

White Stone Ministry
Houston, Texas

**The Harmful Effects of
Pornography**

Dr. Victor B. Cline is a psychologist at the University of Utah with a private practice as a psychotherapist specializing in family marital counseling and sexual addiction. He has counseled numerous couples where one of the partners has a sexual addiction to pornography. He is the author of the booklet "Pornography's Effects on Adults and Children".

In this work, Dr. Cline says:

"As a clinical psychologist, I have treated, over many years, approximately 300 sex addicts, sex offenders, or other individuals (96% male) with sexual illnesses. With only several exceptions, pornography has been a major or minor contributor or facilitator in the acquisition of their deviation or sexual addiction..."

Dr. Cline continues:

"I have found a four-factor syndrome common to nearly all of my clients, with almost no exceptions."

ADDICTION

"The first change that happened was an addiction-effect. The porn-consumers got hooked. Once involved in pornographic materials, they kept coming back for more and still more. The material seemed to provide a very powerful sexual stimulant or aphrodisiac effect, followed by sexual release, most often through masturbation."

"Once addicted, they could not throw off their dependence on the material by themselves, despite many negative consequences such as divorce, loss of family, and problems with the law ..."

"I also found ... that many of my most intelligent male patients appeared to be most vulnerable-perhaps because they had a greater capacity to fantasize."

"While any male is vulnerable, attorneys, accountants, and media people seemed-in my experience-most vulnerable to these addictions."

Dr. Cline then quotes Sgt. Navarro, a long time investigator of the porno industry with

the Los Angeles Police Department, who says:

"Believe it or not, the higher their education, the more prone these people are to becoming addicted to this material, and, of course, the more money they have to spend on it."

Dr. Cline continues:

"Many people have testified to their extreme addiction ... in terms of having their whole life consumed by it ... Like an alcoholic or a drug addict, they are looking for 'that big kick,' ... When the 'wave' hits them, nothing can stand in the way of getting what they want, including sex from a prostitute or raping a woman."

ESCALATION

Dr. Cline tells us:

"The second phase was an escalation-effect. With the passage of time, the addicted person required rougher, more explicit, more deviant, and 'kinky' kinds of sexual material to get their 'highs' and 'sexual turn-ons.' ... Being married or in a relationship with a willing sexual partner did not solve their problem. Their addiction and escalation were mainly due to the powerful sexual imagery in their minds, implanted there by the exposure to pornography. They often prefer this sexual imagery, accompanied by masturbation, to sexual intercourse itself. This nearly always diminished their capacity to love and express affection ... Their sex drive is diverted to a degree away from their spouse-and the spouse easily senses this, and often feels very lonely and rejected."

DESENSITIZATION

"The third phase was desensitization. ... Pornography which was originally perceived as shocking, taboo-breaking, illegal, repulsive, or immoral, though still sexually arousing, in time came to be seen as acceptable and commonplace. ... There is an increasing sense that 'everybody does it' and this gave them permission to also do it, even though the activity was possibly illegal and contrary to their previous moral beliefs and personal standards."

ACTING OUT SEXUALLY

"The fourth phase that occurs is an increasing tendency to act out sexually the behaviors viewed in the pornography, including compulsive promiscuity, exhibitionism, group sex, voyeurism, frequenting massage parlors, having sex with minor children, rape, and inflicting pain on themselves or a partner during sex."

SUMMARY

"In my clinical experience, however, the major consequence of being addicted to pornography is not the probability or possibility of committing a serious sex crime (though this can and does occur), but rather the disturbance of the fragile bonds of intimate family and marital relationships. This is where the most grievous pain, damage, and sorrow occur. There is repeatedly an interference with or even destruction of healthy love and sexual relationships with long-term bonded partners. If one asks if porn is responsible or causes any sex crimes, the answer is unequivocally, "Yes," but that is only the tip of the iceberg."