

Pornography, Brain Science & Marital Intimacy

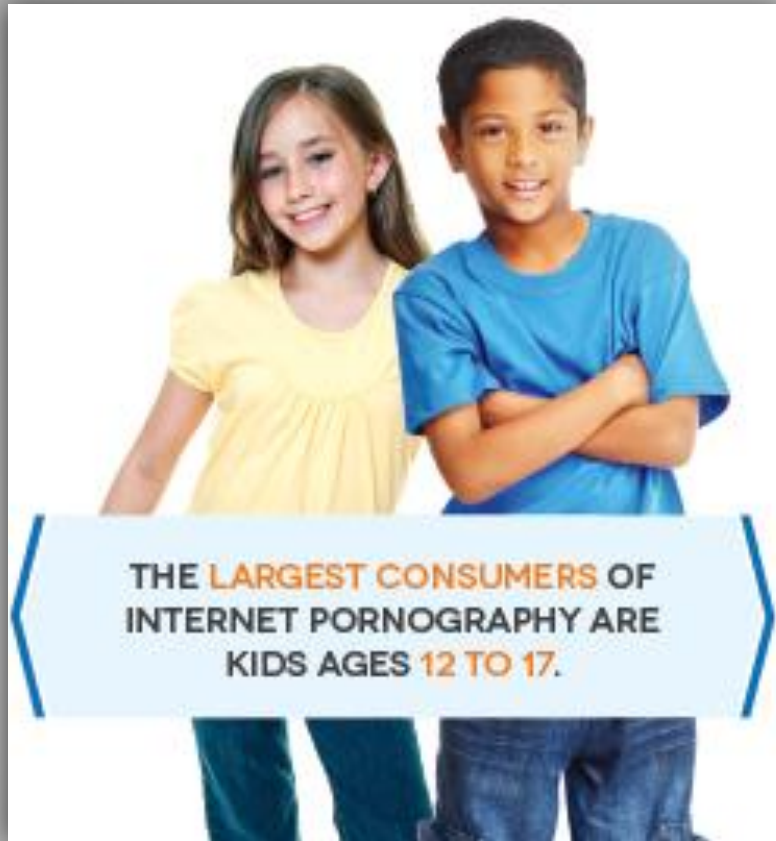
Sam Meier, MA, LPC
February 1, 2014

**Archdiocese of
Kansas City in KS**





Internet Safety for Families



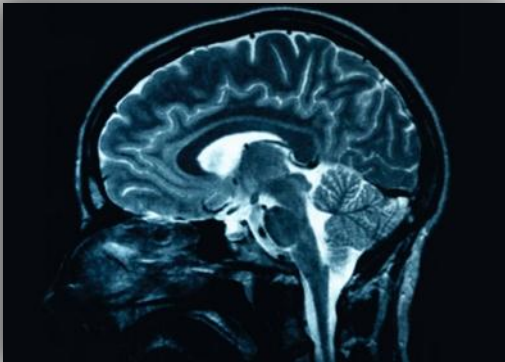
- A 3rd grade boy from a local Catholic family taught other children how to find pornography and erase the internet history on an iPad.
- A recent survey of 14-16 year old students indicated that nearly one-third of them had viewed pornography when they were 10 years old or younger. (Psychologies Magazine)



Debunking Myths of Pornography



"In all of my experience, I have yet to meet a single girl who actually enjoyed making pornography ... The sex itself is painful ... It's just something that you endure in order to get paid." – former pornography actress April Garris, ThePornEffect.com



"...pornography addicts experience enhanced need for the mood altering neuro-chemicals from sexual behavior, which target the same neuro-pathways as alcohol and cocaine use." – Roller, C. G. (2004). *Journal of Addictions Nursing*, 15, (2), 53-61.

Pornography Revenues

- In 2006, the US sex-related entertainment business' estimated revenues were just under \$13 billion in the U.S. These estimates included video sales and rentals, Internet sales, cable, pay-per view, exotic dance clubs, magazines, and adult book stores. (New York Times, Jan. 4, 2007)
- 2008 Professional Sport's Revenues:
NFL-\$6.7 billion, MLB-\$6.07 billion,
NBA-\$3.38 billion (SportingNews.com)

Pornography's Impact on Sexual Intimacy:



- Men using pornography

- They are more likely to have affairs if they are married
- They are less attracted to their wives
- They are less interested in actual sex w/ their wives

- Dr. Mary Anne Layden
-University of Pennsylvania

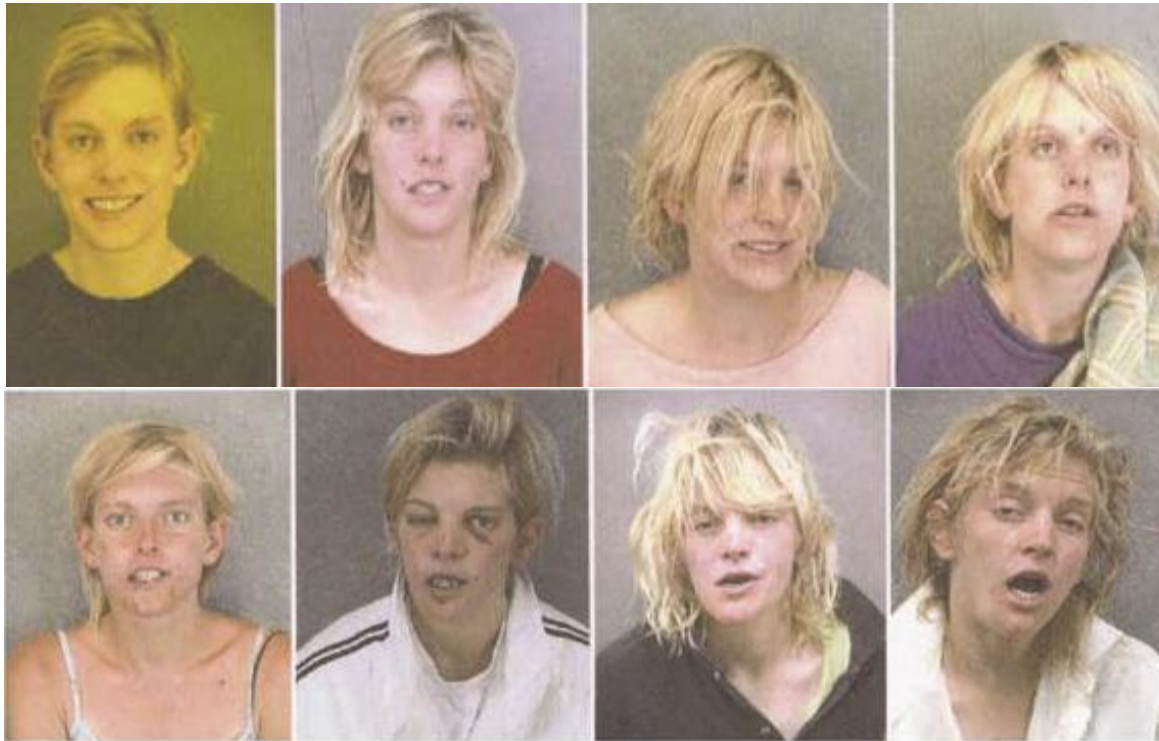
- Women using pornography

- They were more negative about their body
- Their husband was more critical of the women's bodies
- They had less sex in their marriage

- Dr. Mary Anne Layden
– University of Pennsylvania

Portrait of Exploitation

– Dr. Mary Anne Layden, *Social Costs of Pornography* - Baltimore, MD 4/11



These are photographs of an 18 year old woman who was a victim of prostitution, and many prostituted women are involved in pornography. These photos were taken over the series of 1 year, and show the brutal effects of drugs, violence, etc. that are so common in pornography and prostitution.

Portrait of Exploitation

– Dr. Mary Anne Layden, *Social Costs of Pornography* - Presentation in Baltimore, MD 4/11



Here is another series of photographs from a young victim of prostitution. Some call prostitution the world's oldest profession, but it is really the *world's oldest oppression*. People are also beginning to call the pornography industry the *sexual exploitation industry*.

Protect all Internet Devices





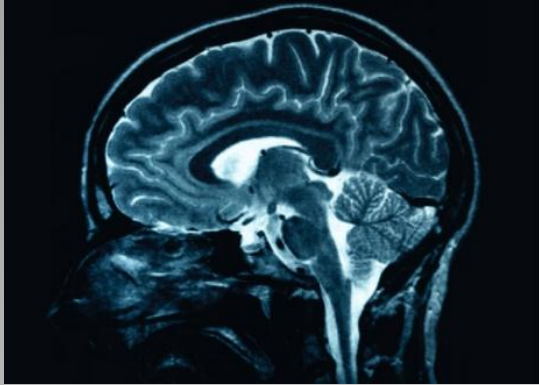
Encouragement & Accountability

- Christ Renews His Parish
- That Man is You
- Cursillo
- FOCUS / SPO
- SA & My House Men's Group
- Counseling



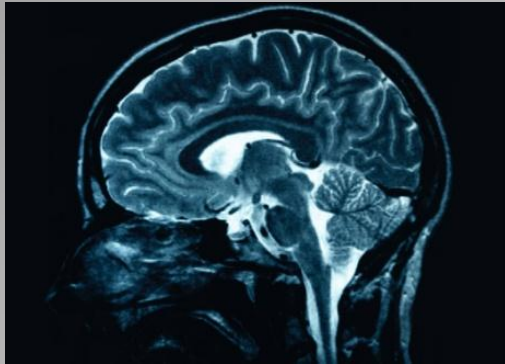
Four Pillars for 12-Step Groups

- Attending at least one 12-step recovery group each week
- Daily phone calls for encouragement
- Daily Recovery Reading – 12-step books and TOB
- Daily Prayer – growing in one's faith daily along with the Sacraments and spiritual direction



Brain Science of Sexuality & Intimacy

- **Dopamine** - the potent euphoric effect of dopamine comes with a rather quick “crash” leaving people with a desire for more
 - dopamine provides a potent and powerful high during sexual activity
 - the more a couple’s physical relationship is based on a dopamine response, the more likely the physical chemistry will fizzle around four years of being together
 - dopamine has been shown in laboratory animals to be more addictive than methamphetamines
- Used with permission by Laurie Heap, MD



Brain Science of Sexuality & Intimacy

- **Oxytocin** - some scientists call oxytocin the “love chemical”
 - oxytocin is associated with deep, intimate and lasting bonds
 - our brains do not develop a tolerance to oxytocin
 - oxytocin is released during deep conversations, gazing at each other left eye to left eye, sharing a mission, hobby, or common interest
 - oxytocin is also released when couples hold hands, hug for 30 seconds or more, speak to each other in a loving tone of voice, and when they make love
- Used with permission by Laurie Heap, MD



Research on Long-Term Happiness

- **Positive Psychology - Dr. Martin Seligman - University of Pennsylvania:**
 - Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive.
 - Research indicates that Temperance, Courage, Wisdom, Justice, Humanity and Love, Transcendence and Optimism are characteristics that bring lasting happiness

- *Christianity, Catholicism, isn't a collection of prohibitions: it's a positive option. It's very important that we look at it again because this idea has almost completely disappeared today. We've heard so much about what is not allowed that now it's time to say: we have a positive idea to offer, that man and woman are made for each other, that the scale of sexuality, eros, agape, indicates the level of love and it's in this way that marriage develops...But [the Church's teaching] is clearer if you say it first in a positive way.*
- Pope Benedict XVI (Interview August 5, 2006)



Theology of the Body

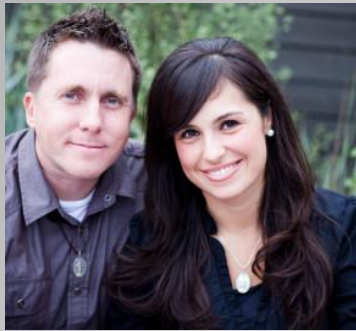
Pope John Paul II wrote over two thirds of what the Church has ever taught about sexuality and marriage, and it is incredible, positive and beautiful!

Life Giving Love of Trinity

“Let us make man in our image, after our likeness.” - Genesis 1:20

- Fr. Brian Bransfield's quote (USCCB) - “each one of us is our parents love with legs.”
- Being made in God's Trinitarian image, each one of us is literally a gift of the love between our parents.

Positive Catholic Resources about Love and Sex!



**Jason and
Crystalina
Evert**



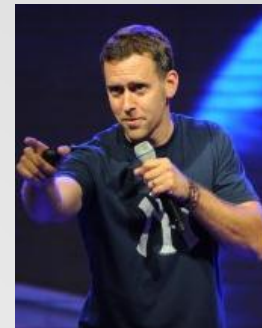
**Sarah
Swafford**



**Christopher
West**



**Matt
Fradd**



**Chris
Stefanick**



True, Good, & Beautiful Intimacy

- Affirmations
- Tenderness and Eye Contact during sexual intimacy - Oxytocin
- Praying with spouse daily
- Sharing emotions with spouse daily
- Living In Love Retreats
- Worldwide Marriage Encounter

Affirm, Pray & Time Together

- 90 Day Challenge at MimicDad.com



Helpful Websites

- Covenant Eyes - CovenantEyes.com
- Morality In Media - PornHarms.com
- Jason Evert - ChastityProject.com
- ReclaimSexualHealth.com
- Dr. Peter Kleponis - IntegrityRestored.com
- Matt Fradd - ChastityProject.com
- FaithfulAndTrueMinistries.com