

# Section 1

## Understanding the Problem of Pornography and Sexual Addiction



# The Civilization of the Natural Man



(Mosiah 3:19) For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.

# The Entrance of Sin

Every spirit of man was innocent in the beginning; and God having redeemed man from the fall, men became again, in their infant state, innocent before God.

And that wicked one cometh and taketh away light and truth, through disobedience, from the children of men, and because of the tradition of their fathers. (D&C 93:38-39)

# Consequences Eventually Follow if We look for Peace and Happiness in the Wrong Places

## Self-medication:

Alcohol, drugs, sex, food



- Pleasure
- Distraction from emotional pain
- Excitement
- Relaxation



# Why Do People Get Addicted



Addictions represent the misguided attempts of troubled people to cope with stress and get their inner needs met.

# The Conditioning Process

We learn to desire that which we associate with pleasure or relief from stress. These strong feelings are called cravings.

## Interview Question

Have you found this to be true in your experience?



# Signs of Addiction

1. Repeated unsuccessful attempts to stop or control the strong desires to perform the behavior.
2. Preoccupation with the behavior at the expense of other more important activities.
3. A need to increase the intensity, frequency, or variety in order to achieve the same effect.
4. One experiences significant anxiety, restlessness, or irritability if unable to engage in the behavior.

## Interview Questions

Do any of these signs of addiction apply to you?

How long have you had this habit?

How often do you engage in it presently?

Do you turn to the habit to manage your moods?

Do you feel this habit is a problem and getting out of control?



# Loss of Perspective and Honesty

Denial, rationalization, justification, and minimization are tools the corrupted heart utilizes to avoid squarely facing the problem.

*And the mists of darkness are the temptations of the devil, which which blindeth the eyes, and hardeneth the hearts of the children of men, and leadeth them away into broad roads, that they perish and are lost. (1 Nephi 12:16)*

## Interview Question

Are you aware of any patterns of self-deception that you have practiced?





# What are the Consequences of a Pornography Addiction?

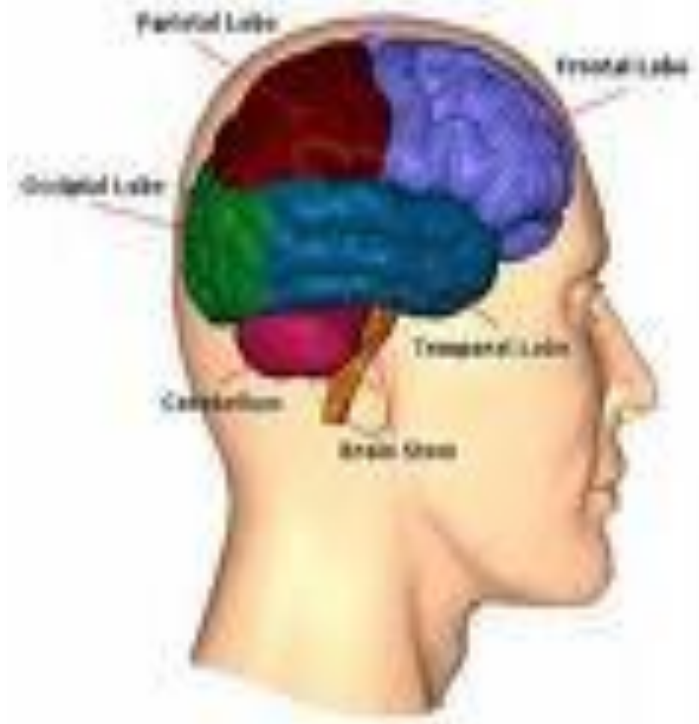
1. Objectification of women.
2. Dependence on the addiction interferes with developing good coping skills. Self-confidence decreases.
3. Loss of the Spirit. Difficulty finding peace and happiness. Difficulty fulfilling priesthood responsibilities.
4. Desensitization and escalation. The individual seeks progressively more stimulating material to get the same effect.
5. The desires to act out on fantasies increases and impulsive actions can lead to divorce, church discipline, loss of jobs, and even incarceration.
6. Can become a source of great pain to others. Loss of eternal salvation.

## Interview Question

Have you experienced any of these consequences? If so, can you tell me about it?

# Pornography Addiction Affects the Brain

Continued overstimulation of the dopamine tracts in the brain leads to downregulation, a decrease in the number of dopamine receptor cells. During withdrawal the person may feel depressed, sluggish, slow-witted, and experience difficulty feeling pleasure. The brain can readjust over a period of several months.



# Memories and Triggers



Strong neuropathways are developed as the habit grows. Images, objects, and behavior patterns associated with pleasure become firmly stamped into the brain's memory system via the amygdala. This causes the individual to be sexually triggered by a variety of stimuli.

# Dependency



## Interview Questions

Do you feel as if pornography use has made it more difficult for you to accomplish some of the things you wanted to do in life?

Why have you leaned on pornography? What purposes has it served for you?

# The Chains of Addiction



## Ignorance and Habit

O that ye would awake; awake from a deep sleep, yea, even from the sleep of hell, and shake off the awful chains by which ye are bound, which are the chains which bind the children of men, that they are carried away captive down to the eternal gulf of misery and woe. (2 Nephi 1:13)



# Pleasure Seeking Always Fails in the End



*Wickedness never was happiness.  
(Alma 41:10)*

*Behold all ye that kindle fire, that  
compass yourselves about with  
sparks, walk in the light of your  
fire and in the sparks which ye  
have kindled. This shall ye have of  
mine hand—ye shall lie down in  
sorrow. (Isaiah 50:11)*

## Interview Question

Would you agree that overall you are not satisfied with your level of peace and happiness?

# Maintaining Hope

**President Benson:** We must not lose hope. Hope is an anchor to the souls of men. Satan would have us cast away that anchor. In this way he can bring discouragement and surrender. But we must not lose hope. The Lord is pleased with every effort, even the tiny, daily ones in which we strive to be more like Him. Though we may see that we have far to go on the road to perfection, we must not give up hope.



# The “Next 12 Steps” Program

- This program does not replace, but complements the Church’s recovery program (PASG).
- The electronic version of the manual “The next 12 Steps” is available for free on the website, as well as several PowerPoint PDF files that provide summaries of the teachings and skills.
- One group meets on Tuesday night from 7:30 to 8:45 PM at the Logan High Seminary 100 W. 100 S. A second group will meet on Thursday night from 8:00 to 9:15 PM at the YSA 2<sup>nd</sup> stake (Aztec building) 1295 N. 800 E. beginning September 24th. There is no charge to attend and new people can come any night.
- The address is for the web site is:  
<http://addictionrecoveryLDS.blogspot.com/>
- Russ Seigenberg is a licensed psychologist and the creator of the Next 12 Steps program. His email address is visionbooks@comcast.net