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Can My Marriage Survive Pornography?

Help and
Encouragement for
Hurting Wives





Can My Marriage Survive Pornography?

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Introduction

A Devastatingly Common Heartbreak

By Kelli B. Trujillo

There are all sorts of statistics out there declaring the percentage of men (or of Christian men) who participate in viewing pornography. They vary a bit, but the numbers are always quite high. (*Christianity Today* reported that **70 percent** of American men say they view pornography monthly.) Yet it strikes me that most of the time the survey numbers reflect the men who *admit* they are viewing pornography—I'd hazard to guess that many more don't admit it. Also, often the questions are about active pornography use, rather than a more broadly worded question like "Have you ever struggled with pornography?"



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And so my anecdotal guess at the *real* answer? 100 percent.

It seems to me that in some way, shape, or form, 100 percent of our husbands struggle with pornography. Some struggle because of active use or current addiction; others struggle with memories of past pornography use and the lure that endures; some have been innocently exposed to pornography through no willful choice of their own. There are some who may have never viewed pornography in their life—and yet even these men still "struggle" in the sense that it's *out there*, all over the place, readily available and an ever-present temptation. Pornography is hard to avoid, even when you're trying hard. (Just the other day I accidentally saw an obscene image while looking for craft ideas on *Pinterest*, for goodness sake!)

Now I'm sure there are statisticians and perhaps some husbands who'd argue with my blanket, 100-percent assumption. Perhaps there are Christian men who, somehow, have never felt tempted to view pornography.

But for most Christian men, the lure is there. Many carry a secret shame due to current or past pornography use; those who are courageously avoiding this readily available sin still battle the temptation. It's there, it's free, and it's as close as your computer screen.

The data about pornography use is mind-numbing and heart-chilling for most wives—the thought of one's beloved husband using porn is emotionally and relationally devastating. And regardless of how common this problem is even among Christian men, it doesn't diminish the bitter pain a wife experiences when she discovers her husband's pornography use: her self-image and her confidence in the bedroom are shattered; she feels deeply betrayed and unsure if she can trust again; she doubts if she really "knows" her husband; she feels isolated, used, angry, and alone. *Is this adultery? Is this an addiction? Is this somehow about me? Is it even possible for this marriage to recover?*



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Countless Christian women are dealing privately with this pain; because of the nature of the problem, it's something often kept secret. If you're facing this situation right now, you can rest assured that there are likely other women in your church who are dealing with this same deeply painful marital crisis.

This is a complex and painful topic—and there simply is no “easy” answer or generic prescription to help a marriage heal from pornography use or addiction. Yet in this TODAY'S CHRISTIAN WOMAN download, we'll explore together some principles that can help you begin to sort through how you can deal with pornography's invasive and poisonous effect in your marriage. You'll read real-life stories of pain, addiction, and recovery—and you'll find hope to be courageous and persevering in your marriage as you stand for what's right while also fighting for your husband's own healing.

If you find yourself in a moment of mistrust, discouragement, distance, or hopelessness in your marriage due to pornography, turn to God for strength and sustenance. Find insights and encouragement in these articles. Seek the counsel of your pastor or a trusted Christian friend. The reality is that this struggle is *extremely* common—and that you are likely surrounded by marriages who've survived it and healed! You are not alone. Others have made it through. God continues to love you—and your husband—with his wonder-working love.

Grace,

Kelli B. Trujillo

Managing Editor, TODAY'S CHRISTIAN WOMAN downloads
Christianity Today



Leader's Guide

How to use "Can My Marriage Survive Pornography?" for a group study

Note: this should only be used in a group of women who have husbands who are addicted to pornography.

"Can My Marriage Survive Pornography?" can be used for individual or group study. If you intend to lead a group study, some simple suggestions follow.

1. Make enough copies for everyone in the group to have her own guide.
2. Depending on the time you have dedicated to the study, you might consider distributing the guides before your group meets so everyone has a chance to read the material. Some articles are quite long and could take a while to get through.
3. Alternately, you might consider reading the articles together as a group—out loud—and plan on meeting multiple times.
4. Make sure your group agrees to complete confidentiality. This is essential to getting women to open up.
5. When working through the Reflect questions, be willing to make yourself vulnerable. It's important for women to know that others share their experiences. Make honesty and openness a priority in your group.
6. End the session in prayer.

Many of the Reflect questions in this download are very personal in nature and may not be appropriate for group discussion. If you are using this download for a group study, consider identifying just 1 or 2 Reflect questions from each article to discuss; encourage women to think about the remaining questions on their own at home. If you'd like, challenge women to use the questions to prompt personal journaling.



He Confessed to Using Porn

What to consider first when faced with
your husband's pornography use

Answered by Gary and Carrie Oliver

Q. *My husband and I have been married for a little over a year. We've enjoyed a fantastic marriage so far. Recently, however, he confessed that he'd been engaging in Internet porn for several months. I feel totally broken because I asked him about it once and he made up this huge lie and ran with it. I always considered him one of the most honest and genuine people I knew, and now I feel totally crushed. It's so hard to know what to do—to know what is overreacting and what isn't. Please give me some perspective.*



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A. The fact that he has been engaging in Internet porn doesn't mean he isn't an honest and genuine person. It means that he is someone who has a weakness that, if not dealt with, can become a sexual addiction that could destroy his marriage and his life. Thank God that he has acknowledged the problem, since that is the first step toward getting help.

Most people grossly underestimate the insidious nature of pornography. We've worked with many Christian men who were suckered into viewing pornography by the misbelief that it would help their sex life. Some statistics claim that at least 60 percent of all website visits are to pornographic sites. The tragic reality is that statistics link pornography to an increase of unrealistic expectations, decreased sexual desire, decreased sexual performance, weakened or destroyed marriage relationships, aggression toward women, and violent crime. Seventy percent of all pornographic magazines end up in the hands of minors. Pornography is a multi-billion dollar industry that compromises character, infects integrity, and plants pictures of perversion in the thought-life that may never be erased.

If he is a normal man, the odds are good that this problem didn't just arrive out of nowhere a few months ago. Almost everyone struggling with porn addiction can trace pornography exposure to childhood. The average age of exposure used to be eleven, but with Internet and television the average age is now somewhere around age seven.

It might be helpful for you to know the observable symptoms for becoming a sexual addict. They include the following: preoccupation with sexual behaviors, escalating patterns of sexual activity, acting distant or withdrawn, a pattern of out of control behavior, inability to stop despite adverse consequences, ongoing desire or effort to limit sexual behavior, sexual obsession and fantasy as a primary coping strategy, increasing amounts



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of sexual experience because the current level of activity is no longer sufficient, severe mood changes when exposed to sexual activity, and the neglect of important social, occupational, or recreational activities because of sexual behavior.

It seems to start innocently enough but what happens is that enough is never, ever enough. Recently, one man told us, "The more I got into it, the more I felt that the material had to be stronger, more explicit. I started getting videos. I even called some of those dial-a-porn lines." Feeding the preoccupation leads to ritualization, then to compulsive sexual behavior, and eventually to a sexual addiction. Patrick Carnes describes sexual addiction as "the athlete's foot of the mind." It never goes away. It always is asking to be scratched, promising relief.

The predictably downward spiral of sexual addiction can lead from printed pornography to videos, adult nightclubs, massage parlors, sex with a consenting partner, prostitution, exhibitionism and voyeurism, involuntary sexual contact, obscene phone calls, bestiality, rape, incest, and child molestation. Your husband is fortunate because he has the opportunity to deal with the problem before it takes him down and out.

The good news is that according to Romans 8:37, we can become more than conquerors. If your husband wants help, it is available. The first step is to acknowledge and confess his sin to the Lord and to you. The next step is to turn to someone in your church or community who is trained to deal with sexual addiction. No sin is a private sin that affects only you. In fact, one of the greatest myths that leads the potential addict to repeat sexual behaviors is that it does not adversely affect other relationships, especially a marriage.

It will also be important for both of you to learn more about the trap of sexual addiction. A great resource is a book by Dr. Mark Laaser, **Healing Wounds of Sexual Addiction** (Zondervan).



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Last of all we encourage you to find a couple of trusted friends and ask them to pray for you and your marriage at least once a day for the next six months. You don't need to tell them specifics. Simply let them know that God is doing a special work in your relationship and you would value some intercessors to support you during this time. Remember that according to Philippians 1:6, God will continue the work he has begun in us. Our only job is to let him.

Gary J. Oliver, Ph.D., is a clinical psychologist and director of the Center for Marriage and Family Studies and professor of psychology and practical theology at John Brown University. His wife, Carrie Oliver, died in 2007. This Q & A was first published in the Fall 2001 issue of MARRIAGE PARTNERSHIP.

Reflect

- *The author of the initial question felt "broken" and "crushed" by her husband's pornography use; she felt that he wasn't the genuine and trustworthy person she thought he was; she felt like she needed perspective. Pause now to evaluate, clarify, and give a name to your own emotions in dealing with pornography in your marriage. What feelings, questions, or fears are swirling around in your mind and heart? (If it helps, record them on a piece of paper.)*
- *Based on what you've heard or observed, what emotions do you think your husband is experiencing regarding his pornography use? How is it affecting his sense of self, his spiritual life, or his ability to relate to you or others?*



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- Read **Romans 8:37** and **Philippians 1:6**; what could it mean for you to claim the power and truth of these passages for yourself as you personally deal with painful and confusing emotions? How could you pray these for your husband? What might it look like to believe and pray them for your marriage?



The Appeal of Porn

Why men get hooked

By Louis McBurney, M.D.

“Laurie” had collapsed into bed at nine o’clock wiped out, as usual, from eight hours at work, coming home, preparing supper, and getting three school children to bed. She also managed to put a load of laundry into the washer and clean up the kitchen. Her husband, Tim, helped her with the dishes, promised to put the clothes into the dryer, then he kissed her goodnight. Now, something had roused her from sleep enough to realize Tim wasn’t lying beside her. She liked it when they went to bed together and felt guilty that she couldn’t stay awake with him. But when she looked at the clock, which read two A.M., she got miffed. This was the second time this week—that she knew of—that he’d stayed up far past his usual bedtime.



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Where is he? Laurie thought. The first night she awoke to find him gone, she just rolled over and fell back asleep. But tonight she couldn't seem to do that. So after a few restless minutes, she got up to find him. She groped her way down the dark hallway and saw a dim light emanating from the family room. *Tim's watching TV at this time of night?* Laurie thought. *What on earth could he be watching?* She made her way quietly toward the family room and stopped abruptly, shocked at what she saw. On the screen were several naked women in various sexual activities with a naked and aroused man. Tim was on the couch, equally aroused and so totally transfixed he was unaware of her presence.

Laurie was devastated and didn't know what to do. She felt betrayed, humiliated, furious that he'd do such a disgusting thing. As she gasped in horror and disbelief, Tim looked around and quickly and shamefully turned off the TV, then covered himself with his robe.

Laurie and Tim talked until dawn. She immediately assumed he was addicted to pornography and wondered how long this had been going on. Finally, once she was able to really think and listen to Tim's confession, she was convinced he wasn't addicted. Laurie realized she hadn't seen anything during their marriage to make her suspicious until this week. No unusual phone charges or sites on their web browser's history. No hidden magazines or videos. No subscription bills for adult channels, and until Monday night, no late nights coming to bed.

Tim confessed he'd looked at pornography some in college and a few weeks earlier a guy in his office had called him over to see some Internet site. That exposure had awakened his long abandoned fascination. So he'd rented an X-rated DVD after work on Monday and watched it that night and tonight.

He didn't try to justify his behavior and was deeply filled with remorse and shame. His confession recalled for both of



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them the apostle Paul's words in Romans 7:24: "What a wretched man I am! Who will rescue me from this body of death?" (NIV)

Those words sum up the lament from thousands of Christian men who seem enslaved by the silky, sexual images of pornography.

Sexualized

I recall my first experience with pornography. I must have been only about five years old. My brother and I were visiting at my grandmother's and some older neighborhood boys had a cartoon booklet. When they flipped the pages rapidly it showed a man's penis becoming erect. I didn't know what that was, but I certainly wasn't going to ask. By the time a junior high buddy showed me his *Playboy*, I knew what the pictures were. I was fascinated with the images, and still am. It's built into our male psyche to be powerfully drawn to sexual images. The fact is, men are wired to enjoy looking at naked women.

But how does the addictive nature come into play? Author and counselor Arch Hart identifies two powerful brain chemicals that combine to produce the compulsive-seeking behavior that's stimulated through pornography. One is the satisfying tension relief of endorphins. These morphine-like molecules are released in the reward centers of the brain's hypothalamus to produce intense pleasure and relaxation. The second chemical is epinephrine, which creates arousal, alertness, increased energy, excitement, and an aggressive stance ready for risk-taking or conquest. Pornography arouses both these responses, which combine to hold the addictive features of risk-taking, excitement, and the endorphin-pleasure explosion.

Couple these powerfully habituating chemicals with the forbidden aspect of lust, and it provokes an enticing stimulus-response behavior. It's the typical male response to a "no trespassing" sign. Add in some stressful life factors that cause



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masculine self-doubt and the stage is set. It becomes an instant fix that reaffirms male potency and gives a tranquillizing, temporary relief of stress—without requiring any other-directed relational energy. That's why a man may masturbate to orgasm while looking at pornographic photos. It's no wonder that, according to sexual addictions expert Dr. Mark Laaser, statistics indicate alarming rates of use of the hundreds of thousands of porn sites on the Internet.

Fortunately, not every man becomes addicted. Although the potential's there, most men resist. For many men the exposure to that blatant immorality is distasteful. They recognize it cheapens the actors involved, women in general, and the men who drool over the images. There are also men who see the hypocrisy of professing Christianity while inviting those images into their souls. Some men simply respect their wife's feelings about pornography and resist out of their love. I think my liberation from pornography's appeal includes all these plus my disgust with the idea of giving money to an industry that spans the range from child pornography to "snuff" films, which depict someone's actual death. This so-called "victimless" entertainment leaves devastation and death in its wake. All these factors make an occasional flight into "soft porn" fantasy an unacceptable choice.

Shamed

The more control men give pornography over their time, energy, and thought-life, the more devastating is their shame. The downward spiral tends to become reinforcing: The guy feels ashamed, inadequate, and stressed out, and he seeks release through pornography and masturbation, then he feels lousy that he's given in again to the obsessive-compulsive behavior, and his shame is reinforced. In time he may even desire to be punished, so his guilt and shame become the chosen punishment. Wretched!



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Most of the porn-addicted men my wife, Melissa, and I have worked with in our practice are like Adam. He'd been fired from his 15-year, successful pastorate when a techie working on the church computer system discovered his frequent clicks on porn sites. Adam and his wife came to our retreat center to repair their relationship and begin his recovery from the addiction.

Adam had deep-seated insecurities that drove him to perform in order to be successful. At 40-something, he was facing those typical mid-life transition issues of decreasing energy, increasing awareness of his mortality, disillusionment about his abilities, and emotional detachment. He became steadily more depressed and wanted to withdraw. He also needed reassurance of his potency as a male.

His first encounter with Internet pornography was accidental. Adam found the images captivating. Instead of immediately exiting, his curiosity kept him riveted to those images. He even felt himself becoming sexually aroused, something that hadn't been happening much lately. He finally realized what he was doing and escaped the site, but the fascination hooked him and eventually caused him to return. Each time he searched for another exposure, the compulsion increased.

Adam knew from the initial experience that he should tell his wife, put safeguards on the Internet, and consider finding someone with whom he could discuss this temptation. But he didn't. Some promise of excitement, adventure, and "innocent" sin echoed in his brain—and rattled around in other body parts. At some point the guilt and shame became the most prominent feature of his life. How could he preach God's Word with this despicable behavior controlling him? How could he counsel others about sexual purity when he'd just been with several women in his fantasies? How could he be intimate with his wife while deceiving her? He saw his ministry effectiveness eroding and was ready for God to punish him or even to take his life.



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His soul reverberated with Paul's despairing words in Romans 7, "Wretched man that I am!"

In the end he felt enormous relief to be caught. The sham and shame were killing him. He did recover and their marriage was successfully rebuilt, but how much more painless would avoidance have been.

Set free

Is there any escape from the tentacles of pornographers? It seems that trying to establish political control of the evil is unlikely; the financial power of the sex industry has an addictive power of its own. Nonetheless, there are interventions that hold real promise.

The most effective is establishing healthy maleness—giving men a robust affirmation for their masculinity without the cultural distortions of sexual promiscuity or male ineptness. That may mean turning off the television, which bombards our living rooms with both of these messages. Even more important is exposure to the noble design of men. Males must be exposed to mature, competent men who model the character qualities of "real men." These include bravery, strength of purpose, honesty, integrity, kindness, loyalty. A man empowered with these attributes can also begin to exercise manly control of his sexual impulses, no longer relying on the temporary fix of ejaculation to feel good about himself. His sexual expression is more likely to be respectful of a female. Mature sexuality is relational, not regressively self-focused. Men who feel good about their strength don't have to escape from reality.

There's help for the guy who finds himself drawn into the addictive cycle. This applies to Internet pornography, X-rated videos or movies, "adult" magazines, or chat rooms. There are three major steps:



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- **Stop the behavior.** Recognize the life factors that trigger the first thoughts that invariably lead down a path to the pornography. These may be environmental temptations, stress, loneliness, sexual frustration, or any number of stimuli that are associated with the addictive cycle. Then extinguish these by not reinforcing their power.
- **Establish barriers to help avoid the temptations.** These can include blocking Internet or television sites, taking alternate travel routes, talking to a spouse or friend, and improving your marital sexual experience.
- **Create alternative behavioral and thought patterns** that will provide healthy stress relief, adventure, or affirmation—such as family events, reading, or volunteer activities.

That idea brings us finally to the most effective, yet most neglected preventive measure to resist pornography or recover from its control—the **life-changing power of the Holy Spirit**. We've found that most individuals attracted to pornography have shut off the quiet voice of Jesus calling them to wholeness, instead giving in to the self-destructive fantasies of impersonal narcissistic sex. Praying for strength before giving in is far more effective than pleading for mercy afterwards.

Relying on God also moves a man into vulnerability with his spouse or a best friend who can help encourage him to place necessary boundaries in his daily habits that provide protection from his temptation. Those behavioral changes in thoughts and impulses that initiate the compulsive sequence are a choice. One can choose God-empowered victory or shame.

Remember Paul also said, "Thanks be to God, who delivers me through Jesus Christ our Lord! . . . [T]here is now no condemnation for those who are in Christ Jesus" (Romans 7:25; 8:1; NIV).



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What Wives Can Do

By *Melissa McBurney*

Recently I received this letter: "My husband and I are Christians and I've discovered he views Internet porn. We talked about it but he hasn't stopped. I feel horrible, as if I'm partially to blame because I haven't been affectionate with him or because I'm not attractive enough. Why else would he look at these things? Why am I not good enough? I'm trying not to overreact, but this hurts."

Self-concept for women is often a fragile thing. It's as fragile as that other mysterious thing called the male ego. If a woman discovers her husband's into pornography, it's virtually impossible for her to believe his addiction has little to do with her. She feels she's to blame. *If only I'd stuck to my diet and lost that weight, she laments. If only I'd colored my hair after all, if only . . .*

Interspersed with those thoughts are the ones of anger: *That jerk! I can't believe he'd throw away all we've worked for!*

Sexual sin can be such a wound to a woman's soul that it's easy for her to react immediately with disgust and distrust. But if she could control her indignation long enough, she may see that her first reaction of anger may not always be the wisest. It can make a bad situation worse. Through my years counseling couples, I've had the chance to see several different responses—some destructive and some redemptive.

For instance, Priscilla was casually looking through bills one day, which she did rarely, and saw several calls made to 900 numbers. She didn't know what they were so she dialed one and was shocked by the lewd, seductive woman on the line. Then the truth hit her: Tim had been calling those numbers!

Priscilla reacted from her gut. Without talking to Tim or considering options, she packed a bag and left for her parents' house.



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Joan handled her discovery differently. Her husband, Mark, was a teacher at a Christian high school where a female student caught him looking at a porn site on his office computer. Mark lost his job immediately. Joan's world was left in shambles and she wanted to run or break something over Mark's head, but instead she talked to a trusted friend who helped her consider what she really wanted. As hurt as Joan was, she knew she really wanted to be married to Mark. She told Mark she was angry by what had happened, but that she loved him and wanted to help him break free from the bondage he was under.

With her commitment to Mark, they were able to reconcile. It was a slow process, but it happened.

So what should you do if you discover your husband oogling pornography?

- **Pray. And keep praying.** Ask God to work in your husband's heart, convicting and healing. While you're powerless to make your husband change, God is all-powerful. You can depend on him to handle your feelings and your husband's behavior.
- **Seek outside help.** Go to your pastor or a Christian counselor who can help you understand your husband's actions and how you can respond. Or contact Enough Is Enough, an organization that fights pornography at www.enough.org.
- **Work as a team.** Recognize that you and your husband are on the same side and attack this problem as such. That will reinforce to your husband that your relationship is a safe place.
- **Try "tough love."** Draw a boundary for his behavior—one you both agree on. Gently but firmly inform him of the consequences if he steps over the boundary.



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These steps sound simple; they aren't—but they work. My years counseling hundreds of women whose husbands have betrayed them with pornography have convinced me that reconciliation can happen. Forgiveness can be exchanged. Trust can be rebuilt. God has the power to obliterate even such addictions as sexual sin.

Melissa and Louis McBurney, M.D., co-founded Marble Retreat in Marble, Colorado, where they counseled clergy couples until Louis McBurney's death in January 20, 2009. This article was first published in the Fall 2002 issue of MARRIAGE PARTNERSHIP.

Reflect

- *Louis describes several of the main reasons men are drawn to pornography (note that, despite how you may feel, none of those reasons are related to the wife!). Which of the reasons and factors that Louis describes do you think might play a factor in your husband's pornography use?*
- *While continuing to affirm your own feelings of hurt, betrayal, or anger, how might you seek to understand and empathize with your husband's feelings or needs that have led to his wrong choices?*
- *Louis also explains the downward spiral many Christian men fall into in dealing with pornography use: "The guy feels ashamed, inadequate, and stressed out, and he seeks release through pornography and masturbation, then he feels lousy that he's given in again to the obsessive-compulsive behavior, and his shame is reinforced. In time he may even desire to be punished, so his guilt*



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and shame become the chosen punishment." Have you observed a similar pattern? How well does this description match up with your husband's feelings or behaviors?

- *Read **Romans 7:21-8:1**. Though Paul clearly is not writing specifically about pornography, the experiences and truths described in this passage aptly apply. What hope does this passage offer to your husband and to your marriage? How can your faith in Christ and his redemptive power help you face this devastating problem with hope and courage?*
- *Louis and Melissa offer several critical pieces of advice for both husbands and wives as they seek to heal from pornography's devastation. Which of their ideas do you see as the most important "next step" for you to take? For your husband?*



Cybersex Temptation

An interview with sex addiction
expert Dr. Mark Laaser

Interview by Jim Killam

*Dr. Mark Laaser knows both sides of sexual addiction. For 25 years, beginning as a college student and continuing through his career as a pastor and counselor, he lived a secret life that included pornography, affairs, and encounters with prostitutes. Today, two decades into recovery and a healed marriage, Laaser heads a ministry called **Faithful and True**, lecturing and conducting workshops around the world. He has worked with hundreds of addicts and their families and has consulted with many church congregations and pastors after their clerics' sexual sins were exposed.*

You have referred to pornography as a building block to sexual addiction. Obviously the Internet fits very well with that.

The scary part about the Internet is, first, there are forms of perversion available there that almost defy description. The second and the most powerful problem with the Internet is that it's available in the privacy of your home. In the "old days," you had to go to various red-light areas. You had to drive; you had to expose yourself to public humiliation.



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Cybersex Temptation

Would you call Internet sex an appetizer for the more public expressions?

I think your average person who gets hooked into it will be on a downward spiral. It's going to feed the appetite for sexual expression. If you're left untreated, left unhealed of a pornography addiction, eventually your mind is going to want to express sexuality in some fashion.

Does the Internet attract and make sex addicts out of people who otherwise might not have been addicts?

There might be some people who have kind of drifted along at a very low level that have the vulnerability factors, but then the immediate access of the Internet comes along and hooks a lot of people who might not otherwise have degenerated so rapidly.

We tend to think of this as a male problem. Are women at risk, too?

We're seeing a dramatic increase in the number of women who are hooked into pornography and other more behavioral ways of acting out. Historically we would have said women are addicted to romance novels or women are addicted to chat rooms. That's still somewhat the case, but it's changing. If you look at women 30 to 35, in that age range and under, they're getting more visual. They're getting more aggressive and they're acting out in direct ways, like with masturbation.

Culture is rewiring the female brain. And I literally mean rewiring—neuro-chemically, neuro-anatomically, women are getting rewired to be more visual and aggressive.

How does that happen? Just from repeated exposure?

Your brain does not create new brain cells, but it does have the ability to create new connections. So neurochemically, you literally can rewire the connections in your brain. There's good



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news and bad news to that. The bad news is you can rewire your brain toward sin, but Romans 12:1–2 ("Let God transform you into a new person by changing the way you think") says you can rewire your brain for good things as well.

So, someone with a pornography habit will actually physically need it?

Your brain after a while will adjust to that, and it will want more of that to achieve the same effect. That's why we see sex addicts who deteriorate over time.

You wrote in Healing the Wounds of Sexual Addiction that our culture abuses us sexually by bombarding us with unhealthy sexual images. As a recovering addict, how do you deal with that?

If you're aware of it and you acknowledge it as a bombardment, then you know it's something you've got to deal with. If you are not acknowledging it, just letting it in on a daily basis while being desensitized to what's happening, then all of these things are getting into your mind unconsciously. We have a program that we follow in terms of calling, reaching out, talking to people about what's going on.

So a key is not isolating yourself?

One of our teaching principles is that fellowship equals freedom from lust. We feel that if you're in fellowship in your marriage, in your church, in your community of friends and if you're experiencing fellowship, love, healthy touch, and nurture in those ways, you're not nearly as vulnerable to these stimuli.

So if you're getting bombarded and you're feeling tempted, you need to back up and look at the larger picture. Where am I in my marriage? Where am I in my relationships?



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Cybersex Temptation

The phrase I've heard is that as you feed one side you starve the other.

Sex in its many forms is a substitute for healthy love and healthy nurturing. If an addict is in the depths of temptation, it's generally because he or she is starved for friendship, love, healthy touch, and so on.

You just said "sex in its many forms." Do you mean extramarital sex? Or are you saying sex within a marriage can be a problem too?

I think one of the huge problems in some marriages is that the sex is not based on spiritual intimacy. It's based on an escape from intimacy. We're lonely and really needy, and rather than trying to connect emotionally or spiritually, we try to escape sexually. If I'm using sex to escape how I feel, that leads to what I crassly call *vaginal masturbation*. You may be fantasizing about something else. It's sex purely for physical gratification. That kind of sex could even be a form of addiction.

What are some warning signs that a couple could be on that road?

Whether you feel more distanced as a result of sex or you feel more connected. Any sense of sexual dissatisfaction in a marriage needs to be addressed. In a majority of cases there are emotional and spiritual reasons.

What would you say to someone who knows he or she has a pornography problem?

The number one mistake Christians make is that they think they have to deal with this alone—that if they're getting tempted this way, they can battle it on their own. We need to have an accountability group: healthy relationships with other Christians where we can honestly talk about what we're dealing with.

With sexual sin, if loneliness is one of the sources of the problem, then to think that you can do it alone sometimes increases the level of that loneliness.



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Keeping your marriage in mind would help too, right?

When I see something that tempts me, I need to remind myself of my commitment to a higher form of marriage and sexuality. My vision for the one-flesh union is such that the desire of my heart is to allow myself only to be attracted to my wife and her body, at whatever age.

And that goes completely against the tide of our culture, which is obsessed with the physical side of sexuality.

The paradox is, if you focus on your emotional and spiritual relationship, the physical attraction will increase.

When should a person who's struggling with sexual sin seek outside help?

If it's something you're stuck on. If it's a minor thing, you may not need to be in some serious recovery program. But I still think you need to confess it, talk about it, get some help, figure out where some of the loneliness and anger are coming from, and deal with it.

Would you first confess it to your spouse alone?

I would involve more people right away. You need some wise counsel about how and when to tell your spouse. You don't just rush in. A lot of guys make the mistake thinking that if they confess it to their spouse the problem will be over. That's not what happens.

Never?

It probably happens occasionally. But, even in those cases, I feel that the people might be kind of white-knuckling what's underneath.

The main thing to remember is that all of these sexual issues are symptoms. They're not the problem. They're a symptom



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of loneliness, feeling disconnected, feeling depressed, feeling angry. There are deeper emotional and spiritual issues that need to be addressed.

So, if you're hooked, if this has become a habit, think of it as a symptom that's telling you there's something in your life that's on disconnect. Where is that coming from? It could be that the source of disconnect is with your spouse. So just telling her that you have a problem with pornography on the Internet is not necessarily going to help that.

Where should someone turn? You're a little rough on the church in your book.

I guess the bottom-line question would be: Is the church a safe place to talk about these kinds of sins? Or are you going to get judgment?

I think all of us in the church need to look at any level of any kind of sin and ask: *Is our church the kind of place where we feel safe to talk about our mistakes and still receive grace? Or are we trying to convince ourselves and others that we are something that we're not?*

Is there a perverse positive in all of this, that because Internet pornography has become so pervasive it's forcing the church to address sexual issues?

Sexuality is a tremendous gift of marriage. What this whole thing is doing is forcing Christians to take a look at what God really intends for the sacred union of two people in marriage, and what Paul meant when he talked about a one-flesh union, in light of what the world is teaching about sexuality.

How does your view of sex addiction compare with what Scripture says?

All of the words for lust in the Bible are somewhat synonymous with the words for selfishness. Healthy sexuality is not selfish.



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It's not designed to gratify biological needs; it's designed to express the fullness of an emotional and spiritual relationship. As such, I think you should be more concerned with affirming your partner than whether you're getting a particular form of sex that day.

You have said many times that sex is not a man's greatest need. That's contrary to what some other Christian authors are saying today.

I think men are deceived. If you concede that our human biology is what drives us, then sex is really important. But if we men are striving to have a heart for God, then I think our hunger for God is our biggest need. As we seek to find Christ in our marriages, then I believe that is our greatest need.

But for a long time you did pursue illicit sex as if it were your greatest need. Guys hooked on the pursuit of pornography today might feel the same way, even though they know it's sin. And that's the question: What is my pursuit? What goals, what vision do I set my heart on?

God has given us a biology of desire. There's no question about that. Men are going to be stimulated by the sight of a naked female and want to act on that. That's part of who we are. But we can override our basic human biology with a heart for God, and a heart for a one-flesh union, and a heart for our wives. If we can't do that, then God's playing an awfully dirty trick on us by asking us to be monogamous.

Jim Killam teaches journalism at Northern Illinois University. He and his wife, Lauren, have three children. This interview was first published in the Fall 2000 issue of MARRIAGE PARTNERSHIP.



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Signs you are at risk for sex addiction

- **Loneliness.** Never having learned to have healthy relationships. Often stems from childhood: having been abandoned of healthy love, touch, and nurture when you were small.
- **Having been abused as a child:** physically, sexually, emotionally. "It really sets them up to be frightened, angry, to make a lot of misinterpretations about sexuality," Laaser says. "So their insatiable pursuit of sex is really an attempt to fill up the void inside for emotional and spiritual connection."
- **Coming from a family in which at least one other addict** (not necessarily a sex addict) was present.
- **Coming from a rigidly religious home that taught only negative messages about sex.**

Warning signs your spouse may have a secret cybersex problem

- **Preoccupation with visual, sexual stimuli.**
- **Evidence of pornography usage, whether it's on the computer, or with videos or magazines.**
- **Insisting on his or her own Internet account and e-mail address.**
- **Unexplained credit-card bills. Or having a separate credit card that only one spouse uses.**
- **Having a post office box where he or she could receive correspondence from people they meet in chat rooms.**
- **Staying up late, after everyone's gone to bed, so he or she can get on the computer without interruption.**



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- A distance between the two of you emotionally and spiritually. "If your partner never seems interested in sex, never initiates, then that's a problem," Laaser says. "Especially if they're acting out in lots of other ways but have become disinterested in you."

Reflect

- *Mark makes a distinction that may be hard for wives to accept at first: "[T]hese sexual issues are symptoms. They're not the problem. They're a symptom of loneliness, feeling disconnected, feeling depressed, feeling angry. There are deeper emotional and spiritual issues that need to be addressed." Do you think there's truth in the idea that your husband's pornography use is a symptom of something deeper going on? Why or why not?*
- *Mark emphasizes the protection from sexual temptation that a man or woman can find by intentionally practicing fellowship. "[I]f you're in fellowship in your marriage, in your church, in your community of friends and if you're experiencing fellowship, love, healthy touch, and nurture in those ways, you're not nearly as vulnerable to these stimuli." What's your reaction to this observation? Clearly fellowship will not prevent this problem from occurring, but how can it help? Do you think meaningful fellowship in marriage or with friends may be missing in your husband's life? Why or why not?*
- *In what ways does this article encourage you with a deeper and more meaningful vision for what your marriage could become? For what your sexual relationship could be?*



My Husband Was Addicted to Porn

Could our marriage survive his compulsion?

By Debbie Pierson

I have a confession to make: I've have been married to a sex addict for most of my 25-year marriage. For much of that time, I hid my shameful secret. I'd tell myself my husband, Paul, was normal—that every man was into pornography. All the while, I silently suffered tremendous damage to my self-worth, blaming myself for my husband's problem.

I never caught Paul looking at pornographic magazines, watching X-rated movies, or surfing pornographic websites. Instead, I found out by his own admission. Since he was a Christian while involved in these activities, his guilt eventually got to him—and he had to confess.



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When I finally stopped denying the seriousness of his addiction, life seemed unmanageable. How could I cope with my crippling emotions of pain, anger, and shame? How could we go on? I needed answers—but didn't know where to turn.

When Paul and I married, I wasn't a Christian, and Paul had become one just a month before we wed. When I finally accepted Christ, our marriage should have followed the "happily ever after" route. But we learned the hard way that becoming a believer doesn't automatically eradicate your family inheritance.

When Paul was 10 years old, his father left his mother for the neighbor down the street. Paul's mother went back to work, leaving him unsupervised with his two teenage brothers, who introduced him to porn. When Paul became a teen, he became sexually active. Sex made him feel cared about; it replaced the care and concern he missed at home.

Paul's addiction to pornography filled me with feelings of failure, guilt, shock, devastation, and hopelessness. I didn't know what to do when he came to me with a confession of his activity. I felt as though my heart broke into a million pieces. My worth as a woman plummeted, and I put up walls to close out any emotional or physical intimacy with him. It would take me weeks before I could allow myself to be intimate with Paul again.

Although Paul confessed, he was unable to stop. When he saw the unbelievable pain I experienced, he'd be overcome with remorse. We fell into a pattern: Paul would confess his involvement in pornography, beg for forgiveness, then promise never to do it again. But . . . he would.

I could always tell when Paul experienced a failure. He'd behave as someone who had something to hide but would become offended that I didn't trust him. Finally, after weeks of questioning him, Paul would confess that my suspicions were right.

One evening, as Paul and I took a walk, he confessed that while I was at Bible camp with our kids, he'd bought a pornographic



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magazine and indulged. How could I be of any value to Paul if he continued to repeat this destructive habit? What could I do to help him? So I'd take partial blame, then forgive him—again.

This happened at least a dozen times before I finally came to the end of my rope. After 12 years of marriage, I'd suffered in silence long enough. It was time to go to a counselor for help, I told Paul, or he'd have to live somewhere else. The threat of having our family and friends find out about his addiction forced Paul to get help.

Paul confessed his addiction to a pastor, who challenged him to monitor what he watched, where he went, what he looked at. The pastor believed Paul should have a male friend who knew about his struggle and could question his purity at any time.

Paul took up his own crusade to conquer these evil "urges." He tried to follow the pastor's advice, but several months later, I confronted him again with my suspicions that he'd fallen.

We were at a crossroads. After doing everything he was instructed to do—and failing—Paul felt hopeless. For the first time in our marriage, I actually had a different reaction. I didn't feel as though I had to carry the responsibility of this whole mess myself. It was time to seek counsel together!

Through a Christian counselor, we discovered Paul used pornography to numb his pain. When life felt out of control, this "pleasure" made him feel better. It had nothing to do with me not meeting his needs—and everything to do with his feelings of inadequacy. Pornography gave him a sense of power, if only for the moment.

Through counseling, Paul and I learned to communicate our feelings and work through those painful, out-of-control times. We developed a new intimacy in our relationship with each other and with Christ. We stopped blaming each other for our feelings and actions. We took responsibility for our own disappointments.



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This isn't to say we never dealt with any more episodes. After almost two years of counseling, I found out Paul was disappointed with me one evening. I'd chosen to go out with a needy friend rather than stay home with him. He ran back to that "pleasure" to numb his pain.

We reached a turning point about a year after Paul's last failure. I again was a camp counselor at Bible camp with our kids during the summer, while Paul stayed home. That first week, Paul kept busy. He even called his counselor one evening in tears over his distress about being alone. It was a tough week for Paul—but he remained pure.

When we came home from camp for a week before we had to return for a second week, Paul did everything he could to manipulate me into not going back. He was convinced he couldn't go through another week of fighting his urges alone. But Paul needed to see that only Christ could save him from himself. It wasn't my job to be his savior.

As I stood my ground about returning to camp, Paul fell apart. We both ended up sobbing. I grieved over the incredible demands he put on me; he grieved over my refusal to take control. I never gave in to him—but he finally gave in to Christ, giving *him* complete control. Since this time he's been able to remain pure in our marriage. It's been more than three years now.

In the past, every time I faced one of Paul's confessions, a battle raged within me. One side had hope that God would use what was meant for evil for good. The other side wanted justice, pity, revenge! But I never quit pleading with God for healing in my marriage. I never quit forgiving Paul. And God always supplied me with the grace to persevere.

I've shared my story so others will find hope, too. I know what it's like to feel inadequate as a wife and woman. I know what it's like to have nowhere to go with your pain and shame. I know what it's like to wonder if you can go on in your marriage.



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I know what a struggle it is to act as though you're a Christian, yet be experiencing anything but joy.

But as I continue sharing my story, I find support, comfort, and real concern. God's given Paul and me some dear friends who care a lot about us. They've cried, listened, prayed, and celebrated our successes with us.

One of the most significant verses to me in this whole journey is James 5:16: "Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results." We have a God who knows how we feel—and really cares. He knows our doubts and despair. He can help when we're willing to bring those things to him. Nothing is impossible for God.

Debbie Pierson, a freelance writer, lives with her family in Michigan. She and her husband are now speakers who help other couples recover from pornography addiction. This article was first published in the May/June 2001 issue of TODAY'S CHRISTIAN WOMAN.

Reflect

- Which parts of Debbie's story can you most relate to? Why?
- Debbie's story reveals a difficult reality for many married couples dealing with this issue: it can stick around for a long, long time. Yet, Debbie never quit pleading with God for healing in her marriage. How can you rely upon God for the grace you need in dealing with this painful situation?
- Debbie and Paul finally recovered from Paul's addiction—and now minister to other couples facing this issue. Do you feel encouraged by their story of healing? Can you see beyond your current pain to embrace a vision for healing in your own marriage? Why or why not?



Worth Fighting For

God fought to save his people—
you can fight to save your marriage.

By Al Janssen

Several years ago I met Pete in a men's Bible study. One day, in a moment of candor, Pete admitted that he struggled with pornography. His wife, Jenny, had confronted him after discovering a stash of magazines. At first he dismissed her accusations. "This is no big deal," he said. "Why are you upset?"

"Because we're married," Jenny calmly explained through her tears. "I love you. I'm here for you. You don't need these other women."

"But they're just pictures!" he protested. "They mean nothing to me."

"Then give them up," Jenny pleaded.



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But my friend didn't. Pete simply did a better job of hiding the evidence. Once I became aware of his struggle, I occasionally asked him how he was doing, and every time he would say he had the problem under control. But gradually I saw him less and less frequently as he stopped attending the men's group.

Pete's wife was right to be concerned because over time her husband's problems increased. He started calling 900 numbers and visiting strip clubs. When Jenny discovered the evidence on credit card bills, they had a much more volatile confrontation. Despite her evidence, Pete refused to admit he had a problem or get help.

So what did Jenny do? She picked a fight.

The model for marriage

If we're serious about having a Christian marriage, then sometimes the best thing we can do is fight. After all, it's God's way. If that sounds strange, perhaps it's because we forget that God is married. He calls himself a husband to Israel. He refers to the church as the Bride of Christ. God has remained faithful to his marriage vows despite centuries of heartache. But that doesn't mean he's been complacent. He has fought hard for his beloved.

For more than a year, I studied God's marriage in Scripture. I observed five broad characteristics of God's marriage that form the model for a Christian marriage. First, it's a covenant marriage. God made a total commitment to his beloved, and he has remained faithful to his vows. But it's also a passionate marriage. That passion is best expressed in the Song of Solomon—eight chapters that portray the beauty of romantic intimacy in marriage, and, most scholars concur, also depict God's love for Israel and Christ's love for the church.

Based on God's covenant and passion, God fights hard for his marriage. Writer John Eldredge has stated that we can better



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understand the Old Testament prophets if we read their words as a lover's quarrel. The intensity of God's confrontations with Israel convinces me that many Christians exit their marriages too easily. In fact, God has been in a one-sided marriage yet has remained faithful to his beloved over the centuries.

Which leads to the climax of the drama that is God's love story—his heroic marriage. To win his beloved, God gave his son's life for her. That example is the challenge to Christian marriages. How much am I willing to sacrifice of myself for my spouse? Christ is the example to husbands in **Ephesians 5:25**, which I like to paraphrase, "Husbands be the hero to your wives just as Christ was the hero for the church by giving himself up for her." Likewise Christ is the role model for wives: "Wives be heroic by submitting to your husbands as to the Lord" is how I might paraphrase **Ephesians 5:22**.

Applying the model

So what does this picture of God's marriage have to do with Pete? Jenny wisely used this model as motivation for her marriage. Rather than endure his ongoing unfaithfulness, she fought him. God did the same in **Ezekiel 16**. In that powerful passage, God reveals his covenant commitment and his passion for Jerusalem and goes to great effort to win back her love.

God, through Ezekiel, begins this confrontation with his love story. He tells how the beautiful young maiden catches God's eye. "I wrapped my cloak around you" he says. Culturally, this was a declaration of intention to marry. God continues, "[I] declared my marriage vows. I made a covenant with you, says the Sovereign LORD, and you become mine" (16:8).

God acts like a proud husband, showering his bride with beautiful clothes and valuable jewelry and the finest of foods. But the bride has a problem with pride. "[Y]ou thought your fame and beauty were your own. So you gave yourself as a prostitute to



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every man who came along" (16:15). Now the sparks really fly. God makes some serious charges against his wife. She's given her gifts away to other lovers. She has slaughtered their children. She has devalued her relationship with God and has violated their covenant commitment.

So what is God going to do about it? It's one thing to be angry and hurl accusations. God certainly does that, but he also exercises tough love: "This is your punishment for all your lewdness and detestable sins" (16:58). God says his people will bear the consequences of their actions and he spells out the specifics.

But God doesn't end with judgment. Near the end of this long prophecy, his anger finally spent, he concludes: "I will give you what you deserve, for you have taken your solemn vows lightly by breaking your covenant. Yet I will remember the covenant I made with you when you were young, and I will establish an everlasting covenant with you" (16:59–60). The predicted reaction is that Jerusalem will be ashamed and return to the Lord. The goal of this confrontation is clearly reconciliation and restoration of the relationship.

If God didn't care so much, he would just toss his wife away. Unfortunately, that's what happens all too often in our culture. Fortunately, Pete's wife refused to take that route. Pete offered to file for divorce, but his wife said, "I'm not letting you off the hook that easy. I don't want a divorce. I love you, Pete. But you need help. What you are doing is wrong. It's hurting me, and it's hurting our children. We cannot continue to live this way. When you are willing to get help and become the man God created you to be, then I will welcome you back."

Fortunately, in this case her words, backed up by action, were a wake-up call for Pete. He sought help, and though there were several setbacks, the couple reconciled a year later. Without his wife's tough love, I seriously doubt that Pete would have changed.



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A hedge of protection

It occurs to me that too many couples let important issues slide until they become major problems. Jo and I have decided to keep a tight hedge of protection around our marriage. That means dealing with any concern quickly before it becomes a problem. A few years ago, Jo observed me interacting with a woman in our neighborhood. We shared an interest in writing, so we naturally talked about writing whenever our paths crossed. Jo and I occasionally socialized with this woman and her husband, and we saw them at neighborhood gatherings.

One day, while Jo and I were walking, she said, "Al, I need to say something, and I've prayed about it and thought about how to bring this up. I don't want you to get angry. Please just hear me out." She then proceeded to tell me how this woman was attracted to me, and how I encouraged it by sitting next to her instead of Jo on a number of occasions. "I want you to be aware of this. It hurts me when you do this." She referred to a recent neighborhood gathering where there were some new faces. "They probably thought this woman was your wife, rather than me."

I was not offended by Jo's protest. For one thing, I knew I felt no attraction to this woman, but if I had, that would have been all the more reason to heed my wife's words. I also knew Jo is generally a secure woman. She saw something about this woman's feelings that I didn't. If she detected a threat to our marriage, I would do whatever it took to make us both feel safe. Jo had every right to appeal to me, based on our covenant. And I can do the same with her. Our marriage must be protected at all costs.

If God feels his marriage is worth fighting for, mine is worth fighting for too. God wasn't silent about how he felt when his marriage was threatened. He pleaded, cajoled, shouted, argued,



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insulted, and expressed in many ways his deep and undying love. The point is clear—he wanted his wife back, and he'd do whatever was necessary to draw her back to himself.

Can we do any less?

Al Janssen is the author of dozens of books. This article was published in the Spring 2002 issue of MARRIAGE PARTNERSHIP.

Reflect

- *What's your gut reaction to the idea of fighting for your marriage? Why?*
- *How does God's love for you challenge or inspire you regarding your relationship with your husband? What choices can you make to help you heal your own hurts and strengthen your sense of self in God's love?*
- *The goal of tough love is reconciliation and restoration. Examine your own motives in your dealings with your husband: Have you been driven by a desire to reconcile, or by hurt, anger, or revenge? How can you center your heart and motives more firmly in a desire to restore your marriage?*

Additional Resources



Books, articles, Bible studies, and online resources to help you further

Books

Healing the Wounds of Sexual Addiction by Mark R. Laaser (Zondervan, 2004). With pornography so readily available, maintaining a wholesome, biblical sexuality seems hopelessly beyond reach. Deeply ingrained patterns of thought and behavior keep people stuck on a treadmill of sin, even as they long for a walk of purity. This book offers a path that leads beyond compulsive thoughts and behaviors toward sexual integrity, and self-control.

I Surrender All: Rebuilding a Marriage Broken by Pornography by Clay and Renee Crosse (NavPress, 2005). Clay Crosse burst onto the contemporary Christian music scene with his 1994 hit "I Surrender All." But beneath his success lurked a dark secret: He was addicted to pornography. No one knew he had a problem (not even Clay) until the day God took away his singing voice. What followed was a story of the power of grace and forgiveness. Now Clay and Renee tell their story with the prayer that it will help countless other marriages—perhaps even yours.



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Additional Resources

Wired for Intimacy by William M. Struthers (InterVarsity Press, 2010). Countless Christian men struggle with the addictive power of porn. But common spiritual approaches of more prayer and accountability groups are often of limited help. Neuroscientist and researcher William Struthers explains how pornography affects the male brain and what we can do about it. Because we are embodied beings, viewing pornography changes how the brain works, how we form memories and make attachments. By better understanding the biological realities of our sexual development, we can cultivate healthier sexual perspectives and interpersonal relationships. Struthers exposes false assumptions and casts a vision for a redeemed masculinity, showing how our sexual longings can actually propel us toward holiness in our bodies.

Articles

“Breaking Point”—*One pastor's story of pain, porn, addiction, and redemption*

By Darrell Brazell, available from [LEADERSHIP JOURNAL](#)

“Help for the Sexually Desperate”—*More and more, Christian men are admitting they've been caught in a vicious cycle.*

By John W. Kennedy, available from [ChristianityToday.com](#)

“More Than Skin on Skin”—*Getting rid of the addictive distortions of sex*

By Clifford and Joyce Penner, available from

[TodaysChristianWoman.com](#)

“Porn’s Stranglehold”—*Statistics reveal how pervasive this problem really is.*

By Timothy C. Morgan, available from [ChristianityToday.com](#)



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Additional Resources

“This Is Your Brain on Porn”—*The science behind the struggle, and how the church can help*

An interview with William Struthers, available from
LEADERSHIP JOURNAL

“This Isn’t for Quitters”—*Why couples need stamina and courage for marriage*

By Annette LaPlaca, available from TodaysChristianWoman.com

Bible Studies

Attacking Pornography—a single-session study explores how Christians can take a stand against pornography’s invasive spread in our culture, available from ChristianBibleStudies.com.

Facing Addictions—a four-session study helps participants explore the roots of addiction and key steps to recovery, available from ChristianBibleStudies.com.

Other Online Resources

Christian Recovery International—a resource for Christians seeking to heal from addiction

“Dealing with Pornography and Internet Addiction”—a series of articles from Focus on the Family

Enough Is Enough—a Christian organization committed to fighting online pornography



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Additional Resources

Faithful and True Ministries—a ministry organization led by Dr. Mark and Debbie Laaser focused on pornography, sex addiction, and healing for Christian marriages

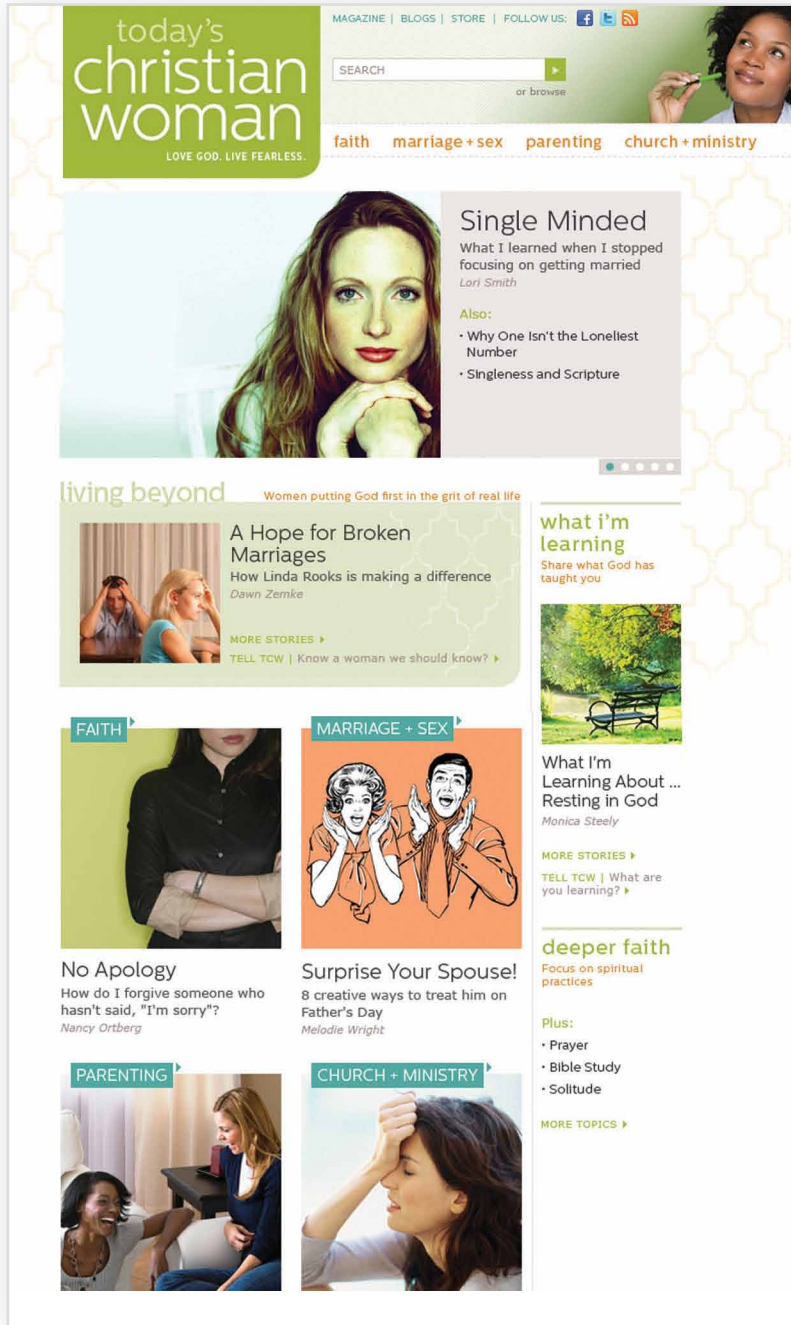
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