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This article is about 'Porn ... the Good, the Bad and the Ugly'.

Porn ... it's a dirty word for some, for others it's the thing that adds some 'zing' to their relationship. Read on to learn more about the good ... and not so good aspects of pornography.

And don't forget, our last article was about breathing your way to Zen ... and good health. [Click here](#) to learn three simple ways you can breathe out the stress, and breathe in the Zen, and to access all our previous articles.

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Porn ... the Good, the Bad and the Ugly

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If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

While pornography has been around for a long time (dating back to the 1600's, or even earlier) and it has taken many different forms (carvings, printed form, movies, and now on-line), we continue to ask : is it good, or is it bad? Well, the answer is yes, and yes! Confused? Read on to find out more.

Porn ... the Good : Some people can watch porn occasionally, and not be impacted negatively by what they are seeing.

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For some, softer forms of porn (such as realistic sexual acts) can increase arousal, which individuals report helps them to “get in the mood”. Further, others state that porn can be a learning experience, helping them to learn their own likes and dislikes and those of their partner. While others state that porn can help to relieve stress when no available lovers are on their radar.

Porn ... the Bad : Yet, there is a bad side to pornography. Internet porn is accessible to almost anyone these days, and there is a diverse range of porn that people can watch. This means that younger and younger people are accessing porn, often at a time where their brains are still forming. Further, it means that porn can be watched at anytime and anywhere, often impacting upon work and family responsibilities, and social connections.

Porn ... the Ugly : And, there is an ugly side to pornography too. Easy accessibility to porn is resulting in the ages at which individuals are exposed to porn decreasing (as young as 11 years of age), and the addiction rates of porn increasing. Recent brain studies found that hours and years of porn use literally wears out your brain’s reward system. Explaining why some users become dependent on new, surprising, or more extreme, porn, and that they need more and more stimulation to become aroused, maintain arousal, and attain a sexual climax. Further, compulsive sexual behaviour is comparable to drug addiction, lighting up the same areas in the brain. So, no surprises then that heavy porn users report more extreme sexual tastes, less satisfaction in their relationships, and intimacy and attachment problems with sexual partners.

And a lot of young men talk about how porn has given them an unrealistic view of what sex and intimacy are supposed to be, and how they then find it difficult to get interested in and aroused by a real-life partner.

Following are some statistics on porn that you might find interesting ... possibly alarming :

- every second, approximately \$3,000 is spent on porn and nearly 28,000 people are viewing porn
- 1 in 3 porn viewers are women
- 70% of men aged 18-24 visit porn sites in a typical month
- 35% of all internet downloads are pornographic
- 20% of men and 13% of women admit to watching porn online at work
- more than 50% of those engaged in ‘sexual internet interactions’ had lost interest in sexual intercourse (1/3 of their partners had lost interest too)
- 40% of ‘sex addicts’ lose their spouse
- 58% of ‘sex addicts’ suffer considerable financial losses
- 33% of ‘sex addicts’ lose their jobs
- severe clinical depression was reported twice as frequently among Internet pornography users compared to non-users

Finally, regardless of how you might feel about the value of porn, more and more research is suggesting that porn users experience many harmful effects.

If you or your partner would like to discuss the negative impacts of pornography, contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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