

# A WORD ABOUT PORN



With easy access to online porn, many people use porn as part of their masturbation.

Both men and women can get turned on by things they can see.

Most men explain that they “**need**” the images to become sexually excited enough for ejaculation because they are “**visual**”.

They use porn for a “**quick release**” so that they can feel relax or sleep better after.

Men who like porn come in because of erectile difficulties (cannot get or stay erect), delayed ejaculation (cannot eject when they wish to), or early ejaculation (ejaculation happening sooner than they would like). Once a physical cause is ruled out, their difficulties usually stem from a lack of understanding about their own arousal.



**Most of my male clients would admit that they were using porn every single time they masturbated. Indeed, why change a good thing if it works? Why change the way you masturbate at all?**





While many medical professionals are conflicted on this issue of porn usage, it has been documented that heavy and compulsive use of pornography results in neurological effects.

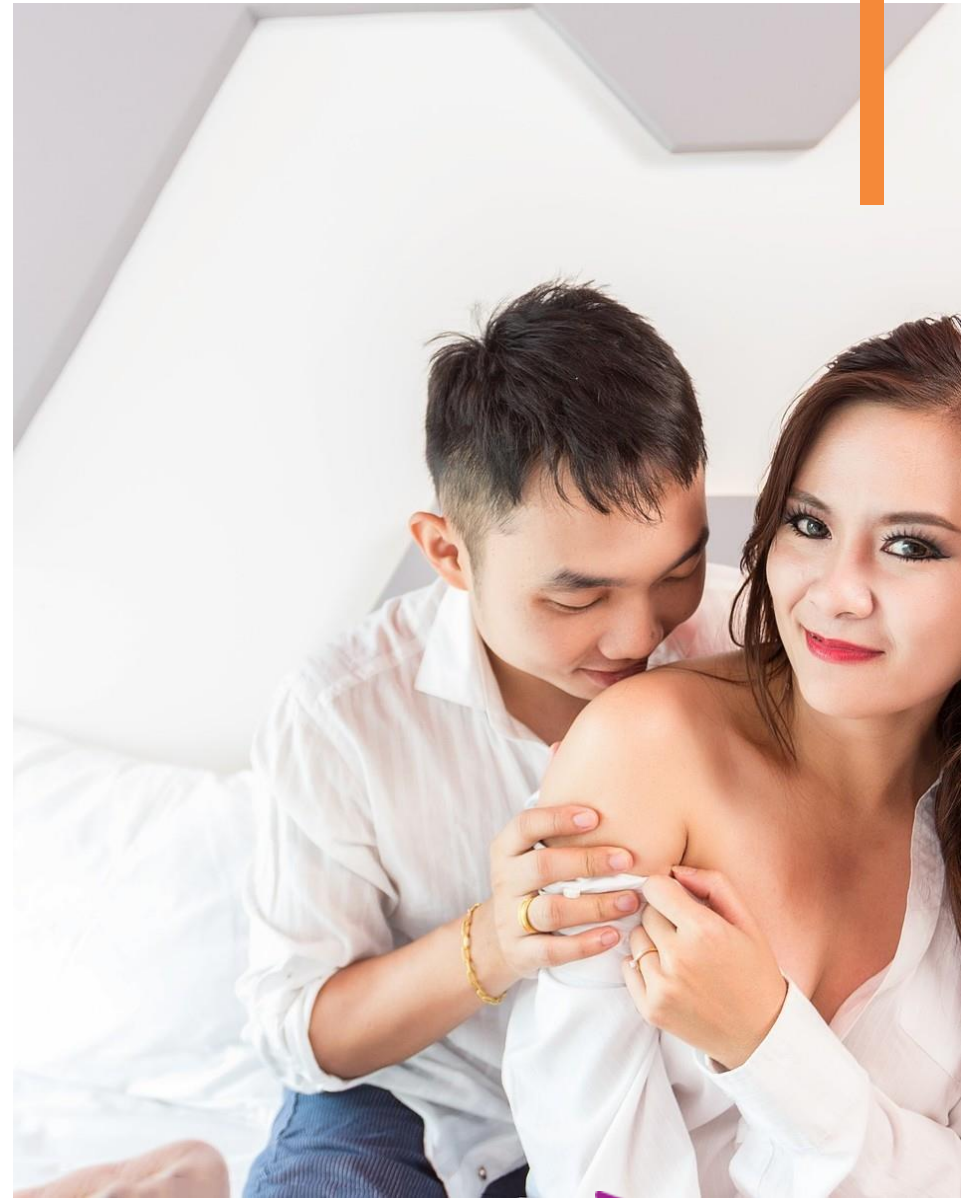
To put plainly, consistent and long-term use of porn can wire your body-mind connection when it comes to sex with a partner. It affects your ability to express yourself in sexual relationships.

# Porn As Sexual Education

Porn depicts visually how to “**get it done.**” Many young people are learning about sex through pornography, for lack of other sources of information.

Over time, these porn images and portrayals become embedded as part of their thought patterns – fantasies, dreams and even subconscious mind.

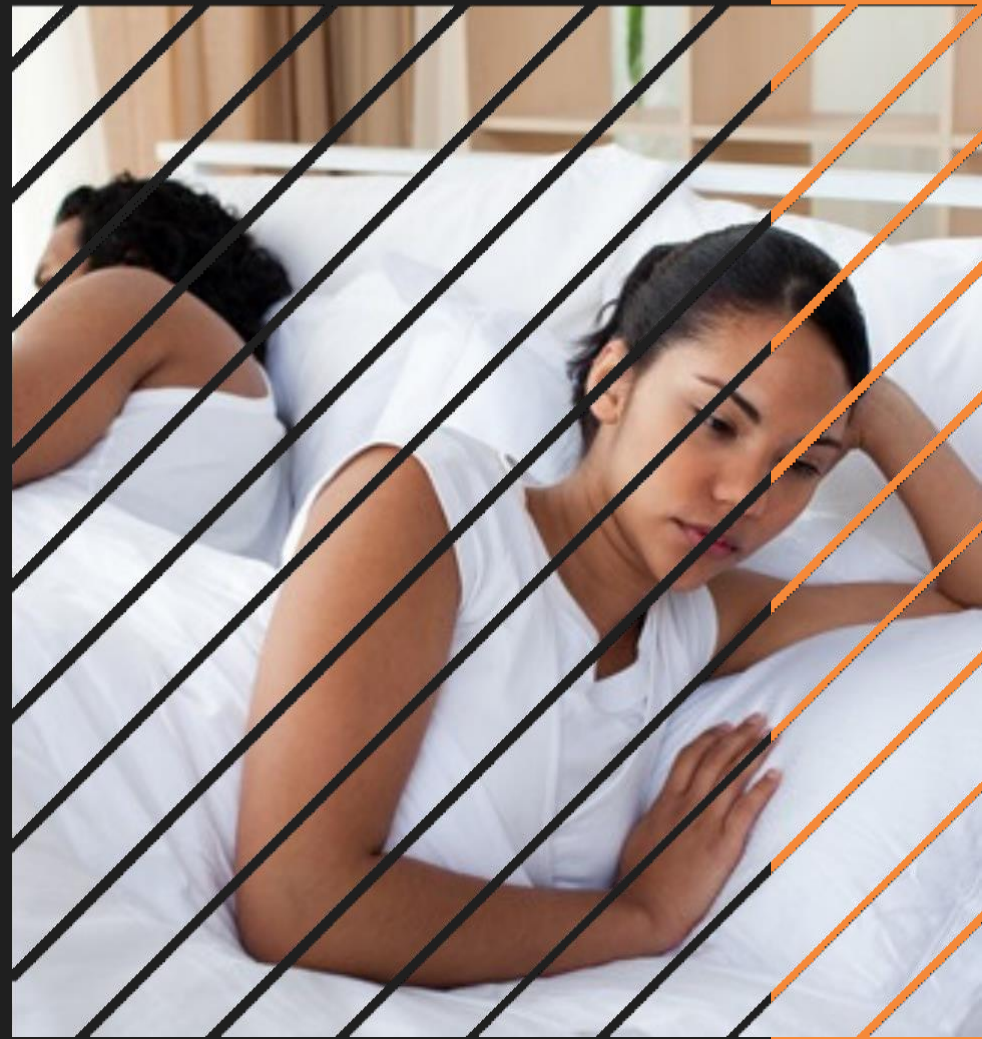
Many people, at some point in their lives with a partner they are comfortable with, would like to try sex with porn. That, by itself, is not harmful.



# Porn Can Lead To Performance Anxiety

Many people begin to develop distorted ideas of what sex is or ought to be like, and become disappointed when their actual experiences do not match up to what was portrayed.

Similarly we can build up idealized and unrealistic images of intimacy and relationships, and become sorely disappointed or feel like failure if we have anything short of picture-perfect.







## Porn Can Lead To Negative Perceptions About Our Bodies

Not all men have huge penises, or women big boobs. Not everybody is capable of having sex for a long time or climax again and again.

They might compare themselves against porn actors, feel inadequate and become perpetually unsatisfied with their own bodies and sexual performance.

# Porn Is All About Him Only

Most porn is created by men for men. In porn, the male actor is always the star as well as initiator and aggressor.

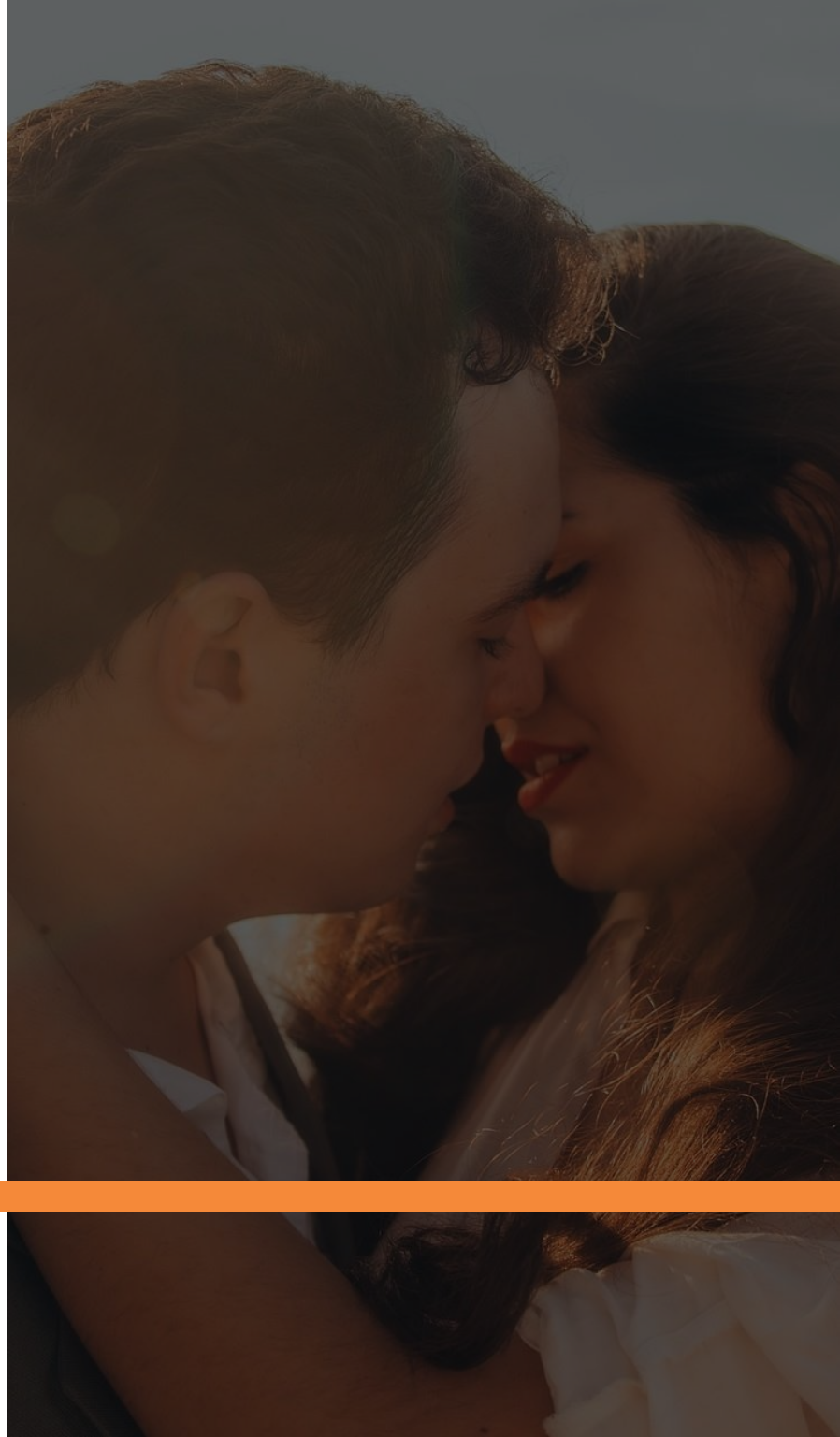
For less offensive porn, you could key in web search terms like “**ethical porn**” or “**porn for women by women**”. The work of Candida Royalle is a good place to start.

Men can identify with or model the porn actors by tapping into their inner performer or ‘**star.**’ The show ends with his cum shot. No wonder it is off-putting for most women.



# Porn Does Not Teach Intimacy

The emotional intimacy longed for as part of or after sex is usually not depicted but instead all about their male ejaculation and his lust. This really does a number on authentic connection during sex.



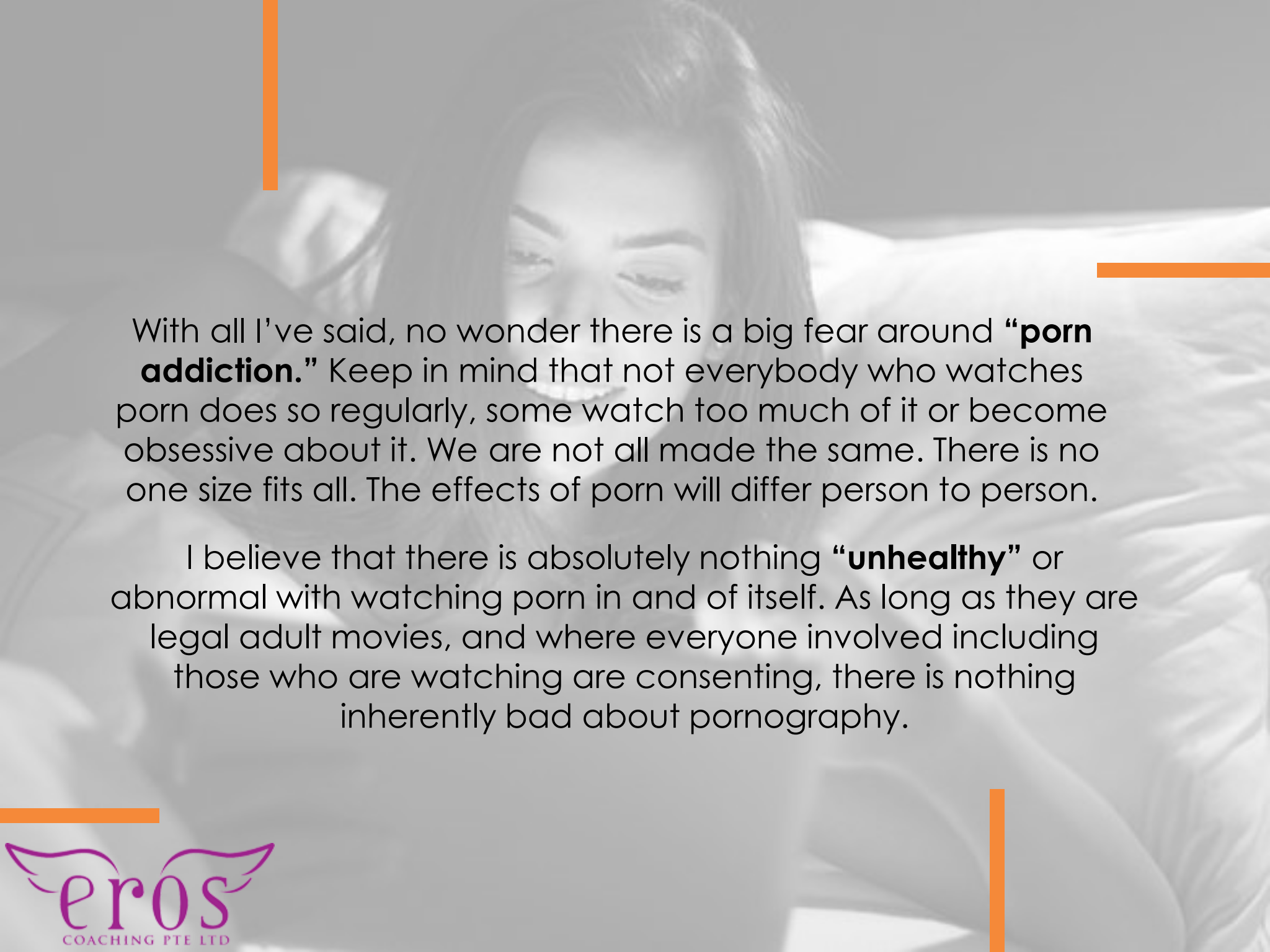
# Porn Can Result In Spectatoring

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Spectatoring is when you find yourself watching or observing yourself (“**How am I doing?**” vs. “**How does my partner feel?**”). This fixation with performance could also short-circuit actually being present in the experience and enjoying the sexual experience.

Hence, while one might perform “well” sexually, they may not necessarily be a good lover in terms of meeting their partner’s emotional, sexual and intimacy needs.



A woman with long dark hair is lying in bed, smiling and looking towards the camera. She is wearing a dark top. The background is a soft-focus view of a bed with white pillows and a light-colored blanket. There are orange decorative bars: a vertical one on the top left and a horizontal one on the top right.

With all I've said, no wonder there is a big fear around “**porn addiction.**” Keep in mind that not everybody who watches porn does so regularly, some watch too much of it or become obsessive about it. We are not all made the same. There is no one size fits all. The effects of porn will differ person to person.

I believe that there is absolutely nothing “**unhealthy**” or abnormal with watching porn in and of itself. As long as they are legal adult movies, and where everyone involved including those who are watching are consenting, there is nothing inherently bad about pornography.



# Is There Such A Thing As Addiction To Porn?

How much porn is too much porn? Who decides? Is this person watching porn every day – 24 x 7? Are they able to function in their work? The amount of anxiety about porn watching in our culture is staggering. The same people who have addictive personality are more likely to be sexually compulsive.



# I Am Worried. What Can I Do To Help?

If you believe somebody close to you is displaying sexually compulsive behavior, the first thing I want to suggest is that you talk to them about it. Without being judgmental, find out what they like about porn.

Is it the fantasy? Are there things they want to try? Is it out of boredom or habit? If your partner is seeking variety within the relationship – not physically unfaithful, could you deal with it? More understanding on your part of what is going on, and being less judgmental about his behavior will already help the current situation.



# We Spoke And I Am Still Upset

In general, men do not view porn or solo sex as a sign of infidelity. Sexuality is so complex and complicated that it is unlikely we will ever share all our partners' sexual interests. If you find yourself unable to work it through alone, it may be helpful to talk to a sexologist or psychotherapist who could help untangle some of the issues.



# WORK WITH MARTHA

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**Dr. Martha Tara Lee**  
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She is the only **certified sexuality educator** by the American Association of Sexuality Educators, Counsellors and Therapists (AASECT) in Singapore.

This accolade is only for those who meet the stringent requirements determined by AASECT, a leading professional organization for sexuality educators, sexuality counsellors and sex therapists in the US.

**In short, she strives to be the one of  
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