

## Pornography Addiction: How To Get Help

"I was hooked, there was no way I could stop." Confessions of a heroin addict, a cocaine addict? Would you believe a pornoholic? Long scoffed at as harmless, pornography is increasingly being proven detrimental to society. According to Dr. Jerry Kirk, president of the National Coalition Against Pornography (N-CAP),

the obscene portrayals of sex, rape, and simulated and actual child molestation in hard-core pornography provide impetus to sexual offenders while eroding society's cultural values and standards.

Now, a study conducted at the University of Utah has shown that pornography can be not only addictive, but in certain cases can

lead to violent sexual acts. Conducted by Dr. Victor Cline—a clinical psychologist who treats sexual offenders and people with sexual problems—the study reveals the following four-step process:

Step 1: *Addition* to pornographic material and repeated return to it for sexual excitement.

Step 2: *Escalation* in the individual's need for rougher and more sexually shocking material to continuously achieve the same level of sexual stimulation.

Step 3: *Desensitization* toward initially gross and shocking material so that, in time, this material becomes acceptable and commonplace.

Step 4: Increased tendency to start *acting out* sexual activities seen in pornography.

A 1983 study by Dr. James L. McGaugh of the University of California-Irvine supports Dr. Cline's finding. Dr. McGaugh's study suggests that experiences at the time of emotional or sexual arousal get locked in the brain by the chemical epinephrine and

become virtually impossible to erase. This chemical reaction may explain the addictive effects of pornography.

"I think people are becoming aware that pornography—especially hard-core material depicting violence, rape and child abuse—is destroying lives, running families and exploiting women and children," says Kirk. "It's common sense, and now scientific studies are confirming it."

If you are addicted to pornography, know someone who is and wants help, or would like additional information on the subject, please write to: National Coalition Against Pornography, 800 Compton Road, Suite 9224, Cincinnati, Ohio 45231.

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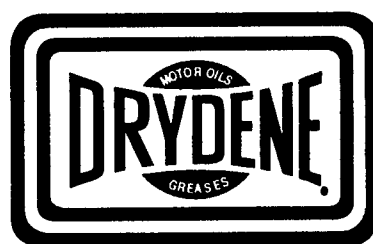
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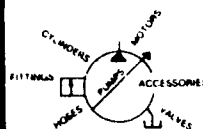
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