

Choosing Life; Finding Freedom

Hope, Help and Support for Those Struggling with Pornography, Affairs or Other Sexual Compulsions

With
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What's So Big About a Little Porn?

ARE WE OVER-REACTING?

What's the big deal about looking at a little porn, anyway? In today's society blatant sexuality seems to be everywhere. Movies, TV, even the commercials are increasingly blurring the line between "family" entertainment and soft-core pornography.

Clothing that would have gotten a person arrested for indecent exposure a few years ago is becoming more and more commonplace on the runways and red carpets of our rich and famous. A growing number of states have gone so far as to change their laws to allow public toplessness—for both men and women—stating that it is a person's right to decide how they want to display their body.

Even in our churches it's not unusual to see short-shorts, almost non-existent skirts and plunging tank tops. With all that right under our noses, why is it so unforgivable to intentionally choose to watch a little sexual material? It's not like it's an affair or anything. Besides, it seems like EVERYONE is doing it. Why not me?

Good question. *Why NOT you? Why NOT your spouse?*

DIMINISHING EFFECTS

Men ARE visual. Men ARE naturally interested in sex. Pornography definitely has a draw. Some men can look at it a few times and walk away, but the more they're exposed to it the more likely it is to become a problem.

Our bodies are very adaptive. If we take two aspirin every four hours for an extended period of time they would quickly stop working. Our body would begin to see that level of aspirin in our system as normal, and it would soon require three or four or more, to give us the same pain relief that the two had originally provided.

It's the same thing with pornography. Eventually, with repeated use, the effect, whether it be excitement or stress-reduction, lessens and a person will need more frequent use or more extreme materials to get the same results.

My husband never dreamed when he looked at his first "girly magazine" that there would come a time when those types

of pictures wouldn't even arouse him anymore or how many of his values and morals he would eventually have to distance from to keep getting the effect he had come to rely on.

Pornography is no longer just a men's issue, however. Surprisingly, studies show that there are an increasing number of women that are also struggling with porn.

PREDISPOSITION

Studies have also shown that some people are more vulnerable to getting "hooked" than others. Their brains are actually wired in such a way that they are more likely to become addicted to substances or activities than the average person. It's impossible to know where that breaking point is for you.

It's similar to the issue of alcohol during pregnancy. Some women may be able to drink a little and not hurt their baby, but there is not enough research to determine how much, if any, is safe for each unique individual and their specific baby. The wrong amount, by the wrong person, at the wrong time, can produce devastating life-long consequences for the child and its family. So why take a chance?

Porn can be equally as destructive. It can destroy marriages, families, careers and so much more. It happens all the time. If you aren't willing or able to eliminate that possibility, it might be time to ask yourself why you're willing to take such a huge gamble.

Image courtesy of David Castillo Domínguez at FreeDigitalPhotos.



Addiction is a family disease. One person may use, but the whole family suffers.
—Unknown



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IT HURTS THE ONES YOU LOVE

When you choose porn, you are not only risking your own future, but the future of all the people you care about. Recent studies show that 40% of sex addicts lose their spouses; 58% suffer significant financial losses, and at least a third lose their jobs. Think of how any one of these events would negatively affect your family.

Even if you're one of the lucky ones, there is no doubt that your relationships, even with your spouse and children, will suffer as the addiction progresses. My husband said that before he went for help, his addiction had reached the point that it had taken over his thought life. He was distracted all

the time, whether at work, at home or at church. His mind raced with thoughts of how and when he would find the next opportunity to act out next. Fantasies pranced through his mind as if they owned it. He found excuses to be alone, and when he wasn't, it was only his body that was going through the motions with his family, his mind was elsewhere.

It may not happen today, or even tomorrow, but that's where just a little porn will take you if given the chance. No one believes it will happen to them, but none of us are strong enough to resist its grip if we choose to allow that door to remain open.

*“Give careful thought to the paths for your feet
and be steadfast in all your ways.”*

—Proverbs 4:26

Recommended for
Fast Track Map

STEP
1

Sexual Addiction
UNDERSTANDING THE PROBLEM
Learning why addicts do what they do