

Annex 22



Your Brain On Porn

[About](#) [Porn Addiction Articles](#) [Tools For Change](#) [Gary's Page](#) [Ask Us](#) [Discussions](#)

Navigation

- o [Recent posts](#)

User login

Username: *

Password: *



- o [Create new account](#)
- o [Request new password](#)

Uncle Bob's Porn Recovery Tips



[Click for advice](#)

Search

Search this site:



If you're hooked on Internet porn you're doing what you evolved to do

If you are hooked on Internet porn you are doing what you evolved to do

Submitted by Gary Wilson on Mon, 12/06/2010 - 19:42

This article is a very short synopsis of the key concepts we focus on. For details, explore [Porn Addiction Articles](#).

What happens when you drop a male rat into a cage with a receptive female rat? First, you see a frenzy of copulation. Then, progressively, the male tires of that particular female. Even if she wants more, he has had enough. However, replace the original female with a fresh one, and the male immediately revives and gallantly struggles to fertilize *her*. You can repeat this process with fresh females until he nearly dies of exhaustion.

This is called the [Coolidge effect](#)—the automatic response to novel mates. And it's what started you down the road to getting hooked on Internet porn. Like that lab rat, your primitive brain urges you to fertilize the two-dimensional females (or whatever) on your screen.



[Read more](#)

What benefits do people see as they reboot?

Submitted by Marnia Robinson on Tue, 12/07/2010 - 22:25

Users' reports about the benefits of rebooting:

- It's really cool to get some space away from pursuit of orgasm. If you can manage at least 3 weeks, you'll see how powerful all of this is. That's all the taste you'll need to keep wanting to keep trying. The clarity and lack of depression for me was extremely noticeable and you will likely feel like a different person. It gave me some hope that there is nothing fundamentally wrong with me. Just having that experience of clarity and lack of depression can be a powerful thing. It's worth it, but it can take a while to get the hang of it.



[Login](#) or [register](#) to post comments [Read more](#)

What does withdrawal from porn look like?

Submitted by Gary Wilson on Sat, 12/04/2010 - 22:00



It's slightly different for everyone. Here are some typical withdrawal symptoms.

For comparison, also see the link below this page, which collects the kinds of withdrawal symptoms alcohol, cocaine and heroin users experience. Surprised at how similar they sound? It's because similar neurochemical changes (especially dopamine dysregulation) go on in the same brain regions in all cases.

[Login](#) or [register](#) to post comments [Read more](#)

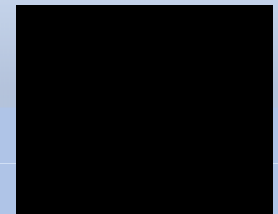
Videos on the Brain Science of Addiction



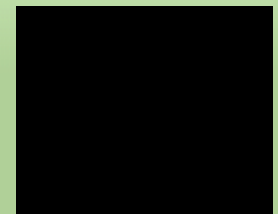
Things You Didn't Know About Porn (for KIDS)



Things - Part 2



Things - Part 3



Is my erectile dysfunction related to my porn use?

Submitted by Gary Wilson on Tue, 11/30/2010 - 20:04



If you are a heavy porn user and you have noticed erectile dysfunction increasing, there may be a connection between the two. The good news is that the situation is likely to be reversible. The bad news is that you will have to overcome your compulsive use of porn, because it is desensitizing a primitive part of your brain, numbing it to pleasure so it needs increasingly intense stimulation.

[Login](#) or [register](#) to post comments [Read more](#)

Videos

Submitted by Gary Wilson on Mon, 11/29/2010 - 18:05



In the blocks at right is a YOUTube series for kids that explains the basics of how the brain can get hooked. It's called "**Things You Didn't Know About Porn.**" Adults seem to find it useful too.

The videos below will help you understand the brain science of addiction and/or porn addiction. They come from different sources, and some have a slightly religious tinge. In any case, their content is useful.

General addiction video series

Anyone dealing with ANY addiction should start with these short (about 3 mins), very well done videos. They comprise an 8-part YOUTube series on addiction by an M.D. who's a recovering addict. Conversational, easy to listen to, and informative. One can simply substitute "Internet porn" where he says "drugs & alcohol". [Watch series](#)

[Login](#) or [register](#) to post comments [Read more](#)



This site contains copyrighted material the use of which has not always been specifically authorized by the copyright owner. We are making such material available in our efforts to advance understanding of the science behind human mating patterns and addiction, and the relevance of parallels revealed in various spiritual traditions. We believe this constitutes a 'fair use' of any such copyrighted material as provided for in section 107 of the US Copyright Law. In accordance with Title 17 U.S.C. Section 107, the material on this site is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes.

If you wish to use copyrighted material from this site for purposes of your own that go beyond 'fair use', you must obtain permission from the copyright owner. Any information you receive via this site or the forum is not professional advice and is provided solely for educational and informational purposes. Thanks for sharing your experiences and insights, as this is a group effort. Please know that anything you share at this site, even in posts protected from public viewing, may be included in future materials, although extreme care will be taken to insure that no details that would identify you personally will be included. Creative Commons License This work is licensed under a Creative Commons Attribution-Share Alike 3.0 Unported License

<http://yourbrainonporn.com>