



THE HORMONE COCKTAIL OF PORN

When a person looks at pornography or allows the mind to think lustful – sexual thoughts, a veritable cocktail of hormones is released in the brain. This mixing of hormones, and the resulting “high” that’s felt as a result, is why a person can become “addicted” to pornography and masturbation.

Just like an alcoholic is not addicted to the bottle or a heroin addict the needle, neither is the porn/masturbation addict addicted to actual porn or masturbation. For the alcoholic the bottle is the tool used to deliver the drug. For the heroin addict, the needle is the tool used to deliver the drug. For the “sex addict” - lust, pornography and masturbation are the tools used to deliver our drug

When someone looks at porn, or lusts after a person, or has a sexual fantasy, the following hormones are released in the brain ...

Dopamine

- Released when exposed to novel stimuli (this is why we are constantly seeking out new images & experiences – after a few times of looking at the same image or person, less and less dopamine is released – so, to get the same “high” we are driven to seek out more / different images).
- When released, it enhances the arousal experience – creates a “rush” or “pop” feeling.
- When released, it makes you feel focused & confident (this is why a person can look at porn and masturbate and not feel their conscience telling them to stop until after the fact; they are feeling invulnerable, powerful, in control).
- Dopamine is typically released as a *reward* for certain behavior (I get this “rush” feeling when I lust or look at porn or fantasize and masturbate – logically then, I must do those things in order to feel the rush/high).
- It creates a **bond** to that behavior (in other words, my brain has made a connection: looking at porn, lusting, sexually fantasizing, masturbation made me feel really good – to get that feeling again, I must repeat that action).
- Consequently, Dopamine creates a growing desire to repeat that behavior over and over (end result: we experience an unbreakable connection between the feeling and the behavior).

Norepinephrine

- Creates a heightened sense of alertness (a person who really isn’t very pretty or handsome in real life is suddenly extremely attractive; you are highly aware of your heart pounding in your chest and the arousal you are experiencing; the sexual feeling that comes from the act of masturbation is greatly enhanced; and it causes you to become unaware of anything else around you at that moment – you are intensely focused).
- Primary cause for the adrenaline “rush.”
- When released, Norepinephrine imprints (burns) the sexual experience into our brain – our memory bank (this is why it is very, very difficult to forget images we’ve seen in the past; this is why we struggle with keeping images and scenes out of our mind when we do have sex with our partner).



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- ❑ Oxytocin & Vasopressin
 - Released at the moment of orgasm.
 - Creates a *tight* bond to that which caused the arousal & release (this is why we become “addicted” to lust and looking at porn and masturbating. Looking at porn and masturbating to it caused the arousal and sexual release - it felt good so the brain glue’s itself to that experience ... to experience that great feeling again, I MUST do what I did before); repetition of this activity (every time you masturbate) makes this bond deeper and stronger, thus harder to break.
 - Creates a belief/conviction that to experience that particular “high” again, I must repeat that same action.
- ❑ Endorphins & Enkephalins (Natural Opiates)
 - Increases the feeling of euphoria (on top of the world).
 - Natural equivalent to Morphine.
- ❑ Serotonin
 - Released after orgasm;
 - Creates a feeling of calmness, a sense of satisfaction – all is right with the world;
 - Creates a tight bond to that which caused the sense of satisfaction.
- ❑ DeltaFosB
 - Accumulates in the brain when dopamine is released.
 - Teaches the brain what stimuli is “beneficial” (feels good) and “holds on” to that memory like a brick (the sexual experience) being added to a wall with mortar (DeltaFosB). That experience is “set” in the mind and “fixed.” Each time the dopamine is released, the DeltaFosB “adds a brick” to the wall.
 - This is why it is so difficult for an individual to “quit” (causing withdrawals).
- ❑ RESULTS
 - A psychological dependency is developed (I gotta do ___ to get ___)
 - The brain is trained to bond with what created the “high”
 - The habit of returning to that which caused the “high” is developed
 - Becomes the preferred route of getting the “high”

Because this is an “addiction” it can be beat. This does NOT have to defeat you. The key is to learn how to use Scripture to take captive your thoughts (2 Cor. 10:5) and make them obedient to Christ. As you memorize God’s Word (Psa. 119:11) and obey it (Psa. 119:9) you will know real victory.

Yes, you will experience “withdrawals” as you pull yourself away from using your “drug of choice” – but God is bigger, stronger and greater.