



Pornography Impact on Women in Marriage

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Addicted to Pornography?

Unhealthy Signs (Mild-Moderate)

- ◆ Husband demands wife to be in a certain physical position for intercourse
 - Re-enactment (replay) of pornographic materials
 - Have X-Rated (XXX) video on for sex
- ◆ Husband demands wife to wear a certain kind of lingerie (“To seduce-tease him”)
 - He buys specific pieces of underwear, stockings
- ◆ Husband is distracted by flash backs of pornographic images while love-making



Addicted to Pornography?

Unhealthy Signs (Moderate-Serious)

- ◆ Masturbation after marriage (Decreased desires)
 - Sexual “Anorexia” “Indifference”
- ◆ Very few or no male friendships
- ◆ Gets enraged easily or numb emotionally
 - Polarized emotional expression vs. full-range
 - Happy to sad vs. anger to numbness
 - Numbness to dissociated vs. euphoria to numbness
- ◆ Rigidity & inflexibility
- ◆ Telling half-truths and white lies to cover-up



Addicted to Pornography? Unhealthy Signs (Serious)

- ◆ **Compulsive (Uncontrolled) “Cyberporn” use**
 - Chat Room visits online at work or after bedtime
 - Rendezvous-meetings via chat room & email
 - Sex for hire experiences: Strip joints, Prostitutes
- ◆ **Compulsive (Ritualistic) “Tele-Porn” use**
 - Astoundingly high phone bills
- ◆ **Unexplained hotel bills, condoms, wigs & underwear found in storage or trunk or car**
- ◆ **Financial-legal problems: Bankruptcy**



Impact of Pornography

◆ Degrading Women

- Woman is only fulfillment of pornographic exposure
- Object of Sex / void of relationship
- Humiliation, degrading sexual acts oriented to only please man
- Oral Sex is unsafe and illegal



Impact of Pornography

◆ Damaging To Marriages

- Creates unrealistic demands on wife
- Compare images to wife body
- Anger with wife
- Pornographic image relationship takes place of intimacy with wife
- Decreases interest in sex with wife



Impact of Pornography

◆ Destructive to Users

4 Step progression

- Addiction--*Stimulant*
- Escalation-*Increased Arousal Potential*
- Desensitization-*Dulled Senses*
- Acting out sexually-*Increased Activity*

The Spiritual Union of Marriage



God

One Spirit

One Flesh



The Other Woman



Husband



Pornography



Wife

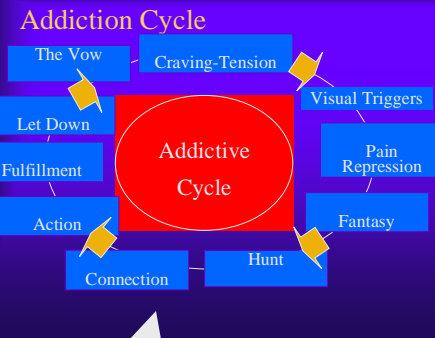


Infidelity / The Affair



God

Divided Spirit



Porn Image

The Unknown Prison





Stages of Healing

1. Shock
2. Grief
3. Repair
4. Growth

(Source: Patrick Carnes, PhD; Melvin W. Wong, PhD)

Conflict of Marital Identity

*The Raft has a leak,
plug the hole!*



...so we will often try to
fix our spouse to a level of our
comfort



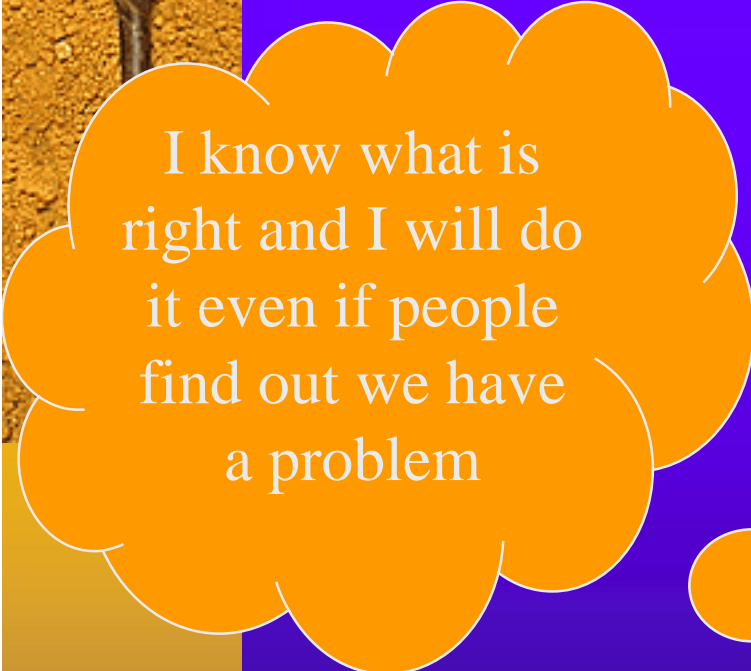
Stages of Grief

1. Denial/Numbness
2. Anger
3. Guilt
4. Depression
5. Acceptance

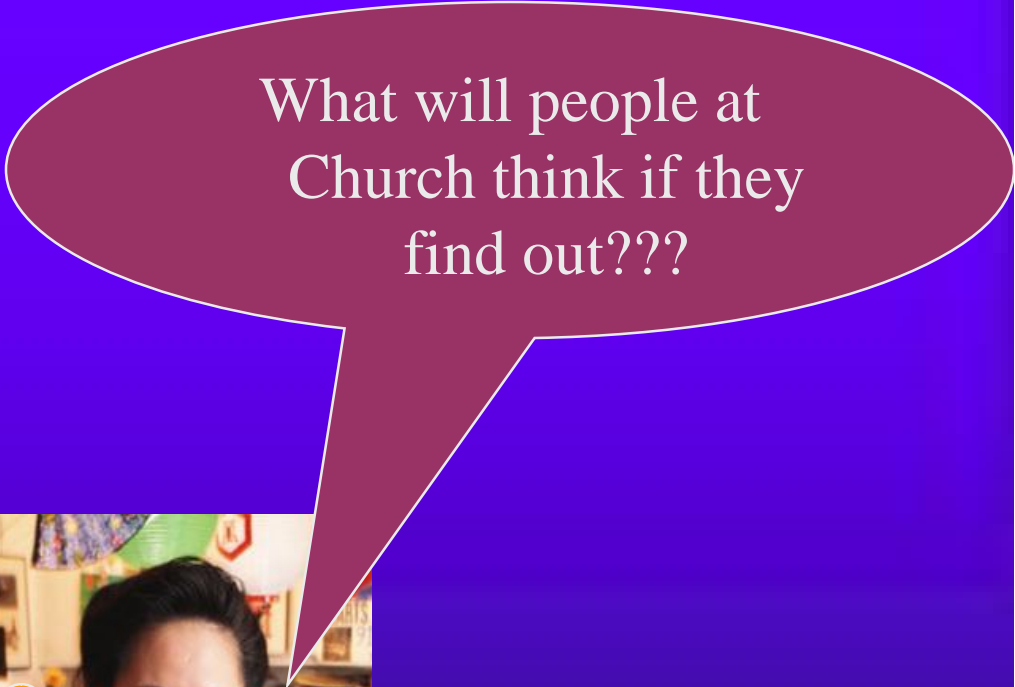


12 Tasks For Healing Wives

Righteousness vs. Reputation




I know what is
right and I will do
it even if people
find out we have
a problem



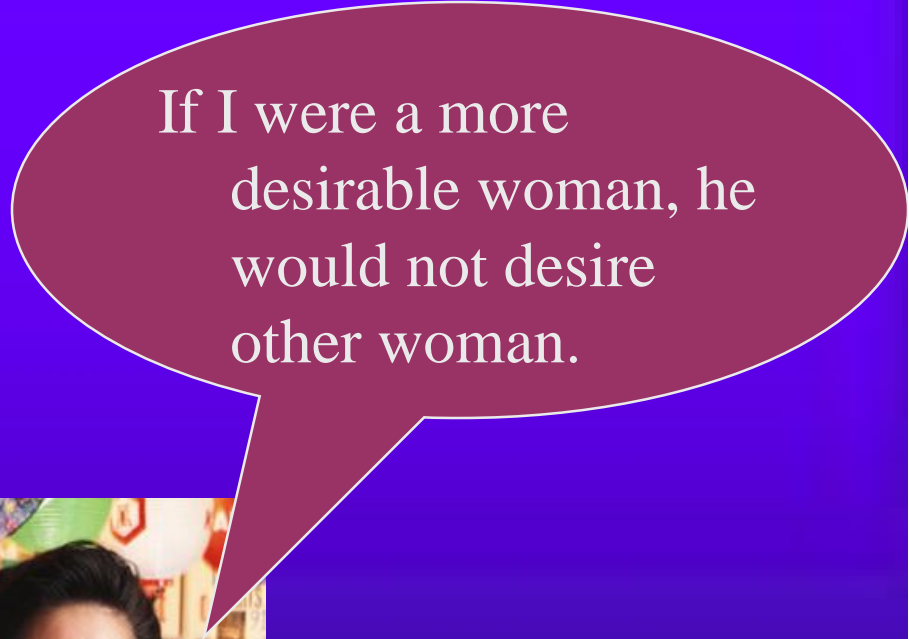
What will people at
Church think if they
find out???



Self Acceptance vs. Feminine doubt



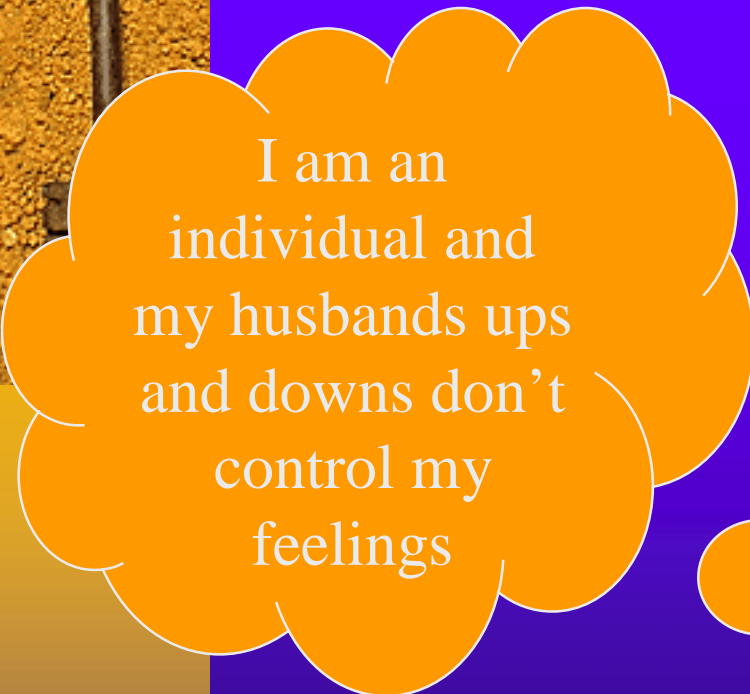
I accept myself as
a woman and if
my husband has
unmet needs he
must
communicate
them



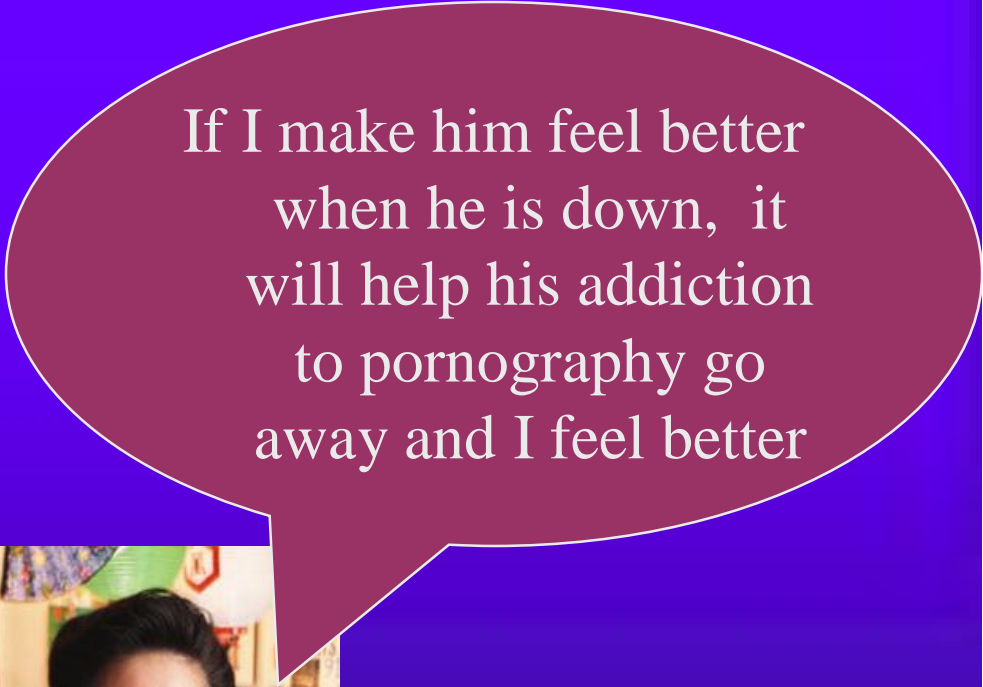
If I were a more
desirable woman, he
would not desire
other woman.



Interdependent vs. Co-dependence




I am an individual and my husband's ups and downs don't control my feelings



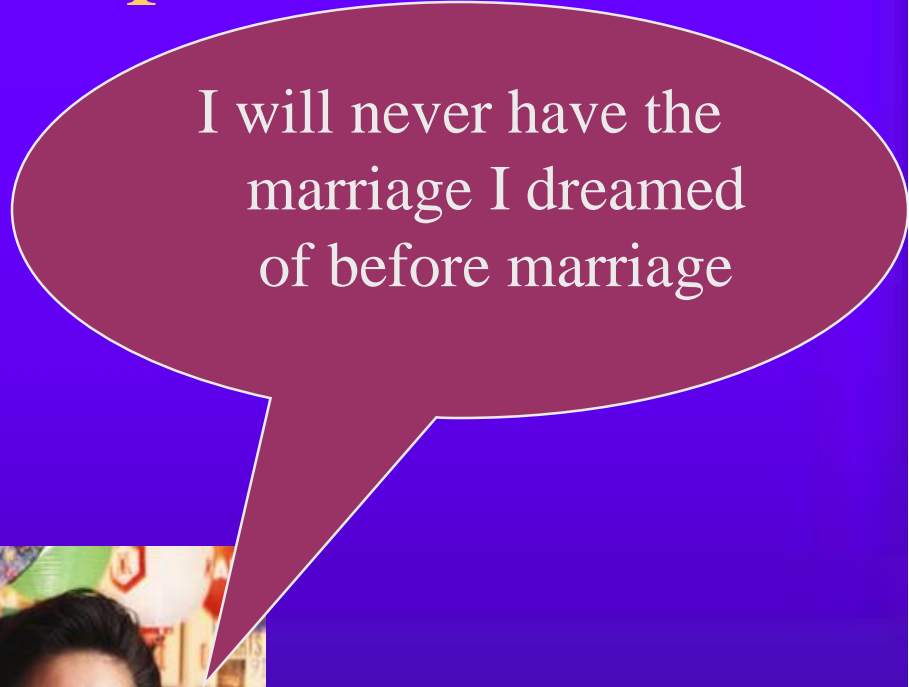
If I make him feel better when he is down, it will help his addiction to pornography go away and I feel better



All or Nothing Hope




Marriage is not perfect and will take work that will produce the fruit of love



I will never have the marriage I dreamed of before marriage



Responsibility vs. Blame




I can only take responsibility for myself, I am not responsible for his behavior

Its my fault, I did something wrong that caused this problem in him



Self Care vs. Abandonment




If he does leave,
it's not because
of me and I can
care for myself


If I don't help to
change him he will
leave me??



Abundant Giving vs. Self Sacrifice




I care for my husband and children out of an abundance of God blessing me



If I sacrifice more of myself he will get better!!



Spiritual vs. Human Battle




God is my
strength with or
without my
husband

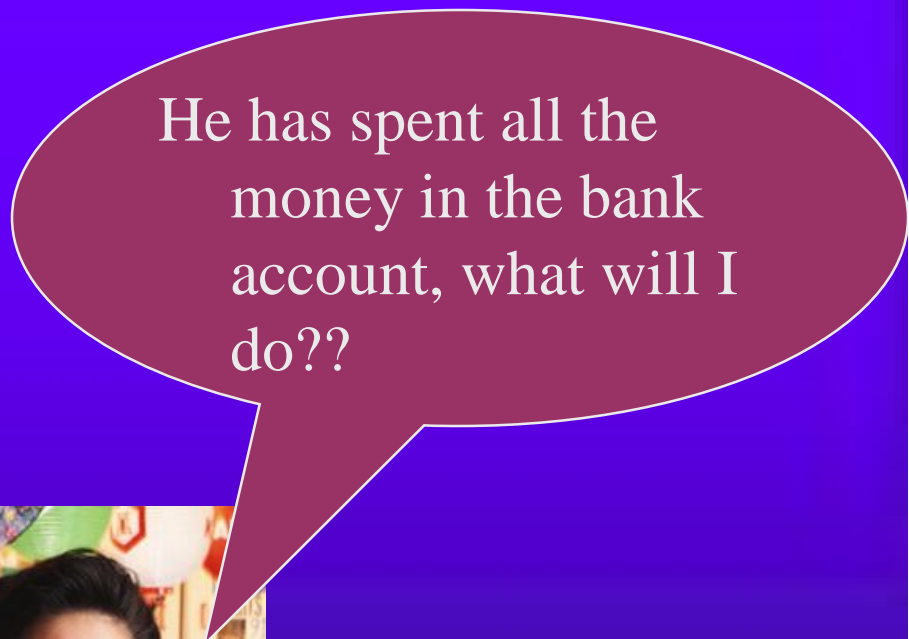
I have no more energy
to survive each day
of pain??



Functional Authority vs. Positional Authority



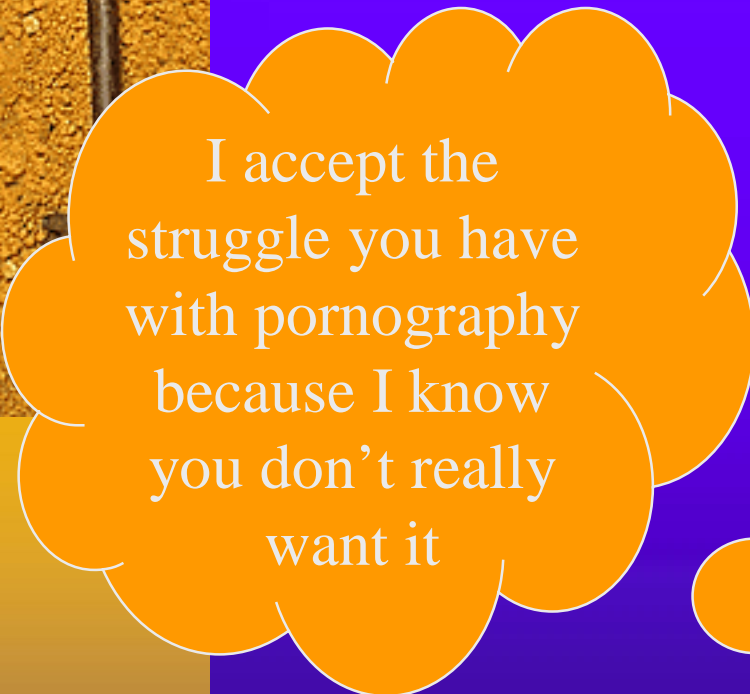
I will get my own bank account and take responsibility for myself



He has spent all the money in the bank account, what will I do??



Acceptance vs. Approval




I accept the struggle you have with pornography because I know you don't really want it



I cannot approve of your addiction to pornography



Live Now vs. Future




I live one day at a time and find meaning in what God gives me

I am waiting for him to change so I can be happy again



Self Trust vs. Deny Feelings



I trust my good judgment and it saved me much pain

He has a convincing argument, so I go along with him rather than make trouble





Wrap-Up Observations

- ◆ It is better to confront my unhappiness rather than live with a lie.
- ◆ When I deal with the truth, I am set free emotionally.



Wrap-Up Observations

- ◆ I can only take responsibility for myself and pray for others. I cannot control my husbands addiction.
- ◆ My self worth is determined by me and God and is not based on the success/happiness of my marriage.



Wrap-Up Observations

- ◆ When I take care of myself I am better equipped to care for my husband.
- ◆ My husbands sexual addiction is unrelated to my feminine worth.



Women's Recovery

- ◆ Deal with the 12 Issues as they apply to each woman in the context of support system
- ◆ Seek a support group that is focused on healing self and marriage
 - Avenue wives support group (avenueresource.com)
- ◆ Read relevant books (see reading list)
- ◆ Seek Pastoral support
- ◆ Seek Professional Counseling (ChristianMentalHealth.com)



Self-Help Group Resources

Avenues (Bay Area)

avenueresource.com

SA: Sexaholics Anonymous

sa.org (615)331-6230

SLAA: Sex Love Addicts Anonymous

EA: Emotions Anonymous

(510) 471-8864

CODA: CoDependents Anonymous

(415) 905-6331

Apokata. Psychological Services

ChristianMentalHealth.com (415) 362-6099

Getting Help

Sex and Love Addicts Anonymous (SLAA)

P O Box 119, New Town Branch, Boston MA 02258 617-332-1945

Sex Addicts Anonymous (SAA)

P O Box 3038 Minneapolis, MN 55403 612-339-0217

Sexual Compulsives Anonymous (SCA)

P O Box 1585, Old Chelsea Station, NY, NY 10011 212-439-1123

National Council on Sexual Addictions, Inc

P O Box 20249, Wickenburg, AZ 602-684-7919

Sexaholics Anonymous (SA)

P O Box 300 Simi Valley, CA 93062 805-581-3343



Books / Web Resources

- ◆ An Affair of the Mind (Hall, Laurie)
- ◆ Back From Betrayal (Jennifer P. Schneider, M.D.)
- ◆ Gentlepath.com
- ◆ Sexhelp.com
- ◆ christians-in-recovery.com
- ◆ The Betrayal Bond (Patrick Carnes)



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