

Family Legacy Institute

Tools For Families Building Godly Legacies

Five Components of Porn Addiction

~ Dr. John Splinter

*"I used to do a little,
But a little wouldn't do
And so the little got more and more.*

"Mr. Brownstone"
- by Guns N' Roses

In this booklet, rather than using the cumbersome he/she, him/her, man/woman, etc., we have used the male gender throughout. However, research is now demonstrating that increasing percentages of those addicted to sex, are female. So we encourage the reader to insert the gender of choice as you read.

We use the insertion of "Monday," "Tuesday," etc., as chapter breaks, so that the reader may read for eight to ten minutes, put the booklet down, and pick it up again later without losing a sense of the progression of the thoughts in the booklet.

Monday

Small joke: A guy orders a pizza. The waiter asks, "Would you prefer the pizza to be cut into eight pieces or twelve pieces?" The guy replies, "Better make it eight – I'm not hungry enough for twelve." For a moment, hold in your mind the picture of a pizza cut into eight or twelve pieces ~ either number is OK. Now let's add a curve ball.

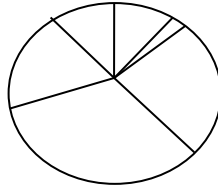
The waiter says, "The oven we use is really old ~ for some odd reason it drips a little arsenic onto the pizza now and then. But it's only a little arsenic, so not to worry."

Would you eat that pizza?

We began this chapter with the lyrics to the song, "Mr. Brownstone," by Guns N' Roses. That song was written about the band's use of heroin. As you read the lyrics, did you notice that they could be easily applied to any form of addiction ~ *"I used to do a little, but a little wouldn't do...."*

We then used two pizza metaphors. Now let's weave these three thoughts together into a single thread. Men (more than women) tend to think of their lives **compartmentally** ~ as if their life is

like a pizza. It could have eight pieces, twelve, or any other number. For sake of simplicity, here's a man's life with only six compartments.



The big compartments represent this man's family and his job. In some guys' lives the job piece is bigger ~ in other guys' lives the family piece is bigger. Other slices include sports, church, hunting/fishing, and his "secret."

Notice the tiny little slice at about one o'clock. That teeny little slice represents his hidden secret ~ the teeny piece that contains mental arsenic ~ it's his "porn place" ~ could be some magazines he keeps hidden away ~ or night-time TV on those "premium" channels ~ or more likely, a few juicy websites on his computer.

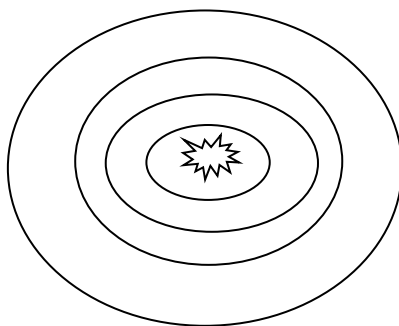
In his mind, the slice is very small and it really doesn't affect the rest of his pizza (his life). He still loves his wife ~ well, more or less, most of the time. He's a great dad, most of the time. He may be a deacon at church, and he's an outstanding hunter and fisherman. He's a man's man and in his way of thinking, all men do a little porn now and then, right? So what's the problem.... It's like a pizza with just a teeny slice sprinkled with arsenic. In his mind it's compartmentalized, and therefore "under control." Because it's small, he believes three things about it:

- 1) He's pretty sure it's hidden from everyone in the family.
- 2) He's quite certain it doesn't affect any other slices of his life's pizza pie.
- 3) He's sure he could quit any time.

That's how many men think ~ compartmentalization.

Unfortunately, this picture is not a realistic portrayal of life. A more realistic picture of life is found in another metaphor ~ throwing a stone into a pond. The ripples go out equally in all directions. Here's a more accurate picture of a man's life – everyman's life.

A pond with ripples
after a stone is
thrown into it.



Everyman's life is like a pond. Whatever happens in the middle, radiates outward and touches the shoreline all the way around the pond. Stop for a minute and write a few thoughts about the "shoreline" of your life. A few yards of the waterfront may be owned by your family, so

somewhere around the outer edges of the pond, write “family.” Another few yards may be owned by your job, so write “job” somewhere on the shoreline. Whatever is important to you in your life (e.g., church, clubs, extended family, friends, sports, etc.) put it on the shoreline somewhere around the pond.

In any pond, *whatever* is thrown into it, will cause ripples and will in some way affect the shoreline. So while many *think* their porn use is like getting away with the teeny slice metaphor, what’s *really* happening is that porn’s ripples are reaching the entire shoreline ~ somehow, some way. The people standing on the shoreline may not understand *why* those ripples are happening, but they *experience* them. A wife may not understand why her husband is emotionally distant after being on the computer, but she feels the distance. A teenage daughter may not know why she feels creeped-out when her dad looks at her or gives her a hug, but she senses it. A young boy may not know why his dad looks at women like he does, but the boy sees it. Ripples....