

Porn Addiction

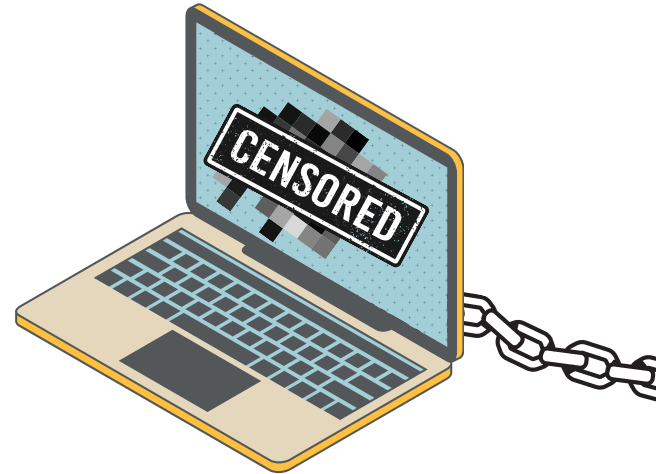
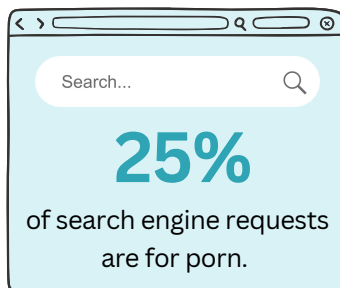
To not be confused with Sex Addiction Disorder, Porn Addiction Disorder refers to an emotional dependence on pornography. Addiction alters the body's dopamine system causing the individual to continue to participate in an activity, even if it results in problems with their loved ones or their livelihoods. Unlike sex additions, an individual is able to watch porn alone and create a space of isolation.

Barriers to Treatment

Individuals often find themselves dealing with a combination of feelings like shame, guilt, and low self-esteem. The longer this addiction goes untreated the individuals may neglect their partner, lose their job, or have fractured relationships with others.

The most common treatment for Porn Addiction Disorder is:

- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy
- Psychodynamic Psychotherapy
- Medication



10 signs to watch out for

1. You can't stop
2. You want more
3. You've lost time
4. You've lost interest in sex
5. You're more demanding
6. You've lost attraction
7. You're in physical pain
8. You're losing money
9. You're distracted
10. You're angry



1 in 6

**Women struggle with
porn addiction.**