

# The Impact of Pornography

Pornography is allowing someone/something else to take the place of the sexual intimacy that you are to have with your wife or husband. It is a fake substitute. The people that you see in the pornography industry-these people are someone's daughter, mother, wife, sister, son, brother. You wouldn't want other people looking at your family members the way that you are looking at theirs.

- Pornography rewires your brain
- It creates false expectations that your spouse can NEVER live up to.
- It takes your time and your energy.
- There is no such thing as a little pornography, it's either in your marriage or it's not.
- Pornography hurts a marriage.
- Pornography diminishes and devalues your spouse.
- Pornography is a "gateway activity" to more dangerous sexual encounters.

1. My view on pornography is that:

---

---

---

---

If you have engaged in pornography at any time in your marriage, please take the time to answer the following questions.

2. The first time that I viewed pornography was:

---

---

---

3. I continue to view pornography as it provides me:

---

---

---

4. I find myself turning to pornography when/my triggers are:

---

---

---

5. What impact do you think (or know) that pornography has had on your marriage?

---

---

---

6. What do you imagine a marriage without pornography to be like?

---

---

---

7. In addition to viewing pornography, I have engaged in the following sexual behavior with someone besides my spouse:

---

---

---

---

8. I am willing to do the following to battle my addiction to pornography:

---

---

---

---

If you know or suspect that pornography is present in your marriage.

9. How does knowing (or suspecting) that pornography is in your marriage make you feel?

---

---

---

---

10. What behaviors do you see in your spouse that lead you to suspect pornography?

---

---

---

---

11. How do you think it has changed the relationship with your spouse?

---

---

---

---

12. What do you imagine a marriage without pornography to be like?

---

---

---

---

*What pornography is really about, ultimately, isn't sex but death.  
-Susan Sontag*