



An article on
PORNOGRAPHY
By IRATAD

Pornography addiction is characterized by a compulsive desire and drive to use view pornographic material. The pornography use typically results in the addict experiencing an emotional and physical high and often culminates in some type of masturbation and orgasm. The use of pornography grows over time and the individual discovers that he needs more stimuli with each successive use in order to reach the same level of high. The pornography comes to be used as a means of coping with stress or problems. It becomes a way for the individual to escape from every day life.

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As the addiction develops, the addict begins to organize his life around times in which he can use pornography. He may look forward to when his wife and family leaves so he can act out. He may plan business trips so that he can go out of town and engage in more intense acting out such as frequenting strip clubs or paying for prostitutes and or escort services.

As the addiction develops, the person begins to become dependent on the pornography. He will often go through severe mood swings and experience with-

drawal symptoms if he does not use the pornography. Withdrawal symptoms include mood swings and or irritability, sleep impairment, and difficulty concentrating. Results of the pornography use often include impaired family and social relationships, job disturbances and financial problems. In extreme cases, if the addiction has progressed to the point of acting out with prostitutes or escort personnel, it can lead to the acquiring and transmission of STD's to ones spouse.

Healing from pornography addiction almost always requires specialized treatment. Treatment will typically last from a minimum of one year to several years, depending on the severity of the addiction and ones commitment to the treatment process. It should always include a combination of both individual and group therapy and should be provided by a therapist who specializes in treating sexual addiction and who has received specialized training in human sexuality and the diagnosis and treatment of sexual compulsivity.