR MORE INFORMATION OR  
IF YOU NEED HELP, CONTACT:

**STEVE BARNARD**

[steveb@narrativescoaching.com](mailto:steveb@narrativescoaching.com)

M: 480-409-0030 (TEXT OK)

<https://www.narrativescoaching.com>