

# THE BRAIN ON PORN\*



Passion Chemicals/Drugs Produced by the Brain	God's Intended Purpose	Damage Caused by Abuse
<b>DOPAMINE</b>	Dopamine focuses a man, starts his movements, increases his sexual sensitivity, and makes him long for his sexual partner.	Viewing pornography increases dopamine and triggers the release of other brain chemicals causing craving, and drives the man to pursue pornography rather than his wife. (Chemicals that affect dopamine are heroin, PCP, caffeine, & amphetamines).
<b>TESTOSTERONE</b>	Sexual development, interest, & motivation.	Pornography & the mental fantasizing that it enables crafts a brain that constantly generates testosterone and heightens sexual desire.
<b>NOREPINEPHRINE (ADRENALINE)</b>	Designed to store significant experiences of sexual arousal and memory in relation to our spouse.	Burns into our memories the pornographic images we view, making it difficult to forget. (Chemicals that affect adrenaline are caffeine, cocaine, amphetamines, & nicotine).
<b>SEROTONIN</b>	Regulates mood, sleep, appetite, learning, and memory.	Release of dopamine reduces the level of serotonin which then causes depression, anxiety, obsessive-compulsive disorder, insomnia, chronic fatigue, and other mental & sleep disorders. (Chemicals that affect serotonin are alcohol, cocaine, & amphetamines).
<b>ENDOGENOUS OPIATES</b>	The release of endogenous opiates prepares the body to experience the joy of orgasm.	Viewing pornography combined with masturbation results in the absence of opiate release, which causes sexual craving and tolerance. The man then wants more course forms of porn to achieve orgasmic high, which never happens. This robs the man & wife of the joy of sexual relations.
<b>OXYTOCIN &amp; VASOPRESSIN</b>	Binds the husband to his wife physically, spiritually, emotionally, & mentally.	Viewing pornography and masturbating binds a man & attaches him to the pornographic image – not his spouse.

\* William M. Struthers. *Wired For Intimacy: How Pornography Hijacks the Male Brain*. InterVarsity Press. Downers Grove, IL. 2009. (Pgs. 83-106). And Tim Clinton & Eric Scalise. *The Quick Reference Guide to Addictions and Recovery Counseling: 40 Topics, Spiritual Insights & Easy-to-Use Action Steps*. BakerBooks. Grand Rapids, MI. 2013. (Pg. 31).